



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

First term

Secondary 2: Football, Athletics, Table Tennis

Second term

Secondary 2: Basketball, Athletics, Volleyball, Badminton, Handball

Project for Secondary 2.

Secondary 2

Topic	Home workout video
Aims	By the end of the project, students will be able to <ul style="list-style-type: none">• design a full set of equipment-free home workout• 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 FULL SET of workout that can be done at home, and address the following questions: <ul style="list-style-type: none">• What forms of exercise (e.g., warm-up, aerobic/anaerobic) are included in this workout?• Which part(s) of the body will be trained?• What is the duration of this workout?

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.