

**INTERNATIONAL SCHOOL
OF SOUTH AFRICA**



RATIONALE

INTERNATIONAL SCHOOL OF SOUTH AFRICA

FORM 1 – 3 YEARLY OVERVIEW

Physical Education



OUTLINE OF FORM 1

Six week fitness challenge

Weight and Height

Work out BMI

Sit ups and Push ups

Pull ups, flexibility,

10 x 5m sprint

800m, Standing Long Jump

12 Min Cooper

100m, Sergeant Jump

Beep Test

Hockey

Basic rules of the hockey

Ball control, Passing the ball and receiving the ball

Tackling and beating the opponent

Rugby

Basic rules of Rugby

Running holding the ball and picking up the ball

Tackling and try scoring

Forwards and back positioning

Netball

Basic rules of Netball

Forwards and back positioning

Receiving and passing

OUTLINE OF FORM 2

Six week fitness challenge

Weight and Height

Work out BMI

Sit ups and Push ups

Pull ups, flexibility,

10 x 5m sprint

800m, Standing Long Jump

12 Min Cooper

100m, Sergeant Jump

Beep Test

Volleyball

Basic rules of Volleyball

The serve, spike and dig

The block and spike

Soccer

Basic rules of soccer

Passing and dribbling

Headers and kicking at goals

Volleys, defending and attacking

Basketball

Basic Rules of basketball

Basic stance and shooting

Passing and dribbling and footwork

Receiving and passing



OUTLINE OF FORM 3

Six week fitness challenge

Weight and Height

Work out BMI

Sit ups and Push ups

Pull ups, flexibility,

10 x 5m sprint

800m, Standing Long Jump

12 Min Cooper

100m, Sergeant Jump

Beep Test

Softball

Basic rules of softball

Batting and fielding

Running bases

Pitching

Trampoline

Basic rules of trampoline

Tuck jump and pick jump

Straddle jump and Seat drop

Straddle jump and Seat drop

Tennis

Basic rules of Tennis

Grip and Stroke

Service ground stroke

Forehand and backhand



TOPICS / CONCEPTS COVERED IN EACH FORM

FORM 1	
<p>Six week fitness challenge Hockey Rugby Netball</p>	<p>Weight and Height Work out BMI Sit ups and Push ups Pull ups, flexibility, 10 x 5m sprint 800m, Standing Long Jump 12 Min Cooper 100m, Sergeant Jump</p> <p>Hockey Basic rules of the hockey Ball control, Passing the ball and receiving the ball Tackling and beating the opponent</p> <p>Rugby Basic rules of Rugby Running holding the ball and picking up the ball Tackling and try scoring Forwards and back positioning</p> <p>Netball Basic rules of Netball Forwards and back positioning Receiving and passing</p>

FORM 2	
<p>Six week fitness challenge Volleyball Soccer Basketball</p>	<p>Weight and Height Work out BMI Sit ups and Push ups Pull ups, flexibility, 10 x 5m sprint 800m, Standing Long Jump 12 Min Cooper 100m, Sergeant Jump</p> <p>Volleyball Basic rules of Volleyball The serve, spike and dig The block and spike</p> <p>Soccer</p>

	Basic rules of soccer Passing and dribbling Headers and kicking at goals Volleys, defending and attacking Basketball Basic Rules of basketball Basic stance and shooting Passing and dribbling and footwork Receiving and passing
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FORM 3	
Six week fitness challenge Softball Trampoline Tennis	Weight and Height Work out BMI Sit ups and Push ups Pull ups, flexibility, 10 x 5m sprint 800m, Standing Long Jump 12 Min Cooper 100m, Sergeant Jump Softball Basic rules of softball Batting and fielding Running bases Pitching Trampoline Basic rules of trampoline Tuck jump and pick jump Straddle jump and Seat drop Straddle jump and Seat drop Tennis Basic rules of Tennis Grip and Stroke Service ground stroke Forehand and backhand



FORM 4-5 YEARLY OVERVIEW

IGCSE PHYSICAL EDUCATION

OUTLINE OF FORM 4

IGCSE Physical Education is a course that is offered to students at the beginning of Form 4. It is a two year course that is completed with the writing of the theory examination in the October/November session of their Form 5 year. The course comprises of a theory examination and a practical component. The examination counts for 40% of the final mark with the practical component making up 60%.

Students have no background knowledge for this subject so it can be demanding. Some of the concepts are new and take time to understand. It is a very practical subject which makes the subject enjoyable from a student point of view.

The objective in Form 4 is to cover the majority of the theory which allows for more time to complete the practical component in Form 5.

FORM 4	
<ol style="list-style-type: none">1. Skill in sport2. Sport psychology3. Health fitness and exercise4. Bones and joints5. Muscles6. Circulatory system7. Respiration and respiratory system	<ol style="list-style-type: none">8. Fitness and fitness testing9. Training programmes10. Diet, drugs and hygiene11. Injuries

OUTLINE OF FORM 5



IGCSE Physical Education is a course that is offered to students at the beginning of Form 4. It is a two year course that is completed with the writing of the theory examination in the October/November session of their Form 5 year. The course comprises of a theory examination and a practical component. The examination counts for 40% of the final mark with the practical component making up 60%.

Students have no background knowledge for this subject so it can be demanding. Some of the concepts are new and take time to understand. It is a very practical subject which makes the subject enjoyable from a student point of view.

The objective in Form 4 is to cover the majority of the theory which allows for more time to complete the practical component in Form 5

FORM 5	
1. Taking part in sport 2. Sporting organisations 3. Issues in sport 4. Practical component	