



KIRKCALDY HIGH SCHOOL
Community, Ambition, Respect

S4/5 Subject Choices

Faculty of Health and Well-Being – Physical Education

Physical Education – Higher Level 6

Entry Requirements – Qualifications, Skills and Knowledge

You should ideally have attained an A or B pass at National 5 PE. A National 5 pass in English is highly recommended due to the nature of the written exam. You should be passionate and enthusiastic about sport and be keen to develop your own performance in a range of activities.

Course Content

- Improve your performance in a number of different activities.
- Further develop knowledge of the Physical, Mental, Emotional and Social factors which impact performance.
- Methods of collecting information on performance.
- Range of approaches for developing performance.
- Create and implement a Personal Development Plan.
- Recording, monitoring and evaluation of your performance development.

Physical Education – Higher Level 6

Course Assessments

- Question Paper – 2 ½ hour written exam out of 50 marks – 50% of overall mark.
- Performance – you will be assessed in 2 different activities – 50% of overall mark.

Learning Activities & Homework

- You will experience a mix of both practical and classroom-based lessons. There are usually two classroom periods per week, and this may increase leading up to exams.
- Extra practice of your practical skills will help your performance. This can be achieved by attending clubs in and out of school.
- Homework will be given throughout the course from the beginning. These homework tasks are designed to give you practice at writing extended answers. Higher PE written work is very different to the National 5 Portfolio answers.

Physical Education – Higher Level 6

Wider Skills Development

- Resilience
- Communication and working with others.
- Organisation
- Problem Solving
- Confidence
- Seeking support

Progression & Career Opportunities

- Other courses in school: NPA Level 5 Sport & Fitness, Level 7 SFA (Football) Refereeing, Level 6 Leadership through Sport Award.
- Further Education: HNC/D Sports Coaching & Development/Sport & Fitness. Degree in PE Teaching, Sport Science etc.
- Career Opportunities: Sports Coaching, Personal Trainer, Gym Instructor, PE Teacher, Armed Forces.

Dance – Higher Level 6

Entry Requirements – Qualifications, Skills and Knowledge

You should ideally have attained an A or B pass at National 5 Dance. A National 5 pass in English is highly recommended due to the nature of the written exam. You should be passionate and enthusiastic about Dance and have experienced at least one style of Dance previously.

Entry Requirements – Qualifications, Skills and Knowledge

You should ideally have attained an A or B pass at National 5 Dance. A National 5 pass in English is highly recommended due to the nature of the written exam. You should be passionate and enthusiastic about Dance and have experienced at least one style of Dance previously.

Dance – Higher Level 6

Course Assessments

- Question Paper during exam time – 2 hours – 30% of overall mark.
- Practical Activity (create, present and review a dance for either 1 person or for a group - minimum 3 dancers) – 30% of overall mark.
- Performance (two solos in contrasting dance styles) – 40% of overall mark.

Learning Activities & Homework

- You will experience a mix of both practical and classroom-based lessons. There are usually two classroom periods per week, and this may increase leading up to exams.
- Extra practice of your practical skills will help your performance. This can be achieved by attending clubs in and out of school.
- Homework will be given throughout the course from the beginning. These homework tasks are designed to give you practice at writing extended answers in preparation for the written exam.

Dance – Higher Level 6

Wider Skills Development

- Creativity
- Resilience
- Communication and working with others.
- Confidence
- Problem Solving
- Seeking support

Progression & Career Opportunities

- Other courses in school: Level 6 Leadership through Sport Award.
- Further Education: HNC, HND and MSc in Dance
- Career Opportunities: Teaching, Coaching, Professional Dancer

NPA Sport and Fitness – Level 5

Entry Requirements – Qualifications, Skills and Knowledge

You should have a keen interest in developing your skills and levels of fitness. No prior PE qualification is required for this course, however a SCQF Level 4 in English is a minimum requirement. Throughout the course, you will have the opportunity to work individually and with others. You will be expected to work with all members of your class.

Course Content

- Participation and Performance – develop your performance in Volleyball. Explain the required skills and monitor your progress.
- Organising and Officiating – learn about the roles of the officials in Volleyball and safety procedures. Carry out officiating roles during games and organise a Volleyball tournament.
- Coaching Development – learn about what makes an effective coach. Plan, deliver and evaluate a series of coaching sessions (different activities may be used for this).

