



National 2  
Unit  
Specification



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## Physical Education: Improving Performance (National 2)

**SCQF:** level 2 (6 SCQF credit points)

**Unit code:** H250 72

### Unit outline

The general aim of this Unit is to enable learners to improve their own performance in one physical activity. Learners will be provided with opportunities to consider their own personal performance and to work to improve their own performance. Activities may include: swimming, water aerobics, walking, cycling, fitness training, horse riding, indoor and outdoor team games.

Learners who complete this Unit will be able to:

- 1 Demonstrate an improvement in performance in one physical activity

This Unit is a mandatory Unit of the National 2 Physical Education Course and is also available as a free-standing Unit. The Unit Specification should be read in conjunction with the *Unit Support Notes*, which provide 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 *Unit Assessment Support*.

## **Recommended entry**

Entry to this Unit is at the discretion of the centre. However, relevant experiences and outcomes may provide an appropriate basis for doing this Unit.

## **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*.

# Standards

## Outcomes and assessment standards

### Outcome 1

The learner will:

#### **1 Demonstrate an improvement in performance in one physical activity by:**

- 1.1 Selecting and participating in a physical activity
- 1.2 Identifying a skill which is carried out well
- 1.3 Identifying a skill to improve on
- 1.4 Demonstrating an improvement in performance

### 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.

It is expected that learners will receive support to achieve the outcomes of this Unit.

In this Unit, while a range of physical activities may provide the context for learning, learners are expected to provide evidence from only one physical activity for assessment purposes. Evidence should be collected over an appropriate period for the physical activity selected.

Evidence can be presented in a variety of formats, such as written, oral, or pictorial and may be gathered using the learner's usual means of communication.

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

# 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.

## **1 Literacy**

1.3 Listening and talking

## **3 Health and wellbeing**

3.2 Emotional wellbeing

3.3 Physical wellbeing

## **5 Thinking skills**

5.1 Remembering

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 as 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*.

## Administrative information

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**Published:** April 2012 (version 1.0)

**Superclass:** MA

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### History of changes to National Unit Specification

Version	Description of change	Authorised by	Date

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

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