



**HOLY ROOD RC**  
**HIGH SCHOOL**

# **COURSE PATHWAY INFORMATION**

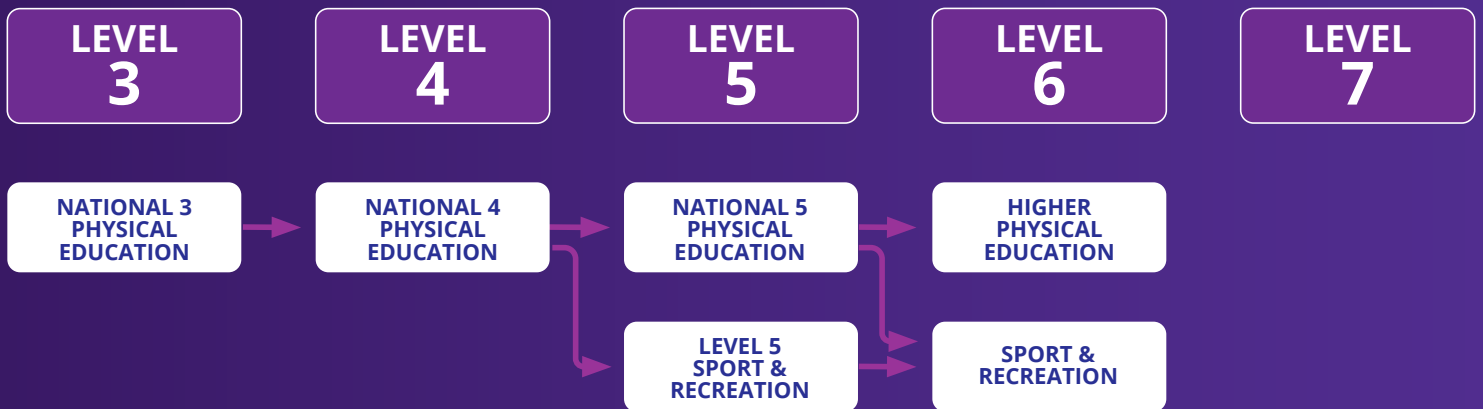
**SESSION 2025-26**

# **PHYSICAL EDUCATION**

**Love \* Forgiveness \* Justice \* Compassion**



## PHYSICAL EDUCATION





## PHYSICAL EDUCATION

## NATIONAL 4 NATIONAL 5

### COURSE INFORMATION

- Added Value (Practical Performance) (National 4)
- Factors Impacting Performance (National 4)
- Performance Skills (National 4)
- Practical Performance (National 5)
- Portfolio (National 5)



### SKILLS DEVELOPED ON THIS COURSE

- Safely perform a range of movement and performance skills.
- Understand factors that impact on personal performance in physical activities.
- Monitor, record and evaluate performance development.
- Decision-making and problem-solving in performance contexts.
- Organisational skills in preparing for, and during, physical activities.

### NAT 5 – COURSE ENTRY REQUIREMENTS

- National 4

### NAT 4 – COURSE ENTRY REQUIREMENTS

- National 3

### COURSE INFORMATION

**Factors Impacting Performance (National 4 & 5)** - Pupils will be required to demonstrate knowledge, understanding and application of a range of factors that impact positively and negatively on performance in physical activities. They will consider the effects of mental, emotional, social and physical factors on their own performance. **Performance Skills (National 4)** – Pupils will be required to demonstrate their ability to perform in physical activities by developing a broad range of movement and performance skills. They will provide evidence of selecting, using, demonstrating and adapting these skills in a safe and effective way.

**Practical Performance (National 5)**- Pupils will develop a broad and comprehensive range of complex movement and performance skills through a range of physical activities. During their two practical performances, pupils will be assessed on their range of skills, decision making, control and fluency, tactics and composition, etiquette and their ability to control their emotions.

**Portfolio (National 5)** - Knowledge and understanding of the performance development process. Ability to integrate skills and apply knowledge and understanding from across the course.

### ASSESSMENT

**National 4** – To achieve a *PASS* at National 4 level pupils will have to pass all components of the course along with the Added Value Unit (Practical Performance).

**National 5** – To achieve the full National 5 PE Course award at National 5, pupils will have to complete the following components.

Component 1 – Portfolio: 50%

Component 2 – Performance 1: 25%/ **(25% under current Guidance)**

Component 3 – Performance 2: 25% **(25% under current Guidance)**

### CAREER PATHWAY

Successful completion of this course could support progression towards:

- Higher PE Course
- HNC/HND College Courses
- University Courses
- Employment in areas such as sports management, sports coaching and education courses.

