

SEC PHYSICAL EDUCATION

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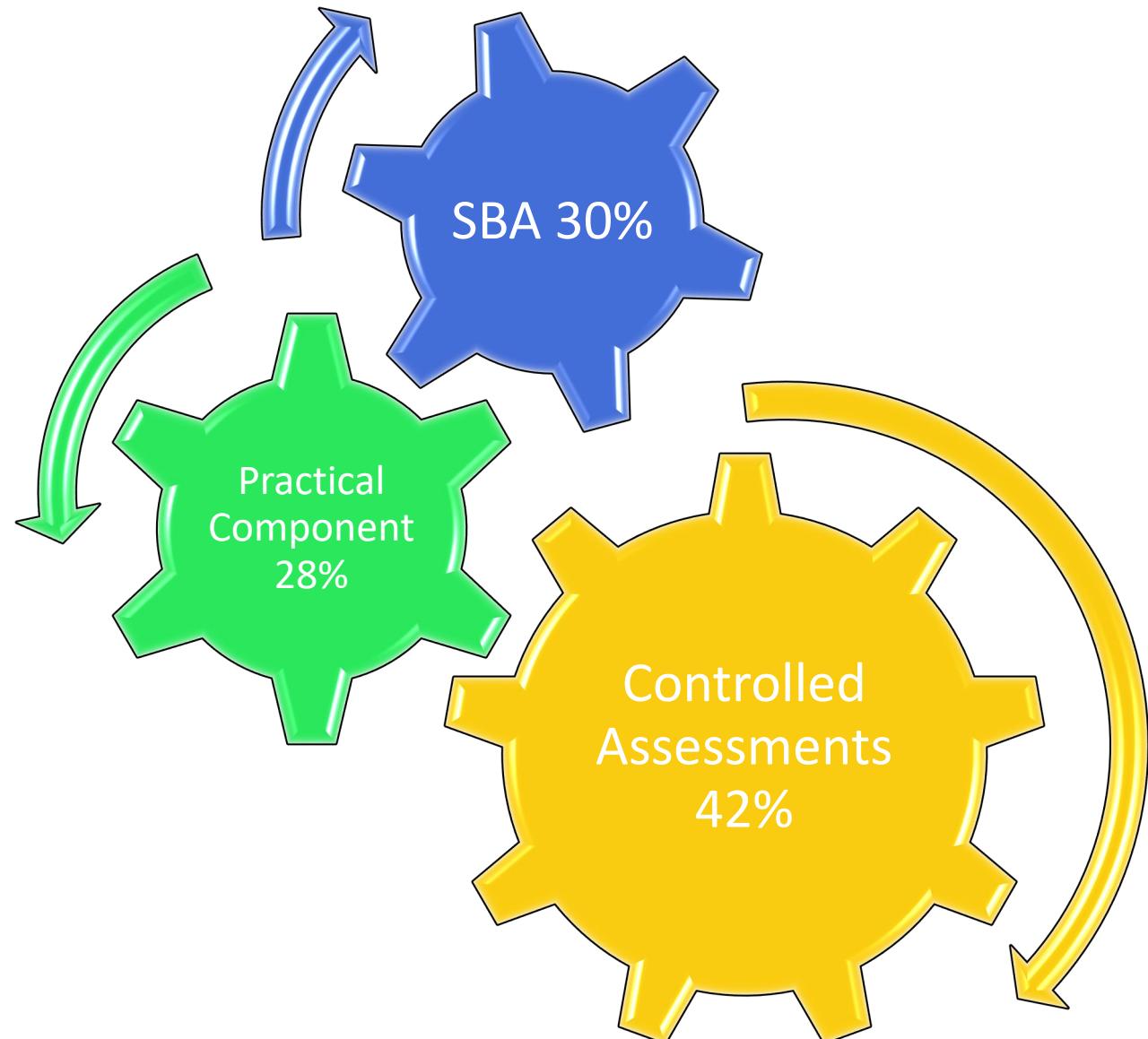
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LIST OF SUBJECT FOCI

