

CONTENT DEVELOPMENT AND CLASSIFICATION OF TEST ITEMS

CONTENT AREAS FOR PHYSICAL EDUCATION(PE)

	Content Areas	Competencies	Descriptive statement
1	Foundation of Physical Education and Sports	<ol style="list-style-type: none"> 1. Demonstrate knowledge of concepts of physical education, sports, physical activity, exercise, health, and wellness. 2. Demonstrate understanding of the development of PE from pre-colonial, colonial, and post-colonial eras. 3. Demonstrate knowledge of the ancient Olympic games (origin, history, culture, politics, events, Sparta, Athens). 4. Demonstrate knowledge of the Modern Olympic Games (origin, history, culture, politics, events). 5. Demonstrate the various pathways in physical education and sports in guiding students for future specialisation. 	<ol style="list-style-type: none"> 1. Distinguish the concepts of physical education, sports, physical activity, exercise, health and wellness. 2. Describe the development of PE from pre-colonial, colonial and post-colonial eras. 3. Discuss the ancient Olympic games (origin, history, culture, politics, events, Sparta, Athens, etc.) 4. Discuss the modern Olympic Games (origin, history, culture, politics, events) 5. Discuss career pathways in PE and sports.
2	Physical Fitness	<ol style="list-style-type: none"> 1. Demonstrate knowledge of the concept of physical fitness. 2. Demonstrate understanding of the components of physical fitness (health-related and skill/performance-related physical fitness). 3. Demonstrate understanding of the activities to develop each component of physical fitness. 4. Demonstrate understanding of the test and interpretation of test results of each component of physical fitness. 5. Demonstrate knowledge of the benefits of physical fitness. 	<ol style="list-style-type: none"> 1. Explain the concept of physical fitness. 2. Identify the components of physical fitness (health-related and skill/performance-related physical fitness). 3. Analyse the activities to develop each component of physical fitness. 4. Test each Physical Fitness Component and interpret the results. 5. Discuss the benefits of Physical Fitness.

3.	Motor Learning	<ol style="list-style-type: none"> 1. Demonstrate knowledge of the concept of motor learning. 2. Demonstrate knowledge of the theories of motor learning. 3. Demonstrate knowledge of the stages of motor learning. 4. Demonstrate knowledge of the fundamental motor skills (locomotor skills, non-locomotor skills and manipulative skills). 5. Demonstrate understanding of the movement skills in physical activities and sports. 	<ol style="list-style-type: none"> 1. Explain the concept of motor learning. 2. Explain the theories of motor learning. 3. Identify the stages of motor learning. 4. Discuss the fundamental motor skills (locomotor skills, non-locomotor skills and manipulative skills) 5. Apply movement skills in physical activities and sports.
4	Games (Soccer, Handball, Netball and Volleyball)	<ol style="list-style-type: none"> 1. Demonstrate knowledge of the history of the games. 2. Demonstrate understanding of skills and techniques of the games. 3. Demonstrate understanding of rules and their interpretations of the games. 	<ol style="list-style-type: none"> 1. Discuss the history of the games. 2. Describe skills and techniques used in the games. 3. Describe the equipment and facilities used in the games. 4. Analyse the rules and their interpretations of the games.
5	Athletics (Tracks)	<ol style="list-style-type: none"> 1. Demonstrate understanding of how sprint events are performed. 2. Demonstrate understanding of how distance events are performed. 3. Demonstrate understanding of how relay races are performed. 4. Demonstrate understanding of how the Marathon is performed. 	<ol style="list-style-type: none"> 1. Describe how sprint events are performed. 2. Describe how distance events are performed. 3. Describe how relay races are performed. 4. Describe how the Marathon is performed.

