**Higher PE Course Outline**

Pupils who select the Higher PE course will work through 3 main activities Badminton, Basketball and Volleyball. Where possible we will try to teach the content of the course through activities that cater for everyone’s needs and ability levels. There are 2 elements of this Higher PE course:  
1. Factors Impacting Performance (F.I.P)  
2. Performance Skills

The main coursework is taught through Factors Impacting Performance unit. This involves two theory lessons and three practical lessons a week, where pupils understanding of the course is developed.

Pupils final marks are determined by: 1. One off Performances x 2 (60 Marks)\*  
                                                        2. External Written Exam – 2 ½ hours (60 Marks)

\*Pupils will choose which 2 activities to be assessed in. Each of these will be marked out of 30.\*  
  
Our department recommends that an internal activity is chosen, but if a pupil has a significant strength in an external activity that may be used.