

YEAR 10

PHYSICAL EDUCATION



SRI KDU
International
School
SUBANG JAYA

IGCSE

PROGRAMME OF STUDY - TERM 1

INTRODUCTION TO IGCSE PE AND HEALTH AND WELLBEING

- **Introduction to IGCSE PE:**
 - Explain what is meant by health as defined by the WHO.
- **Physical, Mental, and Social Well-being:** Describe with examples what is meant by physical, mental, and social well-being. Explain the benefits of working to improve these aspects.

FITNESS

- **Definition of Fitness:** Provide a definition of fitness. Explain the relationship between health and fitness.
- **Fitness Testing:** Identify different tests used to assess fitness. Carry out health-related and skill-related fitness tests. Outline the main reasons for fitness testing.

COMPONENTS OF FITNESS

- **Health-Related and Skill-Related Components:** Recognize components of both health-related and skill-related fitness.
- **Links to Performance:** Explain how these components link to the performance of sports and physical activities.

DIET AND ENERGY SOURCES

- **Functions of Nutrients:** Outline the functions of carbohydrates, fats, and proteins in providing energy. Describe which foods are sources of these nutrients.
- **Energy Production:** Explain how food sources contribute to energy produced for different activities.

THE SKELETON AND ITS FUNCTIONS

- **Functions of the Skeleton:** Outline the four main functions of the skeleton. Name and locate the main bones and classify them. Describe the functions of different bones.
- **Joint Types, Structure, and Formation**
- **Types of Joints:** Identify three different types of joints. Describe two types of freely moveable joints.

MOVEMENT AT JOINTS

- Pairs of Movement: Know the four main pairs of movement around a joint. Understand that each movement can go in at least two directions and know the names of these directions. Provide sporting examples for each type of movement.
- Muscles and Muscle Actions
- Location and Role of Major Muscles: Know the location and role of major muscles in the body. Understand the importance and role of tendons. Provide sporting examples for each type of movement.
- Antagonistic Muscle Action: Understand how muscles work in pairs. Identify the action of agonist and antagonist. Explain how muscles work using isotonic and isometric contractions.
- Reference to Major Joints: Understand antagonistic muscle action with reference to the shoulder, elbow, hip, knee, and ankle.
- Muscle Fibre Types: Know and understand the differences between slow-twitch and fast-twitch muscle fibres.

KEY VOCABULARY

- Health: (WHO) defines health as 'a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity'.
- Fitness: The ability to cope with (or meet) the demands of the environment.
- Flexibility: The range of movement at a joint.
- Agility: The ability to change direction at speed.
- Speed: Distance/time – The time taken to travel a certain distance.
- Strength: The ability of a muscle or group of muscles to overcome a force.
- Power: Speed x strength.
- Aerobic: Any type of cardiovascular conditioning or cardio.
- Levers: A lever is a rigid rod (usually a length of bone) that turns about a pivot (usually a joint).
- Slow Twitch: Slow-twitch muscles use energy slowly and evenly to make it last a long time.
- Fast Twitch: Fast-twitch muscle fibres contract quickly and help you perform fast, high-intensity activities.
- Lumen: The cavity or channel within a tube or tubular organ such as a blood vessel or the intestine.
- Forces: Push and pull come from the objects interacting with one another.

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CORE

PROGRAMME OF STUDY - TERM 1

FOOTBALL

- Knowledge of more advanced rules: Identify different types of fouls, the conditions under which penalties are awarded and the reasons for issuing yellow and red cards and the consequences for players receiving them.
- Passing and Receiving Skills: Demonstrate proficiency in various types of passes (short, long, through balls, crosses) and execute effective one-touch passes to maintain the flow of the game. Understand and apply the correct weight and timing on passes to optimize team play and maintain possession.
- Attacking and Shotting Skills: Understand the optimal attacking positions, including how to create and exploit space and the ability to read the game and create goal-scoring opportunities through individual skills and teamwork. Exhibit proficiency in various finishing techniques (volleys, headers, side-foot, power shots).
- Defending Skills: Execute pressing tactics to regain possession, showing the ability to make recovery runs to support the defence after an attacking play breaks down. Communicate effectively with teammates to organize the defence and maintain a solid defensive structure.
- Game Play: Show high levels of game awareness, making strategic decisions based on the state of play and adapt to different game situations and modify play accordingly. Maintain high levels of fitness and stamina, contributing consistently throughout the match.

