



INTERNATIONAL BRITISH SCHOOL
of BUCHAREST

Studies Guide

IGCSE

2010 – 2011

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THIS GUIDE

Welcome to the IGCSE* Studies Guide for 2010-11. This Guide is intended to outline the shape of the Curriculum [including compulsory subjects and choices] as well as providing information about the courses which will be offered, to help students and their parents in making informed choices about the subjects they will study.

Please read it carefully; its contents will be invaluable in discussions with the Department of Studies Team.

* <http://www.cie.org.uk/qualifications/academic/middlesec/igcse/overview>

Core subjects [English, Mathematics, Combined Science, ICT] are listed first in this guide, followed by the optional **Sciences** [Biology, Chemistry and Physics], then the **Social Sciences & Humanities** [Business Studies, Economics, Sociology, History, Geography], then the **Arts** subjects [Art & Design, Drama and Music], **Modern Foreign Languages** [French, German and Spanish], and finally **Physical Education**.

In each case, the syllabus numbers are given for reference.

The Subject Teacher or/and Head of Department is also shown, so that students may contact him or her if further questions arise.

Information is also given on our website at http://www.ibsb.ro/our_school/dos.html and on each Department's page as listed in this guide.

Significant changes in content from the previous edition of this guide are indicated with a red line in the margin.

THE STRUCTURE OF THE IBSB CURRICULUM

IBSB's guiding principles have helped us to structure an academic curriculum in Key Stage 4 that is rigorous, supportive and appropriately challenging. The programme of study at Key Stage 4 builds on the knowledge, understanding and skills acquired in the previous years and sets a foundation for success in 6th Form AS and A2 courses. However, Key Stage 4 can also be seen as a separate programme of study, allowing access to the curriculum for those new to the college.

IGCSE OVERVIEW

The International General Certificate of Secondary Education [IGCSE] is the world's most popular international qualification for 14–16 year olds. It develops successful students, giving them excellent preparation for their next steps in education, including progression to A and AS Level study, and equips them with skills for immediate employment.

Cambridge IGCSE has wide recognition* from higher education institutions and employers around the world as evidence of academic ability.

* <http://www.cie.org.uk/qualifications/academic/middlesec/igcse/recognition>

COMPULSORY SUBJECTS

English [Second and First Language]

Mathematics

*Combined Science**

**Optional Separate Sciences from Year 10: Biology, Chemistry and Physics*

Information Technology

OPTIONAL SUBJECTS

Social Sciences & Humanities: Business Studies, Economics, Sociology, History, Geography
Arts: Art & Design, Drama and Music
Modern Foreign Languages: French, German, Spanish
Physical Education

Please note that timetabling considerations may prevent certain combinations of subjects, and we reserve the right not to run courses for which there is insufficient demand.

ENGLISH

Staff:

- http://www.ibsb.ro/departments/dep_english.htm
- http://www.cie.org.uk/qualifications/academic/middlesec/igcse/subject?assdef_id=854
- http://www.cie.org.uk/qualifications/academic/middlesec/igcse/subject?assdef_id=852

English as a Second Language [0510]

Course Content

English as a Second Language is based on the use of English as the medium of instruction and as the language of commerce or entertainment. The subject matter will reflect this international perspective. However, it will strive to be 'culture-fair' rather than 'culture-free', and will use authentic or 'semi-authentic' material from a range of sources.

Students will be expected to understand a wide range of social registers and to communicate appropriately.

The topics selected will relate to the interests and needs of the students in using English as a Second Language, e.g. education, the world of work, current affairs, health and welfare, travel, school affairs.

The aims of English as a Second Language IGCSE are to:

- 1) develop the ability to use English effectively for the purpose of practical communication
- 2) form a sound base for the skills required for further study or employment using English
- 3) develop an awareness of the nature of language and language-learning skills
- 4) promote students' personal development.

There are four assessment objectives in English:

- 1) Reading
- 2) Writing
- 3) Speaking
- 4) Listening

Examination

All students will sit three exams: *[either Core exams which are shorter, but receive a maximum grade of C, or the Extended exams which are longer, but with a maximum grade of A*]*

Paper 1 [core] or 2 [extended] – Reading and Writing

Paper 3 [core] or 4 [extended] – Listening

Paper 5 – Speaking; Paper 6 – Speaking Coursework

First Language English [0500]

Course Content

The aims of the syllabus are set out below and describe the educational purposes of a course in a First Language for the IGCSE examination.

