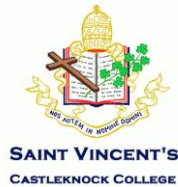


## Transition Year Unit.



**Subject:** Physical Education

**Number of Periods per week:** 2 periods

**Class Teacher:** Dominic Little, Peter Pallfy, Eoghan O'Donnchu

### **Aims and objective:**

The main objectives of this particular physical education course is to **develop motor abilities like strength, speed, endurance, coordination, flexibility, agility and balance**, as they are important aspects for good performance in different games and sports.

**Course content:** Olympic handball, Football, Badminton, Athletics, Unihoc , Basketball, and Volleyball

**Method of assessment:** Continuous assessment through the use of practical skills performed during lessons.

**Digital Learning Skills :** The use of IT where appropriate

