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**Subject Syllabus 2016-2017**

<b>Department:</b>	Sports Department
<b>Subject:</b>	Physical Education and Sports
<b>Class:</b>	Grade 3

Subject Details		
<b>Weekly time Allotted</b>	2 hours per week	
<b>Coefficient</b>	Over 100%	
<b>Grade Distribution</b>	<b>Tests</b>	60%
	<b>Class participation, HW</b>	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.