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.

BASKETBALL

- Basic Rules Understanding: Continue reinforcing a thorough understanding of basketball rules, including the roles of different positions (point guard, shooting guard, small forward, power forward, center), court zones (key, three-point line, half-court), and the scoring system (two-point shots, three-point shots, free throws). Emphasize understanding of more complex violations such as charging and blocking fouls, and three-second violations.
- Agility and Coordination: Develop further agility and coordination through advanced footwork drills, such as drop steps, spin moves, and quick directional changes. Incorporate plyometric exercises to enhance explosive movements.
- Passing and Receiving Skills: Reinforce fundamental passing and receiving skills, including chest pass, bounce pass, and overhead pass. Introduce and practice advanced passes like the no-look pass, behind-the-back pass, and skip pass.
- Defensive Techniques Reinforce and expand basic defensive skills, including on-ball defense, help defense, and understanding zoning concepts. Introduce advanced defensive strategies such as the full-court press, trapping, and switching on screens.
- Shooting Techniques: Develop shooting accuracy with an emphasis on proper shooting stance, hand positioning, and follow-through. Practice a variety of shots including layups, mid-range jumpers, and three-point shots. d shots.
- Offensive Strategies: Learn and practice basic offensive strategies such as pick-and-roll, give-and-go, spacing, and cutting to create scoring opportunities. Understand offensive plays and movement without the ball.
- Defensive Strategies: Understand and practice man-to-man defense, zone defense (e.g., 2-3 zone, 1-3-1 zone), and transitional defense.

ATHLETICS

Events include: Shot Put, Javelin, Discus, Long Jump, High Jump, Standing Triple Jump

- Technique:
 - Demonstrate proper grip, stance, and release techniques for shot put, javelin, and discus.
 - Perform correct take-off, flight, and landing techniques in long jump and high jump.
 - Execute proper hop, step, and jump phases in the standing triple jump.
- Safety and Rules:
 - Understand and follow safety protocols specific to each throwing and jumping event.
 - Learn and apply the rules and regulations for all throwing and jumping events.
- Measurement and Evaluation:
 - Accurately measure and record distances thrown and distances and heights jumped.
 - Self-assess and provide peer feedback on technique and performance.

Running Events (Sprints and Middle Distance)

- Technique:
 - Demonstrate proper starting, running, and finishing techniques for sprints (100m, 200m) and middle-distance (800m, 1500m) races.
 - Develop and apply strategies for pacing, breathing, and endurance in middle-distance running.
- Safety and Rules:
 - Understand and implement safety practices during running events, including warm-up and cool-down exercises.
 - Learn and apply the rules and regulations for sprint and middle-distance races.
- Measurement and Evaluation:
 - Accurately time and record running performances.
 - Assess and enhance running techniques and performances through self-reflection and peer feedback.

ONGOING OBJECTIVES

- **Rules:** Understand and demonstrate a basic knowledge of the game rules
- **Communication:** Enhance communication skills on the court by using verbal and non-verbal cues to coordinate movements and strategies with teammates.
- **Implementing Game strategies:** Understand basic game strategies, such as creating space, maintaining player positions, and adapting to different game situations, to make informed decisions during netball matches.
- **Teamwork and Cooperation:** Emphasize the importance of teamwork and cooperation by actively participating in drills, exercises, and game situations that require collaboration with teammates.
- **Personal Growth and Goal Setting:** Set personal goals for improvement in various sports. Reflect on personal achievements and areas for growth, developing a mindset for continuous improvement.