

National 5 Physical Education
S3 Course outline

Week	1- Practical	2 – Practical	3 - Classroom
1	<p>Introduce Components that make up the factor (cover 3 components for each factor)</p> <p>How can they affect your performance- positively or negatively?</p> <p>Skill Development</p> <p>Games</p>	<p>How can they affect your performance- positively or negatively?</p> <p>Skill Development</p> <p>Games</p>	<p>Explain how the MESP factor impacts your performance? positively or negatively?</p> <p>Introduction to describe and explain</p>
2	<p>Initial testing- fitness testing or questionnaires</p> <p>Skill Development</p> <p>Games</p>	<p>Initial testing- fitness testing or questionnaires</p> <p>Skill Development</p> <p>Games</p>	<p>Methods of gathering information- 2 methods for each factor</p> <p>Describe 2 methods?</p> <p><u>Homework 1 Issued</u></p>
3	<p>Methods to improve practice introduction- fartlek/positive self-talk etc</p> <p>Games</p>	<p>Methods to improve practice introduction- fartlek/positive self-talk etc</p> <p>Games</p>	<p>Methods to improve practice</p> <p>Describe a method?</p>
4	<p>Pupils highlight/select what areas of the Factor they wish to improve/develop.</p> <p>Skill development</p>	<p>Pupils highlight/select what areas of the Factor they wish to improve/develop.</p> <p>Skill development</p>	<p>Identify strengths and weaknesses and describing them</p> <p>Identifying an appropriate target</p>

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	Games	Games	SMARTER <u>Homework 2 issued</u>
5	Methods to develop the factor Pupils should try to implement these during Skill Develop/Games	Pupils should try to implement these during Skill Develop/Games. Games	Methods of training Why is it important to set targets? Create a personal development programme (4 sessions- if don't complete in class complete for next lesson)
6	Session one of PDP	Session two of PDP	Feedback during PDP Was it useful or not? Monitoring performance Why is it necessary? Describe a method to? Evaluate your performance in the factor <u>Homework 3 issued</u>
7	Session three of PDP	Session four of PDP	Revision for test
8	Games Assessment/Tournament	Games Assessment/Tournament	<u>Unit Test</u>