

# Physical Education

## What are the aims of this course?

The main purpose of this course is to develop, demonstrate and improve performance skills in a range of physical activities. The central theme of the course is to develop approaches to improve performance through evaluation and analysis.

## What will I be learning about in this course?

- Different aspects of fitness, testing and training
- Developing skills including skill acquisition
- Tactics and Strategies
- Mental Factors/ concentration, motivation
- Emotional Factors/ anxiety, anger, fear
- Social Factors /communication/roles

## What skills will I develop?

### You will be able to:

- Perform and apply skills in the different activities
- Apply knowledge to develop and sustain fitness
- Analyse and suggest improvements to performance
- Make and accept decisions
- Apply safe practice, rules and etiquette
- Work cooperatively with others
- Monitor and take responsibility for improving your own performance

## What learning and teaching approaches will I experience?

### I will experience:

- Practicing and refining actions
- Cooperating and competing
- Devising and creating
- Solving problems
- Observing and reporting on skills
- Assessing self and peers

## How will I be assessed?

Practical performance will be assessed continuously through teacher observation. We will also be assessing your ability to evaluate performance, cooperate with others and follow rules and etiquette.

## What are the homework requirements?

To be prepared for all classes. It is essential that participants have sufficient PE kit for each of the three periods. Some written homework will be issued.

## What might this course lead to in the future?

Pupils can progress to National 4, National 5, Higher and Advanced Higher PE in the senior school.