



ST. JOSEPH’S COLLEGE
Physical Education
Teaching Syllabus (2024-25)

First term

Secondary 1 : Table Tennis, Athletics, Handball

Second term

Secondary 1 : Football, Basketball, Athletics, Volleyball, Badminton

Project for Secondary 1

Secondary 1

Topic	Home workout video
Aims	<p>By the end of the project, students will be able to</p> <ul style="list-style-type: none">• design an equipment-free exercise that can be done at home• recognise the elements of a healthy life• apply a range of IT knowledge and skills in the learning of PE
Expectations	<p>Each group is expected to introduce ONE exercise that can be done at home, and address the following questions:</p> <ul style="list-style-type: none">• What form of exercise (e.g., aerobic/anaerobic) is this?• Which part(s) of the body will be trained?• How could this exercise be performed correctly?

Both S1 & 2 students can use any video editing software to do this project. Hand in the project in softcopy. Upload the softcopy to SJC google Account before the deadline.