

Higher PE- 2024/25 Timeline

Term 1

Date	Factor	Lesson Content	Outcomes	Assessment Dates
Week 1	Physical (Fitness)	<p>Practical: FIP individual tasks- understand differences between each (CRE, Speed, Agility, Strength, Power etc)</p> <p>No Theory this week</p>	<p><u>Factors Impacting on Performance</u> Potential impacts of mental, emotional, social and physical factors on performance and performance development process</p> <ul style="list-style-type: none"> -Team or group performance and performance development process - Potential impact of one factor upon other(s) in performance and performance development process 	
Week 2	Physical (Fitness)	<p>Practical: FIP individual tasks- understand differences between each</p> <ol style="list-style-type: none"> 1) 35m Sprint Test 2) Illinois Agility Test <p>Theory: Give out resources Factors Impacting Performance- Recap from online learning. Definitions, Describe and Explain impact these can have on performance- Positive and Negative Factors Impacting other Factors</p> <p>Data Collection- Appropriateness of the methods for collecting data Quantitative and Qualitative Describe how we gathered data Challenges you faced when gathering data</p>	<p><u>Factors Impacting on Performance</u> Potential impacts of mental, emotional, social and physical factors on performance and performance development process</p> <ul style="list-style-type: none"> -Team or group performance and performance development process - Potential impact of one factor upon other(s) in performance and performance development process <p><u>Methods of collecting information to analyse factors impacting on performance</u> Application of recognised tests or analytical tools for collecting information</p> <ul style="list-style-type: none"> - using analytical tools across all four factors <p>Appropriateness of methods for collecting information</p> <ul style="list-style-type: none"> - Required protocols and organisational considerations exist to ensure information collection methods are reliable, valid, practical - Methods are suitable for the activity, factor and context where information is being collected - Methods enable useable information to be collected - Methods enable ease of interpretation - Quantitative information gathered 	

			<p><u>Key Planning Information</u> Interpretation of qualitative and quantitative information to allow identification of strengths and prioritise areas for development</p> <ul style="list-style-type: none"> - characteristics of each type of information - appropriateness of each type of information - using a combination of qualitative and/or quantitative information to identify immediate and future development needs when planning performance development - interpreting the information to draw conclusions, identify and diagnose strengths or development needs and patterns or trends - identify priorities for performance development across all four factors - establish the starting point for development planning 	
<p>Week 3</p>	<p>Physical (Fitness)</p>	<p>Practical: 1) Multi Stage Fitness Test 2) Introduce Approaches</p> <p>Theory: Data Collection- Appropriateness of the methods for collecting data Recap Describing Data Collection Benefits and Limitations of Approaches Analyse- What do you need to do to ensure this is completed correctly?</p>	<p><u>Methods of collecting information to analyse factors impacting on performance</u> Application of recognised tests or analytical tools for collecting information</p> <ul style="list-style-type: none"> - using analytical tools across all four factors <p>Appropriateness of methods for collecting information</p> <ul style="list-style-type: none"> - Required protocols and organisational considerations exist to ensure information collection methods are reliable, valid, practical - Methods are suitable for the activity, factor and context where information is being collected - Methods enable useable information to be collected - Methods enable ease of interpretation - Quantitative information gathered <p><u>Key Planning Information</u></p>	

