

Curricular Area: Performance

Course Title: PE National 3

Course Description

National 3

The assessment of the Units in this Course will be as follows:

Mandatory Units:

Physical Education: Performance Skills (National 3)

The learner will be required to demonstrate basic movement and performance skills in a range of physical activities. The Unit offers opportunities for personalisation and choice in the selection of physical activities used for assessment purposes.

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

Physical Education: Factors Impacting on Performance (National 3)

The learner will be required to demonstrate an awareness of factors that impact on performance. The learner will (with support) monitor, record and reflect on performance in physical activities.

Internal Assessment Mechanism – Workbook - Pass/Fail

Activities:

Hockey/Basketball/Gymnastics/Badminton or Table Tennis/Volleyball/Fitness

Progression

This Course or its Units may provide progression to:

- ☐ National 4 Physical Education Course
- ☐ Wellbeing Award (SCQF 4)

Recommended entry

Entry to this Course is at the discretion of the centre. However, learners would normally be expected to have attained the skills, knowledge and understanding required by the following the “*Analysis & Performance*” course in S3.