

YEAR 10

PHYSICAL EDUCATION

IGCSE



SRI KDU
International
School
SUBANG JAYA

PROGRAMME OF STUDY - TERM 2

THEORY LESSONS : HEALTH, FITNESS AND TRAINING

1. Simple Biomechanics

a. Learning Objectives:

- i. Understand the basic principles of biomechanics and their application to human movement.
- ii. Identify and explain the role of levers, planes, and axes in movement.
- iii. Analyse how forces affect movement efficiency and performance in physical activity.

2. Health, Fitness, and Training

a. Learning Objectives:

- i. Define health, fitness, and their relationship to physical performance.
- ii. Understand the importance of regular physical activity in maintaining overall health.
- iii. Recognise how fitness training can enhance both health and performance in sports.

3. Components of Fitness

a. Learning Objectives:

- i. Identify and explain the key components of fitness: cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition.
- ii. Understand the role of each fitness component in performance across different sports.
- iii. Assess and improve individual fitness components based on specific sport or activity needs.

4. Test Protocols

a. Learning Objectives:

- i. Understand the purpose and procedures for fitness testing.
- ii. Learn how to conduct and interpret common fitness tests (e.g., Cooper test, sit-and-reach, vertical jump test).
- iii. Assess individual fitness levels and use test results to create targeted fitness plans.

5. Principles of Training and Overload

a. Learning Objectives:

- i. Understand the principles of training: specificity, progression, overload, reversibility, and tedium.
- ii. Apply the principle of overload to ensure continuous improvement in fitness.
- iii. Recognise how training programs should be adapted based on individual progress and goals.

6. Methods of Training

a. Learning Objectives:

- i. Identify and explain various methods of training (e.g., continuous training, interval training, resistance training, circuit training).
- ii. Understand the advantages and disadvantages of different training methods for improving specific components of fitness.
- iii. Select appropriate training methods for different fitness goals (e.g., strength, endurance, speed).

7. Reasons for Warming Up and Cooling Down

a. Learning Objectives:

- i. Understand the physiological benefits of warming up and cooling down.
- ii. Recognize how warming up prepares the body for physical activity and reduces the risk of injury.
- iii. Explain the importance of cooling down in promoting recovery and reducing muscle soreness.

PRACTICAL LESSONS (MIXED SPORTS)

- Filming for Practical Assessment (AO3)
 - (AO3) Demonstrate the ability to select and perform appropriate skills to produce effective performance in practical activities.
 - Students will be able to effectively record and analyse their performance in their chosen sport, using appropriate techniques and tools to document key skills, tactics, and progress. This includes evaluating their strengths and areas for improvement, and reflecting on how their training has impacted their overall performance.

UNIT (SPORT)

- Students will complete and submit recordings for two chosen sports, documenting key performance aspects such as technique, tactics, and skill execution. They will evaluate their own performance, identifying strengths and areas for improvement, and reflect on the effectiveness of their training and how it has influenced their development in each sport.

ONGOING OBJECTIVES

- **Understanding and Applying Theoretical Concepts:** Cover theoretical aspects of PE, including anatomy, physiology, biomechanics, and nutrition.
- **Analysis and Evaluation:** Introduce methods for analysing 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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VOLLEYBALL

- **Understanding and Demonstrating Basic Skills:** Students will learn to perform key volleyball skills (serve, pass, set, dig, and spike) with proper technique and accuracy during drills and gameplay.
- **Communication:** Students will be taught how to call for the ball clearly and confidently during play and use phrases like "Mine!" or "Yours!" to ensure team coordination.
- **Application of the 3-Touch Rule:** Students will learn how to work collaboratively to ensure no more than 3 touches are used before sending the ball over the net, while avoiding consecutive touches by the same player.
- **Learning and Applying Basic Rules of the Game:** Students will learn the basic rules of scoring, rotating positions, game tactics and how to avoid basic violations.

FUTSAL

- **Basic Skills and Techniques:** Students will develop essential futsal skills, including dribbling, passing, shooting, and ball control, with a focus on close ball manipulation in tight spaces.
- **Tactical Understanding:** Students will learn to apply tactical awareness, including positioning, movement off the ball, and team strategies, to enhance their effectiveness in both attacking and defending during a match.
- **Teamwork and Communication:** Emphasis on working as part of a team, with students developing their communication and decision-making skills to create effective passing sequences and defensive strategies.
- **Understanding and Applying Futsal Rules:** Students will learn the specific rules of futsal, including the use of the smaller pitch, the no-wall rule, kick-ins instead of throw-ins, the limited number of fouls, and the importance of keeping the ball in play with continuous action.

FITNESS

- **Master Upper Body Techniques:** Students will learn proper form and technique for key upper-body exercises to build strength and stability.
- **Master Lower Body Techniques:** Students will practice safe and effective lower-body exercises to improve strength and mobility.
- **Develop Endurance through Interval Training:** Students will engage in interval training to enhance cardiovascular fitness and stamina.
- **Combine Strength and Endurance:** Students will integrate strength and interval exercises into a full-body workout for balanced fitness development.

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.