



Saint Joseph School
Cornet Chahwan
LE Sports Department

Subject Syllabus 2016-2017

Department:	Sports Department
Subject:	Physical Education and Sports
Class:	Grade 3

Subject Details		
Weekly time Allotted	2 hours per week	
Coefficient	Over 100%	
Grade Distribution	Tests	60%
	Class participation, HW	40%

Learning Outcome and Description
Students will be able to know their upper and lower body which will allow them to sprint, to jump, to throw and catch, to dribble, to pass, to shoot, and to apply any exercise that enquire a reflex or explosive power.