

Physical Education National 4

Why take this course?

This course is for you if you enjoy Physical Education and want to further improve your performance and your understanding of how this can be done. You will spend time developing your physical skills in a variety of different activities, your fitness, personal qualities such as leadership, resilience and responsibility and your 'thinking' skills by being given opportunities to problem solve, make decisions and be creative.

To succeed in this course, you need...

To be successful in this course you need to be enthusiastic and to be playing as much sport as possible; you can do this during lunchtime and extra-curricular activities. The course does involve written work (some of this will be done at home) as you will be collecting data on your performance, analysing this data in order to create a development programme specifically designed for you and carrying out self-evaluation tasks to see if you have improved. Be aware that your school attendance must be good as this work is carried out in a cycle and if you miss some of it then it is hard to catch up; this is also the case if you have any ongoing injury problems which may impact on you taking part in practical work.

Course structure and Content

Each term you will be investigating, developing and evaluating your performance in an activity, probably in basketball, volleyball and badminton. In each activity you will be studying different factors (mental, emotional, social and physical) which have an impact on your performance; this will enable you to develop your knowledge and understanding on performance development.

National 4 Course Assessment

All units of work at National 4 are assessed internally on a pass/fail basis. You will complete two units of work:

1. Performance Skills - You demonstrate a basic range of movement and performance skills in a minimum of two activities before completing an added value performance. In the added value unit you prepare for, organise and take part in an activity of your choice.
2. Factors Impacting on Performance – You complete a log book demonstrating your knowledge and understanding of factors impacting on performance and performance development.

To gain a National 4 Course award you must pass both units of work.

Where might this course take me?

Progression routes for this course are National 5 Physical Education, college courses and careers in the sports and leisure industry. In addition to this, throughout this course you will experience a range of roles and responsibilities. This will help you to develop interpersonal skills and manage your own learning; these skills are important in school, in further education and in life.