

# Physical Education

## HEALTH & WELLBEING



### Content

The course has two areas of study:

- Factors impacting on performance (Developing knowledge and understanding of mental, emotional, social and physical factors.)
- Performance (Developing their ability to demonstrate a broad and comprehensive range of complex movement and performance skills through a range of physical activities.)



### Skills

Learners will be able to:

- develop a broad and comprehensive range of complex movement and performance skills, and demonstrate them safely and effectively across a range of challenging contexts
- select and apply skills and make informed decisions to effectively perform in physical activities
- analyse mental, emotional, social and physical factors that impact on performance
- understand how skills, techniques and strategies combine to produce an effective performance
- analyse and evaluate performance to enhance personal effectiveness



### Opportunities for Learners

Learners will be able to:

- improve their own health and wellbeing
- develop, demonstrate and evaluate performance
- use evaluation and analysis to develop and apply strategies, techniques and skills that will enable them to build on and enhance their performance



### Assessment

- The course will be assessed through a question paper (exam) and a performance, which will be graded A to D. The marks are scaled so that each assessment makes up 50% of the total assessment mark.
- The question paper is marked by SQA. The performance is marked internally by the teacher and quality assured by SQA.



### Question Paper

Three sections which include questions on:

Section 1: The four factors impacting on performance (32 marks)

Section 2: Learners' experience of creating and implementing a Personal Development Plan (PDP) (Range of 6–10 marks)

Section 3: A scenario that may include text, images, graphs or other information. (Range of 8–12 marks)

2 hours 30 minutes

50 marks

### Specimen Paper

[www.sqa.org.uk/pastpapers/findpastpaper.htm](http://www.sqa.org.uk/pastpapers/findpastpaper.htm)

### Performance

Assesses learners' ability to perform in two different physical activities. (Each marked out of 30)

The context for each single performance event must set it apart from normal learning and teaching activities so that it is challenging, competitive and/or demanding.

60 marks



**Progression** Higher courses can stand alone or follow on from National 5 qualifications and may lead to Advanced Highers, the Scottish Baccalaureate and a range of qualifications within Further and Higher Education.



For course information, specimen question papers and past paper guidance visit:

Higher Physical Education: [www.sqa.org.uk/sqa/47901.html](http://www.sqa.org.uk/sqa/47901.html)

Curriculum for Excellence Key Terms and Features Factfile

Education Scotland: <https://education.gov.scot/nationalqualifications>

Further Information for Parents and Learners Information on assessment, skills, progression, revision resources and summaries of National Qualifications

[www.parentforumscotland.org](http://www.parentforumscotland.org)



the National Parent Forum of Scotland

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