**Physical Education – Factors Impacting Performance**

The Factors Impacting Performance P.E. course offers a range of activities which allow learners to develop their practical ability, knowledge and understanding for factors that impact and underpin performance. The course will follow a separate format from the three periods of Broad General Education P.E. that all pupils undertake.

The course support the learning that is taking place in BGE in line with CfE levels 3 and 4, but will also develop detailed knowledge that will aid them if they continue their study into Senior Phase. Pupils will participate in a range of experiences within the two year course which will allow them to prepare for National 4 and National 5.

**Pupils will undertake a number of activities, including:**

* Indoor Games
* Outdoor Games
* Fitness/Athletics
* Net Games
* Creative and Aesthetic Activities
* Striking and Fielding Activities

**These activities will focus on:**

* Improving movement and skills by allowing pupils to practice, consolidate and refine their skills across a range of activities.
* Improving knowledge and understanding of factors that underpin performance and performance development.

**Course Breakdown**

* Pupils will take part in a variety of activities over the two years.
* Three periods per week: Classroom lessons will be incorporated throughout the two years.
* Theory lessons will be classroom based and will cover a range of knowledge and understanding outcomes that will assist progression to Senior Phase courses.
* Practical assessment will be continuous over the two years. Knowledge and understanding will be assessed formally in S3, however classwork and homework will be monitored to ensure pupils are progressing over the two years.

**Pupils can progress to study a range of Physical Education options, including:**

* National 4 / 5 Physical Education
* Higher Physical Education
* National 5 / Higher Dance
* Sports Leadership
* SFA Refereeing
* National 4 / 5 Sport and Recreation