

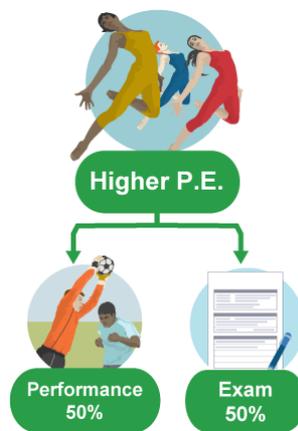
Highers in a Nutshell

Summary of Higher Physical Education

Course Assessment

The Higher Physical Education (PE) course broadens and deepens the knowledge you acquired at National 5.

It is divided into two different components: **performance** and **exam**. Each of these components contributes 50% to your overall grade.



Higher PE - Performance component assessment

For the performance component of the course you are assessed in **two different activities**.

Both of these performances will be assessed on a one-off basis: **how you perform on the day determines your mark**.

Each performance is scored out of **30 marks**.

You will be assessed on the following criteria:

Area	Marks	Criteria
Skill repertoire	7	Range of basic and complex skills and movements performed during performance.
Control and fluency	7	The control with which basic and complex skills and movements are performed.
Decision making and problem solving	7	Anticipating and reacting to ongoing performance demands as they occur.
Composition, roles and tactics	7	Applying well-established composition, roles and tactics in response to performance demands.
Rules, regulations and etiquette	1	Following the rules and regulations of the activity whilst demonstrating appropriate etiquette.
Controlling emotions	1	Staying in control of emotions such as anger and fear throughout performance.

Higher PE - Exam component assessment

The exam component assesses your **theoretical knowledge** and **understanding** of course content.

You will be required to build and expand your knowledge of the four factors below:



The exam is scored out of **50 marks** with a time allocation of 2 hours 30 minutes. Scoring is divided into **three different sections**.

	Marks	What will it test?
Section 1	32	Your knowledge of any aspect of the course
Section 2	6-10	Your knowledge of two development plans you completed
Section 3	8-12	Your knowledge of a scenario

Skills

Learners will be able to:

- 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

Opportunities for Learners

Learners will be able to:

- improve their own health and wellbeing
- develop, demonstrate and evaluate performance
- use evaluation and analysis to develop and apply strategies, techniques and skills that will enable them to build on and enhance their performance

Assessment

- To gain Higher Physical Education learners must pass the Course Assessment (Performance and Question Paper 110 marks)
- Higher Physical Education is graded from A to D or as No Award