Physical Education

## Class of 2018

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| Exam board information: Cambridge IGCSE Physical Education 0413 |

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| Course content: Component 1  **Unit 1 - Factors Affecting Performance:** Skill, Motivation, Skeleton and Joints, Muscles and Tendons, Circulatory and Respiratory systems, Fitness, Physique, Drugs.  **Unit 2 - Health, Safety and Training:** Health, Diet, Safe Practice, Injuries, Exercise and Training,  **Unit 3 - Reasons and Opportunities for Participation in Physical Activity:** Leisure and Recreation, Facilities, Participation and Excellence, Global Events, Media, Access to Sport.  Component 2  **Coursework - 4 sports from at least 2 of the following categories:** Games Activities, Gymnastic Activities, Dance Activities, Athletic Activities, Outdoor and Adventurous Activities, Swimming and Combat Activities. |

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| Skills that will be developed:    * an ability to plan, perform, analyse and improve, and evaluate physical activities * knowledge, skills and understanding of a range of relevant physical activities      * an understanding of effective and safe performance      * an understanding of the role of sport and physical activity in society and in the wider world      * an excellent foundation for advanced study      * an enjoyment of physical activity |

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| How the course will be assessed: **Examination Paper 1 (40%)**    Section A - Short questions on each of the 3 units: Factors affecting performance; Health, safety and training; Reasons and opportunities for participation in physical activity.  Section B - 3 structured questions, one from each of the three units studied  **Coursework (60%)**  4 practical activities from at least two of the seven categories listed. (50% of total marks)  Analyse and improve practical performance in one of their four chosen practical activities (10% of total marks). |

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| To be successful candidates must:    1. Promote physical activity and healthy lifestyles - be physically active 2. Develop positive attitudes 3. Ensure safe practice. 4. School or Club representation. |

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| Onward pathways: Sports courses in Further and Higher Education (A’ level, BTEC, Degree Courses, etc)  Teaching  Forces: Police, Fire, Armed.  Physiotherapy  Leisure and Recreation Industry  Personal Training  and many more ……. |

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| Further information: Mr Kelly or any PE Teacher |