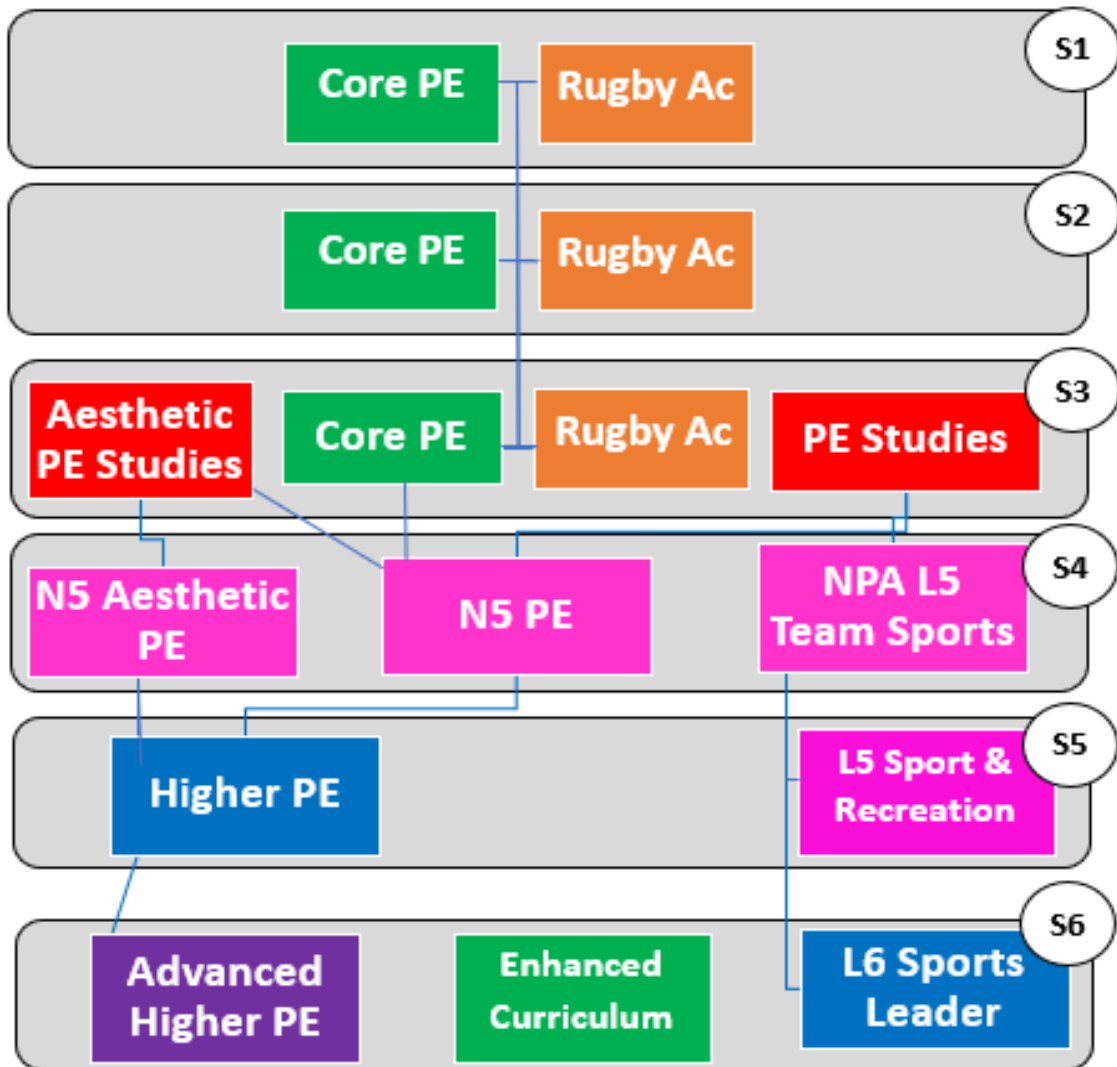




PE Department

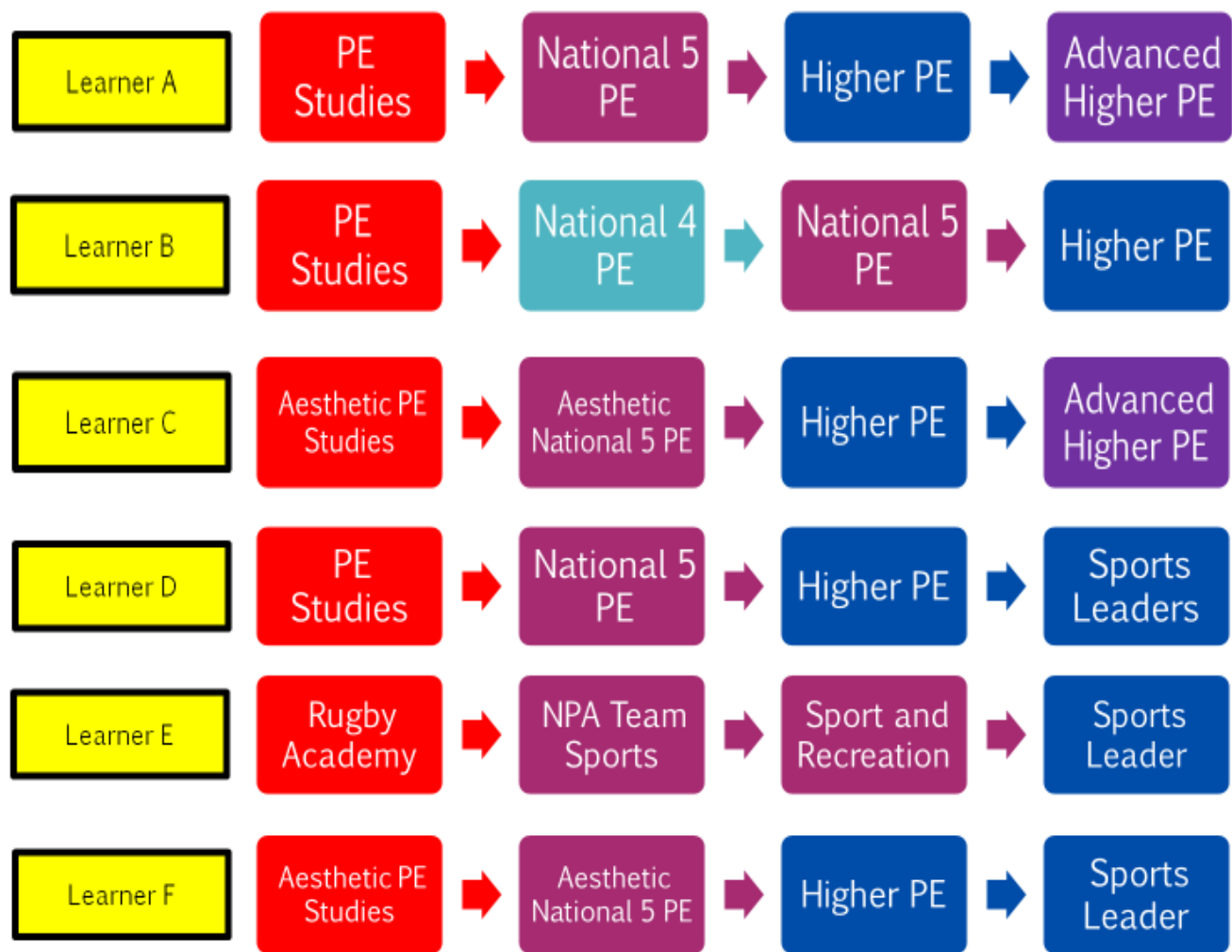
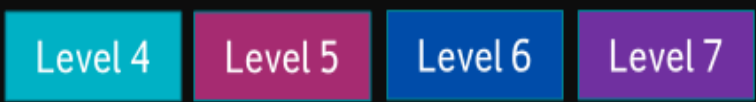
PE Department Pathways



Course Level Colour Key



SCQF Pathways in PE



S3 - PE Studies

PE studies

Performance Element (2 Periods/week)

Developing candidate performance in multiple central net and team games. Candidates will experience a formative performance assessment.

