

SEC SYLLABUS 2018

PHYSICAL EDUCATION

SEC 32

SYLLABUS

Physical Education SEC 32

(Not available in September)

Syllabus

Paper I: Practical Performance + Coursework Project +Paper II (2hrs) Written

Introduction

1. This syllabus is designed:
 - 1.1 To complement and strengthen the requirements of the 'National Minimum Curriculum' through participation in a variety of practical activities and related theoretical studies.
 - 1.2 To educate towards a genuine commitment to lifelong participation in sport as management of a healthy lifestyle.
 - 1.3 To form the basis for further studies in areas related to Physical Education and leading to careers in Physical Education and Sport.

Aims

2. A course based on this syllabus should enable candidates:
 - 2.1 To acquire techniques necessary to perform a variety of physical activities.
 - 2.2 To experience the enjoyment of participation in physical activity.
 - 2.3 To understand through theory and practice the implications of and benefits from participation in physical activity.
 - 2.4 To value the contribution that physical activity can make to a healthy lifestyle and to positive social relationships.

Assessment Objectives

3. The examination will assess the candidate's ability:
 - 3.1 To demonstrate competency in a variety of skills in different forms of physical activity, including the ability to design, refine and perform movement forms.
 - 3.2 To demonstrate a knowledge and understanding of different forms of movement and physical activities.
 - 3.3 To describe, analyse and improve health-related-fitness (HRF) and movement factors affecting performance.
 - 3.4 To demonstrate knowledge and understanding of the structures and functions of the human body related to movement.
 - 3.5 To demonstrate knowledge and understanding of the social aspects of sport and of leisure activities.

Scheme of Assessment

- 4.1 All candidates are assessed on two components:

Component	Description	Weighting	
Paper 1	Practical Performance & Coursework Project	45% 15%	60%
Paper 2	Written Paper (2 hours) Section A: Movement and physical activities Section B: Health Related Fitness Body systems and performance Section C: Sport in Society	8% 8% 18% 6%	40%

4.2 Scheme of Assessment

Assessment Objective	Final Examination		Coursework Project	Total
	Paper 1 Practical	Paper 2		
3.1	45%		15%	60%
3.2		8%		8%
3.3		8%		8%
3.4		18%		18%
3.5		6%		6%
Total	45%	40%	15%	100%

4.3 Paper 1 Practical performance (45% of the total mark)

4.3.1 Candidates are assessed on the practical performance of three activities chosen from the four Areas of Activity (further information is found on the following pages). The assessment of the practical performance is to be carried out (at particular Centres) by qualified examiners appointed by the MATSEC Board.

4.3.2 In Athletics and Swimming areas the result of time/distance/height will carry 40% of the mark. Technique will carry 60% of the mark. In Games, technique is assigned 100% of the mark. In Gymnastics, technique will carry 60% of the mark, the over all execution will carry 40% of the mark. In Dance, technique will carry 50% of the mark, over-all execution will carry 30% of the mark, and contrast between the two dances will carry 20% of the mark.

4.4 Coursework Project (15% of the total mark)

4.4.1 Coursework should consist of a Project. The candidate's Project is to be corrected by the P.E. teacher under whose guidance the candidate is carrying out the programme of studies. The Project must be made available to the moderator on demand.

4.4.2 Candidates who are re-sitting the subject may carry forward the coursework mark from the previous session.

4.4.3 Candidates who have covered the coursework privately will be expected to present their coursework to the MATSEC Board by the date stipulated by the Board. Candidates may be called for an interview about their work.

4.4.1 Candidates can only qualify for grades 1-5 if they obtain at least 45% of the mark allotted to each of paper 1 and 2. (See Note 6.2).

5. Paper 1: Practical Performance (60%)

5.1 Choice of Activities

Each candidate must select activities from three out of the four different Areas. Each Area has its own choice of activities and conditions.

Example of a student's choice:

- Area 1 (Games) Basketball*
- Area 3 (Athletics) Middle Distance, Long Jump, Discus*
- Area 4 (Swimming) Butterfly, Front Crawl, Breast-stroke*

