



St. Maarten Academy

Academic

2026-2027 COURSE OUTLINE for Physical Education & Sports, FORM 1

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COURSE DESCRIPTION

Physical Education Form 2 introduces students to the knowledge, skills, and attitudes needed to lead healthy, active lifestyles. The course focuses on developing physical fitness, movement skills, teamwork, sportsmanship, and personal responsibility through participation in a variety of individual and team activities. Students learn the importance of regular physical activity, proper nutrition, safety practices, and lifelong wellness while building confidence, cooperation, and respect for others.

The course encourages active participation, goal setting, and the development of positive habits that support physical, mental, and social well-being. **Physical Education Syllabus**

COURSE OBJECTIVES

Physical Education(Introduction to Physical Education)

CXC Standard:

Students should understand the human body and how it works, develop and use skills in different sporting disciplines, and participate in physical activity as part of a personal fitness plan.

Target Behaviors:

- The student should have proper hygiene for classes
- Students should apply the lessons learned to their daily lifestyle.
- Students should be responsible for their gear and stationery
- Students should be respectful of the gym rules and the proper use of school equipment.

COURSE UNITS OF LEARNING (Textbook and CXC Syllabus)

(This does not state the order of learning---just the most logical progression)

TERM 1

PRE-UNIT: LEARNING about personal Hygiene

Introduction to different Sports

- History
- Equipment
- Rules
- Application of skills learned

INTRODUCTION TO PHYSICAL EDUCATION					
Students will be able to identify the different types of sport equipment around them and learn about different careers in Physical Education. Discussion					
UNIT 1: Body Awareness					
- Introduction to learning about the body					
Interoception Awareness					
- Proprioception Awareness					
Spatial Awareness					
UNIT 2: History of Sports example (Football)					
History					
Skills					
Rules					
<u>TERM 2</u>					
<u>UNIT 3 : Introduction to a new Sport/ Theoretical class</u>					
- Create/Design Equipment used in sport					
- Execute skills learned about the new sport					
- Dimensions of the Court/Field					
Group work					
<u>TERM 3</u>					
<u>UNIT 4: Theoretical Classes along with practical classes</u>					
- Games					
- Individual skills observed					
Group work/ cooperation					

ASSESSMENT AND GRADING SYSTEM						
Practical assignments will be graded in 3 parts.						
1	Comprehension	(shows understanding of the given information)			25 %	
2	Technique	(Proper application of skills (example dribbling the football)			50 %	
3	Presentation	Wearing proper gear, right attitude, demonstrating skill, and having fun while doing the skill.			25 %	
Maximum Mark of 100, counts for 100%						
Weighted value of Activities:						
	· Assignments 1x	o Class Participation and/or Class work			10 %	
		o Homework			10 %	
		o Projects			20%	
	· Tests 1x	o Quizzes			10 %	
		o Exams/ Practical			50 %	
RESOURCES:						
	Online:	https://www.pecentral.org				
		SHAPE Americahttps://shapeamerica.org				
	Books:	· <i>PE 1-2-3 Physical Education for lower secondary schools levels 1-2-3 by G.Lai</i>				