

SEC 32 PHYSICAL EDUCATION

2025

Distribution of Subject Foci over the 3 years.
All page numbers indicated as per SEC 32 syllabus 2025

https://www.um.edu.mt/data/assets/pdf_file/0003/470343/SEC32PEsyllabus2025.pdf



Ministry for Education, Sport, Youth, Research and Innovation
Physical Education Department

Year 9 Theory			40%
SF	Learning Outcomes	Section	Page
Subject Focus 1	1.1a, 1.2a	A Skill Acquisition & Sport Psychology <i>Skill/Ability/Trait; Basic/Complex; Open/Closed; Gross/Fine; Self/Externally paced.</i>	7
	1.1b, 1.2b, 1.3b		
	1.1c, 1.2c, 1.3c		
	1.1d, 1.2d, 1.3d		
Subject Focus 3	3.1a, 3.2a, 3.3a	B Health and Well-Being <i>Health; Personal Hygiene & Prevention of Infections; Sedentary Lifestyle; Somatotype.</i>	13
	3.1b, 3.2b, 3.3b		
	3.1c, 3.2c, 3.3c		
	3.1d, 3.2d, 3.3d		
	3.1e, 3.2e, 3.3e		
3.1f, 3.2f, 3.3f			
Subject Focus 4	4.1a	C Anatomy and Physiology <i>Skeletal system; Articulation of bones; Classification; Function of bones; Freely moveable joints; Structure of the knee; Movement patterns.</i> <i>Muscular system; Identification of muscle groups; Antagonistic movement; Different forms of contraction.</i>	15 & 16
	4.1b, 4.2b		
	4.1c		
	4.1d, 4.2d, 4.3d		
	4.1e, 4.2e, 4.3e		
	4.1f, 4.2f, 4.3f		
	4.1g, 4.2g, 4.3g		
	4.1h, 4.2h, 4.3h		
4.1i, 4.2i			
4.1j, 4.2j, 4.3j			
Subject Focus 2	2.1a, 2.2a, 2.3a	D Theory of Training and Fitness Testing <i>Fitness; Components of Fitness; Agility; Balance; Cardiovascular Endurance; Co-ordination; Flexibility; Muscular Endurance; Power; Reaction Time; Strength; Speed. Link the fitness to different sports.</i>	9, 10 & 11
	2.1c, 2.2c, 2.3c		
	2.1d, 2.2d, 2.3d		
	2.1f, 2.2f, 2.3f		
	2.1g, 2.2g, 2.3g		
	2.1h, 2.2h, 2.3h		
	2.1i, 2.2i, 2.3i		
	2.1j, 2.2j, 2.3j		
	2.1k, 2.2k, 2.3k		
	2.1m, 2.2m, 2.3m		
	2.1n, 2.2n, 2.3n		
	2.1o, 2.2o, 2.3o		
2.2r, 2.3r			
Subject Focus 5	5.1a, 5.2a, 5.3a	E Sport in Society <i>Recreational and Competitive Sports; Amateur and Professional Sport; Competitions.</i>	19
	5.1b, 5.2b		
	5.1c, 5.2c, 5.3c		

3 Fitness Tests (15%)	Coursework (25%)	Practical (20%)
Subject Focus 2 LO2	Subject Focus 7-10 LO7-10	Subject Focus 6 LO6
Page 9 - 11	Page 25 - 39	Page 22 - 24
Sargent Jump Illinois Agility Test Cooper Test (5 marks each)	One task. (From LOs 7, 8, 9, 10)	Athletics and/or Swimming. A minimum of 2 events/tasks from ONE sport.

