**National 4 Physical Education**

**Entry Level:**

National 4 PE is designed to allow students to study the subject of Physical Education through both team and individual activities to achieve an SQA accredited award.

Students will need to have a very good participation/bringing kit record in S1-3 BGE PE, be able to work individually and as part of a team and have good communication skills.

The areas of study are similar for National 4 and 5, so all students will follow the same course and a decision about your final level will be made after completion of the first unit of study.

**Course Content:**

The aims of the course are to enable the learner to:

* Develop the ability to safely perform a range of movement and performance skills in straightforward contexts
* Develop and demonstrate knowledge of factors impacting on performance
* Build capacity to perform effectively
* Develop approaches to enhance personal performance
* Monitor, record and reflect on performance development

The course comprises of **two** areas of study.

1. Practical performance
2. Factors Impacting on Performance

Practical Performance

Through this unit students will work towards demonstrating a comprehensive range of movements and performance skills in physical activities. Students will develop their performance repertoire whilst maintaining control and fluency of skills across a range of activities.

The current options of practical activities in National 4 PE are:

Rugby, hockey, volleyball, basketball, badminton, football, American football, gymnastics and netball.

This is subject to change depending on staffing, student choice and timetabling.

Factors Impacting on Performance

Through this unit students will be expected to:

* Demonstrate knowledge and understanding of the various factors (physical, emotional, mental, social) that impact on personal performance in physical activities.
* Develop performance through constructing a personalised training programme, focusing on specific sub-factors (i.e. physical – speed or CRE)
* Be able to test, monitor and retest performance, identifying and reviewing any improvements made.
* Evaluate the performance development process.

**Assessment**

At National 4 level the course has two mandatory units:

**Physical Education: Performance Skill: -** The learner will be required to demonstrate movement and performance skills in straightforward contexts. They will demonstrate some consistency in control and fluency of movement and appropriate use of body and spatial awareness. They must also provide evidence of how to respond to and meet the physical demands of performance in a safe and effective way.

**Physical Education: Factors Impacting on Performance: -** The learner will be required to demonstrate knowledge of factors that impact on performance in physical activities. They will also be required to demonstrate that they can monitor, record and reflect on the development of personal performance.

To achieve the National 4 Physical Education course, learners must pass both of the requires units. They will be assessed on a pass/fail basis within centres. SQA will provide rigorous external quality assurance, including external verification, to ensure assessment judgements are consistent and meet national standards.

**Homework:**

Homework will be set at regular intervals throughout the course to consolidate and extend knowledge and understanding.

**Progression:**

Students who successfully obtain a pass at National 4 could continue their studies at National 5 level.