

Physical Education: Higher

Why Physical Education?

This main purpose of this course is to develop and demonstrate a broad and comprehensive range of complex skills in challenging contexts. Learners will develop the ability to use strategies to make appropriate decisions for effective performance. They will also analyse a performance, understand what is required to develop it and then apply this knowledge to their own performance.

Entry to the course:

This is at the discretion of the school, but you would normally be expected to have attained one of the following.

- National 5 P. E.
- Other relevant prior experience in P. E. including experience gained outwith certificated courses.

Progression

This Course or its Units may provide progression to:

- Advanced Higher Physical Education Course
- Higher National Certificates
- Higher Education degrees
- Further study, employment and/or training

Course Outline

The course consists of two mandatory units:

Physical Education: Performance Skills (Higher)

In this unit pupils will develop a broad and comprehensive range of complex movement and performance skills through a range of physical activities.

Physical Education: Factors Impacting on Performance

In this unit, learners will develop their knowledge and understanding of the factors that impact on personal performance in activities. Learners will consider how mental, emotional, social and physical factors can influence effectiveness in performance.

Assessment

Graded A-D

Component 1 – Performance	60 marks
Component 2 – Question Paper	40 marks
Total Marks (to be determined)	100 marks

Component 1

This will be completed in a one-off event towards the end of the year, where the pupils' practical activity will be assessed in their chosen activity.

Component 2 Question Paper

This will be completed in a 1 and a half hour exam.