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			<p>Interpretation of qualitative and quantitative information to allow identification of strengths and prioritise areas for development</p> <ul style="list-style-type: none"> - characteristics of each type of information - appropriateness of each type of information - using a combination of qualitative and/or quantitative information to identify immediate and future development needs when planning performance development - interpreting the information to draw conclusions, identify and diagnose strengths or development needs and patterns or trends - identify priorities for performance development across all four factors <p>establish the starting point for development planning</p>	
Week 4	Physical (Fitness)	<p>Practical:</p> <ol style="list-style-type: none"> 1) Introduce Approaches <ul style="list-style-type: none"> - Interval and Fartlek Session Examples - Discussion as to changes you could make 2) Session 1 of PDP + training diary <p>Theory: Introduction to the Principles of Training Examples from PDP Plan PDP after analysing strengths and weaknesses from gathering data Introduction to Training Dairy</p>	<p>Performance Development Process</p> <p>Approaches to meet performance development goals</p> <ul style="list-style-type: none"> - Approaches that are appropriate for Physical Factor <p>Production and implementation of Personal Development Plans (PDPs)</p> <ul style="list-style-type: none"> - Use of relevant performance development principles (PoT) - Implementation of the Approaches <p>Key Planning Information</p> <p>Purpose of specific performance development planning</p> <ul style="list-style-type: none"> - Address priorities that have been identified - Select appropriate approaches for performance development <p>Performance Development Goals</p> <ul style="list-style-type: none"> - Goals based on information collected when identifying and prioritising performance development needs 	
Week 5	Physical (Fitness)	<p>Practical:</p> <ol style="list-style-type: none"> 1) Session 2 of PDP + training diary 	<p>Key Planning Information</p> <p>Performance Development Goals</p>	

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		<p>2) Session3 of PDP + training diary</p> <p>Theory: Target Setting- Why do we set goals? Short, Medium, Long SMART Targets</p>	<ul style="list-style-type: none"> - Short, medium and long term goal setting - Impact of goals on performance development process - Use of goal setting as a means of monitoring and evaluating performance development process 	
Week 6	Physical (Fitness)	<p>Practical: 1) Session 4 of PDP + training diary 2) Retest</p> <p>Theory: Monitoring and Evaluating</p> <p>Why do we monitor/evaluate our training? Methods to do this? What do we need to do in order to ensure this is completed correctly (ANALYSE)</p>	<p><u>Recording, Monitoring and Evaluating Performance Development</u></p> <p>Evaluation of the performance development process</p> <ul style="list-style-type: none"> - progress identified from evidence of recording and monitoring methods, tests or tools - interpreting results to draw conclusions and inform future development needs - impact on performance development process - impact on overall performance <p><u>Factors Impacting Performance</u></p> <p>Potential impacts of mental, emotional, social and physical factors on performance and performance development process</p> <ul style="list-style-type: none"> - subsequent impact (positive or negative) of all factors on performance at the completion of PDP 	
Week 7 September Weekend	Physical	<p>Theory: Revision for Unit Test</p> <p>Practical – One-Off Performances</p>		<u>One-Off Performance 1</u>
Week 8	Physical	<p>Practical</p> <p>Theory: Physical Unit Test</p>		<u>Physical Factor Unit Test</u>

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<p>Week 9</p>	<p>Social</p>	<p>Lesson 1 -Factors Impacting Performance (Social) -How can they impact other factors?</p> <p>Lesson 2- Gathering Data PPW- Quantitative Social Questionnaire – Qualitative</p>	<p>Period 1- Recap Physical Test</p> <p>Period 2- Impacting Performance (Social) on one factor and another</p>	<p><u>Factors Impacting on Performance</u> Potential impacts of mental, emotional, social and physical factors on performance and performance development process -Team or group performance and performance development process - Potential impact of one factor upon other(s) in performance and performance development process Methods of collecting information to analyse factors impacting on performance Application of recognised tests or analytical tools for collecting information - using analytical tools across all four factors <u>Key Planning Information</u> Interpretation of qualitative and quantitative information to allow identification of strengths and prioritise areas for development - characteristics of each type of information</p>	<p><u>Assessment Dates</u></p>
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				<ul style="list-style-type: none"> - appropriateness of each type of information - using a combination of qualitative and/or quantitative information to identify immediate and future development needs when planning performance development - interpreting the information to draw conclusions, identify and diagnose strengths or development needs and patterns or trends - identify priorities for performance development across all four factors - establish the starting point for development planning 	
Week 10	Social	<p>Lesson 1 - Gathering Data PPW- Quantitative Social Questionnaire – Qualitative</p> <p>Lesson 2- Approaches to Develop Performance</p>	<p>Data Collection Recap of Quantitative/Qualitative & Why do we collect data Challenges we may face when gathering reliable data Working through the 4 command words DESCRIBE, EXPLAIN, ANALYSE, EVALUATE</p>	<p>Key Planning Information Interpretation of qualitative and quantitative information to allow identification of strengths and prioritise areas for development</p> <ul style="list-style-type: none"> - characteristics of each type of information - appropriateness of each type of information 	

