



Physical Education: Performance (National 4)

SCQF: level 4 (6 SCQF credit points)

Unit code: H255 74

Unit outline

This is the Added Value Unit in the National 4 Physical Education Course. The general aim of this Unit is to enable learners to provide evidence of added value for the National 4 Physical Education Course. Learners will prepare for and carry out a performance, which will allow them to demonstrate challenge and application.

Learners who complete this Unit will be able to:

- 1 Prepare for and carry out a performance in a physical activity

This Unit is a mandatory Unit of the National 4 Physical Education Course and is also available as a free-standing Unit. The Unit specification should be read in conjunction with the *Course Support Notes*, which provide advice and guidance on delivery and assessment approaches. Exemplification of the standards in this Unit is given in *Unit Assessment Support*.

Recommended entry

Entry to this Unit is at the discretion of the centre. It is recommended that the learner should be in the process of completing, or have completed, the following Units in the National 4 Course:

- ◆ Physical Education: Performance Skills (National 4)
- ◆ Physical Education: Factors Impacting on Performance (National 4)

Equality and inclusion

This Unit Specification has been designed to ensure that there are no unnecessary barriers to learning or assessment. The individual needs of learners should be taken into account when planning learning experiences, selecting assessment methods or considering alternative evidence. For further information, please refer to the *Course Support Notes*.

Standards

Outcomes and Assessment Standards

Outcome 1

The learner will:

- 1 Prepare for and carry out a performance in a physical activity by:**
 - 1.1 Preparing mentally, emotionally, socially or physically for the performance
 - 1.2 Selecting and applying appropriate knowledge and skills during the performance
 - 1.3 Following rules or guidelines or protocols and accepting decisions
 - 1.4 Using safe practice, showing etiquette and managing emotions appropriately
 - 1.5 Carrying out roles and responsibilities appropriately during the performance

Evidence Requirements for the Unit

This Unit will be assessed through controlled assessment which meets the Evidence Requirements below.

The assessment method for this Unit will be a performance in which the learner will apply knowledge and skills from across the Units. The context of assessment must allow learners to experience a more competitive or demanding performance environment, such as a tournament or competition, an athletics event, a swimming gala, or a gymnastic or dance display. This could be carried out within the centre or between centres.

Evidence will be internally marked by centre staff in line with SQA guidelines.

All marking will be quality assurance by SQA.

Setting the assessment

The performance will be set by centres within the SQA guidelines described below. The learner will have an open choice of physical activity to be assessed.

The performance will be set by centres within the following guidelines:

- ◆ All learners should be provided with a clear outline of the assessment, and when and how they will be assessed. The teacher/lecturer and the learner should negotiate a physical activity that is appropriate for the learner. This should take into consideration the learner's ability to generate sufficient evidence to meet the assessment standards and, the assessor's own ability to competently assess the agreed physical activity and available resources.
- ◆ The performance context will be agreed between the learner and the teacher/lecturer.

The teacher/lecturer can provide supplementary guidelines, prompts or materials, a list of tasks or a practice environment to support the learner in the assessment. The performance need not be an end-of-Course activity, but can be prepared for, undertaken and assessed at any point during the Course.

Centres have flexibility in how they use the time allocated for the Added Value Unit to best suit the needs of their learners.

Conducting the assessment

The performance will be conducted under some supervision and control.

Judging the evidence

Evidence will be internally marked and verified by centre staff in line with SQA guidelines.

All assessment is subject to quality assurance by SQA.

For Assessment Standard 1.1 learners are required to provide written, oral or electronic evidence of how they prepared mentally, emotionally, socially or physically prior to the performance.

For Assessment Standard 1.2 learners are required to show evidence of the following during the performance:

- ◆ Selecting and applying a variety of movement and performance skills and techniques
- ◆ Demonstrating body management
- ◆ Decision-making (such as selecting and moving with self-confidence and economy in relation to others and/or their environment, and responding appropriately to fixed or moving objects)
- ◆ Adapting skills and techniques in performance situations

For Assessment Standard 1.3 learners are required to carry out the performance within the parameters of the guidelines and/or regulations of the chosen activity and accept decisions appropriately.

For Assessment Standard 1.4 learners are required to show evidence of using safe practices, demonstrating the etiquette expected in the activity and managing their emotions during the performance.

For Assessment Standard 1.5 learners are required to show evidence of carrying out the necessary roles and responsibilities appropriate to the performance.

Re-assessment

In relation to the Unit assessment, SQA's guidance on re-assessment for Units applies.

If the learner has been unable to provide the evidence required for the performance, but has provided the evidence required for Assessment Standard 1.1, then only the performance needs to be re-assessed.

Further information is provided in the exemplification of assessment in *Unit Assessment Support*. Advice and guidance on possible approaches to assessment is provided in the *Course Support Notes*.

Development of skills for learning, skills for life and skills for work

Please refer to the *Course Specification* for information about skills for learning, skills for life and skills for work.

Further mandatory information on Course coverage for the National 4 Physical Education Course

The National 4 Physical Education Course assessment of the Added Value Unit will involve sampling the following skills, knowledge and understanding. Options exist for personalisation and choice.

PERFORMANCE	
Pre-planning for the single performance	
Learners must know how factors may impact on performance.	Select from mental, social, emotional or physical factors
Learners must demonstrate that they can undertake relevant preparation for their performance in relation to one factor (mental, emotional, social or physical).	Planning and preparing skills prior to a single performance
The single performance	
Learners must demonstrate:	Movement and performance skills Body management skills Decision-making in context Adapting skills and techniques Following rules and regulations Accepting decisions
Learners must use safe practices during the performance.	
Learners must know and follow appropriate etiquette during the performance.	
Learners must demonstrate that they can manage their emotions appropriately during the performance.	
Candidates must demonstrate their ability to sometimes carry out roles and responsibilities during the performance.	

Physical activity choices — guidance and advice

Physical activities for assessment will normally be chosen from those covered within the National 4 Physical Education Course at the centre. The Physical Education *Course Support Notes* contain a table of popular activities.

It is the centre's responsibility to ensure that sufficient assessor expertise exists to manage the assessment process and assess learner evidence. Before agreeing to assess an activity, the assessor should consider the following:

- ◆ the practicality of assessing activities outwith the usual learning environment
- ◆ health and safety and child protection issues
- ◆ available resources
- ◆ the time management involved in assessing the activity
- ◆ the suitability of the performance context: ensuring the context is challenging enough to provide the learner with the opportunity to generate the evidence that will meet all the Assessment Standards
- ◆ the collation, assessment and recording of appropriate assessment evidence

Further advice on managing performance contexts is provided in the National 4 Physical Education *Course Support Notes*.

Administrative information

Published: June 2013 (version 1.1)

Superclass: MA

History of changes to National Unit Specification

Version	Description of change	Authorised by	Date
1.1	Wording amended for clarification in: Outcome 1 (Assessment Standards 1.1 and 1.2); Evidence Requirements; Mandatory information; Physical Activities choices — guidance and advice; Setting, conducting and marking assessment.	Qualifications Development Manager	June 2013

This specification may be reproduced in whole or in part for educational purposes provided that no profit is derived from reproduction and that, if reproduced in part, the source is acknowledged. Additional copies of this Unit can be downloaded from SQA's website at www.sqa.org.uk.

Note: readers are advised to check SQA's website: www.sqa.org.uk to ensure they are using the most up-to-date version of the Unit Specification.

© Scottish Qualifications Authority 2013