

**Faculty of Health  
Physical Education**

**TITLE OF COURSE:            PHYSICAL EDUCATION HIGHER**

**LEVEL:                        HIGHER**

**Entry Requirements:**

Ideally pupils have achieved a Grade A/B in National 5 Physical Education. Discussion with Faculty Head or PE staff is essential.

**Why choose Physical Education?**

Learners will develop a broad and comprehensive range of complex movement and performance skills, and can demonstrate them safely and effectively across a range of challenging activities. They will select and apply skills and make informed decisions to effectively perform in physical activities by analysing factors that impact on performance.

Learners will understand how skills, techniques and strategies combine to produce an effective performance and through analysis be able to evaluate performance to enhance personal effectiveness.

The course comprises of two units, these are:

**Physical Education: Performance Skills**

Learners will develop a broad and comprehensive range of complex movement and performance skills through a range of physical activities selected by them.

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.

**Physical Education: Factors Impacting on Performance**

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 to factors that impact on their personal performance. They will create development plans, modify these and justify decisions relating to future personal development needs.

**ASSESSMENT:**

Learners will be assessed by a **single one-off performance (60%)** which they need to prepare for, effectively perform, and evaluate their performance. Pupils can, in discussion with their teacher, select which activity they wish to be seen in.

Internal performance – pupils must also pass two practical activities within class time.

A **question paper (40%)** will require application of knowledge and understanding to unfamiliar contexts .

**Homework:**

Pupils will be asked to undertake a series of independent research, analysis of data and written tasks making use of the resources within the department if they do not have these at home.

Deadlines may be set throughout the year and pupils must ensure they keep to these deadlines, or make provision to use the resources within the department in their own time to keep up with these.

Concepts must be revised and consolidated each week at home to enhance understanding and deepen learning, using online resources and handouts given, plus notes taken.

Regular progress checks will be carried out in class to ensure knowledge and understanding is fully learnt.

**Being videoed is an integral part of this course.**