

Physical Education

Higher



The aim of the New Higher PE course is to challenge pupils both practically and mentally. The course consists of 3 main areas:

Factors Impacting Performance (FIP) – this unit gives pupils the opportunity to learn about their own performance, how to identify strengths and weaknesses and how to monitor and develop their performance through different methods.

Pupils will be tested on the following areas through NABS – which must be passed to ensure pupils can sit the final exam.

1 Analyse and evaluate factors that impact on performance in physical activities by:

- 1.1 Analysing methods used to identify factors impacting on a performance
- 1.2 Evaluating the impact of positive and negative factors on a performance
- 1.3 Explaining approaches to performance development based on these evaluations

2 Evaluate the process of personal performance development by:

- 2.1 Producing a personal development plan that sets appropriate development targets
- 2.2 Selecting methods to record and monitor development
- 2.3 Implementing the development plan
- 2.4 Evaluating the effectiveness of the development plan and the methods used to monitor development
- 2.5 Identifying and justifying decisions relating to future personal development needs

These units will be covered during both practical and theory lessons!

Performance

Pupils will experience a range of activities, developing their practical performance. The Four Factors will be taught through each activity, with pupils participating in a purely performance based activity once a week.

One-off Performance

This section is worth 60% of your overall marks and will be completed through an activity of choice. It is broken up into 3 areas:

- ⚽ Preparation – 10 marks
- ⚽ Actual Performance – 40 marks
- ⚽ Evaluation – 10 marks

Pupils will select an activity they feel most confident in and will perform on the performance day where they will be assessed by the PE department.

Final Exam

The final exam is worth 40% of your final mark and will last 1 hour and 30 minutes. The first section is a series of questions about the factors you will have learnt about.



The second section is a scenario based question which you will learn about throughout the course.