

# How to Pass Higher Physical Education

## Aims of the Course:

- Develop the ability to safely perform a comprehensive range of movement and performance skills.
- Understand factors that impact on personal performance in physical activities.
- Build capacity to perform effectively.
- Develop approaches to enhance personal performance.
- Monitor, record and evaluate performance development.

## **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**

The general aim of this Unit is to develop learners' ability to perform in physical activities by enabling them to acquire a comprehensive range of movement and performance skills. They will learn how to select, use, demonstrate and adapt these skills. Learners will develop consistency in their control and fluency during movement to enable them to 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.

### **Factors Impacting on Performance**

The general aim of this Unit is to develop learners' knowledge and understanding of the factors that impact on performance in physical activities. Learners will consider the effects of mental, emotional, social and physical factors on performance, and will develop an understanding of how to plan for, monitor, record and evaluate the process of personal performance.

### **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 National course, as long as it is assessable within the boundaries of school Physical Activity. Discussions regarding activity choice should be ongoing throughout the course.

## **Portfolio (60 marks/50% course award)**

The portfolio is designed to assess whether candidates can retain, integrate and consolidate the knowledge and skills gained in individual Units and provides added value. Added value focuses on one or more of breadth, challenge or application.

The portfolio has three Sections:

- 1 Understanding factors that impact on performance
- 2 Planning, developing and implementing approaches to enhance personal performance
- 3 Monitoring, recording and evaluating performance development

## **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 regularly. 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 PE staff, 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. Portfolio assessment will occur throughout the year. Students must prepare for these fully to evidence their ability and, as a result, achieve a grade that reflects their level of work within the subject.
8. One off Performances are scheduled to take place in October and February. Students should ensure that they are prepared to perform at their maximum capability. To do this, attendance at extra-curricular clubs or sporting activities out with school time is advised.
9. Staff contact details:

[gw08mcnayandrew@ea.dumgal.sch.uk](mailto:gw08mcnayandrew@ea.dumgal.sch.uk)

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

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