PHYSICAL  
EDUCATION

### For further information about this course please contact:

Curriculum Leader: Mr C McSherry

Teaching Staff: PE

S5/6 Year Head



## PHYSICAL EDUCATION

## HIGHER

### COURSE INFORMATION

- Factors Impacting Performance
- Practical Performance
- Exam Paper

### COURSE ENTRY REQUIREMENTS

- National 5 PE
- National 5 English

### SKILLS DEVELOPED ON THIS COURSE

- Develop a broad and comprehensive range of complex movement and performance skills and demonstrate them safely and effectively across a range of challenging contexts.
- Select and apply skills and make informed decisions to effectively perform in physical activities.
- Analyse mental, emotional, social and physical factors that impact on performance.
- Understand how skills, techniques and strategies combine to produce an effective performance.
- Analyse and evaluate performance to enhance personal effectiveness.

### COURSE INFORMATION

#### Factors Impacting Performance

Pupils will develop their knowledge and understanding of mental, emotional, social and physical factors that impact on personal performance in physical activities. Pupils will consider how these factors can influence effectiveness in performance. They will develop knowledge and understanding of a range of approaches for enhancing performance and will select and apply these factors that impact on their personal performance. They will create personal development plans, modify these and justify decisions relating to future personal development needs.

#### Practical Performance

Pupils will develop a broad and comprehensive range of complex movement and performance skills through a range of physical activities. Pupils will select, demonstrate, apply and adapt these skills, and will use them to make informed decisions. During their two practical performances, pupils will be assessed on their range of skills, decision making, control and fluency, tactics and composition, etiquette and their ability to control their emotions.

#### Exam Paper

The final exam will focus on **five key areas**: Factors impacting on performance; Methods of collecting information to analyse factors impacting on performance; Planning a relevant training programme; The performance development process; Recording, monitoring and evaluating performance development



### ASSESSMENT

To gain the full Higher PE award, pupils must pass the following components. Component

1 – Exam Paper: 50%

Component 2 – Practical Performance 1: 25%/

Component 3 – Practical Performance 2: 25%

### CAREER PATHWAY

Successful completion of this course could support progression towards:

- HNC/HND College Courses
- University Courses
- Employment in areas such as sports management, health and leisure industry, sports coaching & education courses

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S5/6 Year Head



## SPORTS & RECREATION (PE)

## SCQF LEVEL 5

### SQA COURSE UNITS

- Sport and Recreation: Assist with a Component of Activity Sessions
- Sport and Recreation: Employment Opportunities in the Sport and Recreation Industry
- Sport and Recreation: Assist with Fitness Programming
- Sport and Recreation: Assist with Daily Centre Duties

### COURSE ENTRY REQUIREMENTS

#### NAT4

- National 4 Skills for Work Sport and Recreation or any of its units

### SKILLS DEVELOPED ON THIS COURSE

- Develop relevant vocational skills and a variety of employability skills in the context of a sport and recreation setting.
- Vocationally related learning.
- Foster a good work ethic, including time-keeping and a positive, responsible attitude.

### COURSE INFORMATION

Assisting with planning, setting up and delivering activity sessions, Assisting with setting up, dismantling and checking equipment and resources. Assisting with accident and emergency procedures, Dealing effectively and courteously with clients, staff and others. Helping to plan and review a personal training programme.

Establishing good practice in identifying and reviewing personal goals. Sourcing information about career pathways. Identifying and reviewing skills and experiences

### ASSESSMENT

- **Assist with a Component of Activity Sessions (1.5 credits)**

Gather relevant information for activities, Conduct risk assessments, Create session plans for group and individual clients, Complete emergency procedure reports, Develop a personal action plan.

- **Employment Opportunities in the Sport and Recreation Industry (0.5 credits)**

Source information on career pathways, Identify required skills, qualifications, and experience, Map personal skills against industry requirements., Create and review a career action plan

- **Assist with Fitness Programming (1 credit)**

Complete a client's physical activity record, Establish a fitness baseline, Develop and monitor a physical training plan, Review and modify the training plan.

- **Assist with Daily Centre Duties (1 credit)**

Set up, dismantle, and store equipment, Check for equipment faults, clean and tidy facilities, Interact positively with clients and staff. Assessment evidence includes observation checklists, session plans, reports, and personal action plans.

### CAREER PATHWAY

- National Courses at Higher, Scottish Vocational Qualifications (SVQs) in Sport and Recreation. Further study, employment and/or training in the leisure industry.

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S5/6 Year Head

## PHYSICAL EDUCATION