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		<p>1)Teambuilding 2)Conditioned Games</p>	<p>Teams can create their own teambuilding activity and can then challenge the class to carry it out</p>	<ul style="list-style-type: none"> - using a combination of qualitative and/or quantitative information to identify immediate and future development needs when planning performance development - interpreting the information to draw conclusions, identify and diagnose strengths or development needs and patterns or trends - identify priorities for performance development across all four factors - establish the starting point for development planning <p><u>Performance Development Process</u></p> <p>Approaches to meet performance development goals</p> <ul style="list-style-type: none"> - approaches that are appropriate for each of the four factors 	
Week 11	Social	<p>Approaches to Develop Performance 1)Teambuilding 2)Conditioned Games</p>	<p>Approaches to Develop Performance Working through the 4 command words</p>	<p><u>Performance Development Process</u></p>	

			<p>DESCRIBE, EXPLAIN, ANALYSE, EVALUATE How would we monitor these?</p> <p>Scenario Question for HW</p>	<p>Approaches to meet performance development goals Approaches that are appropriate for Physical Factor</p> <p>Production and implementation of PDP's Use of relevant performance development principles (PoT)</p> <p>Implementation of the Approaches</p> <p><u>Key Planning Information</u></p> <p>Purpose of specific performance development planning</p> <ul style="list-style-type: none"> - address priorities that have been identified - select appropriate approaches for performance development - consideration of the time allocation for the Personal Development Plan (PDP) - maintenance of strengths across all four factors - specificity in relation to: <ul style="list-style-type: none"> — the overall aims of the Personal Development Plan (PDP) — the performer, ie strengths and development needs identified 	
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				<p>— the performer’s role, responsibility, position in the activity nature, type of activity, environment and demands of the activity</p>	
Week 12	Emotional	<p>Lesson 1- Factors Impacting Performance</p> <p>Lesson 2- Gathering Data PPW – Quantitative Emotional Questionnaire- Qualitative</p>	<p>Factors Impacting Performance- Emotional</p> <p>How one factor impacts on another</p>	<p><u>Factors Impacting Performance</u> Potential impacts of mental, emotional, social and physical factors on performance and performance development process</p> <ul style="list-style-type: none"> - subsequent impact (positive or negative) of all factors on performance at the completion of PDP - <p><u>Factors Impacting Performance</u> Potential impacts of mental, emotional, social and physical factors on performance and performance development process</p> <p>positive and negative impact of factors on:</p> <ul style="list-style-type: none"> — team or group performance and performance development process - potential impact of one factor upon other(s) in performance and performance development process 	<p>S5/6 Full Report</p> <p>Issued - 15 November</p>

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				<ul style="list-style-type: none"> - subsequent impact (positive or negative) of all factors on performance at the completion of a Personal Development Plan (PDP) 	
Week 13	Emotional	<p>Lesson 1- Gathering Data Gathering Data PPW – Quantitative</p> <p>Lesson 2- Approaches to Develop Performance 1)Deep Breathing 2)Mental Rehearsal</p>	<p>Gathering Data Recap of Quantitative/Qualitative & Why do we collect data Challenges we may face when gathering reliable data Working through the 4 command words DESCRIBE, EXPLAIN, ANALYSE, EVALUATE</p>	<p><u>Key Planning Information</u> Interpretation of qualitative and quantitative information to allow identification of strengths and prioritise areas for development</p> <ul style="list-style-type: none"> - characteristics of each type of information - appropriateness of each type of information - using a combination of qualitative and/or quantitative information to identify immediate and future development needs when planning performance development - interpreting the information to draw conclusions, identify and diagnose strengths or development needs and patterns or trends - identify priorities for performance 	

