

# Physical Education

## Higher

### Entry Requirements

A or B at  
National 5  
Physical  
Education

S6 pupils who are considering studying Higher PE but have not attained a National 5 PE course should have National 5 English or Higher English.

It is recommended that Higher PE pupils are regularly participating in competitive sport out with school.

### Progression through Physical Education

- Other qualifications in Physical Education related areas, for example, Community Sports Leader Award (CSLA), Exercise and Fitness Leadership.
- Further study, employment and/or training

### About the Course

Pupils taking Higher PE must now choose between Higher Games or Higher Creative.

Higher Games-Football, Basketball, Badminton, Handball

Higher Creative-Trampoline, Netball, Gymnastics, Volleyball

### Course Content

Pupils will study the mental, emotional, social and physical factors that impact on personal performance in physical activities. Pupils will develop and enhance their movement and performance skills in a range of physical activities.

All pupils who choose to take Higher PE will be expected to:

- Take an active part in every lesson, irrespective of the physical activity.
- Be prepared to work complete weekly written work in class and as homework.
- Be prepared to perform in front of others and give and receive feedback on performance.

### Factors Impacting on Performance

- Pupils develop knowledge and understanding of mental, emotional, social and physical factors that impact on personal performance in physical activities.
- Pupils collect information on performance and consider how these factors can influence the effectiveness in performance.
- Pupils develop knowledge and understanding of a range of approaches for enhancing performance. Pupils select and apply these approaches to factors that impact on personal performance.
- Pupils create and implement Personal Development Plans (PDPs), modify these, and justify decisions relating to future personal development needs.

### Performance

- Pupils develop their ability to demonstrate a broad and comprehensive range of complex movement and performance skills through a range of physical activities.
- They select, demonstrate, apply and adapt these skills, and use them to make informed decisions.
- Pupils develop consistency, precision, control and fluency of movement.

### Skills Developed

Learners will be able to:

- 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 mental, emotional, social and physical 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

Opportunities for Learners

Learners will be able to:

- improve their own health and wellbeing
- develop, demonstrate and evaluate performance
- use evaluation and analysis to develop and apply strategies, techniques and skills that will enable them to build on and enhance their performance

### Assessment

#### Exam Paper

2 hours 30 minutes - 50 marks, 50% of overall grade

#### Performance

60 marks (50% of overall grade)

The grade is awarded based on the total marks achieved across all course assessment components.

### Related Careers

Possible careers relating to Physical Education include:

- PE Teaching
- Sports Development
- Sports Management
- Sports Science
- Sports Physiotherapy
- Fitness Instructor
- Armed Services
- Outdoor Education
- Police
- Firefighting
- Professional Sport
- Sports Journalism
- Professional Dancer
- Dance Teacher

Some famous faces in the sporting world include Joe Wicks, Clare Balding, Gary Lineker and our very own Laura Muir & Eilidh Doyle.

