**PHYSICAL EDUCATION HIGHER**

**CONTENT AND ASSESSMENT**

The course is split into two units:

**Performance Skills (50%)**

You will complete two, one off “special performances” worth 50% of your course.

You can choose from a range of course activities. This year we had football, dance, tennis, volleyball, rugby, hockey, badminton, basketball, athletics, netball and gymnastics.

**Question Paper (50%)**

You will complete a final external SQA exam worth 50% of your course and it will be based on mental, social, emotional and physical factors that affect your performance:

* Mental – concentration, motivation, decision making
* Social – team dynamics, etiquette, communication skills
* Emotional – happiness, fear, anger, aggression
* Physical – fitness, skills, strategies and tactics

The course will have a significant amount of classroom based theory to allow performers to understand what makes their own performances significantly better.

**HOMEWORK**

Homework of around 30 minutes will be set weekly.

**ENTRY REQUIREMENTS**

* An A or B pass at National 5 PE is highly recommended
* A track record of participation, bringing your kit and being enthusiastic in PE
* A firm commitment to complete homework on time and to a high standard