



Higher Physical Education — draft Course rationale and summary

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Course rationale

Background

All new and revised National Courses reflect Curriculum for Excellence values, purposes and principles. They offer flexibility, provide more time for learning, more focus on skills and applying learning, and scope for personalisation and choice.

In this Course, and its component Units, there will be an emphasis on skills development and the application of those skills. Assessment approaches will be proportionate, fit for purpose and will promote best practice, enabling learners to achieve the highest standards they can.

This Course provides learners with opportunities to continue to acquire and develop the attributes and capabilities of the four capacities as well as skills for learning, skills for life and skills for work.

All Courses provide opportunities for learners to develop breadth, challenge and application, but the focus and balance of the assessment will be appropriate for the subject area.

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

The Higher Physical Education Course enables learners to develop and enhance the skills and competencies for performance in a range of physical activities. The Course also promotes physical, social, emotional and psychological wellbeing. Acting as a stimulus for personal achievement, Physical Education is an ideal platform for developing confidence, resilience and responsibility.

Learners are provided with opportunities to develop and enhance physical competencies and performance skills. Active engagement and enjoyment through participating in a range of physical activities is promoted throughout the Course. This will involve learners taking responsibility for their own learning as well as being able to work co-operatively. They will also be able to develop and apply knowledge and understanding to the analysis and evaluation of performance in physical activities. Learners will develop their thinking skills through planning, problem solving and evaluating performance.

Learners will be able to effectively contribute in a range of contexts and develop the ability to explain and reflect on the performance of self and others. The insights gained from the Course will enable learners to progress confidently onto further study.

Purpose and aims of the Course

This Course enables all learners to enjoy and succeed in many kinds of physical activity. They will develop a wide range of skills and the ability to use strategies and techniques and will also learn to make appropriate decisions to perform effectively. They will also analyse performance, understand what is required to improve and then apply this to enhance their own performance.

The main purpose of the Course is to develop, demonstrate and evaluate movement and performance skills for effective performance in a range of challenging physical activities.

By actively participating in physical activities, learners can demonstrate initiative, decision making and problem solving. The Course also provides an opportunity to support the way that individual attitudes, values and behaviours are formed.

Physical Education contributes to social and emotional development. Learners will undertake a range of physical activities which will enable them to respond effectively in challenging situations. Learners practice a range of roles and responsibilities during physical activities and this allows them to develop interpersonal skills.

The Course aims to enable learners to:

- ◆ analyse and evaluate performance to enhance personal effectiveness
- ◆ understand how skills, techniques and strategies combine to produce an effective performance
- ◆ understand how a range of physical and mental factors impact on performance
- ◆ develop and extend performance skills and techniques across a range of challenging physical activities
- ◆ select a range of skills and techniques and make informed decisions to effectively perform a physical activity
- ◆ perform safely and effectively to improve health and wellbeing

Learners develop and enhance a wide range of physical techniques and skills, such as precision, control, fluency and tactics. They will be able to appreciate the physical and mental demands of performance and select, combine and adapt their techniques and skills and make effective decisions.

Information about typical learners who might do the Course

The Course is suitable for learners who have an interest in and enthusiasm for physical activity. Learners progressing from the Physical Education (National 5) Course will find that the Higher Course provides opportunities to further develop their knowledge and understanding of skills. They may wish to pursue study and career options related to physical education or broaden their learning experience and contribute to their own health and wellbeing.

Broad skills developed in the Course will include selecting, applying and analysing complex performance skills and techniques; analysing and evaluating performance; selecting and applying approaches for enhancing performance; planning, decision-making and problem solving; and effective personal and inter-personal skills.

On successful completion of the Course, learners will be equipped to undertake Advanced Higher Physical Education or National Progression Awards at SCQF level 7. The Course also provides opportunities for progression to employment or further education.

Course summary

Course title: Higher Physical Education

SCQF level 6 (24 SCQF credit points)

Course outline

Mandatory Units

Physical Education: Performance Skills and Techniques
(Higher) (9 SCQF credit points)

Physical Education: Factors Impacting on Performance
(Higher) (9 SCQF credit points)

Course assessment (6 SCQF credit points)

This Course includes six SCQF credit points for 40 additional programmed hours to allow preparation for Course assessment. The Course assessment covers the added value of the Course. Further information on the Course assessment is provided in the Assessment section.

Course structure and conditions of award

The main purpose of the Course is to develop, demonstrate and evaluate skills for effective performance in a range of challenging physical activities. Through evaluation and analysis, learners will apply strategies, techniques and skills which will enable them to build on and enhance their performance. The Course will give learners the opportunity to develop skills and positive attitudes related to physical performance which are transferable to other contexts including further study and employment.

Each Unit of the Course helps the learner develop skills, knowledge and understanding which will be integrated and applied in the Course assessment.

The Units are designed to stand alone or be taught in any sequence, although the theme of applying knowledge to enhance performance will provide an opportunity for integration of Units and assessment.

The Course has two mandatory Units. Each of the component Units of the Course is designed to provide progression from the corresponding Unit at National 5.

Units are statements of standards for assessment and not programmes of learning and teaching. They can be delivered in a number of ways.

Physical Education: Performance Skills and Techniques (Higher)

In this Unit, learners will develop performance skills and techniques through a range of physical activities. They will learn how to use, select and adapt these skills and techniques and how to make decisions in physical activities. Learners will develop consistency in their precision, control and fluency. They will also learn how to respond to, and meet, the physical demands of performance in a safe and effective way. The Unit offers opportunities for personalisation and choice of physical activities.

Physical Education: Factors Impacting on Performance (Higher)

In this Unit, learners will develop their understanding of the factors that impact on performance in physical activities. Learners will consider how social, emotional and physical factors can affect performance in a number of ways. Alongside this, learners will develop their understanding of how the skills and techniques in performance combine to produce an effective outcome. This understanding will help to develop the learner's ability to carry out evaluation and analysis of performance. The Unit offers opportunities for personalisation and choice of contexts.

The Higher Physical Education Course has been constructed to facilitate a hierarchical arrangement with Physical Education at Access 3, National 4, National 5 and Advanced Higher.

To gain the award of the Course, the learner must pass all the Units as well as the Course assessment. The required Units are shown in the Course outline section. Course assessment will provide the basis for grading attainment in the Course award.

Assessment

Information about assessment standards for the Course will be included in the *Course Assessment Specification* which will provide full details including advice on how a learner's overall attainment for the Course will be determined.

Unit assessment

All Units are internally assessed against the requirements shown in Unit specifications.

They will be assessed pass/fail within centres.

SQA will provide rigorous external quality assurance, including external verification, to ensure assessment judgements are consistent and meet national standards.

Exemplification of possible assessment approaches for these Units will be provided in the *National Assessment Resource*.

Course assessment

Courses from National 4 to Advanced Higher include assessment of [added value](#)¹. At National 5, Higher and Advanced Higher, the added value will be assessed in the Course assessment. The added value for the Course must address the key purposes and aims of the Course as defined in the Course Rationale. It will do this by addressing one or more of breadth, challenge or application.

In the Higher Physical Education Course, added value will focus on:

- ◆ challenge
- ◆ application

The learner will be assessed by a [performance](#)² and a [question paper](#)³. Together they will add challenge and application to the Course as the learner will integrate, extend and apply the skills, knowledge and understanding they have learned during the Course. The learner will prepare for, effectively perform, and evaluate their performance. The choice of physical activity will allow for personalisation. The question paper will require application of knowledge and understanding to unfamiliar contexts.

¹ Definitions can be found here: www.sqa.org.uk/sqa/45528.html

² See link above for definition.

³ See link above for definition.