

CAREERS INFORMATION



OTHER INFORMATION

STAFF Mr D Laing
Mr A Shearer
Miss R Smith
Mrs M Tornes

Physical Education

Physical Education Higher



TURRIFF ACADEMY

Email: turriff.aca@aberdeenshire.gov.uk

Career Areas

- [Performing Arts](#)
- [Sport & Leisure](#)

Further advice and information on these options is available from your subject teacher, guidance teacher and careers adviser.

COURSE INFORMATION

Why Physical Education ?

This course is ideal for you if you have an interest in sports or are keen to build up your own fitness. It provides the opportunity for you to develop your talents in a wide range of competitive and individual activities. You will also learn how to judge your own performance and make improvements.

Course Outline

The course is made up of two units which are taught together:

Physical Education : Performance (60 hours)

Physical Education : Analysis and Development of Performance (60 hours)

The Performance unit allows you to take part in activities such as gymnastics, volleyball, football, badminton, hockey or athletics. You would normally do at least four activities. Your teacher will discuss with you which available activity is suited to your own interests or talents.

At the same time as you are working through the Performance unit, you will be undertaking the Analysis and Development of Performance unit in which you use a variety of methods to look at your progress, identify strengths and weaknesses and find ways of improving. Your progress may be recorded in video clips, sequenced photographs, notes, training diary or checklists.

ASSESSMENT

The course is assessed both internally by the teacher/lecturer in accordance with SQA guidelines and by a Question Paper (consists of structured questions on one activity, taken under supervision) set by the SQA.

PROGRESSION

Successful completion of this course may lead to:

- Physical Education Intermediate 2

**FURTHER COURSES IN
TURRIFF ACADEMY**

In S5/6:

[Physical Education Higher](#)