



**TRAILL**  
**INTERNATIONAL SCHOOL**

# **Physical Education**

IGCSE Physical Education



## **YEAR 9 OPTION BOOKLET: 2024-2026**

# **Subject: Physical Education**

**Course Title:** IGCSE Physical Education (0413)

**Important, this subject is only available for study from IGCSE up to and including AS levels, it has been discontinued at A2 level.**

### **Why study this subject:**

Cambridge IGCSE Physical Education is accepted by universities and employers as proof of knowledge and understanding of Physical Education. The Cambridge IGCSE Physical Education syllabus encourages learners to develop:

- Knowledge, skills and understanding of a range of relevant physical activities.
- An ability to plan, perform and evaluate physical activities.
- An understanding of effective and safe performance.
- An understanding of the role of sport and physical activity in society and in the wider world.
- An excellent foundation for advanced study.
- An enjoyment of physical activity.

### **Aims of this subject:**

The aims below describe the educational purposes of a course in Physical Education for the IGCSE examination. They are not listed in order of priority.

The aims are to enable candidates to:

- Develop their knowledge and understanding of the theory underpinning physical performance in a modern world.
- Use and apply this knowledge and understanding to improve their performance.
- Perform in a range of physical activities, developing skills and techniques, and selecting and using tactics, strategies and/or compositional ideas.
- Understand and appreciate safe practice in physical activity and sport.
- Understand and appreciate the benefit of physical activity and sport for health, fitness and well-being.
- Gain a sound basis for further study in the field of Physical Education.

## **Assessment at a glance:**

**AO1** - Demonstrate knowledge and understanding of the theoretical principles that underpin performance in physical activity / sport (**25%** weighting) - *Paper 1 - Theory*.

**AO2** - Apply knowledge and understanding of the theoretical principles to a variety of physical activities / sports, including the analysis and evaluation of performance (**25%** weighting) - *Paper 1 - Theory*.

**AO3** - Demonstrate the ability to select and perform appropriate skills to produce effective performance in practical activities (**50%** weighting) - *Component 2: Coursework*.

## **Curriculum content:**

Unit 1 - Anatomy and physiology

Unit 2 - Health, fitness and training

Unit 3 - Skill acquisition and psychology

Unit 4 - Social, cultural and ethical influences

## **Additional Information:**

The coursework component assesses candidates' performance in **four** physical activities from at least two of the seven categories listed below. The practical activities categories are:

Games activities / Gymnastic activities / Dance activities / Athletic activities /  
Outdoor and Adventurous activities / Swimming / Combat activities

## **Career Paths with this subject:**

The course would benefit students who wish for a career in the following:

Teacher of Physical Education / Personal Trainer / Sports Coaching / Sports Science /  
Sports Management / Physiotherapy / Sports Journalism / Police force / Fire  
service/Medicine/Physical therapy