



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	By the end of the project, students will be able to <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	Each group is expected to introduce ONE exercise that can be done at home, and address the following questions: <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.