**S1 –S3 BROAD GENERAL EDUCATION**

Learners will have the opportunity to experience a broad range of activities including:

Our overarching aim is to improve the Physical Fitness of our learners by ensuring activity levels are high during all lessons. The importance of life long participation in physical activity will be of particular focus and create the foundation for future learning in the Senior Phase. Positive attitudes regarding physical health and mental well-being will be at the forefront of our approach.

**S3 NATIONAL PATHWAYS COURSE**

The S3 National Pathways course aims to develop learner confidence, practical ability and knowledge and understanding of concepts related to performance development. Building on previous experiences learners will engage in a variety of activities which allow them to demonstrate individual ability and improve activity specific skills. Learners will be provided with opportunities to gain insight into all aspects of sporting performance and develop the required analytical and evaluative skills required to help them progress onto National Physical Education.

Learners will develop the ability to safely perform a range of skills in straightforward contexts, develop and demonstrate knowledge of factors impacting on performance, build capacity to perform effectively, develop approaches to enhance performance, record and reflect on performance development. The course will include a written unit of work; this will help prepare learners for content within the National Course.

**S4 NATIONAL 4/5**

The National 5 course enables candidates to demonstrate and develop movement and performance skills in physical activities by engaging in practical activities. Learners will be required to demonstrate initiative, decision-making and problem-solving. Learners will select two activities through which they will be assessed internally, this will account for 50% of their overall grade. Learners are required to apply their knowledge and understanding of factors that impact on personal performance, approaches to enhancing performance and monitoring, recording and evaluating to complete a portfolio of written work which is externally assessed, this accounts for the remaining 50% of the overall grade.

All learners will complete the portfolio in the same activity, however, focus of the portfolio will be at the discretion of the learner.

**HIGHER PHYSICAL EDUCATION**

The course enables learners to demonstrate and develop a broad and comprehensive range of complex skills in challenging contexts in physical activities, Learners will select two activities through which they will be assessed internally, this will account for 50% of their overall grade. Learners will then develop the ability to use strategies to make appropriate decisions for effective performance. These strategies will be based on an understanding of the impact of Mental, Emotional, Social and Physical factors on performance. Final assessment is an extended exam, 2 hours 30 minutes focusing on learner application of evaluative and analytical skills to familiar and unfamiliar contexts.

**ADVANCED HIGHER**

The purpose of the Course is to research factors which underpin and impact on performance, and use this knowledge to develop their own performance or that of others. To do this effectively, learners will engage in research and undertake independent investigative work, and develop skills of analysis, evaluation, and communication. Learners will understand how to develop consistency of performance in challenging environments and become proficient in their ability to analyse and apply strategies and techniques to make appropriate decisions about their personal performance. The range of skills developed in the Course will allow learners to work confidently and independently.

**NATIONAL PROGRESSION AWARD**

**SPORTS DEVELOPMENT LEVEL 6**

The purpose of the course is to provide pupils with the opportunity to broaden their knowledge on the concept of Sports Development. Pupils will complete **two units** within the course which will involve the following:

* Research and gather information on opportunities for participation in a local sports/fitness facility.
* Engage in relevant training for a variety of sports.
* Work with cluster primary schools to deliver 4 week blocks of activity.
* Organise sports festivals for cluster primary pupils throughout the year at Strathaven Academy.
* Complete a 1000-word essay based on the benefits of recreational physical activity opportunities within a local community.
* Work closely with Active Schools to broaden their knowledge of systems to support/sustain Sports Development programmes.
* Research and work with Active Schools to enhance knowledge of financial, physical and human resources required for the development of physical activity.

**Unit 1**: Sports: Activity and Participation Opportunities in the Community

**Unit 2**: Sports: Investigate Activity Development Opportunities in an Organisation