

How to Pass Higher Physical Education

Aims of the Course:

- Develop a broad and comprehensive range of complex movement and performance skills, and demonstrate them safely and effectively across a range of challenging contexts
- Select and apply skills and make informed decisions to effectively perform in physical activities
- Analyse mental, emotional, social and physical factors that impact on performance
- Understand how skills, techniques and strategies combine to produce an effective performance
- Analyse and evaluate performance to enhance personal effectiveness

Course Content and Assessment:

The course has two areas of study, in which a student must demonstrate and evidence understanding, and a final course assessment.

Performance

Candidates develop their ability to demonstrate a broad and comprehensive range of complex movement and performance skills through a range of physical activities. They select, demonstrate, apply and adapt these skills, and use them to make informed decisions. They also develop their knowledge and understanding of how these skills combine to produce effective outcomes. Candidates develop consistency, precision, control and fluency of movement. They also learn how to respond to, and meet, the demands of performance in a safe and effective way. Students at Castle Douglas High School participate in six activities: Table Tennis, Swimming, Basketball, Badminton, Team Games and Volleyball. They must perform to the 'Higher' standard in two activities to be put forward for a final course assessment.

Factors Impacting on Performance

Candidates develop knowledge and understanding of mental, emotional, social and physical factors that impact on personal performance in physical activities. Through collecting information, candidates consider how these factors can influence effectiveness in performance. They develop knowledge and understanding of a range of approaches for enhancing performance. Candidates select and apply these approaches to factors that impact on their personal performance.

Candidates create and implement Personal Development Plans (PDPs), modify these, and justify decisions relating to future personal development needs.

Course Assessment:

To gain the award of the course, the learner must pass both areas of study outlined above as well as the Course Assessment.

Practical performance (60 marks/50% course award)

The performance assesses candidates' ability to perform in two different physical activities (30 marks for each).

Students at Castle Douglas High School can choose their strongest activities, even if it is out with the activities covered on the Higher course, as long as it is assessable within the boundaries of school Physical Activity. Discussions regarding activity choice should be ongoing throughout the course.

Question paper (50 marks/50% course award)

The question paper will form part of the SQA's formal diet of examinations. The question paper will have three Sections and all questions must be attempted. All four factors impacting on performance (mental, emotional, social and physical) will be examined every year. Students will have 2 hour 30 minutes to complete the paper.

10 steps a student at Castle Douglas High School can take to meet the above criteria, and achieve the best course award they can:

1. Come prepared for every lesson with the appropriate kit, course materials and a positive attitude to learning.
2. Homework will be issued weekly. Students should meet all deadlines and submit work which represents their capabilities.
3. Students should discuss progress with members of staff regularly, and seek help early if they have any concerns.
4. Attend extra-curricular clubs to develop practical performance skills. This will help students to meet the minimum standard in two activities to be put forward for a course award, but will also help reach excellence in their one-off performance assessment.
5. If absent from class for any reason, students must catch up on any work missed.
6. Attend study sessions offered. Study support sessions usually start in January, in the lead up to the prelim diet in February. These will be arranged in consultation with Mr McNay and Mr Kay, to get the most suitable time for the group. If however, a student feels that they are not coping and could do with a little help earlier in the course, this conversation should be had ASAP.
7. Prepare for course assessment. End of unit assessments in October and December are scheduled, along with the prelim in February. Students must prepare for these fully to evidence their ability and, as a result, be put forward for a course award.
8. In a change from the previous Higher course, all areas will be assessed in the final exam, with no choice offered. Therefore, it is crucial for students to be regularly studying course materials throughout the year. For example, course content covered in the first unit in June will be examined in May.
9. Staff contact details:

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Please get in touch if you have any questions or concerns throughout the year.

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