



PHYSICAL EDUCATION

What Themes or Topics will you study in this subject?

UNIT 1: PERFORMANCE SKILLS. PUPILS WILL DEVELOP A RANGE OF ABILITIES WHICH ARE REQUIRED FOR SUCCESSFUL PERFORMANCE IN PHYSICAL ACTIVITIES. FOR EXAMPLE THEY WILL DEMONSTRATE EFFECTIVE DECISION MAKING, WORKING COOPERATIVELY WITH OTHERS AND PERFORMING COMPLEX TECHNIQUES. PUPILS MUST MEET SET CRITERIA IN TWO ACTIVITIES TO PASS THIS UNIT.

UNIT 2: FACTORS IMPACTING ON PERFORMANCE. PUPILS WILL INVESTIGATE THE MENTAL, EMOTIONAL, SOCIAL AND PHYSICAL FACTORS THAT CAN IMPACT OF THEIR PERFORMANCE. THEY WILL DEVELOP METHODS OF IMPROVING THEIR PERFORMANCE IN RELATION TO THESE FACTORS. PUPILS KNOWLEDGE AND UNDERSTANDING WILL BE ASSESSED DURING THIS UNIT.

What Skills will you develop in this subject?

THE PE COURSE WILL DEVELOP YOUR HIGHER ORDER THINKING SKILLS. FOR EXAMPLE YOU WILL EVALUATE YOUR OWN PERFORMANCE, ANALYSE METHODS OF DEVELOPMENT AND EXPLAIN THE IMPACT OF FACTORS ON YOUR PERFORMANCE.

YOU WILL ALSO DEVELOP AND APPLY SPORT SPECIFIC SKILLS IN IN BOTH SIMPLE AND COMPLEX SETTINGS.

At what levels can you study this subject?

YOU CAN STUDY PHYSICAL EDUCATION AT **NATIONAL 4, NATIONAL 5, HIGHER AND ADVANCED HIGHER.**

What Careers are available?

THERE ARE A WIDE RANGE OF CAREER OPPORTUNITIES AVAILABLE WITHIN THE SPORTS AND EXERCISE INDUSTRY INCLUDING;

PE TEACHER, SPORTS SCIENTIST, SPORTS MEDIA AND JOURNALISM, STRENGTH AND CONDITIONING, SPORTS PSYCHOLOGIST, SPORTS MANAGEMENT.

THERE ARE ALSO FURTHER EDUCATION COURSES SUCH AS,

BSC SPORTS SCIENCE; BED PHYSICAL EDUCATION; HNC/HND FITNESS, HEALTH AND EXERCISE

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