

N4 PHYSICAL EDUCATION SENTIAL INFORMATION

Which topics are covered at N4?		What apps and websites can I use to support my learning?
Context	Theme	BBC Bitsize – https://www.bbc.co.uk/bitesize/subjects/z4hfcdm
Understanding factors that impact on performance	Mental Factors	SATPE – https://www.satpe.co.uk/2020/08/12/pe-cycle-of-analysis-app/
	Emotional Factors	PE Factors Quizlets:
	Social Factors	Mental
	Physical Factors	Emotional
Planning, developing and implementing approaches to enhance personal performance	Data Collection	Social
	Strengths & Development Needs	Physical
	Target Setting	
	Developmental Approaches	Are there important dates of which I should I be aware?
Monitoring, recording and evaluating performance development	Feedback	These are shared with students and through the assessment calendar available on the school website.
	Programme Monitoring	
	Evaluating Programme Effectiveness	
	Evaluating Performance	
	Next Steps for Future Programmes	

How is the course assessed?

COMPONENT	DETAILS	Assessment
Factors impacting on Performance.	Section 1 – Factors Impacting Performance	P/F
	Section 2 – Planning, developing, and implementing approaches to enhance personal performance	P/F
	Section 3 - Monitoring, recording and evaluating performance development	P/F
Practical Performance	Activity 1 & 2 – An assessment of two practical performance by a member of the PE Team. This is a continuous assessment which once the candidate has completed the competencies will pass. Competencies include: <ul style="list-style-type: none"> ➤ Selecting and safely applying a range of movement and performance skills, with some control and fluency ➤ Demonstrating body and spatial awareness with some identifiable patterns and rhythms ➤ Working co-operatively with others ➤ Demonstrating techniques, composition or tactics safely ➤ Making appropriate decisions and adaptations in response to variables ➤ Demonstrating some consistency of movement and performance skills in straightforward contexts 	P/F
Value added Unit Performance	The single performance Learners must demonstrate: Movement and performance skills /Body management skills/ Decision-making in context /Adapting skills and techniques /Following rules and regulations /Accepting decisions. This will be supported by the teacher and is internally assessed.	P/F

What resources do I need?

For class lessons - iPad - One Note and Teams
For practical lessons - PE Kit & iPad

What else can I do to improve?

Select your practical activity early and practice regularly.
 Develop your understanding of the performance assessment criteria.
 Develop your understanding of the command words.
 Fully participate in practical lessons
 Bring your iPad to every lesson.

Where can I find more information about the assessments?

[National 4 Physical Education - Course overview and resources - SQA](#)

How do I ensure a Pass?

Set yourself an aspirational target grade.
 Keep up-to-date with your classwork and any homework tasks.
 Explore the use of writing frames to help structure your answers.
 Work consistently throughout the year
 Pay close attention to teacher feedback.
 Attend supportive study sessions.