

	<b>Programme Of Work</b>				
<b>Cycle Period</b>	<b>Year 2017-2018</b>	<b>Term Three</b>	<b>Subject: Physical Education</b>	<b>Form 2</b>	<b>Date Completed</b>
	<b>Physical Fitness and Wellness</b>	Nutritional Principles	<ul style="list-style-type: none"> <li>• Balance diet</li> <li>• Seven main food groups</li> <li>• Effect of a healthy eating on your performance in sports.</li> </ul>	Research, Note Taking, Discussion.	
	<b>Motor skill development</b>	Football skills  Basketball  Cricket	<ul style="list-style-type: none"> <li>• Passing</li> <li>• Goal keeping</li> <li>• Offensive and defensive strategies.</li> <li>• Shooting</li> <li>• Bowling</li> </ul>	Research, Practical Assessment, Discussion.	
	<b>Personal and social Behaviour</b>	Self-discipline and Respect	<ul style="list-style-type: none"> <li>• Peers</li> <li>• Group leader</li> <li>• Teacher</li> <li>• Individual differences</li> </ul>	Research, Assignment, Discussion.	
	<b>Safety principles and practices</b>	On and Off the field	<ul style="list-style-type: none"> <li>• Warm up and stretch</li> <li>• Stay hydrated</li> <li>• Check your gear</li> <li>• Follow a good diet</li> <li>• Get enough rest</li> </ul>	Research, Discussion.	