

Physical Education

Subject Description	<p>The main purpose of the course is to develop, demonstrate and improve practical and performance skills. The central theme of the course is to develop approaches to enhance performance through reflection and monitoring. The course builds fundamental skills for entry to National courses.</p>
Course Content	<p>There are two areas which build foundations for National courses beyond S3.</p> <p>Performance Pupils will demonstrate a broad range of performance skills in a variety of activities.</p> <p>Factors impacting on performance. Pupils will examine and analyse the four main factors which impact on the development of personal performance. Pupils will reflect on and monitor the development of personal performance in relation to the Mental, Physical, Emotional and Social factors.</p>
Progression & Pathways	<p>This course is suitable for learners who have an interest in and enthusiasm for developing their performance skills, either to pursue study or career options related to physical education or to broaden their learning experience.</p> <p>This course content leads on to National 4 and National 5 which can then lead on to Higher.</p> <p>This course can provide a stepping stone to further study at College/University. Involvement in physical activity is often seen as useful, if not essential asset by prospective employers and interviewing panels.</p>