

# National 4 Physical Education

The main purpose of the Course is to develop and demonstrate movement and performance skills in physical activities. By engaging in physical activities, learners can demonstrate initiative, decision-making and problem-solving. The Course also encourages learners to develop a positive attitude towards a healthy lifestyle, and the contribution that physical activity makes to this.

## The course consists of 3 units

- **Performance Skills**
- **Factors Impacting on Performance**
- **Added Value Unit Physical Education: Performance**

### **Performance Skills      Assessed - throughout the course, completed by March 2016**

- Demonstrate a range of movement and performance skills in physical activities
- Pupils must provide evidence for assessment from **two** physical activities.

### **Factors Impacting on Performance                      Assessed    March 2016**

- Demonstrate knowledge of factors that impact on personal performance in physical activities
- Develop personal performance in physical activities
- Review the performance development process

### **Added Value Unit: Physical Education: Performance    Assessed    March 2016**

- Prepare for and carry out a performance in a physical activity

## ***Course Assessment***

To achieve the National 4 Physical Education Course, learners must pass **all** of the required Units, including the Added Value Unit.

National 4 Courses are not graded. They will be assessed on a pass/fail basis

All Units are internally assessed by PE staff.

**Homework** is set weekly and includes

- written tasks,
- reading course notes to consolidate learning
- completion of tasks set in class

## **Kit**

As this course is an elective the pupil will require to ensure they have the correct kit for the current activity on the day. This can clash with different kit if their core PE happens to be on the same day of the week. Thus you may require two sets of kit if the activities demand.

There will be a theory period each week and all folders and books will be required.