**PHYSICAL EDUCATION**

**FORM 1-4**

**COURSE OUTLINE**

**TRINITY TERM**

**Objectives**

At the end of this term students will be able to:

* Understand the history of football.
* Describe and demonstrate the basics of passing and receiving, dribbling, shooting and goal keeping.
* Identify the field positions.
* State the dimensions of the field.
* Identify the equipment used in the game of football.
* Understand some terms associated with football

ASSESSMENT

The attainment of the objectives outlined will be assessed using two formats.

* PRACTICAL 50%
* THEORY 50%

**COURSE OUTLINE - TRINITY TERM**

**Topics in Football**

History of Football

The Field

Field Positions

The Referee/Linesman

Basic Rules

Skills in Football

Passing and Controlling

Dribbling

Heading

Goalkeeping

ASSESSMENT

1. Draw and label a Diagram of a Football field.
2. Describe the different field positions on the football field.
3. Describe and demonstrate the proper technique for

* Passing and controlling the ball with the instep
* Dribbling the ball
* Heading
* Goalkeeping

Final Assessment - Class Test

NB: Additional ungraded class work and assignments will be given to assess students’ understanding of the content taught.