

**Program of Work**

**Subject: Physical Education**

**Term: One**

**Year 2018/19**

**Form 3**

Cycle Period	Topics	General Objectives	Teaching Learning Strategies	Assessment	Date Completed
	Physical fitness and wellness: ➤ The Digestive System	<ul style="list-style-type: none"> <li>• Functions of the digestive system.</li> <li>• Major organs and there use in the system.</li> </ul>			
	Drugs: ➤ Definition of Drugs ➤ Types of drugs ➤ Effects of smoking, alcohol ➤ Frequently abused drugs ➤ Effects of drugs on the human body and sports performance	<ul style="list-style-type: none"> <li>• Positive and negative effects of drugs.</li> <li>• Why do people use drugs?</li> </ul>			
	Football: ➤ The field of play in football ➤ Officiating ➤ Game situation	<ul style="list-style-type: none"> <li>• Students should know the dimension of the football field.</li> <li>• Rules of the game.</li> <li>• Playing strategies.</li> </ul>			
	Physical fitness and wellness: ➤ Offensive and defensive skills in basketball ➤ Officiating ➤ Areas of court	<ul style="list-style-type: none"> <li>• Student will know playing positions.</li> <li>• Identify players' positions.</li> <li>• Referee a match.</li> </ul>			

	<p>/playing areas</p> <ul style="list-style-type: none"> <li>➤ Game situation</li> </ul>					
	<p>Volleyball:</p> <ul style="list-style-type: none"> <li>➤ Parts of the volley ball court</li> <li>➤ Scoring and rules of the game</li> <li>➤ Game situation</li> </ul>	<ul style="list-style-type: none"> <li>• Student will know playing positions.</li> <li>• Identify players' positions.</li> <li>• Referee a match.</li> </ul>				
	<p>Personal and Social Behaviour:</p> <ul style="list-style-type: none"> <li>➤ Leadership skills</li> <li>➤ Conflict resolution</li> <li>➤ Goal setting</li> </ul>	<ul style="list-style-type: none"> <li>• Students will identify the importance of leadership skills.</li> <li>• Importance of goal setting and conflict resolution.</li> </ul>				
	<p>Environmental Awareness.</p>	<p>Students will understand what are environmental awareness and its importance.</p>				