



PHYSICAL EDUCATION

- PE
- SPORT & RECREATION
- EXERCISE AND
FITNESS LEADERSHIP
- SPORT COACHING



PE

NAT 4/5

The course consists of two components: Practical Performance (50%) and Portfolio (50%).

The practical element of the course revolves around assessment in two different activities. Each of these activities will be assessed out of 30 marks.

HIGHER

The course consists of two components: Practical Performance (50%) and Exam (50%).

The written element of the course is assessed in an end of year exam. The exam is out of 50 marks and you will have 2 hours and 30 minutes to complete this. Your exam score will also contribute 50% to your overall award.

**ADVANCED
HIGHER**

The course consists of two component parts: project 70 marks and performance 30 marks. Pupils should have achieved Higher PE prior to taking this subject.

The project has four parts:

Stage 1 — project proposal

Stage 2 — research

Stage 3 — implementing the Personal Development Plan (PDP)

Stage 4 — post-PDP analysis and evaluation

SPORT & RECREATION



NAT 5

The Course content covers the main practical activities involved in carrying out a supportive role in sport and recreation environment.

The course is assessment involves completing four internal units.

NPA'S

NPA IN SPORTS COACHING (LEVEL 5)

This course delivers the skills and knowledge required by coaches to plan and deliver coaching sessions. It will be assessed and supported over a period of time, mostly in the form of practical tasks completing four log books and internally assessed delivering practical sessions.

NPA EXERCISE AND FITNESS LEADERSHIPS (LEVEL 6)

This national progression award is designed to improve your skills and knowledge in the Sport and Fitness Industries. The course is designed to allow progression to the HNC/D. The course is internally assessed through three units: free weight training, circuit training and Cardio vascular training.

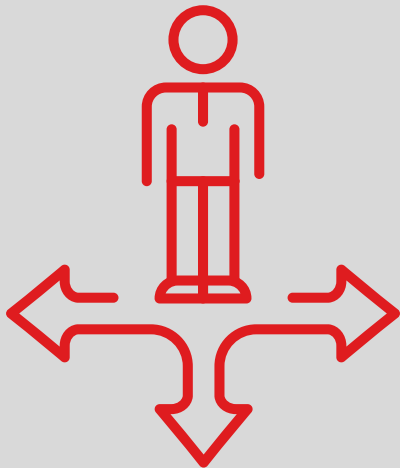
HEALTH & WELLBEING



Click on the job title for more information!

ACTIVITIES

Click on the images to complete the activities.



Click the icon to discover what careers match your fave subjects.

Click the icon and check out pages 8 - 11 to learn about the paths real employers took.



Click the icon to find out all about skills for work (they're also on p 18 of the last document!)