

YEAR 11

PHYSICAL EDUCATION



SRI KDU
International
School
SUBANG JAYA

IGCSE

PROGRAMME OF STUDY - TERM 1

SIMPLE BIOMECHANICS

- Simple Biomechanics
 - Principles of Force
 - Fundamental Concepts of Forces: Understand different types of forces, including gravity, muscular force, and friction.
 - Properties of Forces: Learn about the magnitude and direction of forces.
- Applications of Force
 - Interaction with the Human Body: Explore how forces interact with the human body during physical activity.
 - Force Production and Application: Understand concepts such as force production, application, and their influence on movement.
- Levers
 - Lever Systems in the Human Body: Explain the different lever classes (first, second, third) and their relationship to joints and muscles during movement.
 - Practical Examples: Provide examples of how each lever class operates within various physical activities and movements.

TRAINING

Training Principles

- Overload: Understand the concept of overload and how increasing the demands on the body leads to improved fitness.
- Progression: Learn how gradually increasing the intensity, duration, or frequency of training sessions helps to enhance performance.
- Specificity: Explore how training should be specific to the sport or physical activity to develop relevant fitness components.
- FITT Principles: Understand and apply the Frequency, Intensity, Time, and Type principles to create effective training programs.

Training Methods

- Cardiovascular Endurance: Explore various methods such as continuous training, interval training, and Fartlek training to improve cardiovascular fitness.
- Muscular Strength: Learn about resistance training methods, including free weights, machines, and bodyweight exercises.
- Power: Understand plyometric training and how it helps in developing explosive power.
- Speed: Study sprint training and other methods to enhance speed.
- Flexibility: Learn about static stretching, dynamic stretching, and proprioceptive neuromuscular facilitation (PNF) techniques to improve flexibility.

Periodisation

- **Training Phases:** Understand the concept of periodisation and its importance in structuring training programs.
- **Pre-Season:** Learn about the goals and training methods used during the pre-season phase to prepare athletes for the competitive season.
- **In-Season:** Explore how to maintain peak performance and fitness levels during the competitive season.
- **Post-Season:** Understand the goals of the post-season phase, including recovery and addressing any weaknesses.

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.

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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.

VOLLEYBALL

- Basic Rules Understanding – Rules of Volleyball: Understand and demonstrate basic knowledge of volleyball rules, including the scoring system, rotations, and key regulations for serving, rallying, and substitutions.
- Footwork Techniques: Develop agility and coordination through specific footwork drills to improve movement on the court. Quick Direction Changes: Practice and enhance the ability to quickly change direction to respond to ball movements during play.
- Passing and Receiving Skills. Learn the proper technique for a forearm pass, including stance, hand positioning, and follow-through to effectively receive serves and digs. Overhead Pass (Set): Practice the overhead pass technique for setting up teammates, focusing on finger placement, touch, and control.
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- Serving: To develop different serving techniques, such as the underhand serve, overhand serve, and jump serve, aiming for accuracy and consistency.
- Defensive Techniques – Blocking: Understand and apply blocking techniques, including positioning, timing, and hand placement to prevent the opposing team from scoring. Digging: Learn and demonstrate effective digging techniques to keep the ball in play during defensive rallies.
- Attacking Skills – Spiking: Develop spiking skills by practicing approach steps, arm swing, and timing for powerful and accurate attacks. Hitting Strategies: Understand different hitting strategies, including cross-court and down-the-line hits, to maximize offensive effectiveness.
- Team Play and Strategy – Communication: Emphasize the importance of clear and effective communication among teammates during play.

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.

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