

	Programme Of Work				
Cycle Period	Year 2017-2018	Term Three	Subject: Physical Education	Form 3	Date Completed
	Physical Fitness and Wellness	Cardiovascular health	<ul style="list-style-type: none"> • Major cardiovascular disease. • Protection against cardiovascular disease 	Research, Note Taking, Discussion.	
	Motor skill development	Game Situations <ul style="list-style-type: none"> • Football • Cricket • Basketball • Volleyball 	<ul style="list-style-type: none"> • Passing • Goal keeping • Offensive and defensive strategies. • Shooting • Bowling • Fielding • Setting • Bumping 	Research, Practical Assessment, Discussion.	
	Personal and social Behaviour	Self-discipline and Respect	<ul style="list-style-type: none"> • Peers • Group leader • Teacher • Individual differences 	Research, Discussion.	
	Safety principles and practices	On and Off the field	<ul style="list-style-type: none"> • Warm up and stretch • Stay hydrated • Check your gear • Follow a good diet • Get enough rest 	Research, Discussion.	