6	Human Systems and Physical Activity	<ol style="list-style-type: none"> 1. Demonstrate knowledge of the skeletal system 2. Demonstrate knowledge of the muscular system 3. Demonstrate knowledge of the respiratory system 4. Demonstrate knowledge of the digestive system 5. Demonstrate knowledge of the application of levers in the human body about physical activity and sports performance. 	<ol style="list-style-type: none"> 1. Discuss the skeletal system and its application in physical activity and sports. 2. Discuss the muscular system and its application in physical activity and sports. 3. Discuss the respiratory system and its application in physical activity and sports. 4. Discuss the digestive system and its application in physical activity and sports. 5. Analyse the concepts of levers (1st Class, 2nd Class, and 3rd Class) and their application in physical activity and sports.
7	Organization of Games and Athletics	<ol style="list-style-type: none"> 1. Demonstrate knowledge of the factors to consider when organizing games and athletics. 2. Demonstrate knowledge of the types of tournaments. 3. Demonstrate knowledge of the advantages and disadvantages of each of the tournaments. 4. Demonstrate knowledge of factors that influence the use of a particular tournament. 5. Demonstrate understanding of how to draw fixtures for a tournament. 	<ol style="list-style-type: none"> 1. Discuss the factors to consider when organizing games and athletics. 2. Explain the types of tournaments (elimination and round robin). 3. Discuss the advantages and disadvantages of each of the tournaments. 4. Analyse the factors that influence the use of a particular tournament. 5. Draw fixtures for a tournament.
8	Prevention and Management of Sports Injuries	<ol style="list-style-type: none"> 1. Demonstrate knowledge of the concept of First Aid. 2. Demonstrate understanding of First Aid and CPR procedures. 3. Demonstrate understanding of how to prevent sports injuries. 4. Demonstrate understanding of how to manage sports injuries. 	<ol style="list-style-type: none"> 1. Explain the concept of First Aid. 2. Describe First Aid and CPR procedures. 3. Explain various ways to prevent sports injuries. 4. Describe how to manage sports injuries.
9	Nutrition and Physical Activity	<ol style="list-style-type: none"> 1. Demonstrate knowledge of the concept of nutrition. 2. Demonstrate knowledge of the various food nutrients. 	<ol style="list-style-type: none"> 1. Explain the concept of nutrition. 2. Identify the various food nutrients. 3. Analyse the roles of essential food nutrients in athletic, physical activities and sports performance.

		<ol style="list-style-type: none"> 3. Demonstrate understanding of the roles of essential food nutrients in athletic and physical activity performance. 4. Demonstrate knowledge of the effects of water intake on physical activity and sports performance. 	<ol style="list-style-type: none"> 4. Discuss the effects of water/fluid intake on physical activity and sports performance.
10	Professional Development	<ol style="list-style-type: none"> 1. Demonstrate knowledge of ethical issues in the teaching of PE and sports organisations. 2. Demonstrate understanding of the resources used for teaching PE and Sports. 3. Demonstrate the understanding of planning and preparation of PE lessons. 4. Demonstrate understanding of how to manage an inclusive PE class. 5. Demonstrate understanding of how PE teachers' portfolios are developed. 	<ol style="list-style-type: none"> 1. Identify ethical issues in teaching PE and organizing sports. 2. Explain the resources used for PE and Sports organization. 3. Analyse the planning and preparation of PE lessons. 4. Describe how to manage an inclusive PE class. 5. Discuss how PE teachers' teaching portfolios are developed.

PHYSICAL EDUCATION TABLE OF SPECIFICATION

NO.	CONTENT AREAS	Course Objectives/Outcomes (DoK)				Total
		Level 1 (Recall) 15%	Level 2 (Skills/Concepts) 25%	Level 3 (Strategic Thinking) 30%	Level 4 (Extended Thinking) 30%	
1	Foundations of Physical Education and Sports	2	3	4	4	13
2	Physical Fitness	1	2	3	3	9
3	Motor Learning	1	2	3	3	9
4	Games (Soccer, Handball, Netball and Volleyball)	2	4	5	5	16
5	Athletics (Tracks)	2	3	4	4	13
6	Human System and Physical Activity	1	2	3	3	9
7	Organization of Games and Athletics	2	2	3	3	10
8	Prevention and Management of Sports Injuries	1	2	3	3	9
9	Nutrition and Physical Activity	1	1	2	2	6
10	Professional Development	1	1	2	2	6
Total Items		14	22	32	32	100
Total DoK		15%	25%	30%	30%	100%