



Higher Physical Education Essential Info

Which topics are covered at Higher?

Unit	Topics
Understanding factors that impact on performance	Mental Factors
	Emotional Factors
	Social Factors
	Physical Factors
Planning, developing and implementing approaches to enhance personal performance	Data Collection
	Strengths & Development Needs
	Target Setting
	Developmental Approaches
Monitoring, recording and evaluating performance development	Feedback
	Programme Monitoring
	Evaluating Programme Effectiveness
	Evaluating Performance
Next Steps For Future Progress	

Are there important dates of which I should be aware?

End of unit tests for each of the four units – these are shared with students on One Note/Teams and in class with students directly

Other formal assessments – including performance assessments feature throughout the year – these must be fully complete before the end of March 2027.

How is the course assessed?

COMPONENT	DETAILS	LENGTH	MARKS/ PERCENTAGE
Higher PE Exam	Higher PE assessment out of 50 marks. Completed in assembly hall in exam conditions.	2.5hrs	50 marks. Scaled to 50%
Practical Performance unit	Activity 1 – An assessment of practical performance by a member of the PE Team on one activity. This is a continuous assessment which once the candidate has completed the competencies will pass. Activity 2 – An assessment of practical performance by a member of the PE Team on one activity. This is a continuous assessment which once the candidate has completed the competencies will pass.	n/a	30 marks per activity. Scaled to 50%

What resources do I need?

For class lessons (iPad - One Note and Teams)

For practical lessons (PE Kit & iPad, other equipment provided)

What else can I do to improve?

Select your two practical activities early.

Regularly practice both of your chosen performance activities. Develop your understanding of the performance assessment criteria.

Develop your understanding of the command words used within Higher level questions.

Fully participate in practical lessons, these sessions are used as a vehicle to teach theory content. Bring your iPad to every lesson

What apps and websites can I use to support my learning?

BBC Bitesize

SATPE – <https://www.satpe.co.uk/higher-physicaleducation-support-notes/>

Achieve - <https://letsachieve.co.uk/new-onachieve-higher-pe/> (Student Login)

Higher PE Teams/OneNote

Where can I find more information about the exam and assignment?

The SQA Understanding Standards provides exemplars and grades awarded.

<https://www.understandingstandards.org.uk/>

<p>How do I ensure top marks?</p> <ul style="list-style-type: none"> • Regular revision of the different topics (interleaving) • Check how many marks a question is worth • Make sure you understand what the question is asking (play close attention to the command word) • Practice as many past paper questions as you can. 	<p>Where do I find the past papers?</p> <p>You can find papers on the SQA website. https://www.sqa.org.uk/pastpapers/findpastpaper.htm</p>
<p>Where do I find more information about the course? https://www.sqa.org.uk/sqa/47446.html</p>	