



Course Content

Theory

Muscular System: The locations and scientific terminology of the muscles, muscles types, antagonistic pairing.

Joints, Ligaments and Tendons: Joint types, range of movement, joint location, joint structure

Practical

Athletics: Long jump, Triple Jump, Shot putt, Discuss, 100m sprinting and 800m middle distance running.

Table Tennis: Grip, basic strokes push & drive (backhand, forehand), service, returning service, third point shot.

Weight Training: Correct body movement & position, full range of movement, use appropriate weights.

Resources

1. Coursework Booklet Guidelines for Examination 2019 Cambridge IGCSE
2. Syllabus Cambridge IGCSE Physical Education 0413

Assessment

The aims are to enable candidates to:

Develop their knowledge and understanding of the theory underpinning physical performance in a modern world

Use and apply this knowledge and understanding to improve their performance

Perform in a range of physical activities, developing skills and techniques, and selecting and using tactics, strategies and/or compositional ideas

Understand and appreciate safe practice in physical activity and sport

Understand and appreciate the benefit of physical activity and sport for health, fitness and well-being gain a sound basis for further study in the field of Physical Education.

- 50% Practical
- 40% Theory Assessments
- 5% Book and Classwork
- 5% Homework