

Higher Physical Education – Games and Aesthetic Pathways

The course enables candidates to demonstrate and develop a broad and comprehensive range of complex skills in challenging contexts in physical activities.

Candidates demonstrate initiative, decision making and problem solving by engaging in physical activities. Candidates develop the ability to use strategies to make appropriate decisions for effective performance. These strategies will be based on an analysis and understanding of the impact of mental, emotional, social and physical factors on performance.

The course enables candidates to:

- ◆ develop a broad and comprehensive range of complex movement and performance skills, and demonstrate them safely and effectively across a range of challenging contexts
- ◆ select and apply skills and make informed decisions to effectively perform in physical activities
- ◆ analyse mental, emotional, social and physical factors that impact on performance
- ◆ understand how skills, techniques and strategies combine to produce an effective performance
- ◆ analyse and evaluate performance

Within the **Games pathway** candidates will undertake their learning through activities such as Football, Volleyball, Basketball and Badminton.

Within the **Aesthetics pathway**, candidates will undertake their learning through activities such as Dance, Gymnastics, Trampolining and Netball