

Boardworks KS4 PE coverage of Cambridge Physical Education IGCSE (0413)

Syllabus Content	Relevant Boardworks Presentation
Unit 1 Factors affecting Performance	
Skill	Skill Related Fitness Principles of Training Writing a Personal Exercise Programme
Motivation and Mental Preparation	Writing a Personal Exercise Programme Principles of Training
Skeleton and Joints	Bones Joints, Tendons and Ligaments
Muscles and Tendons	Joints, Tendons and Ligaments Muscles and Muscle Action
Circulatory and Respiratory Systems	The Circulation System The Respiratory System
Fitness	Skill Related Fitness Reasons for Taking Part in Physical Activity Effects of Exercise Writing a Personal Exercise Programme
Physique	Body Types and Weight
Drugs	Drugs and Hygiene
Unit 2 Health, Safety and Training	
Health	Reasons for Taking Part in Physical Activity Diet and Nutrition Effects of Exercise
Diet	Diet and Nutrition
Games: Safe Practice	Prevention of Injury
Injuries	Sports Injuries
Exercise and Training	Reasons for Taking Part in Physical Activity Effects of Exercise Principles of Training Methods of Training
Unit 3 Reasons and opportunities for participation in physical activity	
Leisure and Recreation	Reasons for Taking Part in Physical Activity Effects of Exercise
Facilities, Participation, Excellence	Reasons for Taking Part in Physical Activity Effects of Exercise
History of Amateur/Professional Status	
Media	
Access to Sport	