

Physical Education

Course Descriptor: The Higher Physical Education course will enable learners to develop the skills, knowledge and understanding required to perform effectively in a variety of physical activities and will enhance their physical wellbeing. Learners will work independently and co-operatively to develop thinking and interpersonal skills. This course is an ideal platform for developing confidence, resilience and responsibility.

National 5

Assessment Details: Portfolio (50%) and Practical Performance (50%).

Next Steps: Passing the National 5 course can lead to further study at Higher. Equally, pupils can also move into our L5 Community Sports Leader Award. Looking across the faculty, we would also recommend that pupils sit National 5 Practical Health and Food Technology where there is then a further pathway into Higher study.

Higher

Assessment Details: Performance Skills Unit, Factors Impacting Performance.

Two Internally assessed Practical Performances worth 50% of a candidate's overall award

External Exam worth 50% covering all course content. Duration 2 ½ hours

Next Steps: Advanced Higher PE | National Progression Award Sport and Exercise Leadership

Advanced Higher

Assessment Details: 70 marks project and 30 marks performance.

Next Steps: Higher National Diplomas (HNDs) in areas such as sports science, sports coaching, or health and fitness. Degrees in areas such as physical education, physical activity and health, sport and exercise science, health promotion, or sports psychology. Further study, employment and/or training related to personal training or health promotion.

**Senior
Phase**



Perth Grammar School

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Find out more about this qualification on the [Scottish Qualification Authority](#) website.