

# IGCSE Physical Education

## Overview

This program will assist students in identifying their strengths and weaknesses, before developing a personalised curriculum and pathway for them to achieve their best possible mark in Physical Education. Students will work in tandem with a mentor to develop their knowledge of the foundational theories that are relevant to physical performance in the world today. Through this acquisition of knowledge, they will be able to apply scientific principles while they plan, perform and evaluate physical activities. Furthermore, students will be exposed to issues present in the sporting world today.

## Objectives

- Acquire knowledge and understanding to apply scientific principles in relation to sports
- Enhance critical thinking through analysis of human performance
- Perform a range of physical activities
- Appreciate the benefit of physical activity on health, fitness and well-being

## Structure

- Reflect on current knowledge of the range of topics that Physical Education covers and identify strengths and weaknesses
  - Develop a personalised curriculum
- Develop knowledge and understanding of the principles which underpin sports performance
- Investigate issues plaguing the world today regarding the world of physical activity
- Evaluating physical activity performance using the scientific principles of sport science
  - Real-world examples
  - Relate sports and health to individual and international contexts
- Perform a range of physical activities
  - Plan, perform, and evaluate their own attempts at various physical activities
  - Work in collaboration with a mentor to improve technical skills
- Exam practice
  - Past papers
  - Planning and structuring responses

