



## IGCSE PHYSICAL EDUCATION

### Course Outline 2nd Term

During the second school term the emphasis will be placed on getting the students to extend their knowledge and understanding in not only their practical performance, but also the theoretical work covered in the classroom. They will be asked to analyse their strengths and weaknesses in the course and create a plan of action for their own specific progression.

Student's development of their practical performance will always be of primary importance, however, as the theory aspect of the course has such a significant weighting in terms of assessment (40%) this will be frequently addressed on a weekly basis. This will either be done through practical experiential learning, classroom based learning or in the computer suite (or on students' laptops).

During the second term students will continue to study 'Factors affecting performance' as part of their theory course. Information on this area can be found in the IGCSE Physical Education course syllabus p14.

### Practical Activities Covered

The following activities will be covered during the course of the 2<sup>nd</sup> term:-

Swimming      Volleyball      Fitness      Basketball      Football

### Volleyball

Week Breakdown	Area of Focus	Learning Outcome
1	Game rules and set development.	Pupils will learn to: <ul style="list-style-type: none"><li>- Understand and apply the rules of the game.</li><li>- Use the set both in isolation and in a game situation.</li><li>- Analyse and suggest improvements to their own or their peers' performance.</li></ul>
2	Dig development	Pupils will Learn to: <ul style="list-style-type: none"><li>- Use the dig both in isolation and in a game situation.</li><li>- Analyse and suggest improvements to their own or their peers' performance.</li></ul>
3	Attacking Strategies and Spike development	Pupils will Learn to: <ul style="list-style-type: none"><li>- Plan and play as a unit in a team.</li></ul>

		<ul style="list-style-type: none"> <li>- Use an attacking shot to win the point.</li> <li>- Adjust their bodies in relation to the ball and their team mates to set-up an attacking opportunity.</li> <li>- To communicate and co-operate with others.</li> <li>- Analyse and suggest improvements to their own or their peers' performance.</li> </ul>
4	Defensive Strategies	<p>Pupils will Learn:</p> <ul style="list-style-type: none"> <li>- To position themselves to nullify angles and opportunities for their opposition.</li> <li>- To communicate and co=operate with others.</li> <li>- How to initiate an attack from a defensive position.</li> <li>- Analyse and suggest improvements to their own or their peers' performance.</li> </ul>
5	Conditioned Games	<p>Pupils will Learn:</p> <ul style="list-style-type: none"> <li>- To use specific skills during certain periods in a game.</li> <li>- To refine the skills they have learned.</li> <li>- Analyse and suggest improvements to their own or their peers' performance.</li> </ul>
6	Full games	<p>Pupils will Learn:</p> <ul style="list-style-type: none"> <li>- A fuller understanding of the game.</li> <li>- To produce their best performance in a whole match situation.</li> <li>- Analyse and suggest improvements to their own or their peers' performance.</li> </ul>

### **Fitness**

Week breakdown	Area of Focus	Learning Outcome
1	Fitness Testing	<p>Pupils will Learn:</p> <ul style="list-style-type: none"> <li>- The importance of fitness testing.</li> <li>- What specific tests measure.</li> <li>- The definition of fitness.</li> <li>- Types of Fitness.</li> </ul>
2	Circuit Training	<p>Pupils will learn:</p> <ul style="list-style-type: none"> <li>- What type of fitness circuit training develops.</li> <li>- Skill Related Fitness</li> <li>- Factors which affect fitness.</li> </ul>
3	Interval Training	<p>Pupils will learn:</p> <ul style="list-style-type: none"> <li>- What type of fitness Interval training develops.</li> <li>- Factors which affect fitness.</li> <li>- Understanding their own personal fitness results.</li> </ul>
4	Plyometrics	<p>Pupils will Learn:</p>

		<ul style="list-style-type: none"> <li>- What type of fitness plyometrics develops.</li> <li>- Activities related to various types of fitness.</li> <li>- Understanding VO2 max.</li> <li>- Planning a health promoting exercise programme using the FITT principle.</li> </ul>
5	Pupils class	Pupils will plan, implement and reflect on a 20 min fitness class delivered by them. They will then describe in detail how they would overload the training using the FITT principles.
6	Fitness Re-testing	Pupils will learn: <ul style="list-style-type: none"> <li>- The importance of re-testing and its purpose.</li> <li>- How it directly relates to current and future training programmes.</li> </ul>

