

Curricular Area: Performance

Course Title: PE National 4

National 4

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

Mandatory Units:

Physical Education: Performance Skills

Mandatory Element 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.

Outcome 1: Demonstrate a range of movement and performance skills in physical activities

The Learner will get the opportunity to develop a range of movement and performance skills in physical activities, in straightforward contexts. The Learner 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.

Physical Education: Factors Impacting on Performance (National 4)

Internal Assessment Mechanism- Workbook - Pass/Fail

Outcome 1: Demonstrate knowledge of factors that impact on personal performance in physical activities

Outcome 2: Develop personal performance in physical activities

Outcome 3: Review the performance development process

This Unit provides 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.

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

Learners to provide evidence of added value for the National 4 Physical Education Course. Learners will prepare for and carry out a performance, which will allow them to demonstrate challenge and application.

Progression

This Course or its Units may provide progression to:

- ☑ National 5 Physical Education Course
- ☑ Wellbeing Award (SCQF level 5)

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 following the “*Analysis & Performance*” Course in S3.