Theory Element (1 Period/week)

Through both practical and classroom-based lessons, candidates will be introduced to the basics of investigating and developing performance. This will mainly introduce content from N5 PE but will also cover elements of other courses offered in S4-6:

- ◆ Understanding and investigating factors that impact on performance
- ◆ Planning, developing and implementing approaches to enhance personal performance
- ◆ Making appropriate changes to performance development programmes

Progression

National 5 PE, Sport and Rec, Team Sports

Aesthetic PE studies

Performance Element (2 Periods/week)

Developing candidate performance in gymnastics, dance, cheerleading and trampolining. Candidates will experience a formative performance assessment.

Theory Element (1 Period/week)

Through both practical and classroom-based lessons, candidates will be introduced to the basics of investigating and developing performance. This will mainly introduce content from N5 PE but will also cover elements of other courses offered in S4-6:

- ◆ Understanding and investigating factors that impact on performance
- ◆ Planning, developing and implementing approaches to enhance personal performance
- ◆ Making appropriate changes to performance development programmes

Progression

Aesthetic National 5 PE, Sport and Rec, Team Sports

S3 Activity-specific options

We will be introducing four activity-specific course options. These will be for 2 periods per week and will last half an academic year. There will be four activities offered:

- Football

- Netball

- Volleyball

- Handball

There will be three units to each course:

Performance

A focus on developing performance in the activity, in particular developing range of skills, control and fluency, tactical awareness and decision making.

Coaching

This element will focus on how to plan, organise and evaluate coaching sessions in the activity. As part of this, candidates will focus on how to develop skills and provide appropriate feedback.

Refereeing

The final element will focus on understanding the rules of the game, refereeing signals and positioning.

Progression

NPA Team Sports, Sport and Recreation

National 5 PE/National 5 Aesthetic PE

National 5 PE consists of two main elements:

Performance (60 Marks)

Candidates will be assessed as they compete in **two** one-off performances in activities of their choice, each worth **30 marks** (activities must be significantly different). Performances may take place in a school setting or outwith. Activities do not have to be those covered in school but staff must have expertise in the activity in order for it to be permissible for assessment.

Portfolio (60 Marks)

Candidates will **complete a written portfolio throughout the year** on the process of developing performance in one activity. The first part of this is completed in exam conditions. The portfolio assesses three main areas of knowledge and understanding:

- ◆ Understanding factors that impact on performance
- ◆ Planning, developing and implementing approaches to enhance personal performance
- ◆ Monitoring, recording, adapting and evaluating performance development programmes

Progression

Higher PE, SCQF L5 Sport and Recreation.

SCQF L5 Sport and Recreation

Level 5

Progression

SCQF L6 Sports Leader

The Course content covers the main practical activities involved in carrying out a supportive role in sport and recreation environments:

- ◆ Sourcing information about career pathways
- ◆ Identifying and reviewing skills and experiences
- ◆ Assisting with planning, setting up and delivering activity sessions
- ◆ Dealing effectively and courteously with clients
- ◆ Assisting with emergency procedures
- ◆ Assisting with setting up, dismantling and checking equipment and resources
- ◆ Helping to plan and review a training programme and establishing good practice in identifying and reviewing goals
- ◆ Health and safety legislation and risk assessment.

NPA Exercise and Fitness: Team Sport

Level 5

In its introductory year, this course will be ran through football. In future years, it is anticipated that this will become an extension of the rugby academy, providing progression from that.

The course has 3 main units and will be assessed through a mix of practical participation and completion of written booklets:

Unit 1: Participation and Performance

Candidates to demonstrate skill and technique development, understanding of code of conduct and appropriate attire.

Unit 2: Sports Officiating and Organising

Candidates to demonstrate knowledge of rules of the game, appropriate officiating actions and safety requirements.

Unit 3: Sports Coaching Development

Candidates to demonstrate understanding of child protection, risk assessment, gathering participant information, planning and delivering sessions, evaluating sessions.

Progression

SCQF L6 Sports Leader

Higher Physical Education

Recommended prerequisites

A or B at National 5 PE.

Performance (60 Marks)

Candidates will be assessed as they compete in **two** one-off performances in activities of their choice, each worth **30 marks**. This will be scaled to be worth 50% of final grade. Rules on activity selection match National 5.