NPA Sport and Fitness – Level 5

Course Assessments

- There will be a mixture of both practical and written assessments carried out throughout the whole course.
- For each unit, you must pass all outcomes. This is achieved by teacher observations and written responses to tasks in logbooks.

Learning Activities & Homework

- You will experience a mix of both practical and classroom-based lessons.
- For practical lessons, you will sometimes be a performer, an official or a coach.
- Homework will be given at appropriate times to support the work you do in school.

NPA Sport and Fitness – Level 5

Wider Skills Development

- Resilience
- Communication and working with others.
- Organisation
- Problem Solving
- Confidence
- Planning

Progression & Career Opportunities

- Other courses in school: Level 6 Leadership through Sport Award.
- Further Education: HNC/D Sports Coaching & Development/Sport & Fitness.
- Career Opportunities: Sports Coaching, Personal Trainer, Gym Instructor, Armed Forces, Employment in the recreation area.

SFA Refereeing – Level 7 with Performance Skills in PE

Entry Requirements – Qualifications, Skills and Knowledge

You should have a keen interest in learning the rules of football and practically refereeing matches. Full attendance and participation throughout the course is essential.

Course Content

SFA Refereeing

- Laws of the Game
- Demonstrate how to implement these laws during games.

Performance Skills

- Development of skills and game play within a number of activities.

SFA Refereeing – Level 7 with Performance Skills in PE

Course Assessments

Refereeing

- Multiple Choice Assessment (Pass mark 80%) Maximum 2 attempts.
- Practical assessments of your refereeing during games.

Performance Skills

- Practical assessments of practical performance in a number of activities.

Learning Activities & Homework

- You will experience a mix of both practical and classroom-based lessons.
- For practical lessons, you will sometimes be a performer or an official.
- Homework will be given at appropriate times to support the work you do in school.

SFA Refereeing – Level 7 with Performance Skills in PE

Wider Skills Development

- Confidence
- Resilience
- Communication and working with others.
- Organisation
- Problem Solving
- Planning

Progression & Career Opportunities

- Other courses in school: Level 6 Leadership through Sport Award.
- Further Education: HNC/D Sports Coaching & Development/Sport & Fitness. Degree in Sports Studies, Sports Science.
- Career Opportunities: Football Refereeing, Sports Coaching, Personal Trainer, Gym Instructor, Armed Forces, Employment in the recreation area.

Leadership Award (through Sport) – Level 6

Entry Requirements – Qualifications, Skills and Knowledge

This course is only suitable for S6 pupils. You should have attained National 5 or Higher PE. Due to the nature of the course, you should be keen to develop your leadership skills and confidence in speaking and delivering sessions in front of others. You should have enjoyed participating in PE throughout your time at school.

Course Content

- Leadership: An Introduction – develop leadership skills and values for working with others.
- Leadership in Practice – build confidence in your own leadership skills. Develop your planning and evaluative skills. Practically deliver sessions across different age groups and activities.
- The NPA in Sport Development (Level 6) is also completed throughout the year – delivered by Fife College in school.
- Additional coaching qualifications throughout the year subject to availability.

Leadership Award (through Sport) – Level 6

Course Assessments

- There will be a mixture of both practical and written assessments carried out throughout the whole course.
- For each unit, you must pass all outcomes. This is achieved by teacher observations and written responses to tasks in logbooks.

Learning Activities & Homework

- You will experience a mix of both practical and classroom-based lessons.
- For practical lessons, you will sometimes be a performer or a teacher.
- If the timetable allows, you will visit our cluster Primary Schools in groups to deliver sport sessions.
- Homework will be given at appropriate times to support the work you do in school.

Leadership Award (through Sport) – Level 6

Wider Skills Development

- Confidence
- Communication and working with others.
- Organisation
- Problem Solving
- Planning
- Evaluating

Progression & Career Opportunities

- Further Education: HNC/D Sports Coaching & Development/Sport & Fitness. Degree in Sports Studies, Sports Science, Teaching.
- Career Opportunities: Sports Coaching and Development, Personal Trainer, Gym Instructor, PE Teacher, Armed Forces. The leadership side of the course will help you in any career path.