

YEAR 11

PHYSICAL EDUCATION



SRI KDU
International
School
SUBANG JAYA

IGCSE

PROGRAMME OF STUDY - TERM 2

IGCSE PE THEORY (REVISION)

- **Demonstrate Understanding:** Develop a comprehensive understanding of key concepts, principles, and theories covered in the IGCSE PE curriculum, including topics such as anatomy, physiology, skill acquisition, and sports psychology.
- **Apply Knowledge:** Apply theoretical knowledge to practical scenarios, demonstrating the ability to relate theoretical concepts to real-life examples in the context of physical activity, sports, and exercise.

IGCSE PE (RECORDINGS)

- **Filming for Practical Assessment (AO3):** AO3 Demonstrate the ability to select and perform appropriate skills to produce effective performance in practical activities.
- **Evaluate and Analyze Performance:** To critically analyze personal performance in specific physical activities, identifying strengths and areas for improvement in recorded sessions.

IGCSE PE (ASSESSMENT AND EXAMINATION)

- **Recall and Apply Knowledge:** Demonstrate the ability to recall and apply knowledge by solving a variety of exam-style questions related to different topics, such as the principles of training, the effects of exercise on the body, and sports psychology.
- **Acquire Effective Revision Strategies:** creating concise study notes, utilizing flashcards, and practicing past papers, to enhance memory retention and exam performance.

ONGOING OBJECTIVES

- **Understanding and Applying Theoretical Concepts:** Cover theoretical aspects of PE, including anatomy, physiology, biomechanics, and nutrition.
- **Analysis and Evaluation:** Introduce methods for analyzing and evaluating personal and others' performances in physical activities.
- **Continuous Assessment and Feedback:** Implement regular assessments, both formative and summative, to gauge student understanding and progress.
- **Skill Acquisition and Development:** Focus on the acquisition and refinement of fundamental movement skills across a range of activities.

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NETBALL

- **Basic Rules Understanding:** Understand and demonstrate a basic knowledge of netball rules, including the positions, court zones, and scoring.
- **Movement and Agility:** Develop agility and coordination by practicing footwork techniques, pivoting, and changing direction quickly on the netball court.
- **Passing and Receiving Skills:** Learn and demonstrate fundamental passing and receiving skills, such as the chest pass, bounce pass, and overhead pass, to effectively move the ball among teammates.
- **Defensive Techniques:** Learn and apply basic defensive skills, such as marking an opponent, intercepting passes, and understanding zoning concepts to prevent the opposing team from scoring.
- **Shooting Accuracy:** Develop shooting accuracy by practicing goal shooting techniques, including proper shooting stance, hand positioning, and follow-through.

TOUCH RUGBY

- **Rules:** Students will know the rules of Handball.
- **Passing:** Students will continue to show their skills in passing and teamwork. Enhance students passing skills to facilitate smooth ball movement and teamwork.
- **Dribbling and Ball Handling:** Students will learn how to dribble the ball during the game in terms of attacking and defending. Students should aim to improve their shooting accuracy to increase the likelihood of scoring goals.
- **Movement:** Students will continue to show their understanding of the importance of moving to open areas.
- **Shooting:** Students will learn the techniques of effective shooting and students should aim to improve their shooting accuracy to increase the likelihood of scoring goals.
- **Formation Strategy:** Students will understand the importance of a certain formation styles.

HANDBALL

- **Rules:** Students will know the rules of Handball.
- **Passing:** Students will continue to show their skills in passing and teamwork. Enhance students passing skills to facilitate smooth ball movement and teamwork.
- **Dribbling and Ball Handling:** Students will learn how to dribble the ball during the game in terms of attacking and defending. Students should aim to improve their shooting accuracy to increase the likelihood of scoring goals.
- **Movement:** Students will continue to show their understanding of the importance of moving to open areas.
- **Shooting:** Students will learn the techniques of effective shooting and students should aim to improve their shooting accuracy to increase the likelihood of scoring goals.
- **Formation Strategy:** Students will understand the importance of a certain formation styles.

ONGOING OBJECTIVES

- **Rules:** Understand and demonstrate a basic knowledge of the game rules.
- **Adaptability:** Equip the team with the ability to adapt to different game situations and opponents.
- **Team Collaboration:** Understand the roles and playing styles of teammates to contribute effectively to team strategies.
- **Tactical Understanding:** Improve decision-making under pressure, considering factors like time on the clock and score.