

IN OUR 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

Each area has different Skills and you will develop 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.



@cultsacadheal



All you need to know about National PE

Practical Assessment

(60 Marks)



Portfolio Assessment









(60 Marks)






Assessed in two different physical activities

Each is worth 30 marks

Takes place in a challenging, competitive and demanding context

- Repertoire of skills  
- Control & fluency  
- Decision making  
- Use of tactics and roles  

- Etiquette  
- Control of emotions 

SECTION 1

Understanding the four factors which impact on performance



SECTION 2

Planning, developing and implementing approaches to enhance personal performance



gather data




plan & complete a personal development plan



identify areas for development 

SECTION 3

Monitoring, recording and evaluating performance development 



@cultsacadheal



All you need to know about



Higher PE



FIP

Pass/Fail internally
marked unit



Investigation of
performance
development

Pupil led in best PE
based activity



Performance Assessment (60 marks)

Assessed in your best
PE based activity (40
marks)

Takes place in a
challenging, competitive
and demanding context

Involves planning and
evaluation your
performance (20
marks)



Performance Units

Pass/Fail internally
marked unit



2 PE based activities
require passing at a
Higher level

Exam (40 marks)



Section 1
Question Paper

Section 2
Scenario based questions