



**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"><li>• design a full set of equipment-free home workout</li><li>• recognise the elements of a healthy life</li><li>• apply a range of IT knowledge and skills in the learning of PE</li></ul>
Expectations	Each group is expected to introduce <b>ONE FULL SET</b> of workout that can be done at home, and address the following questions: <ul style="list-style-type: none"><li>• What forms of exercise (e.g., warm-up, aerobic/anaerobic) are included in this workout?</li><li>• Which part(s) of the body will be trained?</li><li>• What is the duration of this workout?</li></ul>

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.