

Airdrie Academy

CfE Higher PE course Outline

Activity	Physical Factor	MES Factor	Method of gathering Data	Type of Training
Badminton Block 1 Aug – end Oct (10 Weeks)	<p>Skills</p> Skill Repertoire Quality of performance Stages of Learning Information Processing	<p>Mental</p> Concentration, Motivation, Level of Arousal, Mental Toughness,	<p>Video</p> General – Focused Observation Schedule Knowledge of Results	<p>Shadow Practice, Repetition, drills, Conditioned Games</p> <p>Mental Rehearsal, Visualisation, Positive self talk, Relaxation techniques</p>
Performance Assessment Task Badminton				
Basketball Block 2 Nov – mid Jan (9 Weeks)	<p>Tactics/ Fitness</p> CRE , M.E, Strength,Agility	<p>Emotional</p> Happiness/Sadness Anger (Decision making, self control) Fear (nervousness) Trust	<p>Video</p> Standardised Fitness tests Observation Schedules Match Analysis Knowledge of results Coaches Feedback	<p>Continuous Circuit Training Strength Agility Training Observation Schedules Cognitive Techniques – Imagery (Mental Rehearsal & Visualisation) Somatic Techniques – Breathing techniques & Relaxation Positive self-talk</p>
Performance Assessment Task Basketball				

FIP & Prelim				
<p>Volleyball Block 3 Mid Jan – end March (9 weeks)</p>	<p>Skills Spike</p>	<p><u>Social</u> Group Dynamics Cooperating/Competing Contributing to Team/Group Role/Responsibility for the performance</p> <p>Cultural/Societal Issues Respect for self and others</p>	<p>Video G.O.S & S.O.S Knowledge of Results</p> <p>Questionnaire Self-Reflection Team/Group Feedback Coaches Feedback</p>	<p>Gradual Build up Skill development for Spike</p> <p>Partner/Group work Self Esteem building activities Defining Roles Positive Reinforcement Techniques Restorative Practices</p>
Performance Assessment Volleyball				
FIP & Exam Prep				