

## Optional: Physical Education (Cambridge IGCSE)

The specification provides candidates with an opportunity to study both practical and theoretical aspects. It is designed to foster enjoyment by providing students with an opportunity to take part in a range of physical activities. Students will be able to develop an understanding of effective and safe physical performance and to appreciate the necessity for sound understanding of the principles, practices and training that underpin improved performance, better health and well-being.

**Examination (50%):** Assesses knowledge and understanding in relation to the syllabus content. Candidates are required to demonstrate skills of description, interpretation and evaluation. They must answer all the questions. The question paper is divided into the following topics:

Anatomy & physiology

Health, fitness & training

Skill acquisition & psychology

Social, cultural & ethical influences.

**Coursework and Centre-based assessment (50%):** Candidates undertake **four** practical activities from at least **two** of the seven categories listed. The Coursework component requires candidates to offer a minimum of four practical activities from two of the seven categories. The students will have the opportunity to be assessed in the school's major winter and summer games along with swimming and Camp Craft. Students are invited to submit video evidence from any sport they participate in from the categories below. Each activity is marked out of 25 marks and the practical activities are:

Categories	Practical Activities	
<b>Games</b>	<ul style="list-style-type: none"> <li>• Association Football</li> <li>• Badminton</li> <li>• Basketball</li> <li>• Cricket</li> <li>• Goalball</li> <li>• Golf</li> </ul>	<ul style="list-style-type: none"> <li>• Hockey</li> <li>• Netball</li> <li>• Handball</li> <li>• Baseball, Rounders or Softball</li> <li>• Rugby</li> <li>• Lacrosse</li> <li>• Squash</li> <li>• Table Tennis</li> <li>• Tennis</li> <li>• Volleyball</li> </ul>
<b>Gymnastic Activities</b>	<ul style="list-style-type: none"> <li>• Artistic Gymnastics - floor, vaulting or rhythmic</li> <li>• Figure Skating (Individual)</li> <li>• Trampolining</li> </ul>	
<b>Dance</b>	<ul style="list-style-type: none"> <li>• Dance</li> </ul>	
<b>Athletic Activities</b>	<ul style="list-style-type: none"> <li>• Cross Country Running</li> <li>• Cycling</li> <li>• Rowing and Sculling</li> </ul>	<ul style="list-style-type: none"> <li>• Track and Field Athletics</li> <li>• Weight Training for fitness</li> </ul>
<b>Outdoor and Adventurous Activities</b>	<ul style="list-style-type: none"> <li>• Canoeing</li> <li>• Hill Walking or Orienteering</li> <li>• Horse Riding</li> <li>• Rock Climbing</li> </ul>	<ul style="list-style-type: none"> <li>• Sailing</li> <li>• Skiing or Snowboarding</li> <li>• Mountain Biking</li> <li>• Wind Surfing</li> </ul>
<b>Swimming</b>	<ul style="list-style-type: none"> <li>• Competitive Swimming</li> <li>• Life Saving or Personal Survival</li> <li>• Water Polo</li> </ul>	
<b>Combat Activities</b>	<ul style="list-style-type: none"> <li>• Judo or Taekwondo</li> </ul>	

