

## PHYSICAL EDUCATION

P.E. is available at National 4, 5 and Higher levels. Students in S4 are most likely to sit either National 4 or 5 P.E. progressing to N5 or Higher in S5/6.

NATIONAL 4/5 PHYSICAL EDUCATION	
<b>REQUIREMENTS</b>	<p>The main purpose of the National 4 and 5 course is to develop, demonstrate and improve practical performance skills. The central theme of the course is to develop approaches to enhance performance through the process of the cycle of analysis where pupils identify their strengths and weaknesses in performance, analyse performance by comparing to criteria or a model performer. They then develop their performance by carrying out a training program and finally they review performance to see any improvements.</p>
<b>COURSE CONTENT</b>	<p>National 4 course pupils must pass the following units. Performance, Factors Impacting on Performance (FIP) and an Added Value Unit.                      National 5 pupils need to complete the following units: Performance, Factors Impacting on Performance (FIP) and two course awards:                      1) Portfolio (40 marks)                      2) Added Value Practical (60 marks)</p>
HIGHER PHYSICAL EDUCATION	
<b>REQUIREMENTS</b>	<p>In Higher P.E. pupils will learn about their own performance and how it can be improved. The main purpose of the Higher course is to develop and demonstrate a broad and comprehensive range of complex skills in challenging contexts. The central theme of the course is to develop approaches to enhance performance by studying the impact of mental, emotional, social and physical factors.</p>
<b>COURSE CONTENT</b>	<p>Pupils need to complete the following units:                      Performance and Factors Impacting On Performance                      In addition pupils are required to complete two course awards:                      1) Performance (60%) 2) External SQA Question paper (40%)</p>
<b>PROGRESSION / NEXT STEPS</b>	<p>Many employers recognise P.E. for a wide variety of careers including: Armed services, sports journalism, sport retailing, sport broadcasting, sport coaching, health promotions, sports medicine, outdoor pursuits, sports science, diving, physiotherapy, teaching, fitness instruction, police, professional sport, fire fighting, physiology, personal training and leisure and recreation.</p>