

**Faculty of  
Physical Education**

<b>COURSE TITLE</b>	<b>Skills for Work - Sport and Recreation</b>
<b>LEVEL</b>	National 5
<b>ENTRY REQUIREMENTS</b>	<p>Pathway to S4 Sport and Recreation is currently through activities within the Princes Trust Scheme</p> <p>An interest in the Leisure Industry and the ability to perform well within a group are also necessary.</p>
<b>COURSE DESCRIPTION</b>	<p>The Course content covers the main practical activities involved in carrying out a support role in a sport and recreation environment. This includes assisting with planning, setting up and delivering activity sessions; assisting with setting up, dismantling and checking equipment and resources; assisting with accident and emergency procedures; dealing effectively and courteously with customers/users, staff and others; helping to plan and review a personal training programme, establishing good practice in setting and reviewing personal goals. The course content also covers Health and Safety legislation.</p> <p>In summary, pupils work collaboratively to complete units which include planning and delivering sessions, risk assessment and planning for personal improvement.</p>
<b>COURSE ASSESSMENT</b>	The course is assessed through Formative Assessment throughout the course with specific outcomes for each unit. This culminates in either a Certificate or an Award from the Princes Trust itself.
<b>SKILLS FOR LEARNING, SKILLS FOR LIFE and SKILLS FOR WORK INCLUDED</b>	<p>Candidates will have the opportunity to develop relevant vocational skills, and a variety of employability skills, in the context of a sport and recreation setting.</p> <p>Some of these skills could be looked upon as generic skills required in the wider workplace, while others are specific employability skills required for the recreation sector including:</p> <ul style="list-style-type: none"> <li>• skills to become effective job-seekers and employees</li> <li>• skills to deal effectively with all aspects of customer care and customer service in travel and tourism</li> <li>• the product knowledge and skills to deal effectively with customer enquiries in relation to travel and tourism in Scotland, the rest of the United Kingdom and worldwide</li> </ul>

<b>COURSE TITLE</b>	<b>National 4 Physical Education</b>
<b>LEVEL</b>	National 4
<b>ENTRY REQUIREMENTS</b>	100% participation in all activities with excellent effort demonstrated throughout S1-3. Excellent kit record Positive attitude to PE.
<b>COURSE DESCRIPTION</b>	The National 4 Physical Education Course allows learners to develop and demonstrate movement and performance skills in physical activities. Learners also develop an increased understanding of the important link between fitness and good health.
<b>COURSE ASSESSMENT</b>	Factors Impacting Performance Unit Added Value Unit Performance Units
<b>SKILLS FOR LEARNING, SKILLS FOR LIFE and SKILLS FOR WORK INCLUDED</b>	<p><b>Literacy</b></p> <ul style="list-style-type: none"> <li>• Listening and talking</li> </ul> <p><b>Health and wellbeing</b></p> <ul style="list-style-type: none"> <li>• Emotional wellbeing</li> <li>• Physical wellbeing</li> </ul> <p><b>Employability, enterprise and citizenship</b></p> <ul style="list-style-type: none"> <li>• Working with others</li> </ul> <p><b>Thinking skills</b></p> <ul style="list-style-type: none"> <li>• Applying</li> </ul>

<b>COURSE TITLE</b>	<b>National 5 – Physical Education</b>
<b>LEVEL</b>	National 5
<b>ENTRY REQUIREMENTS</b>	Learners would normally be expected to have attained the skills, knowledge and understanding required to complete the National 4 Physical Education Course. Excellent kit record Positive attitude to PE.
<b>COURSE DESCRIPTION</b>	The National 5 Physical Education Course allows learners to develop and demonstrate a comprehensive range of movement and performance skills in physical activities. Learners also develop an increased understanding of the important link between fitness and good health.
<b>COURSE ASSESSMENT</b>	Factors Impacting Performance Unit One Off Performance Portfolio Performance Units
<b>SKILLS FOR LEARNING, SKILLS FOR LIFE and SKILLS FOR WORK INCLUDED</b>	<p><b>Literacy</b></p> <ul style="list-style-type: none"> <li>• Listening and talking</li> </ul> <p><b>Health and wellbeing</b></p> <ul style="list-style-type: none"> <li>• Emotional wellbeing</li> <li>• Physical wellbeing</li> </ul> <p><b>Employability, enterprise and citizenship</b></p> <ul style="list-style-type: none"> <li>• Working with others</li> </ul> <p><b>Thinking skills</b></p> <ul style="list-style-type: none"> <li>• Analysing and evaluating</li> </ul>