### **Basketball**

Week Breakdown	Area of Focus	Learning outcome
1	Ball Handling	Pupils will learn: <ul style="list-style-type: none"> <li>- The triple threat position and how it influences their performance.</li> <li>- Pupils will learn to use the ball effectively whilst in possession.</li> <li>- Analyse and suggest improvements to their own or their peers' performance.</li> </ul>
2	Passing	Pupils will learn: <ul style="list-style-type: none"> <li>- The various forms of passing.</li> <li>- When to use the types of pass in a game situation.</li> <li>- Analyse and suggest improvements to their own or their peers' performance.</li> </ul>
3	Dribbling	Pupils will learn: <ul style="list-style-type: none"> <li>- To be selective on when to dribble in a game situation.</li> <li>- The correct technique for different situations.</li> <li>- How to position their body to aid the effectiveness of the dribble.</li> <li>- Analyse and suggest improvements to their own or their peers' performance.</li> </ul>
4	Shooting	Pupils will learn : <ul style="list-style-type: none"> <li>- The three main types of shooting.</li> <li>- How and when to use them during a game situation.</li> <li>- Analyse and suggest improvements to their own or their peers' performance.</li> </ul>
5	Attacking/Defensive systems of play	Pupils will learn: <ul style="list-style-type: none"> <li>- To create systems of attack when in possession of the ball.</li> <li>- Understand apply a defensive strategy based on your teams strengths and weaknesses.</li> </ul>

		<ul style="list-style-type: none"> <li>- Analyse and suggest improvements to their own or their peers' performance.</li> </ul>
6	Games	<ul style="list-style-type: none"> <li>- Pupils will demonstrate all the skills they have previously learned in game situations.</li> <li>- Analyse and suggest improvements to their own or their peers' performance.</li> </ul>

### Swimming

Week Breakdown	Area of Focus	Learning Outcome
7	Front Crawl Arm Technique and Body Positioning	Pupils will learn: <ul style="list-style-type: none"> <li>- To understand and apply the correct arm action.</li> <li>- To understand why body positioning is essential to effective technique.</li> <li>- Analyse and suggest improvements to their own or their peers' performance.</li> <li>- How lactic acid, oxygen debt tolerance and recovery rate affect performance and participation levels.</li> </ul>
8	Front Crawl Leg technique	Pupils will learn: <ul style="list-style-type: none"> <li>- To use the correct leg action and understand the key points in this.</li> <li>- How activity and exercise develop and effect the efficiency of the circulatory and respiratory systems.</li> <li>- Analyse and suggest improvements to their own or their peers' performance.</li> </ul>
9	Back Crawl Arm Technique	Pupils will learn: <ul style="list-style-type: none"> <li>- To use the correct arm action and understand the key points involved in this.</li> <li>- The difference between aerobic and anaerobic work and the effect it has on performance.</li> </ul>
10	Back Crawl Leg Technique	Pupils will learn: <ul style="list-style-type: none"> <li>- To use the correct leg action and understand the key principles in this.</li> <li>- Analyse and suggest improvements to their own or their peers' performance.</li> <li>- Understand various roles and changes that occur in blood during physical activity.</li> </ul>
11	Competition Races and Diving	Pupils will learn: <ul style="list-style-type: none"> <li>- To apply all of the knowledge they learned for both strokes in a competitive situation.</li> <li>- The correct technique for entry into the water.</li> <li>- Understand the principle of streamlining.</li> </ul>

### Football

Week Breakdown	Area of Focus	Learning Outcome
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7	Control and Passing	<p>Pupils will learn:</p> <ul style="list-style-type: none"> <li>- To use all parts of the foot to control and pass the ball.</li> <li>- Understand how body positioning directly influences the quality.</li> <li>- To pass the ball various distances.</li> <li>- To co-operate and communicate with others.</li> <li>- Analyse and suggest improvements to their own or their peers' performance.</li> </ul>
8	Dribbling	<p>Pupils will learn:</p> <ul style="list-style-type: none"> <li>- To change direction with the ball whilst keeping it under control.</li> <li>- When to dribble during a game.</li> <li>- Analyse and suggest improvements to their own or their peers' performance.</li> <li>-</li> </ul>
9	Shooting	<p>Pupils will learn:</p> <ul style="list-style-type: none"> <li>- To use the inside and top of the foot.</li> <li>- What kind of shot to use in specific game situations.</li> <li>- Understand the correct body positioning and technique.</li> <li>- To improve their decision making during games.</li> <li>- Analyse and suggest improvements to their own or their peers' performance.</li> </ul>
10	Defensive and attacking play	<p>Pupils will learn:</p> <ul style="list-style-type: none"> <li>- Systems of attack in terms of overload, overlapping and width.</li> <li>- Defensive shape and individual roles with in a team.</li> <li>- To make a decision influencing their whole team during a game situation.</li> <li>- To co-operate and communicate with others.</li> <li>- Analyse and suggest improvements to their own or their peers' performance.</li> <li>-</li> </ul>
11	Games	<p>Pupils will demonstrate all of the skills, knowledge and understanding they have in a series of games. They will also analyse and suggest improvements on a peer's performance.</p>