The aims are to:

- 1 Enable students to communicate accurately, appropriately and effectively in speech and writing;
- 2 Enable students to understand and respond appropriately to what they hear, read and experience;
- 3 Encourage students to enjoy and appreciate variety of language;
- 4 Complement students' other areas of study by developing skills of a more general application [e.g. analysis, synthesis, drawing of inferences];
- 5 Promote students' personal development and an understanding of themselves and others.
- 6 To prepare students for AS Level English courses as an option for the following year.

Assessment / Examination

Internal:

There will be both internal assessment and external assessment. For internal assessment there will be weekly vocabulary tests, intermittent writing skill tests, a midterm and end-of-term class test, two seminar papers to be presented to the class, and weekly homework assignments. In addition to the formal assessment, there will also be unassessed practice tests conducted each Saturday in term leading up to external examination. Students will be required to maintain an up-to-date well-ordered file as there is a lot to cover and so good organizational skills are essential.

External:

Students will have the opportunity to take the external Cambridge 0500 Exam in May/June or in Oct/Nov. All students will take the extended to enable them to gain a grade C to A* pass, and will be required to gain a minimum C Pass to if they intend to go on to take a higher level English Paper.

Paper 2: Reading Passages [Extended] [2 hours]: 50%

Answer 3 questions [a 1 page summary and two related questions: article, dialogue, letter, etc, each approx. 1 ½ pages] relating to **two passages [600-700 words each]** linked by a common theme.

Paper 3: Directed Writing and Composition [2 hours]: 50%

This paper will be divided into **two sections: Directed Writing** [25 marks], requiring candidates to read one or more short texts printed on the question paper and then to use and develop the given information in another form, e.g. a letter, a report, a speech, a dialogue; **Composition** [25 marks], requiring candidates to write either an argumentative/discursive, descriptive, or a narrative text approximately 350-500 words..

MATHEMATICS [0580]

- http://www.ibsb.ro/departments/dep_math/dep_math.htm
- http://www.cie.org.uk/qualifications/academic/middlesec/igcse/subject?assdef_id=872

Course Content

There are two levels available at IGCSE mathematics. Extended and Core. Year's 9/10/11 uses the IGCSE syllabus offered by Cambridge University. The programme is design to be taught in two years but we offer our students the possibility of finishing earlier. The lessons are taught five times a week for 55 minutes per lesson.

Staff is encouraged to use a variety of teaching strategies, which may include bookwork, investigational approaches, researching a new area of study and oral testing.

The work covered incorporates all branches of mathematics: numbers and algebra, geometry, trigonometry, transformations, statistics and probabilities. The use of IT is encouraged through the course but at the same time the importance of "pen and paper" work arithmetic methods are stressed via regular practice.

Assessment

Pupils are constantly being assessed as they work in the classroom under teacher supervision. Also, homework is set three times a week and can be a very good way of following the student progress.

Formal tests are set at the end of every unit and at the end of every half term. Based on student's results at these tests the teacher will set the targets and the predicted grades for the IGCSE exam, which will conclude the programme.

Examination

There are two levels at IGCSE examinations and pupils are entered for the appropriate level at the end of year 10 or 11.

Level	Grade
Extended:	A* - C
Core:	C - F

COMBINED SCIENCE [0653]

Staff:

- http://www.ibsb.ro/departments/dep_science.htm
- http://www.cie.org.uk/qualifications/academic/middlesec/igcse/subject?assdef_id=884

According to British national curriculum year 7, 8 and 9 students study science as one subject. Science comprises biology, chemistry and physics and at the end of year 9 our students will take the checkpoint exam.

The next level of study is the IGCSE programme. The IGCSE programme starts in year 10 and it finishes in year 11. Our students have the following options [they can choose one of the next subjects]: Combined science [comprises biology, chemistry and physics] or Biology or Chemistry or Physics.

In the next 2 years of study [year 12 and 13] our students follow the 'Advance Level'. They can study one science [only biology or only chemistry or only physics] or two or even three according to students needs. Our students have another option: they can decide to study only one year and in this case the programme is called 'advance subsidiary' or they can decide to study a full A level [two years].

Assessment

The three assessment objectives in Science are: knowledge with understanding, handling information and problem solving, experimental skills and investigations.