Area 1: Games		
Candidates will be examined in one activity of their choice. Two (2) years preceding the Exam sitting, the SEC Syllabus Panel will officially establish the three specific activities to be assessed from which such choice can be made.		
<ol style="list-style-type: none"> 1. Badminton 2. Basketball 3. Football/ Netball 4. Hockey 5. Team Handball 6. Volleyball 		
Area 2: Gymnastics & Dance Activities		
Candidates will be examined in one activity of their own choice.		
<ol style="list-style-type: none"> 1. Artistic Gym 2 different vaults and a floor sequence 2. Educational Dance 		
Area 3: Athletics		
Candidates will be examined in one running activity, one jumping activity and one throwing activity of their own choice.		
Section A: Running	Section B: Jumping	Section C: Throwing
<ol style="list-style-type: none"> 1. Sprinting (100m) 2. Middle Distance (800m) 	<ol style="list-style-type: none"> 1. High Jump 2. Long Jump 	<ol style="list-style-type: none"> 1. Shot Put 2. Discus
Area 4: Swimming		
Candidates will be examined in three swimming strokes of their own choice.		
<ol style="list-style-type: none"> 1. Breast-stroke 2. Butterfly 3. Backstroke 4. Front Crawl 		

5.2 Candidates are expected to have practical experience in the various activities mentioned in 5.1.

5.3 Specific content and marking criteria for practical performances in each activity:

Area 1: Games: Badminton

Candidates are assessed on the following individual skills and techniques:

- Service: long serve, short serve.
- Overhead Clear: forehand, backhand
- Smash
- Drop shots
- Net shots
- Service return

Assessment criteria for practical performance

Level	Description: The candidate will be able to demonstrate:	Marks
5	A limited ability to execute the basic skills in a non-rally situation.	0 12
4	An ability to execute basic skills with a reasonable amount of control without the ability to prolong a rally or to play attacking strokes.	13 24
3	An ability to prolong a rally and execute satisfactorily a variety of skills.	25 36
2	An ability to prolong a rally and select and use appropriate strokes of attacking play with good control, accuracy, and co-ordination.	37 48
1	An ability to select the best shots in defending and attacking play with very good control, accuracy and co-ordination	49 60

Area 1: Games: Basketball

Candidates are assessed on the following:

Dribbling including changing hands, speed and direction

Passing and receiving: chest, javelin and bounce pass

Defensive footwork: sliding.

Offensive footwork: shaking off defence on 'v cut', pivoting, faking/feinting and driving to the basket, jump stop

Shooting the lay up shot, the set shot and the jump shot from different angles and positions

Assessment Criteria for Practical Performance

Level	Description: The candidate will be able to demonstrate:	Marks
5	An ability to pass, catch, and shoot from a static position but not accurately and with only some regard to the critical elements of skill. An ability to dribble the ball with satisfactory control but with poor execution of the footwork fundamentals.	0 12
4	An ability to shoot, dribble and pass with a reasonable amount of control and accuracy. The lay up shot still lacks fluency, and is frequently taken from the wrong leg.	13 24
3	An ability to shoot quite well including a satisfactory drive to a lay up shot. An ability to dribble the ball with either hand with a good measure of control.	25 36
2	An ability to pass, dribble and shoot with considerable accuracy from a distance as well as near the basket, including a satisfactory fake and drive to a lay up shot.	37 48
1	An ability to pass, dribble and shoot with very good control, accuracy and co-ordination, including jump shots and left and right handed lay-up shots.	49 60

Area 1: Games: Football

Candidates are assessed in the following individual skills:

Passing: Ground passes using both feet - inside push pass, outside of the foot pass, instep pass, the wall pass; Flighted - instep pass.

Receiving: Ground passes – inside of the foot; High passes – instep; thigh; chest

Dribbling and feinting to beat an opponent; slalom dribbling using either foot; screening (shielding);

Running with ball for speed.

Shooting: instep drive shot with either foot; full-volley shot.

Heading in attack

Defensive stance and movement: jockeying the attacker; block and poke tackles.

Assessment Criteria for Practical Performance

Level	Description: The candidate will be able to demonstrate	Marks
5	A limited ability to execute (with the dominant foot) only some of the basic skills. When performed at varying speed the basic skills lack, accuracy, and total control. Only some regard of the critical elements of skill is shown.	0 – 12
4	An ability to execute (with dominant foot), at considerable speed basic skills with some amount of accuracy and control and with adequate regard to the critical elements of skill.	13 – 24
3	An ability to execute (with either foot) at considerable speed a variety of skills with consistency, with appropriate accuracy and control and with considerable regards to the critical elements of skill.	25 – 36
2	An ability to show to a good standard a variety of skills with accuracy and good control, even when the skills are executed at varying speed and against passive opposition.	37 – 48
1	An ability to show to a high standard a variety of skills with accuracy and very good control, even when the skills are executed at varying speed and against passive opposition.	49 – 60

Area 1: Games: Netball

Candidates are assessed in the following individual skills:

- Passing and Catching: chest, overhead, bounce, underarm and shoulder
- Shooting: standing, on the move/running shot, and rebounding
- Dodging and Marking
- Footwork: landing, pivoting, and running step.

