

Physical Education (IGCSE) 9

Time: 6 x 35 minutes per week

Course Description:

The IGCSE PE program provides students with an opportunity to study both the practical and theoretical aspects of Physical Education. During the two year course students study the following; factors affecting performance, health, safety and training and the reasons and opportunities for participation in physical activity. The coursework consists of learning and practicing the skills and tactics of four sports of their choice from six categories; games, gymnastics, dance, athletics, outdoor adventure activities and swimming.

Resources:

1. **The World of Sport Examined 2nd Edition Paul Beashel, Andy Sibson, John Taylor**
2. **Physical Education for Upper Primary Steven Quek CH, C Kunalan, Alan Ch'ng, Mohammed Azhar Yusof**
3. **Human Anatomy & Physiology 8th Edition Marieb Hoehn**

SEMESTER 1	SEMESTER 2
<ul style="list-style-type: none"> • UNIT 1 – FACTORS AFFECTING PERFORMANCE 	<ul style="list-style-type: none"> • UNIT 2 – HEALTH, SAFETY & TRAINING
➤ Skill	➤ Health
➤ Motivation & Mental Preparation	➤ Diet
➤ Skeleton & Joints	➤ Games: Safe Practice
➤ Muscles & Tendons	➤ Injuries
➤ Circulatory & Respiratory Systems	➤ Exercise & Training
➤ Fitness	
➤ Physique	
➤ Drugs	
<ul style="list-style-type: none"> • COURSEWORK PREPARATION 1 	<ul style="list-style-type: none"> • COURSEWORK PREPARATION 2
➤ Selection of 4 practical activities or sports from 7 categories	➤ Planning, performing & evaluating of chosen activity or sport
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Assessment

Internal Assessment	Weightage
<ul style="list-style-type: none">• End of Semester Examinations (SA1 + SA2)• Continual Assessment (CA1 + CA2 + CA3 + CA4) including:<ul style="list-style-type: none">- Topic Tests- Activity reports- Application of skills	$25 + 45$ $10 + 5 + 10 + 5$
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