

Gleniffer High School Physical Education Department
Senior Phase Course Rationales

Subject	Physical Education
Level	National 4, National 5
Course outline	<p>The course allows pupils to demonstrate and develop practical and performance skills in physical activities. This course enables all learners to enjoy and succeed in a range of physical activities. Pupils will experience a range of roles and responsibilities during Physical Education and this allows them to develop interpersonal skills.</p> <p>Pupils who complete this course will be able to:</p> <ul style="list-style-type: none"> • Develop and demonstrate understanding of the principles and factors underpinning and impacting on physical performance. • Explain factors which impact positively and negatively on engagement and performance in physical activities. • Build capacity to enhance performance. • Examine and analyse performance to inform and influence personal improvement. <p>The courses each have 2 Units:</p> <p>1. Performance Skills: This allows pupils to demonstrate a range of skills across a range of activities being assessed in their best two.</p> <p>2. Factors Impacting on Performance: This allow pupils to demonstrate knowledge of factors that impact on performance in physical activities, develop personal performance in one activity and Evaluate this performance through a development process.</p> <p>Pupils will also develop skills for learning, skills for life and skills for work.</p> <p>Pupils will be able to:</p> <p>Identify areas for improvement and next steps for learning Apply thinking skills Create a development programme through personalisation and choice</p>
Assessment	<p>National 4:</p> <p>Assessment will take the form of a performance in an activity of choice, factors impacting on performance and the Added Value Unit of performance in a competitive setting. Each of these Units will be assessed internally.</p> <p>National 5:</p>

	<p>Assessment will take the form of performance skills in two activities chosen by the pupil. Factors impacting on performance will be assessed externally through a portfolio.</p> <p>Portfolio = 60 marks</p> <p>Performance = 30marks per activity = 60marks total</p>
Progression from S4 to S5	<p>Pupils can progress from this course to:</p> <ul style="list-style-type: none"> • Physical Education National 5 or Higher • Skills for work - Sport and Recreation level 5 • Personal Development Awards at SCQF level 4

Subject	Physical Education
Level	Higher
Recommended Entry	<p>Students would normally be expected to have attained one of the following:</p> <ul style="list-style-type: none"> • National 5 course award in Physical Education at grade B (band 3) or better. • Other relevant prior experience in physical education, including experience gained outwith certificated courses.
Course Aims and Purpose	<p>The main purpose of this Course is to develop and demonstrate a broad and comprehensive range of complex skills in challenging contexts. Learners will develop the ability to use strategies to make appropriate decisions for effective performance. They will also analyse a performance, understand what is required to develop it and then apply this knowledge to their own performance.</p> <p>The main aims of the Course are to enable the learner to:</p> <ul style="list-style-type: none"> • develop a broad and comprehensive range of complex movement and performance skills, and demonstrate them safely and effectively across a range of challenging contexts • select and apply skills and make informed decisions to effectively perform in physical activities • analyse factors that impact on performance • understand how skills, techniques and strategies combine to produce an effective performance • analyse and evaluate performance to enhance personal effectiveness
Course Details	<p>This course consists of two mandatory units, as follows:</p> <p><i>Physical Education: Factors Impacting on Performance (H)</i> <i>Physical Education: Performance Skills (H)</i></p> <p>Both units will be delivered concurrently and assessed throughout the course. A pass in both units is essential. The final course assessment for each unit will be assessed as follows:</p>

	<p>Component 1 — performance 60 marks Component 2 — question paper 40 marks Total marks: 100 marks</p> <p>Component 1 – Performance The purpose of this performance is to assess the learner’s ability to plan, prepare for, effectively perform and evaluate personal performance in one physical activity.</p> <p>Component 2- Question Paper The purpose of this question paper is to assess the learner’s ability to integrate and apply knowledge and understanding from across the Units. It is designed to assess applied knowledge, understanding and evaluation skills.</p>
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Subject	Gleniffer Coach Development Programme
Recommended Entry	<p>While entry is at the discretion of the centre, students would be expected to have:</p> <ul style="list-style-type: none"> • An interest in sports coaching and developing leadership skills and the ability to meet the demands of physically active course. • Prior experience in physical education, including experience gained out with certificated courses.
Course Aims and Purpose	<p>This course allows pupils to gain the skill, expertise and relevant vocational qualifications to progress within the Leisure Industry.</p> <p>The course will include aspects of performance, sports coaching and health and fitness related units which will provide pupils with nationally recognised leadership awards and qualifications that help people develop essential life skills such as organisation, motivation, communication and working with others.</p>
Course Details	<p>1. Sports Leader Award Level 1</p> <p>This award fosters generic leadership skills, which can be applied to a variety of different sporting activities as well as contributing to the candidates’ personal and social education. It’s a practical qualification where candidates learn through doing. A student’s ability as a competent leader is assessed by observation rather than written tests.</p> <p>2. Coaching Awards and Health Units</p> <p>This part of the course will lead students through a number of coaching, first aid and health awards. These will include:</p> <p><i>TOP Play / TOP Sport</i> <i>First Club Golf</i> <i>Disability Awareness</i> <i>Elevating Athletics</i> <i>Foundation Rugby</i> <i>Heart Start</i></p>

