



St. Maarten Academy

Academic

2026-2027 COURSE OUTLINE for Physical Education & Sports, FORM 4&5

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COURSE DESCRIPTION

The Physical Education area of study encompasses all three domains of learning, namely, cognitive, affective, and psychomotor. The pedagogy of the subject covers such topics as movement concepts, health and fitness, sports and games, human anatomy and physiology, and the development of practical movement skills. Physical Education, therefore, is highly relevant to students, as it promotes lifelong healthy lifestyles, critical thinking, teamwork, leadership, and problem-solving through physical activity and sport.

The subject offers students the opportunity to gain a variety of experiences and skills in physical fitness, individual and team sports, recreational activities, and health-related practices. It also fosters interest and enjoyment in regular physical activity, encourages fair play and sportsmanship, and seeks to develop informed, responsible, and physically literate citizens while promoting personal well-being and an appreciation for active living. **Physical Education Syllabus**

COURSE OBJECTIVES

Physical Education (Compulsory Paper – Paper 01)

CXC Standard:

The standard expects students to demonstrate competence in three key areas: Cognitive domain, psychomotor domain and affective domain.

Target Behaviors:

- Arrives to class on time and properly dressed for PE.
- Participates actively in all practical and theory lessons.
- Demonstrates leadership during practical activities and group work.
- Acts as a positive role model for younger students.

Physical Education ((Paper 02 and Paper 03))

CXC Standard:

Students should apply the rules or laws of the game, including those of specific competitions. Develop tactics and strategies of competitive play and adapt these to the strengths and limitations of other players, and understand the need for regular and appropriate practice in an effort to improve technique

	Target Behaviors:				
	- Demonstrates respect for teachers, classmates, officials, and equipment.				
	- Follows safety rules and class instructions consistently.				
	- Takes initiative in organizing and leading warm-ups or drills.				
	- Communicates effectively with teammates and instructors.				
	COURSE UNITS OF LEARNING (Textbook and CXC Syllabus)				
	(This does not state the order of learning---just the most logical progression)				
Form 4					
<u>TERM 1</u>					
	History and Development of Physical Education and Sport				
	Introduction to Sports				
		Dance			
		Badminton			
		Football			
		Careers in Physical Education			
	INTRODUCTION TO Physical Education and Sports				
	Introduction to Physical Education and Sports				
	Students will be able to identify the different types of Sports around them and learn about different careers in Physical Education. Discussion				
	UNIT 1: History and Development of PE&S				
		The relationship between Physical Education and Sport.			
		-The nature and meaning of Physical Education			
		- The nature and meaning of sports			
		- The relationship between Physical Education and Sports			
	UNIT 2 : Physical Education and Sport in Ancient Societies				
		-Ancient and Modern Olympic Games			
		-Twentieth Century			
		-Physical Education and Sports in the Caribbean			
		- Major Sporting Events			
<u>TERM 2</u>					
	<u>UNIT 3 : Anatomy and Physiology</u>				
		Describe the structure and organisation of the human body			
		- The Skeleton System			
		- The Muscular System			

		- The Circulatory System			
		- The Respiratory System			
TERM 3					
	UNIT 4: Anatomy and Physiology				
		-Analyse the structure and functions of the systems of the human body.			
		-Muscles: types (muscle fibre), names of major muscle groups, structure, and function.			
		-Names of major organs (heart and blood vessels), structure, function, heart rate, stroke volume, cardiac output, and blood pressure.			
Form 5					
TERM 1					
	Fitness and Performance				
	Concepts of Fitness				
		- Definition of Fitness			
		- Classification of components of fitness			
		- Football			
		- Careers in Physical Education			
	INTRODUCTION TO Physical Education and Sports				
	Introduction to Physical Education and Sports				
	Students will be able to identify the different types of Sports around them and learn about different careers in Physical Education. Discussion				
	UNIT 1: School-Based Assessment				
		The SBA for the Physical Education and Sport syllabus is divided into two parts, namely, a Class Project and Practical Skills			
		- Competition (Students' choice of Sport)			
		- Different Roles to be played by students			
		- Organization of the Competition and getting the necessary permissions			
	UNIT 2 : Health and Nutrition				
		Health related terms			
		Identify nutrients and the main food groups			
		Definitions: good health (physical, mental, social), nutrients, malnutrition, wellness			
		- Major Sporting Events			

TERM 2						
		UNIT 3 : Trend and Social Issues				
		Evaluate various issues related to Physical Education and Sport.				
		- Roles of government and policy				
		- Gender Equity				
		- Violence in Sports				
		-Drugs/Social Drugs				
ASSESSMENT AND GRADING SYSTEM						
Practical assignments will be graded in 3 parts.						
1	Comprehension	(shows understanding of the given information)				25 %
2	Technique	(Application of skills and knowlegde learn in class and the gymnasium				25 %
3	Presentation	Evidence of research, appreciation of knowledge obtained, and critical when executing the presentation.				50 %
Maximum Mark of 100, counts for 100%						
Weighted value of Activities:						
	· Assignments1x	o Class Participation and/or Class work				50 %
		o Homework				
		o Projects				
	· Tests 1x	o Quizzes				50 %
		o Exams				
RESOURCES:						
	Online:	https://www.bbc.co.uk/bitesize/subjects/znyb4wx				
	Books:	Alexander, K. and Taggart, A. Sport Education in Physical Education Programme, Australian Sports Commission, 1995.				
		Beashel, P., Taylor, J. and Sibson, A. The World of Sport Examined, Gloucestershire: Nelson Thornes Limited, 2002.				
		PE to 16 for the Caribbean with SBA Guidance by Sally Fountain and Linda Goodwin				