Assessment Criteria for Practical Performance

Level	Description: The candidate will be able to demonstrate	Marks
5	An ability to throw, catch and shoot but not necessarily accurately A limited understanding of the footwork rule	0 – 12
4	An ability to throw, catch and shoot but not necessarily accurately, particularly when moving. An ability to apply the footwork rule with a reasonable degree of success. An ability to mark an opponent.	13 – 24
3	An ability to show a variety of passes but not always accurately and appropriately. An ability to mark and dodge an opponent.	25 – 36
2	An ability to show accurate and varied passes and shots and equally good catching skills. An ability to show good dodging and marking skills and consistent footwork.	37 – 48
1	A full range of throwing, catching and shooting skills with very good control, accuracy and co-ordination. An ability to show very good reactions, change of direction and change of speed.	49 – 60

Area 1: Games: Hockey

Candidates are assessed on the following skills and techniques:

- Ball control: running, dribbling and dodging, Indian dribble and feinting
- Passing / receiving: push, reverse stick push, and slap.
- Shooting: hit, push shot.

Assessment Criteria for Practical Performance

Level	Description: The Candidates will be able to demonstrate:	Marks
5	An ability to dribble, pass and shoot with only some regard to the fundamentals of the skills. An ability to dribble the ball however lacking in flow and with difficulty in carrying out the Indian dribble, passing, receiving on the closed stick. An ability to use limited basic footwork.	0 12
4	An ability to dribble, pass and shoot with a reasonable amount of control and accuracy although reverse stick control is still weak. The level and flow are interrupted by occasional faults. An ability to show some basic footwork principles.	13 24
3	An ability to move forward showing good form in passing and reverse stick control. Flow in movement, receiving and shooting is satisfactory.	25 36
2	An ability to move, pass, dribble and shoot accurately and with flow showing good form and appropriate footwork.	37 48
1	An ability to move, pass and shoot with very good control, accuracy and flow. Ball control on Indian dribble, receiving and passing, are effectively carried out.	49 60

Area 1: Games: Team Handball

Candidates are assessed on the following basic skills and techniques:

- Passing: overarm, wrist and bounce
- Catching: static and whilst moving
- Shooting: jump shot, running shot and side arm shot
- Dribbling: steps cycle (maximum of 3 steps, unrestricted dribble, maximum of 3 steps, pass or shoot)
- Feinting: ball feints and body feints
- Defending: fall out (shuffle step), checking and tying up

Assessment Criteria for Practical Performance

Level	Description: The candidate will be able to demonstrate	Marks
5	An ability to throw the ball with one hand over a short distance with some accuracy, catch and bounce the ball and perform an accurate shooting attempt from 6 metres.	0 12
4	An ability to throw the ball over an extended distance (8 metres) to a static target, catch the ball cleanly and pass again without violating the 3 steps/3seconds rule. An ability to perform a jump shot with a reasonable degree of accuracy. An ability to execute a dribble around obstacles/opponents.	13 24
3	An ability to pass accurately over a short distance and be able to execute a shot from a favoured wing position with power and accuracy. An ability to feint and shoot at goal effectively. An ability to execute a dribble, using the steps cycle.	25 36
2	An ability to select and execute a variety of passes quickly over a medium range. An ability to execute a variety of shots with a reasonable degree of accuracy. An ability to execute a fast dribble, including faking. An ability to block shots at goal effectively.	37 48
1	An ability to combine a number of basic skills at considerable speed. An ability to shoot at goal from various angles and to block shots at goal. An ability to combine the basic skills and techniques at considerable speed, with very good control, accuracy and coordination.	49 60

Area 1: Games: Volleyball

Candidates are assessed on the following basic skills and techniques:

- Volley: volley and set up
- Dig: fore-arm pass
- Serve: under-arm and over-arm.
- Spike
- Block

Assessment Criteria for Practical Performance

Level	Description: The candidate will be able to demonstrate	Marks
5	A limited ability to select the appropriate technique to return a ball. A limited ability to execute the volley and dig in a passive situation.	0 12
4	A limited ability to execute the volley and dig in a rally of passes. An ability to execute the under arm serve.	13 24
3	An ability to move in space for a reception of a serve. An ability to perform the volley, dig and spike to a reasonable standard but not always accurately. An ability to serve underarm well although dealing with the over arm serve causes problems	25 36
2	An ability to move in space for a reception of a serve and making the right choice of technique. An ability to perform the volley, dig, spike and block accurately. An ability to serve using both types of serves.	37 48
1	An ability to set-up accurately for positions 2 and 4. An ability to control served balls of various speeds using appropriate methods. An ability to spike from positions 2 and 4 accurately. An ability to block effectively and to use both types of serve.	49 60

Area 2: Gymnastics and Dance Activities:**Artistic Gymnastics (Floorwork)**

Candidates are assessed on the performance of individual skills in a **floorwork** routine of 60 to 90 seconds.

