

**Faculty of Health
Physical Education**

TITLE OF COURSE:

PHYSICAL EDUCATION

LEVEL:

National 4/5

Entry Requirements:

Ideally pupils have completed National 4 Physical Education but this is not mandatory. Discussion with Faculty Head or PE staff is essential.

Why choose Physical Education?

The Course contains a significant practical component, which involves experiential learning, and is supported by related theory.

Learners have the opportunity to develop the ability to safely perform a comprehensive range of movement and performance skills and understand factors that impact on personal performance in physical activities.

They will build capacity to perform effectively and develop approaches to enhance personal performance by monitoring, recording and evaluating performance development.

The course comprises of two units those are:

Physical Education: Performance Skills

Learners will develop their ability to perform in physical activities by enabling them to acquire a comprehensive range of movement and performance skills. They will learn how to select, use, demonstrate and adapt these skills. Pupils will develop consistency in their control and fluency during movement to enable them to meet the physical demands of performance in a safe and effective way.

Physical Education: Factors Impacting on Performance

Pupils will develop their knowledge and understanding of the factors that impact on performance in physical activities. Pupils will consider the effects of mental, emotional, social and physical factors on performance, and will develop an understanding of how to plan for, monitor, record and evaluate the process of personal performance.

Added Value Unit (National 4 only)

Pupils will prepare for and carry out a performance, which will allow them to demonstrate challenge and application

ASSESSMENT:

Pupils at Nat 5 will be assessed by a **SINGLE ONE-OFF PERFORMANCE** worth **60%** of their final mark. Learners need to prepare for, effectively perform, and evaluate their performance, the choice of physical activity will allow for personalisation and choice.

Learners would also need to pass two practical activities which are internally marked.

A **PORTFOLIO** for National 5 worth 40 % of their final mark, will require the pupil to apply the skills they have learned during the course through a series of questions. This is then sent to SQA for marking.

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.