

HIGHERS IN A NUTSHELL

The National Parent Forum of Scotland Summary of Higher Physical Education

PHYSICAL
EDUCATION
HEALTH &
WELLBEING

CfE
HIGHER

2
UNITS

PERFORMANCE SKILLS
FACTORS IMPACTING ON PERFORMANCE

+
COURSE
ASSESSMENT

PERFORMANCE + QUESTION PAPER



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 two Units and the Course Assessment (Performance and Question Paper for 100 marks)
- Units are assessed as pass or fail by the school/centre and are quality assured by the SQA. Achievement of Units is recorded on the learner's qualifications certificate
- The SQA has provided examples of Unit assessments that teachers/lecturers can use as they are, or adapt to suit the needs of their learners
- The Course Assessment consists of a Performance (60 marks) and a Question Paper (exam for 40 marks) which is in two sections (see below). The Performance will be internally assessed and the Question Paper will be marked externally by the SQA
- Higher Physical Education is graded from A to D or as No Award.



Question Paper Section 1: three questions on factors affecting performance (8 marks each) 1 hour 30 minutes
Section 2: one question on a scenario (16 marks) 40 marks

Specimen Paper Assignment www.sqa.org.uk/files_ccc/PhysicalEducationSQPH.pdf
The learner plans, prepares, performs and evaluates one demanding physical activity. 60 marks



Progression Higher courses can stand alone or follow on from National 5 qualifications and may lead to Advanced Highers, the Scottish Baccalaureate and a range of qualifications within Further and Higher Education.



For course information, specimen question papers and past paper guidance visit:

Higher Physical Education: www.sqa.org.uk/sqa/47901.html

Curriculum for Excellence Key Terms and Features Factfile

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

Further Information for Parents and Learners Information on assessment, skills, progression, revision resources and summaries of National Qualifications

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