Examples of Skills:

Balances: shoulder stand, headstand, handstand.

Jumps: spike, straddle, tuck, straight, split.

Rolls: forwards, backwards, sideways, dive forward.

Turns: forwards/backwards, walk-overs, cartwheel.

Twists: round off.

Rotations/Springs: flic-flac, aerial cartwheel, front/back somersault, head spring, hand spring.

The mat area for the floorwork will be 6m x 6m. Surrounding floor area may be used. The rule for stepping out will not be applied.

Assessment Criteria for Practical Performance

Level	Description: The candidate will be able to demonstrate	Marks
5	A limited ability to perform a simple sequence of at least 6 different linked movements (rolls, jumps, and inverted balance) with insufficient body control, resilience, extension and clear body positions.	0 – 6
4	A basic ability to perform a simple sequence of at least 6 different linked movements (rolls, jumps, inverted balance on hands only) with considerable body control, resilience, extension and clear body positions.	7 – 12
3	An ability to perform a sequence of at least 8 different linked movements (which include three of: forward roll to straddle, handstand to forward roll, backward roll to astride, backward roll to handstand) with considerable body control, resilience, extension and clear body positions.	13 – 18
2	An ability to perform a sequence of at least 8 different linked movements (which include turns and twists) with effective body control, resilience, extension, and clear body positions throughout.	19 – 24
1	An ability to perform a sequence of at least 8 different linked movements requiring a high degree of gymnastic skill. At least one of the movements will be rotational/spring movement performed with effective body control.	25 – 30

Area 2: Gymnastics and Dance Activities:**Artistic Gymnastics (Vaulting)**

Candidates are assessed on the ability to perform two vaults with poise and co-ordination. Candidates will be allowed two attempts at each vault, the better in each case being assessed. A candidate may opt not to make use of the second attempt. Assessment is made on the various phases of the vault and on the type of vaults the candidate has chosen.

- i. Height of Horse/Box: 110cm or 120cm.
- ii. The Horse/Box may be used either lengthways or width-wise
- iii. Candidates may use spring boards
- iv. Spotters may stand in a position to ensure safety, but candidates will lose marks if they are supported.

PHASES OF VAULT	TWO TYPES OF VAULTS
Run-up Hurdle Step Take-off Pre-flight Strike (Thrust) Post-flight Landing	<p>Category A Horizontal/Linear vaults in which the heels do not rise after the strike (thrust) phase beyond the horizontal plane <i>Straddle, Squat, Thief, Flank, Horizontal astride vault</i></p> <p>Category B Rotational vaults in which the heels continue to rise beyond the horizontal plane after the strike (thrust) phase and pass over the head to the floor <i>Handspring, Headspring, Cartwheel/half twist, one and a half somersault.</i></p>

Assessment Criteria for Practical Performance

Level	Description: The candidate will be able to demonstrate	Marks per vault
5	A limited ability to perform two vaults from category A with insufficient poise and co-ordination in the various phases of the vault.	0 – 3
4	A basic ability to perform two vaults from category A with considerable poise and co-ordination in the various phases of the vault.	4-6
3	An ability to perform two vaults, one from each category, with a good measure of speed, balance, and control over the apparatus and on landing.	7-9
2	An ability to perform two vaults from category B with a good measure of speed, balance and control over the apparatus and on landing	10-12
1	An ability to perform two vaults from category B with very good poise and co-ordination throughout.	13-15

Area 2: Gymnastics and Dance Activities:

Educational Dance

Candidates are assessed on the performance of two (2) contrasting dances (90 to 120 seconds each). An understanding of Laban's principles of movement must be evident.

Prior to their performance, the themes of both dances are to be communicated (verbally or otherwise) to the examiners.

