



St. Maarten Academy

Academic

2026-2027 COURSE OUTLINE for Physical Education & Sports, FORM 3 Elective

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COURSE DESCRIPTION

Physical Education Form 1 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

2-Dimensional 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

[illegible]

[illegible]