SCHEME OF ASSESSMENT

- 1. SBA:** 30% of the total marks; Homework/Classwork/End of topic tests/Online Forms/Kahoot/any other practicals/presentations in class.
- 2. Controlled assessments:** 42% of the total marks; comprising of a two-hour written exam; set at the end of the programme and differentiated between two tiers:
 - MQF levels 1 and 2;
 - MQF levels 2 and 3.
- 3. Practical component:** (28%) comprised of;
 - Fitness Test (compulsory) (14%)
 - Swimming or Athletics (14%)



SCHOOL BASED ASSESSMENT (SBA)

30% OF THE TOTAL MARK

SBA



- The school-based assessment shall be marked out of 100 each year (9, 10 and 11).
- The assessment for each year will contribute to 10% of the overall mark and will be reported to MATSEC by the school in Year 11.
- Therefore, each year will equally contribute to the final mark of the school-based assessment.
- The school-based assessment shall reflect the MATSEC syllabus covered in Year 9, Year 10 and Year 11.

TYPES OF SBAs

- Project work:
 - Project work designed by the PE Dept. Within the school but taken from LOs e.g. presentations in class.
- Class Assignments:
 - 5-minute Tasks; Group Tasks; End of Topic Tests; End of Term Tests; Open book / notes Tests; Kahoot/Quizziz
- Take Home Tasks: Homework; Timed homework (via Forms); Concept Mapping.
- Practical Assessments: Self/Peer/Teacher Assessment; (Athletics – Swimming – Fitness Testing – Team Game – Net Game – Individual Sport).

CONTROLLED ASSESSMENT

PAPER & PRACTICAL (70% OF THE TOTAL MARK)

WRITTEN EXAMINATION (100 MARKS; 2 HOURS) – 42%



ONE paper having a two-hour duration which will carry 40% of the final mark.



The paper will be set in English.



The controlled assessment is differentiated between two categories. Candidates must choose to sit either the examination paper at Level 1-2 or at Level 2-3.

CATEGORY LEVELS 1 – 2

- The written paper will consist of questions covering **assessment criteria** from the syllabus in ratios **Level 1- 40%; Level 2- 60%**.
- Questions will be objective and structured, requiring **short responses**. These can include multiple choice questions, completion, true/false, matching etc.
- Questions may include stimulus materials such as **graphs, diagrams and photographs**.
- All questions are compulsory.

CATEGORY LEVELS 2 – 3

- The written paper will consist of questions covering **assessment criteria** from the syllabus in ratio **Level 2 40%; Level 3 60%**.
- Questions will be varied and will include objective, **problem-solving and free response writing**.
- Questions may include stimulus materials such as **graphs, diagrams and photographs**.
- All questions are compulsory

THE CONTROLLED EXAM PAPER IS DIVIDED INTO SIX SECTIONS:

* Sections B to F will focus on the Learning Outcomes designated for controlled assessment and may include assessment criteria from all the syllabus.



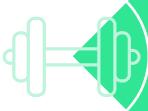
Section A – LO6 till LO10 – All sports and activities including Swimming and Athletics – 20% - 5 questions of 4 marks each, multimodal (Can be one from each LO but not necessarily, will be left open).



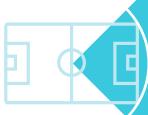
Section B – 20% - Health and Wellbeing - 3 to 6 questions, which can be multimodal.



Section C – 20% - Anatomy and Physiology – 8 to 12 short-answer questions.



Section D – 20% - Theory of Training and Fitness Testing – 3 to 6 questions, which can be multimodal.



Section E – 10% - Sport and society - short source with 3 to 4 questions.



Section F – 10% - Sport Psychology – 1 short essay type question.

PRACTICAL COMPONENT
28% OF THE TOTAL MARK



Compulsory:
Fitness – 14% -
Sargent jump,
Cooper test or
Bleep test &
Illinois Test.



Swimming OR
Athletics – 14% -
To choose one

PRACTICAL COMPONENT

28% OF THE TOTAL MARK

Athletics

THREE activities - choose one activity from each area (run, throw and jump).

Run: 100m, 800m

Throw: Discus, Shot

Jump: High jump & Long jump

OR

Swimming

Any **THREE** activities:

- 50m freestyle
- 50m breaststroke
- 50m backstroke,
- 50m butterfly

(start & finish are included in these tests)