

Curricular Area: Performance

Course Title: PE Higher

Students wishing to undertake the following course must be involved in competitive sport out with school or be representing the school in a competitive context. Students must show Physical Competency at an N6 level in 2 Physical Activities (1 of these could be an activity outside of school).

Course Structure

Higher Physical Education consists of the following:

Mandatory Units

Unit 1 - Performance Skills	Pass / Fail
Unit 2 - Factors impacting performance (FIP)	Pass / Fail

Course Assessment

Component 1 – Performance	60 Marks
Component 2 – Question Paper	40 Marks

Total: 100 Marks

The course will be graded A-D and candidates must pass the mandatory units and course assessment to achieve a course award.

Performance Skills

- Learners must provide evidence for assessment from two physical activities.
- This Unit can be assessed within any realistic experience, situation or conditioned activity.

Factors Impacting on Performance

Learners must provide evidence for assessment from one physical activity.

The Workbook assessment is open book. *There are no restrictions on the resources a candidate can have access to during this Unit assessment.*

There are no time restrictions on candidates.

Centres should ensure that candidates are individually able to provide evidence that they have met the Assessment Standards, where preparation for assessment involves group activity.

Course Assessment

Performance

Context of performance must be challenging, competitive and/or demanding, and it must be extended.

Assess the learner's ability to plan, prepare for, effectively perform and evaluate personal performance in **one** physical activity.

The performance will have 60% of the total mark.

Question Paper

Assess learner's ability to integrate and apply knowledge and understanding from across the units.

Will give learners an opportunity to demonstrate the following skills, knowledge and understanding:

Demonstrate a range of approaches for developing or refining skills, fitness and performance composition/ tactics

Analysing factors that impact on performance.

Analysing and evaluating factors impacting on performance to develop personal performance.

The question paper will have 40% of the total mark.

The exam will last 1hr and 30mins

Entry Requirements:

Recommended entry requirements for Higher PE:

- National 5 in English (Band A)
- National 5 (Band B) pass in Physical Education (this is desirable but is not essential where candidates are involved in competitive activity out with school)

Progression

The Higher Grade course is designed to serve the needs of pupils who may wish to:

- Study the subject as part of general education.
- Study Physical Education to an advanced level.
- Use the subject as part of the entry requirements for courses in higher education.
- Take advantage of the expanding career opportunities within sport and leisure, i.e. teaching, physiotherapy, sports management and sports coaching.