

Physical Education
2100
Course Outline
2009 - 2010

The Physical Education 2100 curriculum is organized into three Movement Categories; **two activity choice from each movement categories are mandatory:**

- 1) Individual / Partner Games and Activities
- 2) Games / Group Activities
- 3) Alternative Activities

Evaluation Outline for Physical Education 2100:

Participation: 60 - 70 %
Health /Fitness: 20 - 25 %
Written Component: 5 - 15%

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