# Draft
# National Unit Specification

**Unit title:** Physical Education: Factors Impacting on Performance (National 4)

**SCQF:** level 4 (9 SCQF credit points)

**Unit code:** to be advised

## Unit outline

The general aim of this Unit is to develop learners' knowledge of the factors that impact on performance in physical activities. Learners will consider how social, emotional, mental and physical factors can influence effectiveness in performance. Alongside this, learners will develop knowledge of methods for enhancing performance. This knowledge will help to develop the learner's ability to plan for, monitor and reflect on performance development. The Unit offers opportunity for personalisation and choice in contexts and learning approaches.

Learners who complete this Unit will be able to:

1 Demonstrate knowledge of factors which impact on performance in physical activities
2 Develop performance in one physical activity
3 Evaluate the performance development

This Unit is a mandatory Unit of the Physical Education (National 4) Course and is also available as a free-standing Unit. The Unit Specification should be read in conjunction with the *Unit Support Notes*, which provides advice and guidance on delivery, assessment approaches and development of skills for learning, skills for life and skills for work. Exemplification of the standards in this Unit is given in the *National Assessment Resource*.

The Added Value Unit Specification for the Physical Education (National 4) Course gives further mandatory information on Course coverage for learners taking this Unit as part of the Physical Education (National 4) Course.

### Recommended entry

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

- Access 3 Physical Education Course or relevant component Units
- Health and Wellbeing Award (National 4)

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

## 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 *Unit Support Notes.*

Draft

# Standards

## Outcomes and assessment standards

### Outcome 1

The learner will:

**1 Demonstrate knowledge of factors which impact on performance in physical activities by:**

1.1 Describing one method used to identify factors impacting on performance
1.2 Describing the impact of two factors on performance
1.3 Identifying one factor that affects performance and describing an approach to improve performance

### Outcome 2

The learner will:

**2 Develop performance in one physical activity by:**

2.1 Identifying strengths and weaknesses in performance
2.2 Preparing and implementing, with some support, a simple action plan using a minimum of two approaches to develop performance
2.3 Selecting and applying two approaches to impact positively on performance
2.4 Monitoring and recording performance development sessions

### Outcome 3

The learner will:

**3 Evaluate the performance development by:**

3.1 Seeking feedback from others
3.2 Evaluating the effectiveness of the action plan in supporting the performance development
3.3 Reflecting on performance progress based on all information gathered
3.4 Identifying a future development need

# Evidence Requirements for the Unit

Assessors should use their professional judgement, subject knowledge and experience, and understanding of their learners, to determine the most appropriate ways to generate evidence and the conditions and contexts in which they are used.

In this Unit, Evidence Requirements are as follows:

- knowledge of factors impacting on performance in physical activities
- a simple action plan to develop performance skills in one physical activity
- application of two approaches to enhance performance in one physical activity
- a record of performance development sessions in one activity
- a reflection of performance progress and identification of a future need

Draft

While a range of physical activities may provide the context for learning, learners will provide evidence from only one physical activity for assessment. Evidence for this Unit could include one or more of the following: video evidence, observation of skills, photographic evidence and recorded oral responses.

Exemplification of assessment will be provided in the *National Assessment Resource*. Advice and guidance on possible approaches to assessment is provided in the *Unit Support Notes*.

Draft

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

It is expected that learners will develop broad, generic skills through this Unit. The skills that learners will be expected to improve on and develop through the Unit 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 Unit where there are appropriate opportunities.

**2 Health and wellbeing**

3.2 Emotional wellbeing
3.3 Physical wellbeing

**4 Employability, enterprise and citizenship**

4.3 Working with others

**5 Thinking skills**

5.2 Understanding
5.3 Applying

Amplification of these is given in SQA's *Skills Framework: Skills for Learning, Skills for Life and Skills for Work.* The level of these skills should be at the same SCQF level of the Unit and be consistent with the SCQF level descriptor. Further information on building in skills for learning, skills for life and skills for work is given in the *Unit Support Notes.*

Draft

# Administrative information

**Published:** August 2011 (draft version 1.0)

**Superclass:** to be advised

## History of changes

| Version | Description of change | Authorised by | Date |
|---|---|---|---|
| | | | |
| | | | |
| | | | |
| | | | |

© Scottish Qualifications Authority 2011

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.

Draft