

CSEC Physical Education Curriculum Guide

Overview:

- The syllabus is divided into two sections Physical Education and Sports
- Each sport will carry a practical and theory component.
- Students must be in the correct participation uniform (gears). Gears are available at school cost \$ 2500.
- Textbook /resources: Physical Education and Sport for CSEC and websites
- Teachers will provide notes.
- Method of testing (Practical, multiply choice, short answer, projects)
- Time table one double sessions 70 minutes and triple session 105 minutes.
- Students will be assessed at least twice each month
- Students will have one grade record for each month
- Students will be assessed with one common paper at the end of
academic year

CSEC requirements. Students are require to put on a class project, and write a report on their role in the project.

Students must be proficient in at least three sporting discipline track and field, football, netball, cricket and basketball.

Physical Education Theory :

The training session (warm up, training activity and cool down)

History of Sports (What is Sports?)

What is Physical Education?

Benefits of Exercise (Research Assignment)

The Ancient Olympics

Anatomy and Physiology

Human skeleton system and Bones

Joints

Muscles

Muscles

Hygiene and Foot

Circulatory system (The Heart and Blood Vessels) 09a part1

Circulatory system (Blood Pressure and the Heart rate) 10 b part 2

Respiratory system

Structure of the respiratory System

How we utilized Oxygen

Physique (Somatotyping)

Health and fitness

Effects of exercise

Diet and nutrition

Energy System

Endurance

Strength speed and power

Flexibility

Force (Newton laws)

Lever .

Age and Gender impact on performance

Sport and personality

Hygiene

Drugs

Other factor affecting performance Sport training

Training sessions

Training methods

Fitness Testing

Sport Injuries

Injury Treatment

Skills

Motivation and Arousal

Sport in Society

Leisure and recreation

Sport Participation

Women in sport

Sporting Behavior

Local sports Facilities

Sporting Bodies

Finance in Sport

Sponsorships

Sport and Media

Amateur and professionals

International Sport

Olympic Games

Modern Olympic (Olympic symbols)

Sports:

Track and field:

Objectives:

- Know the **International Association of Athletics Federations rules (IAAF)**
- Understand the history of track and field
- Identify the areas on the field where the various field events occur and the position on the track where the different races start
- Describe and demonstrate the basic technique of running, jumping and throwing in track and field

Netball for the girls only

Objectives:

- Describe how the game of netball is played
- International Netball Federation rules
- Describe the netball court
- Identify the different playing positions
- Describe and demonstrate skills such as passing, receiving, pivoting and shooting.
- Identify the equipment used in the game of netball
- Understand some of the terms used in netball

Footba

Objectives:

- State FIFA rules
- State the dimensions of the football
- Identify the field position
- Describe and demonstrate skill such as passing and receiving, dribbling, shouting and goalkeeping.

Basketball

Objectives:

- Know about International Basketball Federation
- Describe how the game of basketball is played
- Describe the basketball court
- Describe and demonstrate skill such as dribbling, passing, receiving pivoting and shooting
- Identify the equipment used in the game of basketball
- Identify the different playing positions
- Demonstrate some of the signals used in basketball
- Identify the rules of the game
- Understand some of the rules of the game
- Understand some of the terms used in basketball

Cricket :

- Understand the rules of (ICC) International cricket council
- Identify the field position
- State the dimension of the pitch, crease area, and field
- Identify the equipment used in the game of cricket
- Describe and demonstrate skills such as batting, bowling, fielding and wicket-keeping
 - List the ten ways the batsman can be dismissed
 - Demonstrate the basic umpiring signals
 - Understand some of the terms used in cricket

The above Curriculum guide was taken from the online CSEC P.E. Syllabus.

