



TRAIL  
INTERNATIONAL SCHOOL

# **Physical Education**

IGCSE Physical Education



**KS4: YEARS 10 AND 11**  
**CURRICULUM: 2025 - 2026**

## **Subject: Physical Education**

**Course Title: IGCSE Physical Education (0413)**

**Important Note:** This subject is available for study up to and including AS levels only and has been discontinued at A2 level.

### **Why Study This Subject?**

Cambridge IGCSE Physical Education is recognised by universities and employers as evidence of comprehensive knowledge and understanding of Physical Education. The syllabus encourages learners to develop:

- Knowledge, skills, and understanding across a range of physical activities.
- The ability to plan, perform, and evaluate physical activities effectively.
- An understanding of safe and efficient performance.
- Insight into the role of sport and physical activity in society and the wider world.
- A solid foundation for advanced study.
- A genuine enjoyment of physical activity.

### **Aims of the Subject**

The aims below outline the educational objectives of the IGCSE Physical Education course. They are not listed in order of priority and aim to enable candidates to:

- Develop knowledge and understanding of the theories underpinning physical performance in the modern world.
- Apply this knowledge to enhance their performance.
- Engage in a variety of physical activities, honing skills, techniques, and the use of tactics, strategies, or compositional ideas.
- Appreciate and practise safe methods in physical activities and sports.
- Recognise the benefits of physical activity and sport for health, fitness, and well-being.
- Establish a solid foundation for further study in Physical Education.

## **Assessment Overview**

- **AO1:** Demonstrate knowledge and understanding of theoretical principles underpinning physical activity/sport (25% weighting) – Paper 1: Theory.
- **AO2:** Apply theoretical knowledge to various physical activities/sports, including performance analysis and evaluation (25% weighting) – Paper 1: Theory.
- **AO3:** Exhibit the ability to select and perform relevant skills to achieve effective performance in practical activities (50% weighting) – Component 2: Coursework.

## **Curriculum Content**

- **Unit 1:** Anatomy and Physiology
- **Unit 2:** Health, Fitness, and Training
- **Unit 3:** Skill Acquisition and Psychology
- **Unit 4:** Social, Cultural, and Ethical Influences

## **Additional Information**

The coursework component assesses candidates' performance in four physical activities from at least two of the following categories:

- Games Activities
- Gymnastic Activities
- Dance Activities
- Athletic Activities
- Outdoor and Adventurous Activities
- Swimming
- Combat Activities

## **Career Paths**

This course is beneficial for students aiming for careers in:

- Teaching Physical Education
- Personal Training
- Sports Coaching
- Sports Science
- Sports Management
- Physiotherapy
- Sports Journalism
- Police Force
- Fire Service
- Medicine
- Physical Therapy