Examples of techniques:

Basic principles: Posture/placement, alignment, flow of energy, co-ordination, balance, control, mobility, strength

Body actions: gesture, stepping, turning, stillness, jumping, travelling

Dynamics: time changes, degrees of energy, phrasing

Spatial awareness: level, direction, use of floor space, including pathways on the floor and in the air, personal and general space

Body awareness: use of whole, use of part, awareness of shape in motion and stillness

Assessment Criteria for Practical Performance

Level	Descriptions: The candidate will be able to demonstrate:	Marks for each sequence
5	An ability to perform simple elements of dance composition using basic body action A limited awareness of space An ability to move in rhythm with the style of accompaniment	0 – 6
4	An ability to perform appropriate movements with some technical precision An awareness of personal and general space An ability to move rhythmically	7 – 12
3	An ability to perform with technical accuracy, style and expression An ability to perform a coherent dance	13 – 18
2	An ability to perform with clear bodily competence, projections, presentation and musicality An ability to use pathways, levels and directions effectively	19 – 24
1	An ability to produce a dance performance demonstrating clear bodily competence, projection of style and expression and clear musicality An ability to perform movements rhythmically with strong sensitivity to the style of accompaniment	25 – 30

Area 3: Athletics: Running Events (Sprinting: 100m)

Candidates are assessed on the following techniques and times.

Start off the blocks
Sprinting technique

Assessment Criteria for Practical Performance

Level	Descriptions: The candidate will be able to demonstrate	Marks
5	An ability to assume the right starting positions, moving into the right fundamental positions on the calls, however the push on the block lacks power. The lean is minimal and the sprinter assumes an upright position at once. Stride pattern is adequate but knee lifts are minimal. <i>Time: Boys 21.0 secs Girls 23.5 secs</i>	0 4
4	A good push off the block with an adequate forward lean. High knee lifts are used however posture of head and arms are still evidently out of control. <i>Time: Boys 18.0 secs or under Girls 20.0 secs or under</i>	5 8
3	A good push off the blocks and a progressive straightening up of the body. Head posture and arm action are fine. A considerable amount of knee lifts are exerted which seem however to create a bounding effect instead of a pushing effect. Technique shown is sufficient however candidate shows a lack in stride cadence and acceleration in the sprint <i>Time: Boys 16.0 secs or under Girls 18.0 secs or under</i>	9 12
2	Good technique of sprinting with adequate power off the blocks followed by good posture, arm action and good knee lifts. An adequate push is seen which gives the candidate acceleration. <i>Time: Boys 14.6 secs or under Girls 16.4secs or under</i>	13 16
1	An outstanding ability to push off the block progressing well into a straight posture with adequate lean towards the end of the sprint. Arm action, cadence of stride and posture are excellent. <i>Time: Boys 13.2 secs or under Girls 14.8 secs or under</i>	17 20

Area 3: Athletics: Running Events (Middle Distance 800m)

Candidates are assessed on the following:

- Running technique
- Practical application of the breaking rule
- Pacing of the run
- Timing

Assessment Criteria for Practical Performance

Level	Description: The candidate will be able to demonstrate	Marks
5	An adequate start of the run with a good pace. This pace cannot be kept long enough and candidate falls behind. Pace and tempo of run are effected. This is even more evident towards the end of the run <i>Time: Boys 4'35" Girls 5'09"</i>	0 4
4	A good start with adequate fighting for position including application of breaking rule. Pace and tempo are adequate however these are effected towards the end of the run. <i>Time: Boys 4'05" or under Girls 4'34" or under</i>	5 8
3	Good cadence of stride which is kept for most of the run. Adequate tactical fundamentals are evident. <i>Time: Boys 3'23" or under Girls 3'48" or under</i>	9 12
2	Good tactical and technical abilities. Ability to finish run in good posture showing good pace and accelerating finish <i>Time: Boys 2'35" or under Girls 2'48" or under</i>	13 16
1	An outstanding demonstration of technical and tactical strategies. Very good cadence of stride with ability to control the pace and accelerate to finish line. <i>Time: Boys 2'14" or under Girls 2'30" or under</i>	17 20

Area 3: Athletics: Jumping Events (High Jump)

Candidates are assessed on the following techniques and heights:

- Phases: Approach, take-off, bar clearance and landing
- Style: Scissors, Straddle, Fosbury or other conventional styles

Assessment Criteria for Practical Performance

Level	Description: The candidate will be able to demonstrate	Marks
5	An adequate approach, however, lacks power for take-off. Vertical lift is lacking and is more of a horizontal drive. <i>Height: Boys and Girls: 1.00m or over</i>	0 4
4	A relatively good approach however lacking in lift and form in the air <i>Height: Boys 1.15m or over Girls 1.10m or over</i>	5 8
3	Good run up and adequate push into a good vertical jump. Form in the air is however lacking. <i>Height: Boys 1.25m or over Girls 1.15m or over</i>	9 12
2	Good approach with good speed and a good lift into a vertical Jump. Form in the air is good. <i>Height: Boys 1.35m or over Girls 1.25m or over</i>	13 16
1	An outstanding approach and lift which allows for a good clearance Very good form in the air is evident. <i>Height: Boys 1.45m or over Girls 1.35m or over</i>	17 20

