

Physical Education Higher

What will I study?

There are two areas of study:-

Performance: Develop your ability to perform in a range of physical activities by acquiring a comprehensive range of complex movement and apply them in challenging and varied contexts.

Factors Impacting on Performance: Further develop your knowledge and understanding of the factors that impact on performance in physical activities. You will also consider the effects of mental, emotional, social and physical factors on performance, and acquire an understanding of how to plan, monitor, record and evaluate the process of performance development.

What skills will I develop?

By actively participating in physical activities, you will demonstrate initiative, decision-making and problem-solving in challenging and pressurised situations. You will experience a range of roles and responsibilities, and this will enable you to develop your interpersonal skills.

You will also develop the ability to make appropriate decisions for effective performance. You will regularly analyse performance and look specifically at the impact of mental, emotional, social and physical factors. You will learn to understand how to develop performance and then apply this knowledge to your own performance through gathering data, recording, monitoring and evaluating.

How will I be assessed?

You will be assessed in a one off performance exam that will be marked in school.

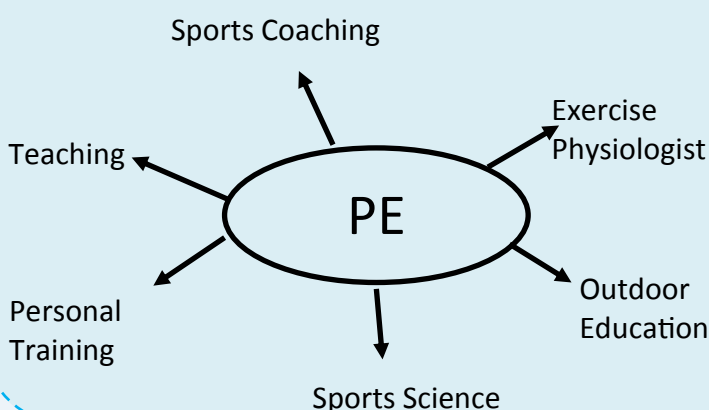
You will also sit a final exam that will be sent away to get marked.

What help is Higher PE after school?

Higher PE acts as a stimulus for personal achievement, and this makes it an ideal platform for developing confidence, resilience, determination, responsibility and working co-operatively with others.

The Course also promotes mental, emotional, social and physical wellbeing. Learners will be able to contribute effectively in a range of contexts, and will develop the ability to provide explanations, analyse, evaluate and problem solve. The insights gained from the course will enable learners to progress confidently onto further study, training or employment.

Possible Careers



Need more info? -

[Highers in a Nutshell](#)