

Curricular Choices for Physical Education

- National 5
- Higher
- L6 Sports Development
- Refereeing
- Leisure

NATIONAL 5 PE ('Creative' or 'Team Games' options)

Purpose

This course allows pupils to demonstrate and develop practical and performance skills in physical activities. By analysing performance, pupils have the opportunity to understand what is required to improve movement and performance skills in physical activities. Pupils will experience a range of roles and responsibilities during Physical Education and this allows them to develop interpersonal skills and contributes to their social and emotional development.

Pupils who complete this course will be able to:

- 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.

Recommended entry

While this is at the discretion of the department, pupils will be expected to have achieved a

National 4 Course Award.

Course Structure

This course consists of two mandatory units, as follows:

Physical Education: Factors Impacting on Performance (N5)

Physical Education: Performance Skills (N5)

The final course assessment for each unit will be assessed as follows:

Component 1 — Performance 60 marks (50% of overall grade)

Component 2 — Portfolio 60 marks (50% of overall grade)

Total marks: 120 marks

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 **two** physical activities.

Component 2- Portfolio

The purpose of this portfolio 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.

Progression

Pupils can progress from this course to:

- Physical Education Higher
- Skills for work – Level 6 Sports Development or other relevant National Certificate Courses.

HIGHER

Purpose

To investigate practical performance and identify strengths and development needs with a view to improving your performance in relation to 4 different factors that can impact your performance: Physical, Mental, Emotional and Social.

Recommended Entry

Students would normally be expected to have attained one of the following:

- National 5 course award in Physical Education at **grade B** or better.
- Other relevant prior experience in physical education, including experience gained out with certificated courses.
- An understanding (and the ability) to perform to a higher level in **TWO different activities**

Course Structure

This course consists of two mandatory units, as follows:

Physical Education: Factors Impacting on Performance (H)

Physical Education: Performance Skills (H)

The final course assessment for each unit will be assessed as follows:

Component 1 — performance 60 marks (50% of overall grade)

Component 2 — question paper 50 marks (50% of overall grade)

Total marks: 110 marks

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 **two** physical activities.

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.

Progression

- An Advanced Higher course or unit in Physical Education
- An HNC/HND in associated subject areas
- A degree in Physical Education
- Degree courses in associated subject areas
- A career in amateur/professional sport
- Employment in the fitness, leisure, recreation industries or sports development

Level 6 Sports Development

Purpose

This course allows pupils to gain the skill, expertise and relevant experience to progress within coaching/teaching.

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.

Recommended Entry

- An interest in sports coaching and developing leadership skills and the ability to meet the demands of physically active course (e.g. communication, confidence to present to others)
- Prior experience in physical education, including experience gained out with certificated courses.

Course Details

The course comprises as follows:

1. Level 6 Sports Development

Pupils will research the benefits of physical activity has on an individual's physical, mental, emotional and social wellbeing.

Further research will be done into the impact that regular activity can have on our services (related to NHS and Crime prevention).

Pupils will research, market and promote activity within the local community and make attempts to increase participation within the Gleniffer Cluster.

Pupils will be upskilled in Young Leaders course in preparation for delivering practical sessions to younger pupils.

Pupils will plan, prepare, deliver and evaluate lessons to younger pupils within the community (likely primary placements)

Pupils will plan, prepare, deliver and evaluate an event for young people within the community.

2. Coaching Awards and Health Units

This part of the course will lead students through a number of coaching, first aid and health awards. These will include some from:

TOP Play / TOP Sport

Elevating Athletics

Junior Jog Scotland

Diet & Nutrition Training

Dodgeball

Volleyball Level 1

First Club Golf

Foundation Rugby

Exercise Class Training

Netball Coaching

Introduction

Disability Awareness

Heart Start

SFA Level 1

Table Tennis Coaching

Basketball Level 1

3. SQA Higher/N5 Performance Skills Unit

If pupils haven't already completed N5/Higher, they will gain the performance skills unit at the appropriate level. This unit will give students the opportunity to gain a unit pass based on their performance in a number of different activities.

Progression

- Employment in the fitness, health, leisure and recreation industries.
- Employment in sports development – links to ONE REN partners.
- HN course in Sports Coaching with Development of Sport.
- HN Course in Fitness, Health & Exercise.

Referee Development Award

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.

The Referee Development Award is endorsed and supported by the Scottish Football Association.

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.

As a result of completing this Award you will be able to gain employment as a Scottish FA referee.

You will do this by completing assessment activities which include:

- 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.

Recommended Entry

A general interest in sport with knowledge of rules and procedures through previous participation.

Mandatory Units

Scottish FA: Laws of the Game

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.

Scottish FA: Practical Refereeing

In this unit, candidates will be assessed:

- 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.

Assessment

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.

Progression

Learners who undertake this Award could expect:

- Increased employment opportunities following on from the transferable skills and knowledge developed within this Award.
- Employment opportunities as a qualified referee with the Scottish FA (amateur and youth football).

LEISURE P.E.

As part of the Core Leisure P.E. programme we are keen to that pupils enjoy their leisure time while getting the physical and mental benefits of exercise. Depending on the cohort, the activities may range from:

Aerobics / Fitness
Basketball
Hockey
Netball
Weight Training

Badminton
Football
Kingball
Short Tennis
Volleyball

Pupils will develop their wellbeing as well as key skills for learning, life, work. For example, communication, working with others, respect and resilience (among many others).