



# Physical Education



Higher PE is an excellent choice for students with a passion for sport and fitness. The course provides opportunities to develop skills both in practical settings and the classroom, building on prior knowledge from National 5. Students will gain a deeper understanding of how physical, social, emotional, and mental factors influence performance. At this level, learners will design, implement, and adapt training programmes, refining their ability to reprioritise personal development needs. They will also enhance their analytical thinking by monitoring progress and evaluating performance. Beyond PE, the course fosters valuable skills for learning, employment, and everyday life, equipping students with essential competencies for future success.

## Topics Covered

- Factors Impacting Performance
- Target Setting
- Performance Development
- Monitoring & Evaluating Performance
- Practical Performances

## Assessment Breakdown

2 x 30 Mark Practical Performances combined/scaled down to 50 marks across both.  
**(50% of overall grade)**

Exam – 50 mark 2.5 hour exam  
**(50% of overall grade)**

## Skills Gained

- Problem Solving
- Literacy
- Self Discipline
- Emotional & Physical Wellbeing
- Analysing & Evaluating Skills
- Employability Skills
- Team Work Skills
- Decision Making
- Communication
- Strategic Thinking
- Coordination

## Progression & Possible Career Paths

### Progression:

- NPA Level 6 Sports Development
- A relevant college or university course
- An apprenticeship

### Possible Career Paths:

- Sports Coaching/Development
- Personal Trainer
- Teaching/Childcare
- Physiotherapist
- Police
- Armed Forces
- Sports Related Business Owner

## Entry Requirements and advice

To succeed in Higher PE, students should have a strong interest in sport and physical activity and show a commitment to developing their skills. Candidates are expected to have achieved National 5 PE and a minimum of National 5 English, as the course requires effective written communication and analysis. Additionally, students must be able to perform at a Higher level in at least two activities that can be assessed, demonstrating both technical ability and tactical awareness. A good understanding of training principles, fitness development, and performance analysis will also be beneficial for success in the course.