	<p><i>Junior Jog Scotland</i> <i>Exercise Class Training</i></p> <p><i>Diet & Nutrition Training</i> <i>Netball Coaching</i> <i>Table Tennis Coaching</i> <i>Dodgeball Introduction</i></p> <p>3. SQA Higher/N5 Performance Skills Unit</p> <p>Pupils will complete the Higher or National 5 Physical Education performance skills unit. This unit will give students the opportunity to gain a unit pass based on their performance in a number of different activities.</p> <p>4. Sports Coaching Placement</p> <p>Following the experience that is gained, selected pupils will complete a coaching mini placement in 2 of the associated primary schools where they will deliver coaching sessions to groups of primary pupils. This unit will give pupils real life experience coaching young children.</p> <p>Important Information</p> <p>Units 1 & 2 comprise 2/3 of the course assessment. In Units 1 & 2 pupils will be expected to plan, deliver and evaluate sessions in various sports and activities every week throughout the course of the academic year.</p>
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Subject	Referee Development Award
Recommended Entry	A general interest in sport with knowledge of rules and procedures through previous participation.
Course Aims and Purpose	<p>The Referee Development Award gives learners the opportunity to become a fully qualified referee as well as develop confidence, leadership skills and personal fitness. It is designed for learners who have an interest in sport, preferably football, and who feel they have the personal qualities necessary to take on the responsibilities of becoming a SFA referee.</p> <p>The Referee Development Award is endorsed and supported by the Scottish Football Association.</p> <p>To complete the award successfully you will have to demonstrate knowledge and enforcement of Scottish FA rules and regulations. You will have to demonstrate in depth knowledge of Scottish Football Laws. Be able to evidence a training programme to improve personal fitness and meet Scottish FA standards. Finally, you will have to demonstrate your competency in all areas of the course to take control of an assessed football game.</p>

	<p><i>As a result of completing this Award you will be able to gain employment as a Scottish FA referee.</i></p> <p>You will do this by completing assessment activities which include:</p> <ul style="list-style-type: none"> • Showing an in depth understanding of the 17 Laws of the Game. • Analysing a case study of incidents showing you can correctly identify in infringement on the rules. • Producing match reports. • Evidencing the completion of a programme to improve personal fitness. • Completing SFA fitness tests. • Refereeing a football game.
<p>Course Details</p>	<p>Scottish FA: Laws of the Game</p> <p>In this unit, candidates will learn to identify and interpret the Laws of the Game. They will also demonstrate the practical skills required to implement the Laws of the Game. Candidates will be required to evidence knowledge gained in the unit through a written exam. They will also be required to demonstrate and discuss SFA procedures regarding different types of infringement.</p> <p>Scottish FA: Practical Refereeing</p> <p>In this unit, candidates will be assessed:</p> <ul style="list-style-type: none"> • Using Scottish FA’s audio visual playback of match incidents, to identify and analyse the formal controls and procedures used in a football match. • By recorded evidence of match reports, recording misconduct and other offences in a formal letter and pro forma styles. • By a fitness test approved by the Scottish FA and the production of a personal development diary. • Once all other outcomes are achieved by refereeing a football match. <p>Assessment</p> <p>Evidence should be gathered at appropriate points as learners make progress through the Units of this Award. Evidence must show that learners have successfully completed all tasks within the Units. Assessment takes a variety of forms such as written and practical exams; fitness tests; case studies; personal fitness diaries and refereeing a football match.</p>