

Supporting Your Learner

National 4

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Course Outline

The PE National 4 course enables all learners to succeed in a range of physical activities. Through analysing performance, learners will understand what is required to improve performance and to become more effective performers. Learners will specifically develop decision making and problem solving skills.

Learners will experience a range of activities with the focus on two main activities to be agreed after a discussion between staff and pupils. Performers will build their capacity to perform in these key activities.

Pupils will be taught to talk, write and demonstrate their knowledge and understanding of key features which impact on improving sporting performance. They will then be able to consider if their training and practising was effective and made an impact on future performances.

Some lessons will be classroom based and others will involve worksheets and ICT (especially video work) to support learning in the practical setting.

National 4 is internally assessed by class teachers and on-going, end of unit class tests, peer and self-assessment will form the core of this process. The course may be assessed on a unit by unit basis or through a combined approach but outcome will be based on a pass/ fail basis. There is no final SQA exam.

The National 4 Course is split up into 3 units.

- Factors Impacting Performance Unit (Written Assessment – Pass / Fail)
- Performance Skills Unit (Achieve 1.1. – 1.6 Outcomes within two activities)
- Added Value Unit (Prepare for and carry out an activity in a physical activity – Pass / Fail)



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 & Leckie](#)
- [Bright Red Publishing](#)

Revision Classes

Revision classes are agreed at the beginning of the academic year. 'Drop in' sessions are available at lunchtimes and after school to allow pupils to bring pieces of work to be reviewed or arrive with specific study questions.



SQA Support

The link below is for National 5 SQA Support, however the documents can provide example answers to help develop knowledge and understanding of the theoretical work within the course. 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