<b>COURSE TITLE</b>	<b>Higher Physical Education</b>
<b>LEVEL</b>	Higher
<b>ENTRY REQUIREMENTS</b>	Learners would be expected to have attained the skills, knowledge and understanding required to achieve an A/B at National 5 level in Physical Education.
<b>COURSE DESCRIPTION</b>	The Higher Physical Education Course allows learners to develop and demonstrate a broad and comprehensive range of complex movement and performance skills in challenging contexts. Learners also analyse a performance, understand what is required to develop it, and apply this knowledge to their own performance.
<b>COURSE ASSESSMENT</b>	Factors Impacting Performance Unit One Off Performance Written Examination Performance Units
<b>SKILLS FOR LEARNING, SKILLS FOR LIFE and SKILLS FOR WORK INCLUDED</b>	<p><b>Literacy</b></p> <ul style="list-style-type: none"> <li>• Listening and talking</li> </ul> <p><b>Health and wellbeing</b></p> <ul style="list-style-type: none"> <li>• Emotional wellbeing</li> <li>• Physical wellbeing</li> </ul> <p><b>Employability, enterprise and citizenship</b></p> <ul style="list-style-type: none"> <li>• Working with others</li> </ul> <p><b>Thinking skills</b></p> <ul style="list-style-type: none"> <li>• Analysing and evaluating</li> </ul>

<b>COURSE TITLE</b>	<b>Sports Development</b>
<b>LEVEL</b>	Various
<b>ENTRY REQUIREMENTS</b>	<p>100% participation in all activities with excellent effort demonstrated throughout.</p> <p>Excellent kit record</p> <p>Positive attitude to PE.</p> <p>S5/6 pupils only</p>
<b>COURSE DESCRIPTION</b>	Pupils will complete various short courses, these could include, SFA referee Award (level 6), lifeguard training, and work experience opportunities. There may be a cost involved in some of the awards.
<b>COURSE ASSESSMENT</b>	Various assessments depending on completion of each short course.
<b>SKILLS FOR LEARNING,</b> <b>SKILLS FOR LIFE and</b> <b>SKILLS FOR WORK</b> <b>INCLUDED</b>	<p><b>Literacy</b></p> <ul style="list-style-type: none"> <li>• Listening and talking</li> </ul> <p><b>Health and wellbeing</b></p> <ul style="list-style-type: none"> <li>• Emotional wellbeing</li> <li>• Physical wellbeing</li> </ul> <p><b>Employability, enterprise and citizenship</b></p> <ul style="list-style-type: none"> <li>• Working with others</li> <li>• Reliability</li> <li>• Initiative</li> </ul> <p><b>Thinking skills</b></p> <ul style="list-style-type: none"> <li>• Applying</li> </ul>

<b>COURSE TITLE</b>	<b>Level 6 – Certificate in Higher Sports Leadership</b>
<b>LEVEL</b>	SCQF Level 6 – Certificate in Higher Sports Leadership
<b>ENTRY REQUIREMENTS</b>	Participants must be in S6. 100% participation in all activities with excellent effort demonstrated throughout. Excellent kit record Positive attitude to PE.
<b>COURSE DESCRIPTION</b>	The SCQF Level 6 Certificate in Higher Sports Leadership is a nationally recognised qualification that enables successful learners to lead un-supervised groups of people in sport and recreational activities. This qualification builds upon the skills and experience gained through the <a href="#">SCQF Level 5 Award in Community Sports Leadership</a> . The qualification teaches generic leadership skills such as organisation, planning, communication and teamwork through the medium of sport. It is a fun and practical qualification, with the no entrance requirements or final examinations to sit.
<b>COURSE ASSESSMENT</b>	Continuous moderation throughout the course.
<b>SKILLS FOR LEARNING, SKILLS FOR LIFE and SKILLS FOR WORK INCLUDED</b>	<p><b>Literacy</b></p> <ul style="list-style-type: none"> <li>• Listening and talking</li> </ul> <p><b>Health and wellbeing</b></p> <ul style="list-style-type: none"> <li>• Emotional wellbeing</li> <li>• Physical wellbeing</li> </ul> <p><b>Employability, enterprise and citizenship</b></p> <ul style="list-style-type: none"> <li>• Working with others</li> <li>• Initiative</li> <li>• Reliability</li> <li>• Organisation</li> </ul> <p><b>Thinking skills</b></p> <ul style="list-style-type: none"> <li>• Applying</li> </ul>

**Please note we do not encourage pupils to take multiple courses within the same faculty, therefore for example, if a student wished to do both National PE and Princes Trust / Sport and Recreation we would ask that they enter into a discussion with Mrs Black (Faculty Leader) prior to making final choices.**