

## DEPARTMENT - PHYSICAL EDUCATION

Courses Offered:

### Higher Physical Education

Course Content:

The Course has two mandatory Units:

#### Physical Education: Performance Skills (Higher)

In this Unit, learners will develop a broad and comprehensive range of complex movement and performance skills through a range of physical activities. They will select, demonstrate, apply and adapt these skills, and will use them to make informed decisions. They will also develop their knowledge and understanding of how these skills combine to produce effective outcomes. Learners will develop consistency, precision, control and fluency of movement. They will also learn how to respond to and meet the demands of performance in a safe and effective way.

Learners will be assessed in three activities and two must be passed at Higher level to pass the unit.

**Completion date : March 2016**

#### Physical Education: Factors Impacting on Performance (Higher)

In this Unit, learners will develop their knowledge and understanding of the factors that impact on personal performance in physical activities. Learners will consider how mental, emotional, social, and physical factors can influence effectiveness in performance. They will develop knowledge and understanding of a range of approaches for enhancing performance and will select and apply these two factors that impact on their personal performance. They will create development plans, modify these and justify decisions relating to future personal development needs.

**Completion date : January 2016**

The Course assessment will consist of two Components, a performance and a question paper.

Component 1: Performance	Component 2: Question Paper
<p>The purpose of this performance is to assess the learner's ability to plan, prepare for, effectively perform and evaluate personal performance in <b>one</b> physical activity.</p> <p>There are three sections to this assessment; sections 1 and 3 are written tasks. Section 2 is performance based: <b>Section 1</b>, Planning and preparation' - <b>8 marks</b> <b>Section 2</b>, titled 'Single performance' - <b>40 marks</b> <b>Section 3</b>, titled 'Evaluation' - <b>12 marks</b></p> <p>This component will be assessed in <b>March 2016</b>.</p>	<p>The purpose of this question paper is to assess the learner's ability to integrate and apply knowledge and understanding from across the Units.</p> <p>The question paper consists of two sections;</p> <p><b>Section 1</b> - three questions assessing learners skills, knowledge and understanding - <b>24 marks</b> <b>Section 2</b> - a scenario based question assessing learners ability to apply knowledge and understanding in varying contexts.</p> <p>Time - 1hr 30mins</p>

Additional Information:

- **Course Entry Requirements: National 5 PE**      **Recommended National 5 English**
- Homework is an essential part of the course. Written tasks will be issued weekly. When homework is not issued learners should read over and learn course notes issued to consolidate work covered in class.
- Unit assessments will require research and investigations to be completed out with class