

ST MICHAEL FOUNDATION

PHYSICAL EDUCATION SEC. - FORM IV

REVISION WORK FOR THE SUMMER HOLIDAYS

Theory:

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

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

CH 5.3		THE SKELETAL SYSTEM
CH 5.3 / 5.4		TYPES OF MOVEMENTS AT JOINTS
CH 5.5 / 5.6		THE MUSCULAR SYSTEM
CH 2.6		CIRCULATORY / CARDIOVASCULAR SYSTEM
CH 2.4 / 2.5		RESPIRATORY SYSTEM
CH 6.1 / 6.2		PRINCIPLES OF TRAINING
CH 1.8 / 6.3		TRAINING SESSIONS, PRACTICE AND DRILLS
CH 6.4 / 6.5 / 6.6		TRAINING METHODS
CH 5.7 / 5.8 / 6.6		FITNESS TESTING

Practical Sports:

SWIMMING:

Improve on techniques and time according to the SEC Syllabus. Try to reach minimum level 3 (marks 9-12) 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 or discus technique. Even without equipment (shot-put glide and discus rotation).

TEAM-GAMES:

Practice techniques and skills relating a PE SEC team games.

DANCE:

Prepare and choreograph two dances (90 sec each).

Portfolio:

Prepare and work on all three parts (skill analysis, scouting and interview).

MATSEC SYLLABUS:

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