

Physical Education

Option Subject: Physical Education

Kindly indicate route offered:

Applied: _____

Academic: X

Vocational: _____

General introduction to the subject:

SEC Physical Education incorporates three main components, namely the practical area (45%), the theoretical area (40%) and a portfolio (15%) that includes three assignments. Directly related to the world of sport, it offers students a detailed insight into various disciplines from a technical aspect as well as a thorough knowledge of the body requirements to perform physical activity.

List topics studied:

- a. Athletics, Swimming, Gymnastics/Dance, Team Games*
- b. Rules & Techniques*
- c. Health & Fitness*
- d. Body Systems & Performance*
- e. Sport in Society*

Class activities involved:

Various practical sessions depending on chosen disciplines as well as theoretical sessions to deal with the respective components. On most occasions a link is established between the work done in the practical sessions and that done in the classroom.

Homework assigned:

Three projects (Interview, Scouting Report, Skill Analysis) are to be carried out over three years together with a number of homeworks assigned to consolidate the theoretical areas covered. Regular practice in the practical areas chosen is highly recommended.

Assessment given:

Regular tests and examinations, both in the practical and theoretical areas.

List skills acquired studying the subject:

- a. Able to prepare well ahead of a performance.*
- b. Knowing how the body works during physical activity.*
- c. Achieving a higher level of performance.*

List skills required to study the subject:

- a. General good disposition towards sport.*
- b. A good standard of English.*
- c. Being willing to work hard outside school hours in the practical disciplines chosen.*

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