

# YEAR 11

## PHYSICAL EDUCATION

### IGCSE



**SRI KDU**  
International  
School  
SUBANG JAYA

### PROGRAMME OF STUDY - TERM 2

#### IGCSE PE THEORY (REVISION)

##### 1. Goal Setting

- Learning Objectives:
  - Understand the principles of effective goal setting, including SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound).
  - Apply goal-setting techniques to create short-term and long-term objectives for personal performance improvement in sport.
  - Evaluate the impact of goal setting on motivation, focus, and overall performance.

##### 2. Anxiety and Arousal

- Learning Objectives:
  - Define anxiety and arousal and explain how they affect performance in sport.
  - Identify strategies for managing anxiety and controlling arousal levels before, during, and after competition.
  - Assess how different levels of arousal can positively or negatively influence performance and mental state.

##### 3. Social and Cultural Influences

- Learning Objectives:
  - Analyse the impact of social and cultural factors on participation and performance in sport.
  - Understand how societal norms, media representation, and cultural background shape attitudes toward sports.
  - Recognise the barriers to participation that certain groups may face and explore strategies for promoting inclusivity in sport.

##### 4. Sponsorship

- Learning Objectives:
  - Understand the role of sponsorship in sport and its impact on athletes, teams, and organizations.
  - Analyse the benefits and potential drawbacks of sponsorship deals for both sponsors and athletes.
  - Explore the ethical considerations of sponsorship in sport and its influence on branding, marketing, and public perception.

##### 5. Ethics in Sport

- Learning Objectives:
  - Understand the key ethical issues in sport, including fair play, doping, and respect for opponents.
  - Discuss the importance of integrity, honesty, and responsibility in sport, and the consequences of unethical behavior.
  - Evaluate the role of governing bodies, coaches, and athletes in promoting ethical standards in sport.

- **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 Analyse 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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### PROGRAMME OF STUDY - TERM 2

#### VOLLEYBALL

- **Key Volleyball Skills:** Students will execute advanced techniques such as jump serves, precise setting to multiple zones, digging accurately and strategically placed spikes.
- **Advanced Communication:** Students will use specific and clear phrases to coordinate team strategies, such as calling offensive plays or defensive formations during gameplay.
- **Application of Tactical Team Play:** Students will apply advanced tactical systems effectively to optimize team performance and maintain strategic play.
- **Understanding and Adhering to Competitive Rules:** Students will demonstrate proficiency in advanced rules, such as rotational alignment and substitution procedures, while maintaining sportsmanship throughout play.

#### 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.