

Supporting Your Learner

Higher Physical Education

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Course Outline

In Higher Physical Education pupils will gain an understanding in the following four areas:

- Mental factors impacting on performance (decision-making, concentration, cue recognition)
- Emotional factors impacting on performance (fear, anger, anxiety)
- Social factors impacting on performance (communication, team dynamic, external motivators)
- Physical factors impacting on performance (fitness, skills, tactics)

Pupils are required to sit a written SQA exam on the above topics. This is worth 40% of their overall grade. Another 40% of marks are awarded on a single performance in a chosen activity. Assessments usually take place on our Performance Day (mid-March) but if agreed, teachers can assess out of school when the activity cannot be catered for internally. The final 20% of marks are awarded for the preparation and evaluation of their single performance.

Pupils must be competent at Higher level in two separate sports to fulfil the unit assessment requirements.



Exam Preparation

Candidates should be training and competing regularly throughout the year. This will suitably prepare them for the single performance. Those who are not part of a club/organisation will be heavily encouraged to join; be it extra-curricular or further afield. To give a rough idea of the level of performer required at Higher level – a competent club level performer will score well on the Higher scale and a performer who represents at regional level is likely to score highly. However, it is all down to how the candidate performs on the day.

As the final exam draws closer pupils should work on timed essay-style responses. The exam lasts 1 hr 30 mins so as a rough guide each mark is worth 2 minutes – therefore candidates should endeavour to answer a 4 mark question in 8 minutes.

The final exam is made up of two sections. Section 1 is worth 24 marks and candidates must demonstrate their knowledge and understanding of the MESP factors mentioned above. Section 2 is worth 16 marks and contains a scenario question that requires application of the MESP factors.

Candidates should get to grips with the command words used by the SQA (describe, explain, analyse and evaluate). All questions will begin with one of the command words and to gain full marks, candidates must understand what type of response is required.

Useful Websites

[Brian Mac \(Online Resources - Factors, Training Programmes, Drills and Exercises\)](#)

This link offers in depth information for training programme purposes and ideas for drills and exercises.



Useful Textbooks

- [Leckie and Leckie](#)

This link offers textbooks for *Course Notes*, a *Success Guide* and *Practice Papers for SQA Exams*

- [Bright Red Publishing](#)



Revision Classes

Revision classes are agreed at the beginning of the academic year. Mr MacKinnon and Mr Elms are available at lunch times and some evenings after school for pupils to 'drop in' and discuss any area of the course.

SQA Past Papers

The link below will allow you to access the most recent past examination papers as well as specimen papers produced by the SQA. There are also Marking Schemes on this page. Please scroll down to the "Assessment Support" section.

[SQA Higher Physical Education Past Papers](#)



Understanding Standards

The link below to the SQA website will allow you to see where markers have awarded marks to exemplar papers and to read the comments on individual responses. It is especially helpful in identifying where marks are awarded for analysis and for knowledge.

[SQA Understanding Standards](#)