Our students are constantly assessed on the work they do every lesson, on the homework that is set weekly, on 'end of unit' tests and on an end of year exam.

Examination

At the end of year 9 our students will take the 'check point exam'. All the topics studied during year 7, 8 and 9 are examined by two exam papers made and marked by Cambridge.

For students in year 11 every chosen subject will be finalised with an IGCSE exam that consists in three exam papers: paper 1- multiple choice; paper 2/3- structured questions and paper 6- alternative to practical. Again the exam papers are made and marked by Cambridge.

INFORMATION and COMMUNICATION TECHNOLOGY [0417]

- <http://www.ibsb.ro/departments/depict/depict.htm>
- http://www.cie.org.uk/qualifications/academic/middlesec/igcse/subject?assdef_id=969

Curriculum Content

The curriculum content is set out in eight interrelated sections. These sections should be read as an integrated whole and not as a progression. The sections are as follows:

- 1 Components of a Computer System
- 2 Input and Output Devices
- 3 Storage Devices and Media
- 4 Computer Networks
- 5 Data Types
- 6 The Effects of Using IT
- 7 The ways in which IT is used
- 8 Systems Analysis and Design

Candidates should be familiar not only with the types of software available and the range of Information Technology knowledge and skills detailed below, but also with their uses in practical contexts. Examples of such uses are given in each section of the subject content as a teaching guide.

Assessment

The two assessment objectives in Information Technology are:

- A** Practical Skills
- B** Knowledge and understanding.

A description of each assessment objective follows.

A PRACTICAL SKILLS

Students should be able to:

1. use e-mail and the Internet to gather and communicate information;
2. use word processing facilities to prepare documents;
3. use database facilities to manipulate data to solve problems and represent data graphically;
4. integrate data from different sources into a single document or report;
5. produce output in a specified format;
6. use a spreadsheet to create and test a data model, extracting and summarising data;
7. create a structured website with style sheets, tables and hyperlinks;
8. create and control an interactive presentation.

B KNOWLEDGE AND UNDERSTANDING

Students should be able to demonstrate knowledge and understanding in relation to:

1. the functions of the main hardware and software components of computer systems;
2. the networking of information-processing systems;
3. the ways in which information technology is used and the effects of its use;
4. the stages and methods of system analysis and design;
5. computing terminology.

SPECIFICATION GRID

Assessment Objective Weighting

A Practical Skills 60%

B Knowledge and Understanding 40%

All candidates will be entered for Papers 1, 2 and 3.

Paper 1 [2 hours]

A written paper of 120 marks assessing the skills in Assessment Objective B. Paper 2 [2 hours 45 minutes]

BUSINESS STUDIES [0450]

- http://www.ibsb.ro/departments/dep_business_economics/dep_business_economics.htm
- http://www.cie.org.uk/qualifications/academic/middlesec/igcse/subject?assdef_id=839

Course Content

The curriculum covers the following units:

1. **Business and the environment in which it operates:** Business Activity, The organization, Changing business environment, Economic environment
2. **Business structure, organisation and control:** Ownership and internal organization, Financing business activity,
3. **Business activity to achieve objectives:** Marketing, Production [Operations Management], Financial information and decision-making
4. **People in Business:** Human needs and rewards, Manpower
5. **Regulating and controlling business activity:** Reasons for regulations, Influences on business activity,

Assessment

The four assessment objectives in Business Studies are:

A Knowledge and Understanding

B Application

C Analysis

D Evaluation

Examination

Candidates must be entered for the following papers:

Paper 1 [1¾ hours]: A paper containing short-answer questions and structured/data response questions. There will be no choice of questions.

Paper 2 [1¾ hours]: Candidates will be presented with a business situation or problem, and required to answer questions arising from it. There will be no choice of questions.

ECONOMICS [0455]

- http://www.ibsb.ro/departments/dep_business_economics/dep_business_economics.htm
- http://www.cie.org.uk/qualifications/academic/middlesec/igcse/subject?assdef_id=851

Course Content

There are two levels available at IGCSE Economics: Extended and Core. Year's 9/10/11 uses the IGCSE syllabus offered by Cambridge University. The curriculum covers:

1. Basic economic problem: scarcity and exercise of choice
2. Nature and functions of organisations and institutions in an economy or economies studied
3. How the market works
4. The individual as producer, consumer and borrower
5. The private firm as producer and employer
6. Role of government in an economy or economies studied
7. Main economic indicators
8. Developed and Developing Economies
9. International aspects of interdependence and possible conflicts between the aims of individuals, firms and governments

Assessment

The four assessment objectives in Economics are:

- A Knowledge with understanding
- B Analysis
- C Judgement and decision making
- D Investigation.

