Hi seniors!

I hope you find this document useful and that you are safe and well?

We will be posting some work here to allow you to make a start to the course from home.

If you are reading this it likely means you have completed your N5 PE and are looking to progress into higher PE.

The course follows the same 4 main areas of content by investigating Mental, Emotional, Social and Physical factors so your knowledge from N5 will be very useful indeed. The main difference between the two levels is that you will require more in depth knowledge for the exam at the end of the course and be able to perform practically to higher level in 2 activities. These 2 activities must be performed in a demanding context and you must be able to demonstrate complex skills to achieve good marks. To prepare for your 2 higher performance exams you should be participating in these activities weekly for the duration of the course.

The course at a glance…

2 Practical performance exams, each out of 30 to give a total score out of 60.

One of these exams will be sat before we break up for Christmas and the second one will be sat before the end of February.

A written exam sat as part of the SQA exam diet. The exam will cover the 4 factors through the keys skills of investigating, analysing, developing and evaluating and monitoring.

The exam is out of 50.

You will have a total score out of 110 but EQUAL weighting is given to both units to calculate your final grade.

So having read all of that we will make a start!!! See the tasks below.

**Task**

Physical factors – Cardiorespiratory Endurance

We are going to make a start to the course with an easy task that you can complete from home.

We are going to set a long term goal of completing 5K in the quickest time possible. We will do this as a class when we return to school. In the meantime you have a number of weeks in order to prepare for this.

**Practical Task**

The first thing we need you to do is complete a fitness test that will allow you to gauge your level of CRE, in order to then follow a development programme. (Why not convince a family member to join you?)

You have 2 options to do this.

Option 1- Download the multi-stage fitness test to your smartphone. Find a safe flat area where you can measure out 20 m and then follow the instructions to complete the test.

Option 2 – Complete your own ‘Cooper’ test. See how far you can get in 12mins. Use a timer and ask a member of the family to measure your distance travelled using the car or you could use a smartphone app to record the distance, such as **strava** or **map my run.**

**Written Task**

Safely record your result and the date and then attempt the following question.

Describe how you gathered information on physical factors.

(This is an exam style question and it requires you to describe what you did in the test you chose.)

In as much detail as possible, describe the test you chose from above. Use diagrams to support your answer.

Tip- in the exam 1mark will be awarded for each descriptive characteristic

e.g. the test gets progressively faster as the tests continues = 1 mark

We will give you one week to complete both the practical task and the written task.