ICSLONDON
INTERNATIONAL SCHOOL

iGCSE PE

Cambridge IGCSE Physical Education (0413)

Students have 3 hours per week to study iGCSE PE. In addition, all students study core PHE (Physical Health Education) and this complements the iGCSE. Much of the practical work is done in the core PHE time when the groups are bigger! Practical work is carried out at various local (specialist) sporting venues.

	Autumn Term	Spring Term	Summer Term
Year 10	**Topic 6:** Health, Fitness and Well-Being **Football & Fitness Tests**	**Topic 4:** Energy Supply and Effects of Exercise on the Body **Topic 8:** Skills and Skill Acquisition **Basketball**	**Topic 7:** Training **Topic 9:** Psychology **Athletics & Invasion Games**
	Topic 1: Skeletal and Muscular System **Topic 2:** Respiratory System **Topic 3:** Circulatory System **Badminton**	**Topic 10:** Social & Cultural Influences **Basketball/Volleyball/ Resistance Training**	**Topic 5:** Simple Biomechanics **Topic 11:** Ethics & Other Issues **Athletics & Invasion Games**
Year 11	**Topic 11:** Ethics & Other Issues **Football**	**Topic 4** : Energy Supply and Effects of Exercise on the Body **Topic 9:** Psychology **Basketball**	**Revision and Examinations**
	Topic 1: Skeletal and Muscular System **Topic 5**: Simple Biomechanics **Topic 2:** Respiratory System **Topic 3:** Circulatory System **Badminton & Athletics Performance**	**Topic 7:** Training **Revision** of all topics and Mock Exams **Basketball/Volleyball/ Resistance Training + collecting additional footage for Component 2.**	

IB Approaches to Learning and IB Learner Attributes are embedded throughout our iGCSE programmes to ease transitions between MYP and iGCSE and then into the IBDP programme.