

ST MICHAEL FOUNDATION

PHYSICAL EDUCATION SEC. - FORM III

REVISION WORK FOR THE SUMMER HOLIDAYS

Theory:

Book: K. Bizley – GCSE Physical Education (AQA)

Revise the following topics and follow the related revision questions at the end of every chapter.

CH 5.1 / 5.2	HEALTH
CH 5.7 / 5.8	EXERCISE AND FITNESS
CH 1.1/1.3/1.4/ 1.5/ 2.1	FACTORS AFFECTING SPORTS PERFORMANCE
CH 5.7	STRENGTH
CH 5.7	FLEXIBILITY
CH 2.7	ENDURANCE
CH 5.7 / 5.8	SPEED, POWER AND AGILITY
CH 10.3	TYPES OF COMPETITIONS
Notes	FACILITIES
CH 1.7 / 3.1 /3.2	LEISURE TIME AND RECREATION
CH 10.1 / 10.2	INTERNATIONAL SPORTS: OLYMPIC GAMES
CH 11.3 / 11.4	SPONSORSHIP IN SPORTS
CH 11.1 / 11.2	THE MEDIA
Notes	POLITICS AND SPORT
CH 9.1 / 12.6	OFFICIALS
CH 12.6	RULES
CH 5.9	ACQUISITION OF SKILLS
CH 12.4 / 5.9	THE ROLE OF A TEACHER AND TRAINER
CH 12.4	THE ROLE OF A COACH

Practical Sports:

SWIMMING:

Improve on techniques and timing according to the SEC Syllabus. Try to reach minimum level 4 (marks 5-8) in Front crawl (FR), Backstroke (BK) and Breaststroke (BR).

ATHLETICS:

Improve your general endurance. Go at least twice weekly 30 min jogging. Practice basic shot-put and discus technique. Even without equipment (shot-put glide and discus rotation).

TEAM-GAMES:

Practice techniques and skills relating a PE SEC team game.

MATSEC SYLLABUS:

https://www.um.edu.mt/data/assets/pdf_file/0008/234593/SEC32_pe_2017.pdf