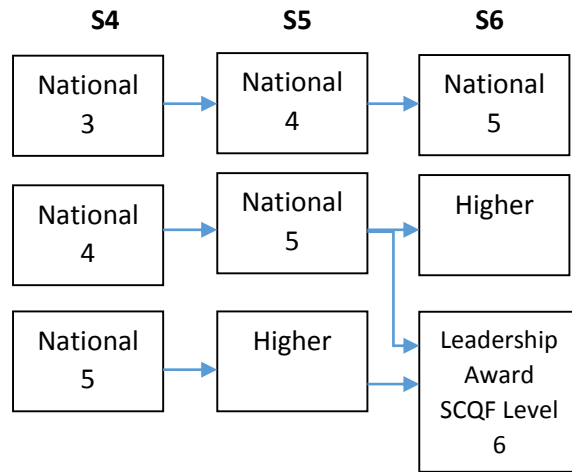
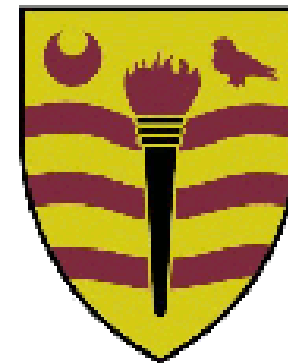


Physical Education Course Progression



Pupils may choose to sit a level over two years.

Physical Education



Higher

The Higher Physical Education course consists of the following units:

- ❖ Factors Impacting on Performance (FIP) - This unit looks at the mental, emotional, social and physical factors (MESP) that can impact upon performers in a range of activities.
- ❖ Performance Skills - Performers will experience a variety of activities including team games, racquet sports, aesthetic activities, swimming etc. Candidates must pass in at least two activities.

Course Assessment:

- ❖ Performance (60% of final grade) - Candidates will participate in a one off performance in their chosen activity. This will include planning and preparing for any factors that may impact their performance and an evaluation of this plan post performance.
- ❖ Written Exam (40% of final grade) - Candidates will be assessed on their ability to integrate and apply knowledge and understanding from across the units.

There will be regular opportunities for home learning and study classes after school.

Course Outline

June – October

- Candidates will develop their knowledge of the different factors that can impact on performance
- Candidates will complete the Factors Impacting Performance Unit (FIP)
- Candidates will work towards passing their Performance Skills unit

October – December

- Candidates will work towards passing their Performance Skills unit and further develop their knowledge and understanding of MESP

January – May

- Candidates will have passed the Performance Skills unit in at least two activities
- Candidates will participate in a one off performance day (March)
- Candidates will sit the written exam (May/ June)