Examination

Candidates will be required to take three papers.

Core curriculum Grades available: C to G

Paper 1 [1 hour] 40 multiple-choice items [all questions to be answered].

Paper 2 [1 hour 30 minutes] Structured questions [all questions to be answered].

Paper 6 [1 hour 30 minutes] A variety of questions which test enquiry skills.

Extended curriculum Grades available: A* to E

Paper 3 [1 hour] 40 multiple choice items [all questions to be answered].

Paper 4 [2 hours] Structured questions. Candidates must answer Section A and three questions in Section B.

Paper 6 [1 hour 30 minutes] A variety of questions which test enquiry skills.

SOCIOLOGY [0495]

- http://www.ibsb.ro/departments/dep_sociology.htm
- http://www.cie.org.uk/qualifications/academic/middlesec/igcse/subject?assdef_id=886

Through the IGCSE Sociology syllabus, students explore aspects of social relationships, processes and structures; as a result, they develop a greater understanding of human societies and the role of continuity and change in social life. Students are encouraged to critically evaluate a variety of different social, economic and political structures, thereby learning more about the sociological method, and developing an ability to assess different forms of information and evidence. By relating the syllabus to the local context, teachers can help students apply their developing sociological knowledge and understanding to the analysis of their own lives, and their participation in society.

Scheme of assessment

All candidates will take Papers 1 and 2.

[i] Paper 1 [2½ hours]

Candidates will answer one compulsory question on sociological research methods from Section A and three questions from Sections B to D.

The compulsory question in Section A will be based on source material. The question will carry one third of the marks for the paper. Candidates are advised to spend approximately three-quarters of an hour answering this question.

Sections B to D will consist of structured questions based on stimulus material. The stimulus will take the form of a short quotation or statement from a sociological source. Sections B to D will test Syllabus Units 2 to 4. There will be two questions related to each of these units.

[ii] Paper 2 [1¾ hours]

This will consist of structured questions based on stimulus material. The stimulus will take the form of a short quotation or statement from a sociological source. Candidates will answer three questions from Sections A to D.

Paper 2 will test Syllabus Units 5 to 8. There will be two questions related to each of these units.

Marks will be allocated between the papers on the following basis:

Paper Weighting

1 60%

2 40%

Course Content

Paper 1

Methodology
Culture and Socialisation
Social Stratification and Inequality
Power and Authority

Paper 2

Family
Education
Crime, Deviance and Social Control
The Mass Media

HISTORY [0470]

- <http://www.ibsb.ro/departments/history.html>
- http://www.cie.org.uk/qualifications/academic/middlesec/igcse/subject?assdef_id=864

Course Content

History is a pure option subject which is very popular in the senior school. Any student who chooses this subject must be prepared to read and write a lot. The successful student must exhibit a lot of enthusiasm for history. The IGCSE syllabus is designed for study over two years, but a gifted and industrious student can realistically complete the programme inside one year. The advanced level programme runs for two years, with a student sitting a single AS Level exam at the end of each year.

Students sitting IGCSE have three lessons a week and are expected to attend additional Saturday morning revision classes. Students at A Level have a history class each day and are also expected to register for Saturday morning classes. The Humanities Department provides all necessary books.

The IGCSE syllabus [0470] focuses on international relations between 1919 and 1991. There is a special depth study on Weimar and Nazi Germany between 1918 and 1945. Students have to sit three papers on separate days. There is no coursework component. Successful students at IGCSE may elect to read history at A Level.

Assessment / Examination

All students receive regular weekly homework and end of unit tests. There is regular practice on past exam papers. Students must maintain an up to date and orderly file. Students are also required to produce seminar papers for Saturday revision classes, and there is a range of teaching styles available, including empathy exercises, role plays and quizzes. There is a lot of set reading to absorb. There is no distinction in history between core and extended study. All students will sit the same papers. Successful candidates will achieve grades from C to A* pass.

