

## **PHYSICAL EDUCATION (Higher)**

### **What are the aims of this course?**

- Develop and demonstrate a broad range of complex skills in challenging situations.
- Develop the ability to use strategies to make appropriate decisions for effective performance.
- Analyse performance, understand what is required to develop it and then apply this knowledge to your own performance.

### **Content**

You will take part in a variety of activities and follow programmes to improve in physical, mental, social and emotional factors which impact on your performance. Activities will be dependant on facilities and timetabling.

### **Course Assessment**

The course assessment consists of assessment in two different activities which accounts for 50% of your overall grade. The other 50% is a written exam which requires you to analyse how different factors impact on performance and evaluate the performance development process.

### **Possible Progression Routes**

Advanced Higher PE/Higher Education/Training and Employment.