

Physical Education

Higher

Why take this course?

This course is for you if you enjoy Physical Education, are a competent performer, 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 independent learning, leadership, resilience and responsibility and your cognitive 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; it will be beneficial to you (although not a requirement) if this is both in and out of school. In this course you will be investigating your performance using a cycle of analysis; you will be required to complete written work, carry out independent research and meet deadlines. Students who have passed National 5 PE and English will have developed some of these skills already which will help them to be successful at a Higher level. However, if you are highly motivated and involved in sport out with school you may be able to study this subject without doing National 5 PE, especially if you have passed Higher English. Be aware though 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, analysing, developing and evaluating performance in an activity. The activities covered will be basketball, volleyball and badminton. We aim to work in line with Kirkwall Grammar School in order to train towards and play in a competition against them for basketball and volleyball. 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 of personal performance development.

Course Assessment

Performance

60 marks (50% of course assessment)

- Assessed in **two** individual performances with each one graded out of 30 marks
- Each performance must be in a different activity to show a broad range of performance skills
- One of these activities can be assessed out with class time (e.g a Netball game in the evening or a swimming gala at the weekend). You need to discuss this with your PE Teacher.
- The other activity must be assessed in a class game at the end of a practical block

Exam

50 marks (50% of course assessment)

- 2½ hour exam
- Section 1
Questions relate to the mental, emotional, social and physical factors impacting on performance.
- Section 2
Questions focus on your experience of creating and implementing a Personal Development Programme.
- Section 3
Questions based on a scenario.

***Please note: Covid modifications meant that pupils have only had to perform in 1 physical activity in recent years (this still made up 50% of their final grade) but we expect that this might revert to 2 activities next session.**

Where might this course take me?

Progression routes for this course are Advanced Higher Physical Education, further/higher education 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.