



Course: Physical Education

Level: Higher

Course Outline

The course comprises two areas of study:

- **Performance**
- **Factors Impacting on Performance**

Assessment at Higher consists of two components:

- **Question Paper:** The paper assesses - analysing factors that impact on performance, explaining a range of approaches for developing performance and analysing the recording, monitoring and evaluation of performance development. The question paper has a total mark allocation of 50 marks (50% of the overall course assessment)
- **Performance:** Assesses the candidate’s ability to effectively perform in two different physical activities. The performance has 60 marks (50% of the course award)

To improve on their current performance with **Higher Physical Education** your child could use some of the following strategies:-

Strategy	✓
Produce a study planner to ensure regular study each week	
Revise course notes regularly to keep on top of course content	
Make use of spider diagrams, cue cards or other study aids to help organise key pieces of information	
Complete all homework tasks set and on hand in on time	
Attend supported study classes on offer (INSERT DATES OF SUPPORTED STUDY)	
Attempt SQA past examination questions under timed conditions – www.sqa.org.uk	
Ensure deadlines are met for SQA assignments and projects	
Identify command words at the start of questions to ensure questions are answered properly	
Apply more effort in class to ensure all work is complete	
Ensure deadlines are met for SQA assignments and projects	
Make use of on-line learning resources such as...	
Engage more with classroom discussions and focus on activities to develop knowledge and understanding	
Extend the level of detail and exemplification in written work	
Prepare thoroughly for class assessments and act on any feedback provided by class teachers	
Work to the best of your ability and take a more serious attitude to your studies.	
Improve attendance and catch up on any work missed.	

Websites –

! <https://www.bbc.com/bitesize/subjects/zctsr82>

Point of contact – Mrs Callaghan