Year 10 Theory			40%
SF	Learning Outcomes	Section	Page
Subject Focus 1	1.1e, 1.2e, 1.3e	A Skill Acquisition & Sport Psychology <i>Goals; Smart Targets; Guidance; Feedback;</i>	7 & 8
	1.1f, 1.2f, 1.3f		
	1.1g, 1.2g, 1.3g		
	1.1h, 1.2h, 1.3h		
Subject Focus 3	3.1g, 3.2g, 3.3g	B Health and Well-Being <i>Caloric intake and expenditure; Balanced Diet; BMR; Nutrients; Obesity/Anorexia & Measurements. Dehydration and Hydration; Eating disorders.</i>	14
	3.1h, 3.2h		
	3.1i, 3.2i, 3.3i		
	3.1j, 3.2j, 3.3j		
	3.1k, 3.2k, 3.3k		
	3.1l, 3.2l, 3.3l		
Subject Focus 4	4.1k, 4.2k, 4.3k	C Anatomy and Physiology <i>Cardio-respiratory system; Labelling of the respiratory system; Gaseous exchange; Mechanics of breathing. Cardiovascular system; The heart; Heart Rate; Blood vessels; Pathway of the blood; Blood Pressure; Aerobic and Anaerobic Exercise; Methods of Recovery.</i>	16, 17 & 18
	4.1l, 4.2l		
	4.1m, 4.2m, 4.3m		
	4.1n, 4.2n, 4.3n		
	4.1o, 4.2o, 4.3o		
	4.1p, 4.2p, 4.3p		
	4.1q, 4.2q		
	4.1r, 4.2r, 4.3r		
	4.1s, 4.2s, 4.3s		
	4.1t		
	4.1u, 4.2u, 4.3u		
	4.1v, 4.2v, 4.3v		
Subject Focus 2	2.1b, 2.2b, 2.3b	D Theory of Training and Fitness Testing <i>Principles of Training; Types of Training; Sport Injuries; Prevention of Sport Injuries; Health and safety measures on the context of sport.</i>	9, 11 & 12
	2.2p, 2.3p		
	2.1s, 2.2s, 2.3s		
	2.1t, 2.2t, 2.3t		
	2.1u, 2.2u.		
Subject Focus 5	5.1d, 5.2d, 5.3d	E Sport in Society <i>Sponsorship; The Media; Structure of a club; Sports clubs in society.</i>	19 & 20
	5.2i, 5.3i		
	5.1j, 5.2j		
	5.1k, 5.2k, 5.3k		

3 Fitness Tests (15%)	Coursework (25%)	Practical (20%)
Subject Focus 2 LO2	Subject Focus 7-10 LO7-10	Subject Focus 6 LO6
Page 9 - 11	Page 25 - 39	Page 22 - 24
Sargent Jump Illinois Agility Test Cooper Test (5 marks each)	Two tasks. (From LOs 7, 8, 9, 10) One of which needs to be a practical. (12.5 marks each)	Athletics and/or Swimming. A minimum of 2 events/tasks from ONE sport.

Year 11 Theory			40%
SF	Learning Outcomes	Section	Page
Subject Focus 1	1.1i, 1.2i, 1.3i	A Skill Acquisition & Sport Psychology <i>Aggression; Personality Type; Motivation.</i>	8
	1.1j, 1.2j, 1.3j		
Subject Focus 5	5.1e, 5.2e, 5.3e	E Sport in Society <i>Local and International Sports Bodies; International competitions; GSSE; Symbols, mottos, and principles of the Olympics; Threats to sport; Performance enhancing drugs.</i>	19, 20 & 21
	5.1f, 5.2f, 5.3f		
	5.1g, 5.2g		
	5.1h, 5.2h, 5.3h		
	5.1l, 5.2l, 5.3l		
	5.1m, 5.2m, 5.3m		

3 Fitness Tests (15%)	Coursework (25%)	Practical (20%)
Subject Focus 2 LO2	Subject Focus 7-10 LO7-10	Subject Focus 6 LO6
Page 9 - 11	Page 25 - 39	Page 22 - 24
Sargent Jump Illinois Agility Test Cooper Test (5 marks each)	One task. (From LOs 7, 8, 9, 10)	Athletics and/or Swimming. All four events/tasks from ONE sport.