

## National 4 Physical Education (Course Code: C756 74)

SCQF Level 4 (24 Credit Points)

### Why study Physical Education?

Physical Education gives you the opportunity to develop sports performance skills in physical activities. You will develop your movement ability by taking part in team games and solo activities. You will learn about the link between fitness and good health. It is particularly suitable for those who love physical activity and enjoy learning in practical ways.

#### Career Pathways

To see what career areas this subject could lead to and the routes to get there, download and view these career pathways:

[Health and Medicine](#)

[Performing Arts](#)

[Sport](#)

[Teaching and Classroom Support](#)

[Uniformed and Security Services](#)

### What do I need to get in?

Entry is at the discretion of the school or college but you would normally have achieved:

- **National 3 Physical Education**

### What will I study?

Physical Education is a practical subject that develops your physical movement and performance skills. You may experience a range of activities such as indoor and outdoor team games, racquet sports, fitness related activities, athletics and swimming. You will learn about the factors that affect performance and ways to develop your personal performance.

The course has **two** compulsory units, plus an **added value** unit that assesses your practical skills.

#### Performance Skills (9 SCQF credit points)

In this unit you will:

- demonstrate a range of movement and performance skills in physical activities
- develop some consistency in your control, fluency of movement and body and spatial awareness

- learn how to respond to the physical demands of performance in a safe and effective way.

### **Factors Impacting on Performance (9 SCQF credit points)**

In this unit you will:

- demonstrate knowledge of factors that affect personal performance in physical activities
- develop personal performance
- record, monitor and review your own performance.

### **Added Value Unit: Performance (6 SCQF credit points)**

In this unit you will:

- prepare for and carry out a performance in a physical activity
- adapt skills and techniques in performance situations
- follow rules and guidelines for that physical activity.

### **How will I be assessed?**

Your work will be assessed by your teacher on an ongoing basis throughout the course. Items of work might include:

- practical work - performance of a physical activity
- research assignments and reports
- projects.

You must pass all the units including the performance unit to gain the course qualification.

### **Study Materials**

### **What can I go on to next?**

If you complete the course successfully, it may lead to:

- **Wellbeing Award (SCQF Level 5)**
- **National 5 Physical Education**

Further study, training or employment in:

- Health and Medicine
- Performing Arts
- Sport
- Teaching and Classroom Support

- Uniformed and Security Services