

Scheme of Work				
Subject: Physical Education		Term: Two	Year 2018/19	Form: Three
<b>Cycle Period</b>	<b>Topic</b>	<b>General Objectives</b>		
		Correction of exam papers		
	The Nervous System	Describe the functions and structure of the nervous system. Distinguish the major parts of the nervous system.		
	The Nervous System	Show the interrelation of the nervous system to other system.		
	Badminton: Review the serve, forearm, back hand	Demonstrate accurate service to a partner in badminton. Demonstrate forearm, overhand and backhand shot.		
	Badminton: back hand, overhand shot	Demonstrate overhead and backhand stroke in badminton		
	Training Program. Periods of training	Identify the periods involved in a training Programmed. Discuss the characteristics of each period.		
	Training session phases	Identify the phases of a training session and the activities involved in each session		
	Fitness and performance. F.I.T.T principle	Identify the parts of F.I.T.T principle. Discuss the relevance of this principle to athletes. Explain the characteristics of each part.		