

Course Outline

The PE S3 Elective course looks to provide added challenge and enjoyment for those who have a strong interest and passion for PE. The course will provide pupils with a wide range of activities and opportunities and if successful, pupils will be awarded with an SQA National 4 qualification.

S3 Elective Physical Education (SQA National 4 Level)

Details of Course Components

The S3 PE Elective course will closely align with the SQA National 4 Course. The main purpose of the Course is to develop and demonstrate movement and performance skills in physical activities. By engaging in physical activities, learners can demonstrate initiative, decision-making and problem-solving. The Course also encourages learners to develop a positive attitude towards a healthy lifestyle, and the contribution that physical activity makes to this. The main aims of the Course are to enable the learner to:

- develop the ability to safely perform a range of movement and performance skills in straightforward contexts
- develop and demonstrate knowledge of factors impacting on performance
- build capacity to perform effectively
- develop approaches to enhance personal performance
- monitor, record and reflect on performance development

The Course has two mandatory Units and an *Added Value Unit: Physical Education*.

Performance Skills (National 4)

The general aim of this Unit is to provide learners with the opportunity to develop a range of movement and performance skills in physical activities, in straightforward contexts. Learners will develop some consistency in their control, fluency of movement and body and spatial awareness. They will also learn how to respond to and meet the physical demands of performance in a safe and effective way. The Unit offers opportunities for personalisation and choice in the selection of physical activities. Pupils can opt to be assessed in team 'invasion' games (Football, Rugby, Hockey, Basketball and Netball), net games (Badminton and Volleyball), Gymnastics or a combination. Performance skills are assessed internally by your teacher (pass or fail).

Physical Education: Factors Impacting on Performance (National 4)

The general aim of this Unit is to provide learners with the opportunity to explore and develop their knowledge of factors that impact on personal performance in physical activities. Learners will record, monitor and reflect on their own performance. This will be completed in a written logbook and will be assessed internally by your teacher (pass or fail).

Added Value Unit: Physical Education: Performance (National 4)

The general aim of this Unit is to enable learners to provide evidence of *added value* for the National 4 Physical Education Course. Learners will prepare for and carry out a one-off performance, which will allow them to demonstrate challenge and application.

To achieve the National 4 Physical Education Course, learners must pass all of the required Units, including the Added Value Unit. The Units are not graded (pass and fail only).

This Course or its Units may provide progression to:

- National 5 Physical Education Course (and eventually Higher PE)
- other qualifications in Physical Education or related areas (such as Exercise and Fitness Leadership NPA or SFA Refereeing)
- further study, employment and/or training



FACULTY OF Health & Well-being

Staff: Mr Alan Shearer
Miss Rachel Smith
Miss Alyx Harrison
Mr Fraser Gray

Department: PE

Career Areas:

- PE Teaching
- Health & Fitness
- Sports Coaching
- Sports Science
- Personal Trainer

Useful websites to help you with your choices:

www.myworldofwork.co.uk
www.skillsdevelopmentscotland.co.uk

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