Written Exam (50 Marks)

Candidates will **complete a 2 ½ hour written exam**. The exam will focus on five broad areas of knowledge and understanding:

- ◆ Factors impacting on performance (mental, emotional, social and physical)
- ◆ Methods of collecting information to analyse factors impacting on performance
- ◆ Key planning information
- ◆ Performance development process
- ◆ Recording, monitoring and evaluating performance development

Progression

Advanced Higher PE.

Advanced Higher Physical Education

Recommended prerequisites

A or B at Higher PE.

Performance (30 Marks)

Candidates will be assessed as they compete in **one** one-off performances in an activity of their choice.

Written Exam (70 Marks)

Candidates will **complete a 5000 word project** in which they will seek to develop their performance in an activity of their choice. The project requires candidates to demonstrate knowledge and understanding of:

- ◆ Independent research and investigation skills
- ◆ Investigating how factors impact on performance
- ◆ Understanding and applying approaches to develop performance
- ◆ Analysing and evaluating the process of performance development including future needs

Progression

- ◆ Higher National Diplomas (HNDs) in areas such as sports science, sports coaching, or health & fitness
- ◆ Degrees such as PE teaching, physical activity & health, sport & exercise science, health promotion or sports psychology.
- ◆ Further study, employment and/or training related to personal training or health promotion

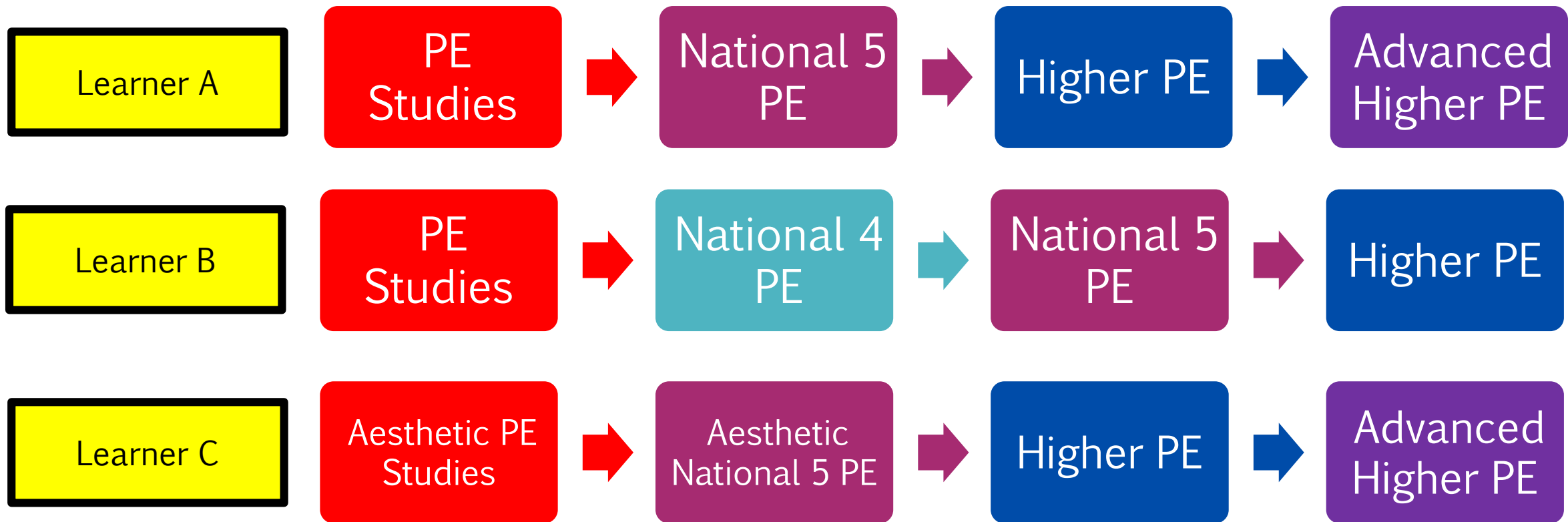
SCQF Pathways in PE

Level 4

Level 5

Level 6

Level 7



SCQF Pathways in Music

Level 4

Level 5

Level 6

Level 7