GEOGRAPHY [0460]

- <http://www.ibsb.ro/departments/geography.html>
- http://www.cie.org.uk/qualifications/academic/middlesec/igcse/subject?assdef_id=859

Course Content

The course is divided into three themes which are collectively designed to develop an understanding of both the natural and human environment:

1. Population and Settlement.

2. The Natural Environment.
3. Economic Development and the Use of Resources.

The curriculum gives the teacher the opportunity to select case studies to illustrate the themes. Candidates are expected to show their understanding of these themes by reference to appropriate case studies. Resource materials are used in the exams and these are designed to prompt candidates to relate general principles they have studied to the particular examples given. Some questions require candidates to use information from specific case studies they have studied.

Assessment

There are four assessment objectives in Geography. These are:

1. Knowledge with understanding.
2. Analysis.
3. Judgment and decision making.
4. Investigation.

Examination

All candidates will sit three papers.

Paper 1 [1 hour 45 minutes] Candidates are required to answer three questions. Six questions are set: two on each of the three themes. Questions are structured with gradients of difficulty, are resource based and involve problem solving and free response writing. This paper accounts for 50% of the overall mark.

Paper 2 [1 hour 30 minutes] Candidates must answer all the questions. This paper is entirely skills based and tests a candidate's ability to handle various ways of depicting geographical information. This paper accounts for 25% of the overall mark.

Paper 4 [1 hour 45 minutes] Candidates are set a series of tasks in a written examination on issues relating to one or more of the syllabus themes. A primary feature of the questions is that they involve an appreciation of the range of techniques appropriate to a variety of fieldwork studies.

ART & DESIGN [0400]

- http://www.cie.org.uk/qualifications/academic/middlesec/igcse/subject?assdef_id=836

Course Content

This Art and Design course will encourage personal expression, imagination, sensitivity, conceptual thinking, powers of observation, an analytical ability and practical attitudes. It will lead to greater understanding of the role of the visual arts in the history of civilisations. It will widen cultural horizons and enrich the individual. It will combine a breadth and depth of study so that it may accommodate a wide range of abilities and individual resources. Students will be encouraged to produce a variety of creative responses through a wide range of materials, processes and techniques. Students are expected to:

- Identify and research a particular aspect of art and Design
- Carry out relevant exploration of materials, media and appropriate processes
- Document and evaluate ideas and concepts against aims and objectives as the work proceeds
- Develop these into a cohesive outcome

Assessment

There are 3 assessment objectives in Art and Design. These are:

- Knowledge with understanding
- Interpretative and creative response
- Personal investigation and development

Examination

All students are required to take two exam papers.

Paper One: Observational Study. 3-4 weeks preparatory work plus 10 hour exam

Paper Two: Interpretative Study. 3-4 weeks preparatory work plus 10 hour exam

Preparatory period: Students will receive their exam papers 3 – 4 weeks prior to the timed exams. During the preparatory period students are expected to produce up to three sheets of A2 supporting work. This work will be assessed along with the timed exam.

Timed Exam: This is a 10 hour exam which will be held over 2 days of 5 hours. The exam will consist of the students producing their final piece from their preparatory work.

DRAMA [0411]

- http://www.cie.org.uk/qualifications/academic/middlesec/igcse/subject?assdef_id=848

Course Content

Drama IGCSE has been divided into three basic areas:

UNDERSTANDING - Students will be able to demonstrate understanding of the performance possibilities of text and other stimuli and the differing roles of actor, director, stage manager and technician in their realization.

DEVISING - Students will be able to demonstrate the ability to devise dramatic material and reflect on its effectiveness.

PERFORMING SKILLS - Students will be able to demonstrate performing skills in Drama.

The aims of Drama IGCSE are:

- 1) To develop candidates' understanding of Drama through practical and theoretical study.
- 2) To enable candidates to realize the performance possibilities of text and other stimuli.
- 3) To encourage the use of dramatic forms and structures to communicate feelings and ideas to an audience.
- 4) To foster the acquisition and development of skills in Drama, both individually and in groups.
- 5) To develop understanding of the processes leading to performance and the elements involved in creating a performance and to develop evaluative ability across the various stages of performance work.
- 6) To stimulate an enjoyment of drama.

There are two assessment objectives in Drama IGCSE:

- 1) Written coursework
- 2) Practical coursework

Examination

All candidates take Paper 1 [Written Examination] and Paper 2 [Coursework].

