



National 4
Course
Specification



National 4 Physical Education Course Specification (C756 74)

Valid from August 2013

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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: National 4 Physical Education

SCQF: level 4 (24 SCQF credit points)

Course code: C756 74

Mandatory Units

H252 74	Physical Education: Performance Skills (National 4)	9 SCQF credit points
H254 74	Physical Education: Factors Impacting on Performance (National 4)	9 SCQF credit points
H255 74	Added Value Unit Physical Education: Performance (National 4)	6 SCQF credit points

This Course includes six SCQF credit points for the assessment of added value in the Added Value Unit. Further information on this Unit is provided in the Assessment section.

Recommended entry

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

- ◆ National 3 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 Units may provide progression to:

- ◆ National 5 Physical Education Course
- ◆ Wellbeing Award (SCQF level 5)
- ◆ other qualifications in Physical Education or related areas
- ◆ further study, employment and/or training

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 National 4 Physical Education Course draws on and progresses from experiences and outcomes in physical education, physical activity and sport. Learners are provided with the opportunity to build movement and performance skills, improve aspects of fitness and maximise active participation and enjoyment by engaging in physical activities.

The Course will enable learners to develop the skills, knowledge and understanding required to perform effectively in a range of physical activities, and will enhance their physical wellbeing. Learners will work both independently and co-operatively to develop thinking and interpersonal skills. This makes physical education an ideal platform for developing confidence, resilience and responsibility and for working with others.

The Course will encourage learners to make informed decisions about their physical wellbeing and to experience the positive aspects of physical activity and sports such as challenge and enjoyment. It will also help them to establish a pattern of physical health which will be beneficial to them in future life.

The Course will enable learners to continue to develop in the four capacities. It will also help them to develop enthusiasm and a willingness to learn; perseverance; resilience and independence; and confidence and responsibility.

Purpose and aims of the Course

The main purpose of the Course is to develop and demonstrate movement and performance skills in physical activities. By engaging in physical activities, learners can demonstrate initiative, decision-making and problem-solving. The Course also encourages learners to develop a positive attitude towards a healthy lifestyle, and the contribution that physical activity makes to this.

The skills that learners acquire by successfully completing this Course are transferable to learning, to life and to the world of work.

The main aims of the Course are to enable the learner to:

- ◆ develop the ability to safely perform a range of movement and performance skills in straightforward contexts
- ◆ develop and demonstrate knowledge of factors impacting on performance
- ◆ build capacity to perform effectively
- ◆ develop approaches to enhance personal performance
- ◆ monitor, record and reflect on performance development

Information about typical learners who might do the Course

This Course is suitable for learners who have an interest in and enthusiasm for developing their movement and performance skills in physical activities, and who enjoy learning in practical contexts. It is also suitable for learners who have achieved the National 3 Physical Education Course.

The Course will help learners to develop decision-making, problem-solving and interpersonal skills, which are transferable to other life and work contexts.

Course structure and conditions of award

Course structure

This Course sits within a hierarchical structure, beginning with the National 3 Physical Education Course, and progressing through National 4 and National 5 Physical Education to Higher Physical Education.

The main purpose of the Course is to develop and demonstrate movement and performance skills. The central theme of the Course is to develop approaches to enhance performance through monitoring and reflection.

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

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 and an Added Value Unit:

Physical Education: Performance Skills (National 4)

The general aim of this Unit is to provide learners with the opportunity to develop a range of movement and performance skills in physical activities, in straightforward contexts. Learners will develop some consistency in their control, fluency of movement and body and spatial awareness. 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 in the selection of physical activities.

Physical Education: Factors Impacting on Performance (National 4)

The general aim of this Unit is to provide learners with the opportunity to explore and develop their knowledge of factors that impact on personal performance in physical activities. Learners will record, monitor and reflect on their own performance. There will be opportunities for personalisation and choice through the selection of physical activities used in learning and teaching.

Added Value Unit: Physical Education: Performance (National 4)

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.

Conditions of award

To achieve the National 4 Physical Education Course, learners must pass all of the required Units, including the Added Value Unit. The required Units are shown in the Course outline section.

National 4 Courses are not graded.

Skills, knowledge and understanding

Full skills, knowledge and understanding for the Course may be given in the *Added Value Unit Specification*. A broad overview of the mandatory subject skills, knowledge and understanding that will be assessed in the Course is given in this section. This covers:

- ◆ demonstrating movement and performance skills safely in straightforward performance contexts
- ◆ demonstrating knowledge of factors that impact on performance
- ◆ developing knowledge of approaches to enhance personal performance
- ◆ monitoring, recording and reflecting on performance development
- ◆ decision-making and problem-solving in straightforward performance contexts
- ◆ organisational skills in preparing for, and during, physical activities

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

Further information about assessment for the Course is included in the *Course Support Notes* and the *Added Value Unit Specification*.

Unit assessment

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

They can be assessed on an individual Unit basis or by using other approaches which combine the assessment for more than one Unit.

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

The learner will be required to demonstrate movement and performance skills in straightforward contexts. They will demonstrate some consistency in control and fluency of movement and appropriate use of body and spatial awareness. They must also provide evidence of how to respond to and meet the physical demands of performance in a safe and effective way.

Physical Education: Factors Impacting on Performance

The learner will be required to demonstrate knowledge of factors that impact on performance in physical activities. They will also be required to demonstrate that they can monitor, record and reflect on the development of personal performance.

Added Value Unit

Courses from National 4 to Advanced Higher include assessment of [added value](#)¹. At National 4, added value will be assessed in an Added Value Unit. The Added Value Unit will 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 National 4 Physical Education Course, the Added Value Unit will focus on:

- ◆ application
- ◆ challenge

Learners will integrate, extend and apply the skills and knowledge they have learned during the Course. This will be assessed through a performance, which must provide evidence of their ability to prepare for, carry out and reflect on a performance in a physical activity. Learners will also be required to identify future development needs.

The task will be sufficiently open and flexible to allow for personalisation and choice.

¹Jargon Buster can be found here: www.sqa.org.uk/sqa/58409.html

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

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 are 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

3.2 Emotional wellbeing

3.3 Physical wellbeing

4 Employability, enterprise and citizenship

4.3 Working with others

5 Thinking skills

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

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History of changes to National Course Specification

Course details	Version	Description of change	Authorised by	Date

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