Physical Education

Physical Education Assessment and Examination 2026 - 2027

	1st Term	Max.		2nd Term	Max.	
F.1	Running(9min.)	1700	20%	Sit up (1 min)/ Handball	32	20%
	Sprinting in 30M (7'30sec.)	4.5sec	10%	Football (1 min in shuttle	12	30%
	Shot Put (2kg, min.3m)	7m	10%	dribbling)		
	Long Jump	3.0m	10%	Volleyball	60	30%
	High Jump	1m	10%	(1 min in digging)		
	Basketball (1 min. layup shot)	12	20%			
	Note Taking	5	10%	Note Taking	20	10%
					5	
F.2	Running(9min.)	1750	20%	Sit up (1 min.)	32	10%
	Shot Put (3kg, min.3m)	8m	20%	Football (1 min dribbling)	14	15%
	Sprinting in 30M (7sec.)	4.5sec	20%	Football (Multi-Tasks)	10	15%
	Basketball (1 min. layup shot)	12	10%	Swimming (20M)	1	20%
	Basketball (1 min. 8 spots shot)	8	10%	Volleyball(dribbling and serving)	60/10	20%
				Yoyo Test	35	20%
F.3	Running(9min.)	1850	20%	Sit up (1 min.)	35	10%
	Sprinting in 30M (6'30sec.)	4.5sec	10%	Football (1 min shuttle dribbling)	16	20%
	Shot Put (3kg, min.4m)	8m	20%	Volleyball (underhand &overhead	5	20%
	High Jump (min. 1m)	1.2m	20%	serving)		
	Basketball (1 min. layup shot)	12	20%	Hockey (1 min shuttle dribbling)	12	10%
	Basketball (1 min. 10 spots	10	10%	Tchoukball/Rugby(Multi-Tasks)	10	10%
	shot)			Yoyo Test	40	20%
F.4	Running(9min.)	1950	20%	Sit up (1 min.)	35	10%
	Sprinting in 30M (6'30sec.)	4.5sec	10%	Football (Multi-Tasks)	18	20%
	Shot Put (4kg, min. 4m)	9m	15%	Golf	100m	10%
	Triple Jump (min. 4m)	9m	15%	Soft Darts (count-up, 8 rounds)	500	20%
	Discus(on 1.5 turn)		10%	Volleyball (Jump Serving)	5	10%
	Basketball (1 min. layup shot)	15	15%	Volleyball(saving skill)	5	10%
	Basketball (1 min. 10 spots	10	15%	Yoyo Test	50	10%
	shot)			Rock Climbing	10	10%
F.5	Running(9min.)	2000	40%	Sit up (1 min.)/ Yoyo Test	40	20%
	Shot Put (4kg, min. 5m)	9m	20%	Squash (1 min. count-up bating)	30	20%
	Pickleball (serving skill)	5	20%	Weight Training(k, l, u, s_x2)	8	20%
	Triple Jump(min. 5m)	9m	20%	Swimming(50M)	50	20%
				IPSC	1.5	10%
F.6	Running(9min.)	2050	20%			
	Sit up (1 min.)	40	20%			
	Shot Put (5kg, min. 4m)	9m	20%			
	Triple Jump (min. 5m)	10m	20%			
	Bowling	100	20%			

Appendix 1

St. Francis Xavier's College
2026-2027
Physical Education
Course Outline
Form One

Term One

	Topic / Main Theme
1	Body Measurement
2	Athletics
3	Fitness Test

Mode of assessment and weighting

Method of Assessment	Athletics (Practical /Skill Assessment)	Fitness Test	Note Taking
Weighting	40%	50%	10%

Term Two

	Topic / Main Theme
1	Basketball
2	Volleyball
3	Football
4	Handball/ Fitness

Mode of assessment and weighting

Method of Assessment	Volleyball	Football	Basketball	Handball / Fitness
Weighting	30%	30%	30%	10%

Form Two

Term One

	Topic / Main Theme
1	Body Measurement
2	Athletics
3	Fitness
4	Basketball

Mode of assessment and weighting

Method of Assessment	Athletics (Practical /Skill Assessment)	Fitness Test	Basketball
Weighting	40%	20%	20%

Term Two

	Topic / Main Theme
1	Volleyball
2	Football
3	Swimming
4	Hockey

Mode of assessment and weighting

Method of Assessment	Volleyball	Fitness	Football	Swimming
Weighting	20%	30%	30%	20%

Form Three

Term One

	Topic / Main Theme
1	Body Measurement
2	Athletics
3	Fitness
4	Basketball

Mode of assessment and weighting

Method of Assessment	Athletics (Practical /Skill Assessment)	Fitness Test	Basketball
Weighting	50%	20%	30%

Term Two

	Topic / Main Theme
1	Dodgebee
2	Volleyball
3	Football
4	Rugby/ DodgeBall
5	Handball

Mode of assessment and weighting

Method of Assessment	Hockey	Volleyball	Fitness	Football	Tchoukball/ Rugby
Weighting	10%	20%	30%	20%	10%

Form Four

Term One

	Topic / Main Theme
1	Body Measurement
2	Athletics
3	Judo/ Bouldering
4	Fitness and Gym
5	Basketball

Mode of assessment and weighting

Method of Assessment	Athletics (Practical /Skill Assessment)	Fitness Test	Basketball/ Squash
Weighting	50%	20%	30%

Term Two

	Topic / Main Theme
1	Football
2	Volleyball
3	Soft Darts
4	Gym and Fitness
5	Orienteering

Mode of assessment and weighting

Method of Assessment	Football	Rock Climbing	Soft Darts	Volleyball	Gym
Weighting	20%	20%	20%	20%	20%

Form Five

Term One

	Topic / Main Theme
1	Body Measurement
2	Athletics
3	Gym
4	Fitness Test
5	Handball

Mode of assessment and weighting

Method of Assessment	Athletics (Practical /Skill Assessment)	Fitness Test
Weighting	40%	60%

Term Two

	Topic / Main Theme
1	Pickleball
2	Squash
3	Swimming
4	IPSC
5	Tennis

Mode of assessment and weighting

Method of Assessment	Tennis	Swimming	Squash	IPSC	Pickleball
Weighting	20%	20%	20%	20%	20%

Form Six

Term One

	Topic / Main Theme
1	Body Measurement
2	Athletics
3	Gym
4	Fitness Test
5	Bowling

Mode of assessment and weighting

Method of Assessment	Athletics (Practical /Skill Assessment)	Fitness Test	Bowling
Weighting	40%	40%	20%