

Parental Timeline



SUBJECT – Physical Education

COURSES OFFERED – National 4/National 5

COURSE OUTLINE (S) – (including Added Value where appropriate)

- Pupils will develop their fitness, technical and performance skills through a range of activities.
- Pupils will develop their knowledge and understanding of the factors that impact on performance namely physical fitness, mental fitness, skill related fitness and skill development.
- Pupils will learn how to analyse, monitor and evaluate their performance throughout each activity.
- Pupils will complete the Added Value Unit (National 4) within the activity of badminton; they will develop their ability to prepare, plan and organise a competitive situation and demonstrate their applied knowledge.

CRITICAL TIMES/POINTS OF ASSESSMENT –

The **practical performance unit** final assessment takes place in March, this is when teachers accumulate all performance marks and make the final decision on each pupils overall grade. Each activity is assessed using a technical skills sheet, which the pupils are involved in throughout their learning, a final Pass or Fail is given for each unit of activity.

The **factors impacting on performance** unit takes the form of a portfolio. The portfolio is completed throughout the year in a computer suite and is based on the knowledge acquired from practical and theoretical lessons of analysing performance. This has to be submitted to the teacher by the end of February.

The **added value unit** will be assessed in November, however pupils will have another opportunity towards the end of the course to re-sit this element.

PUPIL/PARENT CONTRIBUTION/OTHER ISSUES -

Pupils will be given one piece of homework each week to develop their understanding of the ***factors impacting on performance***.

Pupils must write up all practical sessions in their jotter to have a good understanding of how the practical work relates to the ***factors impacting on performance*** and have the necessary notes for completing the portfolio unit.

Pupils who attend the schools extra-curricular programme and/or sports clubs benefit for gaining more practice time for developing their practical ability to assist with their performance assessment.