IGCSE Grades A* to G are available.

MUSIC [0410]

- http://www.cie.org.uk/qualifications/academic/middlesec/igcse/subject?assdef_id=875

Aims

The aims of the curriculum are the same for all students. These are set out below and describe the education purposes of a course in Music for the IGCSE curriculum. They are not listed in order of priority.

The aims are to:

1. enable candidates to acquire and consolidate a range of basic musical skills, knowledge and understanding, through the activities of listening, performing and composing;
2. assist candidates to develop a perceptive, sensitive and critical response to the main historical periods and style of Western music;
3. help candidates to recognize and understand the music of various non-Western traditions, and thus to form an appreciation of cultural similarities and differences;
4. provide a foundation for the development of an informed appreciation of music;
5. provide a foundation for further study in music for those candidates who wish to pursue their studies at higher level.

Assessment Objectives

The three assessment objectives in Music are:

- A Listening
- B Performing
- C Composing

The examination will reward candidates for positive achievement in:

A Listening

- Aural awareness, perception and discrimination in relation to Western music of the baroque, classical, romantic and 20th-century periods;
- Identifying and commenting on a range of music from cultures in different countries;
- Knowledge and understanding of one Western Prescribed Work and one Prescribed Focus from a non-Western culture.

B Performing

- Technical competence on one or more instruments;
- Interpretative understanding of the music performed.

C Composing

- Discrimination and imagination in free composition;
- Notation, using staff notation and, if appropriate, other suitable systems.

MODERN FOREIGN LANGUAGES

- http://www.ibsb.ro/departments/dep_mfl/dep_mfl.htm

The IGCSE foreign languages option programme offering French, German, Spanish, Italian starts from Year 9 onwards.

The aims of the IGCSE three years course are the following:

- to form a sound base of the skills, language and attitudes required for further study, work and leisure;
- offer insights into the culture and civilization of the countries where the language is spoken;
- provide enjoyment and intellectual stimulation.

The IGCSE foreign languages syllabus content comprises five general areas: **everyday life** [home life, school routine, eating and drinking, health and fitness]; **personal and social life** [self, family and personal relationships, holidays and special occasions]; **the world around us** [home town and local area, natural and made environment, people, places and customs]; **the world of work** [continuing education, careers and employment, language and communication at the work place]; **the international world** [tourism at home and abroad, life in other countries and communities, world events and issues].

The study of these topics is supported by the progressive study of the grammar using various books aiming to cover and deepen the student's knowledge related to the tenses and modes, nouns, adjectives, adverbs, prepositions, connectives, periphrastic structures etc.

At the end of the three years course the students will be set either for the Core or Extended IGCSE exams according to the progress they have made and are expected to have reached an intermediate level of knowledge of the respective language and possess a good command of the spoken and written language. In order to pass the IGCSE exams, they will be expected to cope with various speaking, listening, reading and writing tasks and achieve a maximum C grade for the students taking the Core exams and a maximum A* grade for the students set for the Extended curriculum.

The student's progress will be assessed on a regular basis through homework, end of unit assessment tests, vocabulary tests, and mock exams. A predicted grade will be given towards the end of the course.

PHYSICAL EDUCATION [0413]

- http://www.cie.org.uk/qualifications/academic/middlesec/igcse/subject?assdef_id=877

Course Content

The syllabus provides candidates with an opportunity to study both the practical and theoretical aspects of Physical Education. It is also designed to foster enjoyment in physical activity. The knowledge gained should enable candidates to develop an understanding of effective and safe physical performance.

Assessment

Section A

Short answer questions on Factors Affecting Performance; Health, Safety and Training and Reasons and Opportunities for Participation in Physical Activity.

10%.

Section B

Three structured questions, one from each of the three units;

- a) Factors affecting Performance
- b) Health, Safety and Training
- c) Reasons and Opportunities for Participation in Physical activity **30%**.

Coursework

Four practical activities from at least two of the six categories in the syllabus 60%.

Examination

1. Paper 1-2 hours 40%

2. Coursework - 60%

Candidates take one paper and coursework. Grades available are A*-G.

Paper 1 is made up of three units.

- Factors Affecting Performance
- Health, Safety and Training
- Reasons and Opportunities for Participation in Physical Activity

Coursework is made up of six categories of practical activity:

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

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