



Physical Education

Higher Course



What will I be learning?

Pupils will learn about 'Factors Impacting Performance' (Physical, Emotional, Mental and Social) through various activities throughout the year.

They will explore their own performance by gathering data to identify strengths and weaknesses. A main development need will be identified and pupils will create a 'Personal Development Plan' (PDP) - which they will then carry out - to improve their weakness.

Pupils will monitor progress throughout the PDP and evaluate its effect on their performance at completion.

Key parts of the course will include:

- Factor Impacting Performance
- Data gathering
- PDP planning
- Carrying out PDP
- Monitoring and evaluating

How will I be assessed?

Throughout the year, pupils will have various assessments to help the accuracy of tracking information:

October - End of Unit Test (on work covered)

November - Pre-prelim (Sections 1&2)

January - Formal prelim (Sections 1&2)

March - Final assessment (Sections 1, 2 & 3)

The SQA final exam is 3 sections out of 50 that equates to 50% of their overall mark - essentially, every mark = 1%.

In addition, pupils will be assessed in **TWO** different activities in a 'challenging context'. Pupils can choose an activity they perform competitively out with school, or one that we teach here.

Each is marked out of 30; total 60 marks and equates to 50% of their overall course.

How will Higher PE help me?

Pupils will get 6 periods per week. The extra practical lessons will benefit overall wellbeing (see BGE PE page for specific benefits).

Academically, the higher PE course is recognised by colleges and universities contributing to entry requirements.

Higher PE further develops skills for life, learning and work as pupils work towards their exam and perform in team games:

Communication

Teamwork

Resilience

Organisation

Deadlines

Self-motivation

Pathways beyond Higher PE: Sports Coaching, Teaching, (Primary / Secondary), Physiotherapy, Sports Journalism, Sports Science, Police etc.