



# INTERNATIONAL SCHOOL OF SOUTH AFRICA

## 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"><li>1. Skill in sport</li><li>2. Sport psychology</li><li>3. Health fitness and exercise</li><li>4. Bones and joints</li><li>5. Muscles</li><li>6. Circulatory system</li><li>7. Respiration and respiratory system</li></ol>	<ol style="list-style-type: none"><li>8. Fitness and fitness testing</li><li>9. Training programmes</li><li>10. Diet, drugs and hygiene</li><li>11. Injuries</li></ol>



## 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	