



**L-Università
ta' Malta**

**MATSEC
Examinations Board**

University of Malta
Msida MSD 2080, Malta

Tel: +356 2340 2814/5/6
matsec@um.edu.mt

www.um.edu.mt/matsec

From: Dario Pirotta
Director, MATSEC

To: College Principals
Heads of School

Subject: SEC 32 Physical Education Activities Form

Date: 17 November 2025

Heads of school are kindly requested to bring this notice to the attention of P.E. teachers and SEC P.E. candidates.

SEC PE candidates will be receiving an email containing a personalised link specific for either Athletics or Swimming according to their selection during the exam registration process to fill out a form to indicate their choices of activities for SEC PE Main Session 2026, thus finalising their application for the subject.

The Form is to be submitted by **Friday 28 November 2025, noon.**

Candidates are advised to read and follow the instructions carefully, and to ensure that the correct personal details and desired options are filled in **before** submitting the Form.

Candidates will first be asked to fill out their personal details. **Candidates are to use the same ID and email used for during the registration process.**

Then, they will need to choose activities from **TWO different areas**. Candidates are also advised to pay careful attention as both Swimming and Athletics require them to choose more than one activity.

Please find hereunder instructions how to submit a successful google form.

Activities Table

Fitness - Compulsory	Athletics		Swimming
Multistage Test	Running		Breaststroke
Cooper Test	Middle Distance (800m)	Sprint (100m)	Butterfly
	Jumping		Backstroke
	Long Jump	High Jump	Front Crawl
	Throwing		
	Discus	Shot put	

For Fitness, choose **ONE** test **either Multistage or Cooper**

For Athletics, choose **ONE activity from each of the following**: running, jumping and throwing.

For Swimming choose **THREE strokes**.

If the wrong details are submitted, kindly contact MATSEC immediately by sending an email on matsec@um.edu.mt or phone MATSEC offices on 23402814/5.