



P.E. Intermediate

Weightings for final Grade

		Module	% Weighting
Examination Paper	Section A	Techniques, tactics and Rules in Team Games	10
	Section B	Anatomy and Physiology	35
	Section C	Acquiring Movement Skills	20
	Section D	Socio-cultural Studies: The Role and Structure of International and Local Sport Organisations	15
			80%
Practical Examination	Practical	Fitness tests	20%
			100%

Assessment Scheme

- The examination will consist of one exam paper (80%) and a practical component (20%).
- The theory will be assessed by means of a written examination paper of 2 ½ hours.
- The practical component will be assessed by means of a practical examination (30 minutes).

P.E. Practical Fitness Test– 20%

1500m Run



35m Sprint



Sit-ups



Sit & Reach



Fitness tests (5 marks each)

Section A (Video Analyses) – 10%

Section A (Techniques, Tactics and Rules) in **ONE** of two Team Games from the Syllabus:

The Matsec Examination Panel will issue 5 questions including at least one from each area of techniques, tactics and rules.

Examination 2021

One of the following two sports will be examined in Section A of the examination paper:

Badminton

Handball

Examination 2022

One of the following two sports will be examined in Section A of the examination paper:

Volleyball

Football

Section B (Anatomy and Physiology) – 35%

- An analysis of human movement :- Bones, muscles, joints and basic mechanics of sports and exercise;
- The cardiovascular system – the maintenance of blood supply;
- The respiratory system – the maintenance of oxygen supply.

Section C (Acquiring Movement Skills) – 20%

- Classification of motor skills and abilities;
- Development of motor skills and use of different practice methods;
- Information processing during the performance of skills;
- Motor control of skills and its impact upon developing effectiveness in physical activity;
- Learning skills in physical activity.

Section D (Socio-cultural Studies: The Role and Structure of International and Local Sport Organisations) – 15%

- The concept of physical activity;
- International Sport;
- Sports in Malta.

Reading List - Books

Carnell, C., Ireland, J., Mackreth, K., Miller, C., & van Wely, S. (2008). OCR AS PE Revision Guide. Essex, Heinemann.

Thompson, G., Wiggins-James, N. & James, R. (2008). OCR PE for AS. London, Hodder Education.