

NATIONALS IN A NUTSHELL

The National Parent Forum of Scotland Summary of Physical Education National 4

**PHYSICAL
EDUCATION**
HEALTH &
WELLBEING

NATIONAL
4

2
UNITS

**PERFORMANCE SKILLS
FACTORS IMPACTING ON PERFORMANCE**

ADDED VALUE UNIT: PERFORMANCE

+
ADDED
VALUE
UNIT

What skills will my child develop?

- effective and safe performance in a range of physical activities
- identifying impacts on performance (wellbeing factors)
- positive attitudes, fitness, self-reliance and self-management
- recording, monitoring and reflecting on performance development
- researching to develop knowledge, understanding and skills
- decision-making and problem-solving in straightforward contexts
- selecting and applying skills
- planning, preparing and organisational skills
- carrying out roles and responsibilities
- demonstrating appropriate etiquette and following rules and guidelines
- evaluation and analysis
- communication and interpersonal skills to build positive relationships
- strategic skills
- confidence and creativity



WHAT WILL MY CHILD EXPERIENCE DURING THE COURSE?

- Active and independent learning to develop and consolidate skills, improve fitness and enhance wellbeing
- A blend of classroom approaches including experiential, practical learning
- Collaborative learning: learning from each other, in partnership and in teams as well as through whole class learning
- Space for personalisation and choice: learners select their activities
- The Added Value Unit (Performance) allows learners to choose their own specialism
- Applying learning
- Embedding literacy skills: researching and presenting information; evaluating; discussing; listening; talking.

ASSESSMENT

- To gain National 4, learners must pass all Units
- Units are assessed as pass or fail by the school/centre (following SQA external quality assurance to meet national standards)
- Unit Assessment (or 'evidence of learning') may be videos of performance, peer and self-reflection, graphic organisers, cause and effect, Q charts, oral evidence through question/answer sessions, use of ICT. A portfolio may be prepared
- The Added Value Unit consists of a Performance in an activity of the learner's choice.

APPLYING LEARNING

Strategic Thinking In The Classroom

We were learning about volleyball and about denying space to the other team. We learned about two strategies - a two-player block and a 2:1 defensive set-up behind the block. First, we practised them both; then we watched video clips which showed them being used. Finally, we filmed ourselves using them. Then we played our film back and we had a discussion about when and why either of the strategies was effective and what skills we needed. It was really helpful to try them out and to look more closely at them afterwards. Tactics and strategies are important!

National 4 progresses onto National 5

For more detailed course information:

SQA: Physical Education National 4: www.sqa.org.uk/sqa/45742.html

Education Scotland: www.educationscotland.gov.uk/nationalqualifications/index.asp

Curriculum for Excellence Key Terms and Features Factfile:

www.educationscotland.gov.uk/Images/CfEFactfileOverview_tcm4-665983.pdf