

DEPARTMENT - PHYSICAL EDUCATION

Courses Offered:

Higher Physical Education

Course Content:

The Course has two mandatory Units:

Physical Education: Performance Skills (Higher)

In this Unit, learners will develop a broad and comprehensive range of complex movement and performance skills through a range of physical activities. They will select, demonstrate, apply and adapt these skills, and will use them to make informed decisions. They will also develop their knowledge and understanding of how these skills combine to produce effective outcomes. Learners will develop consistency, precision, control and fluency of movement. They will also learn how to respond to and meet the demands of performance in a safe and effective way. The Unit offers opportunities for personalisation and choice through the selection of physical activities used for learning and teaching.

Physical Education: Factors Impacting on Performance (Higher)

In this Unit, learners will develop their knowledge and understanding of the factors that impact on personal performance in physical activities. Learners will consider how mental, emotional, social, and physical factors can influence effectiveness in performance. They will develop knowledge and understanding of a range of approaches for enhancing performance and will select and apply these two factors that impact on their personal performance. They will create development plans, modify these and justify decisions relating to future personal development needs.

The Course assessment will consist of two Components, a performance and a question paper.

Component 1: Performance Skills	Component 2: Question Paper
<p>The purpose of this performance is to assess the learner's ability to plan, prepare for, effectively perform and evaluate personal performance in one physical activity. Learners will have to demonstrate the following skills:</p> <ul style="list-style-type: none">• Knowledge and understanding- select, demonstrate and safely apply a broad and comprehensive range of complex movement and performance skills in challenging contexts.• Demonstrate a range of approaches for developing or refining skills, fitness and performance composition/tactics.• Plan, develop and implement skills and strategies safely in a range of performance situations.	<p>The purpose of this question paper is to assess the learner's ability to integrate and apply knowledge and understanding from across the Units. It is designed to assess applied knowledge, understanding and evaluation skills.</p>

Additional Information:

- **Course Entry Requirements: National 5 PE**
- Depending on the uptake and preference of the pupils there will be two course options within the higher course; aesthetics or games.
- The Games option includes **badminton, basketball, swimming and football**
- The Aesthetic option includes **Dance, Gymnastics, Swimming and Trampoline**.