

Exam Outline Term 3 IGCSE PE

This terms exam will be on everything the students have learnt during theory this academic year.

Exam Length: 1 Hour 45 Minutes

Unit 1: Factors Affecting Performance

- Skill
- Motivation and Mental Preparation
- Physique
- Drugs in Sport
- Fitness
- Muscular System
- Joints, Tendons and Ligaments
- Respiratory System
- Circulatory System

Unit 2: Health, Safety and Training

- Injuries
- Diet
- Games; Safe Practice
- Health
- Exercise and Training
- Methods of Training

Year Weightings

- Exam 40%
- Practical 50%
- Book 5%
- Homework 5%