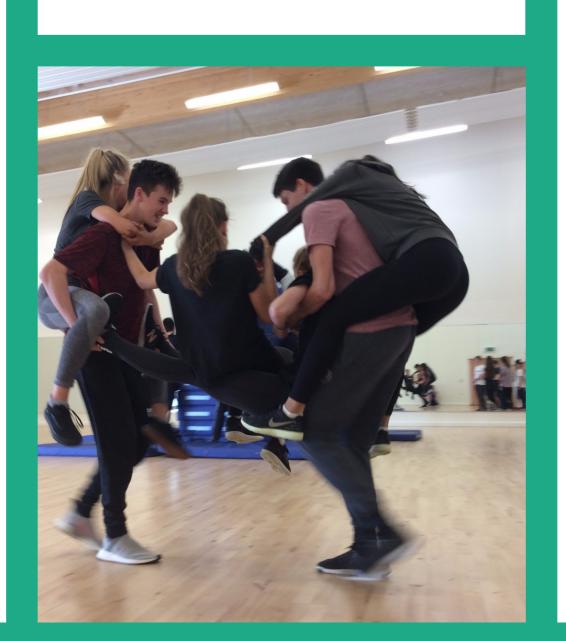
# DEPARTMENT



**"BY COMPLETING TEAM BUILDING TASKS OVER** THE PAST FEW LESSONS IT HAS DEVELOPED MY **COMMUNICATION SKILLS** AND ABILITY TO WORK WITH OTHERS TO SOLVE AND WORK OUT THE BEST WAY TO COMPLETE **DIFFERENT TASKS. TEAM BUILDING HAS OVERALL ALLOWED ME TO GAIN** MORE SELF CONFIDENCE AND STRENGTHEN MY TEAMWORK SKILLS. WE ARE A TEAM"

"I HAVE MANAGED
TO BECOME MORE
CONFIDENT IN A
GROUP. THIS
ALLOWS ME TO
SPEAK OUT MORE
AND SPREAD MY
IDEAS AROUND TO
HELP MY TEAM
ACCOMPLISH
CHALLENGES."





"I HAVE IMPROVED IN MY COMMUNICATION WITH MY TEAM MATES THROUGHOUT THE TEAM BUILDING ACTIVITIES BY BEING ABLE TO EXPRESS IDEAS AND OPINIONS ON CERTAIN OBSTACLES AND REACHING AN AGREEMENT TO IT AS A TEAM."

# Broad General Physical Education

## IN PE YOU WILL LEARN TO DEVELOP

### ACROSS FOUR AREAS

these in PE. The activities you take part in are used to help your development in the different skills.

### MY MOVING

This area is all about your movements when performing. Skills in this area include Balance & Control and Rhythm & Timing.





## **MY QUALITIES**

This area is all about the Personal Qualities you show in PE. Skills in this area include Motivation, Respect & Tolerance and Responsibility & Leadership.

# MY THINKING

This area is all about your thinking while working in PE. Skills in this area include

Decision Making and Creativity.





# **MY FITNESS**

This is all about the fitness levels you show when working in PE. Skills in this area include Stamina and Flexibility.





### All you need to know about National PE









Assessed in two different physical activities

Each is worth 30 marks

Takes place in a challenging, competitive and demanding context









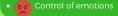














SECTION 1 Understanding the four factors







### **SECTION 2**











@cultsacadheal



# All you need to know about





# 🚱 🚣 Higher PE 💲 🤀





### FIP

Pass/Fail internally marked unit

Pupil led in best PE based activity



### Performance Assessment (60 marks)

Assessed in your best PE based activity (40

Takes place in a challenging, competitive and demanding context

Involves planning and performance (20

### Performance Units

Pass/Fail internally

2 PE based activities require passing at a Higher level

### Exam (40 marks)

Section 1

Question Paper

Scenario based questions