

## Course Outline

Higher PE consists of two units: performance (practical) and factors impacting performance (the SQA written exam), each worth 50% of the overall award.

## Entry to the course

Entry is at the discretion of the school but you would normally have achieved:

**National 5 Physical Education (with an A or B pass).**

# Higher Physical Education

## Details of Course Components

The course is made up of two parts:

### Physical Education : Performance

### Physical Education : Factors Impacting on Performance (Written Exam)

The *Performance* unit allows you to take part in activities such as Football, Basketball, Volleyball, Badminton and Gymnastics. You will be expected to participate in all activities. You will be assessed in **two** activities. In terms of which activities you should be assessed in, your teacher will discuss with you which available activities are best suited to your own interests or talents. At the same time as you are working through the *Performance*, you will be undertaking the *Analysis and Development of Performance* in which a variety of methods are used to look at how performance data is collected, identifying strengths and areas for improvement, planning and implementing a training programme and monitoring and evaluating any progress made. It is important the candidates are aware that progress and assessments may be recorded by the use of video, as well as through training diaries, questionnaires and checklists.

Homework is an integral part of the course to check on knowledge and understanding and regular assignments will be set on Microsoft Teams.

## ASSESSMENT

The course is assessed both internally by the teacher in accordance with SQA guidelines and by a Question Paper set by the SQA.

### Practical Performance

Each pupil must perform in two one-off performances in different physical activities (which will be video recorded). Each performance is worth 30 marks giving a total of 60 marks overall (this represents 50% of the overall mark. For example, 48/60 would then become 40/50). This is marked internally by your teacher using the criteria set out by the SQA.

You will be assessed in the activities taught within the course however exceptions can be made if you are performing at an **exceptionally high level** within your chosen sport (representing your region/country at national/international level).

### Written Exam

The exam will last for 2 hours and 30 minutes and will be marked externally by the SQA. The paper will be worth a total of 50 marks across three sections. The three sections to the exam paper are: Section 1 will require candidates to respond to questions on all four factors (mental, emotional, social and physical). Section 2 will require candidates to apply the skills, knowledge and understanding gained from creating and implementing a Personal Development Plan. Section 3 will be based on a scenario. The exam is marked externally by the SQA.



## FACULTY OF Health & Well-being

Staff: Mr Alan Shearer

Department: PE

Career Areas:

- Physical Education
- PE Teaching
- Performing Arts
- Sport & Leisure
- Health & Fitness,
- Sports Coaching
- Sports Science
- Physiotherapy
- Personal Training

Useful websites to help you with your choices:

[www.myworldofwork.co.uk](http://www.myworldofwork.co.uk)  
[www.skillsdevelopmentscotland.co.uk](http://www.skillsdevelopmentscotland.co.uk)

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