

# CRITICAL THINKING THROUGH HIGHER PE



## HWB - SUCCESSFUL LEARNERS

COMBINE HIGH-LEVEL PERFORMANCE WITH SMART ANALYSIS TO DEVELOP THE SKILLS, CONFIDENCE AND MIND-

This WAO will be coupled with your core PE time to allow you to gain the full course award. You will develop your performance skills across 6 different practical activities in preparation for 2 x 'one off performance's'. The course will consist of 4 periods, 2 practical and 2 classroom periods which will be used to prepare you for the final exam for this course.



### SKILLS FOCUS



COMMUNICATING



COLLABORATING



LEADING



CURIOSITY



CREATIVITY



CRITICAL THINKING



INITIATIVE



ADAPTING



FOCUSING



### RECOGNITION OF ACHIEVEMENT

Higher Physical Education



### LEARNING INTENTION, SUCCESS CRITERIA & CAREER OPPORTUNITIES

#### Learning Intentions

- I can learn about the impact Mental, Emotional, Social & Physical Factors can have in a Performance & Training Programme.
- I can collect data on my performance, highlighting strengths & weaknesses.
- I can learn about approaches that will develop my performance.
- I can monitor & evaluate my performance development.

#### Success Criteria

- I can explain how factors impact on my performance and/personal development plan.
- I can describe & explain different methods used to collect data on my performance.
- I can describe, explain, analyse & evaluate approaches utilised to develop my performance.
- I can analyse information and evaluate changes in my performance levels.

#### Career Opportunities

- Sports/Performance Coach
- PE Teacher
- Sports Science
- Personal Trainer
- Outdoor Education Instructor
- Health & Wellbeing Officer
- Leisure Attendant.

#### The Four Capacities

