

Physical Education (National 4/5)

Mandatory units

Performance

This unit will focus on enhancing learner engagement and performance in physical activity and develop elements of performance including skills application, applied fitness performance awareness and performance composition

Factors Impacting on Performance

The learner will be required to demonstrate knowledge of factors which impact positively and negatively on performance in physical activities. Learners will reflect on and monitor their personal performance.

Added Value Unit- Practical Activity

This will be assessed through practical activity which must provide evidence of a learner's ability. The learner will also propose actions for further improvement.

Relationship between the Course and Curriculum for Excellence values, purposes and principles

The course enables learners to develop the concepts and skills necessary for improved performance in a range of physical activities and enhances their physical wellbeing. This makes physical education an ideal platform for developing confidence, resilience and responsibility.

Progression

This course or its components may provide progression to:

- ✓ Other SQA qualification in Physical education or related areas
- ✓ Further study, employment or training.

We propose to deliver this through the following activities.



Swimming,



Badminton,



Basketball,



Athletics