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				<p>development across all four factors</p> <ul style="list-style-type: none"> - establish the starting point for development planning <p><u>Performance Development Process</u></p> <p>Approaches to meet performance development goals</p> <ul style="list-style-type: none"> - approaches that are appropriate for each of the four factors 	
Week 14	Emotional	<p>Approaches to Develop Performance</p> <p>1)Deep Breathing</p> <p>2)Mental Rehearsal</p>	<p>Approaches to Develop Performance</p> <p>Working through the 4 command words</p> <p>DESCRIBE, EXPLAIN, ANALYSE, EVALUATE</p> <p>How would we monitor these?</p> <p>How do we change/adapt?</p> <p>Scenario Question for HW</p>	<p><u>Performance Development Process</u></p> <p>Approaches to meet performance development goals</p> <ul style="list-style-type: none"> - approaches that are appropriate for each of the four factors 	
Week 15	Social/ Emotional/ Physical	Scenario	Scenario		One-Off Performance 2
Week 16	Social/ Emotional/ Physical	Scenario	Scenario		One-Off Performance 2
Week 17		Prelim Revision	Prelim Revision		One-Off Performance 2

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Week 18		Prelim Revision	Prelim Revision	HOLIDAY	One-Off Performance 2
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Term 2

Date	Factor	Practical Focus	Lesson Content	Outcomes	Assessment Dates
Week 19/20/21					Prelim
Week 22	Mental/ Physical skill	Skill Development / FIP	<p>Factors Impacting Performance</p> <ul style="list-style-type: none"> - During Performance (team – discuss individual examples through theory) - Factors impacting other factors 	<p><u>Factors Impacting Performance</u> Potential impacts of mental and physical factors on performance and performance development process</p> <ul style="list-style-type: none"> - positive and negative impact of factors on: <ul style="list-style-type: none"> — team or group performance and performance development process - potential impact of one factor upon other(s) in performance and performance development process - subsequent impact (positive or negative) of all factors on performance at the completion of a Personal Development Plan (PDP) 	
Week 23	Mental/ Physical Skill	<u>Gather Data</u> Observation Schedule Booklet – Initial Tests & PPW	Methods of Gathering Information Mental – PPW (Quant) Questionnaire (Qual and Quant)	<p><u>Methods of collecting information to analyse factors impacting on performance</u> Feedback:</p> <ul style="list-style-type: none"> - receiving: 	Return Prelim – Dependant on Date

			<p>Physical – Video/Observation Schedule/Feedback</p> <p>Theory – Feedback Interpretation of qualitative and quantitative information to allow identification of strengths and prioritise areas for development</p>	<ul style="list-style-type: none"> — listening, respect <ul style="list-style-type: none"> - accepting: — trust, interpreting the information, tool for motivation, implementation of recommended changes as a result of feedback <ul style="list-style-type: none"> - giving: <ul style="list-style-type: none"> — appropriateness and types of feedback, quantity and depth - timing of feedback: <ul style="list-style-type: none"> — immediate, delayed, continuous (before, during and after implementation of Personal Development Plan (PDP) or performance) <p><u>Key Planning Information</u> Interpretation of qualitative and quantitative information to allow identification if strengths and prioritise areas for development</p> <ul style="list-style-type: none"> - characteristics of each type of information - appropriateness of each type of information - using a combination of qualitative and/or quantitative information to identify immediate and future development needs when planning performance development - interpreting the information to draw conclusions, identify and diagnose strengths or development needs and patterns or trends - identify priorities for performance development across all four factors 	
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				- establish the starting point for development planning	
Week 24			In service day: Plan prelim/marketing scheme Moderate one-off performances*		Return Prelim – Dependant on Date
Week 24	Mental Physical Skill	<p><u>Approaches</u></p> <p>Skill:</p> <ul style="list-style-type: none"> - Shadow - Repetition without movement - Repetition with movement - Combination Rally - Pressure Drills - Conditioned Games <p>Mental:</p> <ul style="list-style-type: none"> - Visualisation - Deep Breathing - Positive Self Talk 	Approaches to Develop Performance Lesson 1 – Physical Tactics Lesson 2 – Mental Theory – Plan PDP	<p><u>Performance Development Process</u></p> <p>Approaches to meet performance development goals Approaches that are appropriate for Physical Factor</p> <p>Production and implementation of PDP's Use of relevant performance development principles (PoT) Implementation of the Approaches</p> <p><u>Key Planning Information</u></p> <p>Purpose of specific performance development planning</p> <ul style="list-style-type: none"> - address priorities that have been identified - select appropriate approaches for performance development - consideration of the time allocation for the Personal Development Plan (PDP) - maintenance of strengths across all four factors - specificity in relation to: <ul style="list-style-type: none"> — the overall aims of the Personal Development Plan (PDP) — the performer, ie strengths and development needs identified 	S5/6 Interim Report

