

Form 3 term 3 (2025-2026)

Topics are those in red

❖ Skilling learning (THEORY)

➤ What is a skill?

➤ Classification of skills

1. Open skills

2. Closed skills

- Another way to group skills is based on how complex the skill is:
- Basic skills
- Complex skills

Phases of Skill learning

- Cognitive Phase
- Associative Phase
- Autonomous phase

➤ **Factors that affect performance**

➤ **Drugs alcohol and sports**

➤ **the Respiratory and Digestive system**

Form 4 term 3

❖ **The Nervous system**

❖ **The excretory system**

❖ **The digestive system**

❖ **Integumentary system**

- Identify the structure of the skin
- Explain how they perform their functions
- Explain how the skin helps to regulate temperature.

❖ **Concepts of fitness**

- health and fitness
- General and specific fitness
- Factors affecting fitness
- Somatotyping

❖ **Basketball (practical)**

Form 5 term 1

Revision on topics, practice past paper and preparation of external practical exam