

## Why PE?

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 range of competitive and individual activities. You will also learn how to judge your own performance and make improvements. **You should have a an A or B pass at National 5.**

# PE HIGHER

## Details of Course Components

The course is made up of two parts:

### ***Physical Education : Performance***

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

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

Homework is an integral part of the course to check on knowledge and understanding, it is essential part of the course.

## **ASSESSMENT**

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

**Practical Performance:** each pupil has to perform in two "one-off" performances in different physical activities which will be video' d. Each performance is worth 30 marks giving a total of 60 marks overall. This is marked internally using the criteria set out by the SQA.

**Written Exam:** the new 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 continue to be based on a scenario.

The exam is marked externally by the SQA.



## PE

### **PE Staff :**

Mr David Laing

### **Career Areas:**

- Performing Arts
- Sport & Leisure

### **Courses in Turriff Academy**

Higher PE

National 5 PE

### **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.*