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				<p>— the performer’s role, responsibility, position in the activity <input type="checkbox"/> nature, type of activity, environment and demands of the activity</p> <p>Performance Development Goals</p> <ul style="list-style-type: none"> - goals based on information collected when identifying and prioritising performance development needs 	
Week 25					In service day Plan
Week 26	Mental Physical Skill	PDP	<p>PDP Session 1 PDP Session 2</p> <p>Theory – Appropriateness of approaches etc/Scenarios</p>	<p><u>Performance Development Process</u> Production and implementation of PDP’s</p> <ul style="list-style-type: none"> - experience of creating and implementing a Personal Development Plan (PDP) over a minimum of three sessions for at least two factors - implementation of the approaches - use of relevant performance development principles <p><u>Recording, Monitoring and Evaluating Performance Development</u> Adapting performance development plans</p> <ul style="list-style-type: none"> - adapting development sessions - if approaches being used are not achieving performance goals - if performance goals have been achieved sooner than planned 	Homework Sampling

				<ul style="list-style-type: none"> - resetting performance goals to allow for future progression 	
Week 27	Mental Physical Skill	PDP / Re-Test Observation Schedules & PPW	<p>PDP Session 3 Re-test</p> <p>Theory – Collate results, effectiveness of recording, monitoring and evaluating, future development needs</p>	<p><u>Recording, Monitoring and Evaluating Performance Development</u> Evaluation of the performance development process</p> <ul style="list-style-type: none"> - progress identified from evidence of recording and monitoring methods, tests or tools - interpreting results to draw conclusions and inform future development needs - impact on performance development process - impact on overall performance <p>Future performance development planning</p> <ul style="list-style-type: none"> - extending or reprioritising the focus of the Personal Development Plan (PDP) - establishing next performance development goals <p><u>Factors Impacting Performance</u> Potential impacts of mental, emotional, social and physical factors on performance and performance development process</p> <ul style="list-style-type: none"> - subsequent impact (positive or negative) of all factors on performance at the completion of PDP 	Mental Factor Unit Test
Week 28			Exam Catch-up/Revision	<u>Key revision areas from last block:</u>	

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				Emotional, Social, Physical Skill and Mental Cycle of Analysis, Feedback (with video), Model Performers (PPW) Goal Setting.	
Week 29			Exam Catch-up/Revision	<u>Key revision areas from last block:</u> Emotional, Social, Physical Skill and Mental Cycle of Analysis, Feedback (with video), Model Performers (PPW) Goal Setting.	
Week 30			Exam Catch-up/Revision	<u>Key revision areas from last block:</u> Emotional, Social, Physical Skill and Mental Cycle of Analysis, Feedback (with video), Model Performers (PPW) Goal Setting.	S4/S5/S6 Interim Report
Week 31			Exam Catch-up/Revision	<u>Key revision areas from last block:</u> Emotional, Social, Physical Skill and Mental Cycle of Analysis, Feedback (with video), Model Performers (PPW) Goal Setting.	