



Physical Education Higher

Award Received

There are 2 components that make up the Higher course in Physical Education.

1. Performance
2. Examination

Component 1 is marked internally by School staff.

Component 2 is marked externally by SQA markers.

For Higher Physical Education the grade awarded is based on the total marks achieved across all course assessment components.

Entry Level: What do I need to do it?

You should be predicted to get a grade A or a good grade B in National 5 Physical Education. In some cases, pupils may attempt Higher without having done National 5. This will be at the discretion of the Head of Department.

Course Content: What will I learn?

Higher Physical Education focusses on the analysis of your personal performance in sport and how you develop performance to make improvements.

Teaching Methods: What will I do?

The course will be teacher led with opportunities to carry out partner and group work. The majority of course content is delivered through practical lessons, followed up by a theory period in the classroom.

Assessment: How will I be assessed?

To achieve **Higher** Physical Education the grade awarded is based on the total marks achieved across all course assessment components.

Component 1 – Performance (60 marks)

Learners will be assessed on their ability to perform in **two** activities. These activities will be agreed with the class teacher and in most circumstances will be activities that are part of the Physical Education provision in the school. In some instances, learners may use activities from out-with the Physical Education programme. **Activities chosen from out-with the Physical Education programme will only be marked by KHS teaching staff, provided they have the expertise to assess these to SQA standard. Final decisions on this will be taken by the Head of Department.**

Component 2 – Examination (60 marks)

This will provide evidence of the process involved in performance development. Learners will apply knowledge, understanding and skills developed around the 4 MESP factors (Mental, Emotional, Social & Physical that impact on performance).

Section 1 will require candidates to respond to questions on all 4 factors.

Section 2 will require candidates to apply the skills, knowledge and understanding gained from creating and implementing a Personal Development Plan.

Section 3 will continue to be based on a scenario.

The examination will be marked externally by the SQA.

Homework

You will be given regular homework tasks. Examples of these tasks could include evaluations of performance, analysing data and developing training programmes.

Progression in the Senior Phase

Opportunities for alternative sport and physical activity based courses exist within the department.