



Access 3 Physical Education

Draft National Course Specification



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Please refer to the note of changes at the end of this Course Specification for details of changes from previous version (where applicable).

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Course outline

Course title: Access 3 Physical Education

SCQF: level 3 (18 SCQF credit points)

Course code: to be advised

Mandatory Units

Physical Education: Performance Skills (Access 3) 9 SCQF credit points

Physical Education: Factors Impacting on Performance (Access 3) 9 SCQF credit points

Recommended entry

Entry to this Course is at the discretion of the centre. However, learners would normally be expected to have attained the skills, knowledge and understanding required by the following or equivalent qualifications and/or experience:

- ◆ Access 2 Physical Education Course or relevant component Units

In terms of prior learning and experience, relevant experiences and outcomes may also provide an appropriate basis for doing this Course. Further information on relevant experiences and outcomes will be given in the *Course Support Notes*.

Progression

This Course or its components may provide progression to:

- ◆ Physical Education (National 4) Course, Skills for Work at SCQF level 4, or Wellbeing Award (National 4)
- ◆ employment/training in sports or leisure-related fields

Further details are provided in the Rationale section.

Equality and inclusion

This Course 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*.

Rationale

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 Access 3 Physical Education Course provides learners with the opportunity to build physical competencies, develop movement and performance skills, improve aspects of fitness, and develop personal and interpersonal skills.

Experiential learning activities will encourage learners to develop the skills, knowledge and understanding, capabilities and attributes which are needed to enhance their physical, social, emotional and mental wellbeing and sustain an active and healthy lifestyle.

The Physical Education Course offers learners the opportunity to work both independently and collaboratively, focusing on movement and performance skills and reflecting on personal development and achievement. It encourages learners to make informed decisions about their physical wellbeing; experience positive aspects of physical activity and sports; experience challenge and enjoyment; and helps establish a pattern of physical health which may prove beneficial to them in future life.

The Course will allow learners to continue to acquire the attributes and capabilities of the four capacities as well as an enthusiasm and a willingness to learn; perseverance, resilience and independence; and confidence and responsibility.

Purpose and aims of the Course

This Course is practical and experiential. Its main purpose is to allow learners the opportunity to engage in physical activities and develop and improve their movement and performance skills. In addition, the Course offers the opportunity to increase learners' understanding of the important link between fitness and good health. Learners are encouraged to demonstrate initiative, decision making and problem solving by participating in, and reflecting on these activities.

The skills that learners acquire by successfully completing the Course will be valuable for learning, for life and for the world of work.

The aims of the Course are to enable learners to:

- ◆ engage in physical activities
- ◆ develop their ability to safely perform a range of movement and performance skills develop an awareness of the factors impacting on performance
- ◆ develop approaches to enhance personal achievement and performance
- ◆ encourage reflection and monitoring of their performance and success

The Course also offers learners the opportunity to work with others and enhance their ability to compete, co-operate and collaborate. It will help learners develop skills, such as decision making, problem solving and interpersonal skills related to physical education that are transferable to other life and work contexts.

Information about typical learners who might do the Course

This Course is suitable for all learners who are interested in developing their movement and performance skills. Learners who prefer to develop knowledge and understanding through practical activities and the giving and receiving of feedback will find the experiential learning in this Course particularly appealing.

The Course takes account of the needs of all learners by providing sufficient flexibility to enable learners to achieve in different ways and at a different pace. It also offers learners the opportunity to broaden their learning experience and gain knowledge and skills which can contribute to their own health and wellbeing by sustaining a healthy lifestyle.

The Course provides opportunities for vertical and lateral progression to National Courses, and to other SQA qualifications in Physical Education and other related fields.

Course structure and conditions of award

Learning in this Course will develop, demonstrate and improve movement and performance skills and encourage reflection on performance. The Course will enable learners to think about their strengths and weaknesses and use basic knowledge of factors which impact on performance to develop skills and approaches to enhance their own performance.

The selection of physical activities provides opportunities for personalisation and choice.

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

The Course has two mandatory Units.

Physical Education: Performance Skills (Access 3)

This Unit provides learners with the opportunity to develop and safely demonstrate a range of basic movement and performance skills. The Unit allows for a range of physical activities to be experienced, which provides wide opportunities for learning.

Physical Education: Factors Impacting on Performance (Access 3)

This Unit provides learners with the opportunity to explore and raise their awareness of factors which impact on performance in physical activities. Learners will, with support, reflect on, and monitor, their own performance. There will be opportunities for personalisation and choice in selecting from a range of factors which impact on their performance.

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

Conditions of award

To achieve the Access 3 Physical Education Course, learners must pass all of the required Units. The required Units are shown in the Course outline section.

Access 3 Courses are not graded.

Skills, knowledge and understanding

Full skills and knowledge for the Course will be given in the *Course Assessment Support Notes*. A broad overview of the subject skills, knowledge and understanding that will be covered in the Course includes:

- ◆ basic performance skills in routine contexts
- ◆ demonstration of approaches for enhancing learner's performance skills and fitness
- ◆ decision making and problem solving in straightforward performance situations
- ◆ learners reflecting on the development of their performance
- ◆ basic organisational skills in preparation for, and during, physical activities
- ◆ application of safe practices while performing

Skills, knowledge and understanding to be included in the Course will be appropriate to the SCQF level of the Course. The SCQF level descriptors give further information on characteristics and expected performance at each SCQF level (www.sqa.org.uk/scqf).

Assessment

Information about assessment for the Course will be included in the *Course Support Notes*.

Unit assessment

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

They can be assessed on a Unit-by-Unit basis or by combined assessment.

They will be assessed on a pass/fail basis within centres. SQA will provide rigorous external quality assurance, including external verification, to ensure assessment judgments are consistent and meet national standards.

The assessment of the Units in this Course will be as follows:

Physical Education: Performance Skills (Access 3)

The learner will be required to demonstrate basic performance skills in a routine context using safe practices. The Unit offers opportunities for personalisation and choice in the selection of physical activities used for assessment purposes.

Physical Education: Factors Impacting on Performance (Access 3)

The learner will be required to reflect on factors which impact positively on performance. Learners will identify factors relevant to their own strengths and weaknesses and reflect on progress made in their performance.

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

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

(Note: The information given below reflects the initial thinking on significant opportunities for development of skills for learning, skills for life and skills for work. These may be subject to change as the development process progresses.)

It is expected that learners will develop broad, generic skills through this Course. The skills that learners will be expected to improve on and develop through the Course are based on SQA's *Skills Framework: Skills for Learning, Skills for Life and Skills for Work* and drawn from the main skills areas listed below. These must be built into the Course where there are appropriate opportunities.

1 Literacy

1.3 Listening and talking

3 Health and wellbeing

3.3 Physical wellbeing

4 Employability, enterprise and citizenship

4.3 Working with others

5 Thinking skills

5.1 Remembering

5.3 Applying

Amplification of these skills is given in SQA's *Skills Framework: Skills for Learning, Skills for Life and Skills for Work*. The level of these skills will be appropriate to the level of the Course. Further information on building in skills for learning, skills for life and skills for work for the Course is given in the *Course Support Notes*.

Administrative information

Published: October 2011 (version 1.0)

Superclass: to be advised

History of changes to National Course Specification

Course details	Version	Description of change	Authorised by	Date

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