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.

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