

MESP through Higher PE

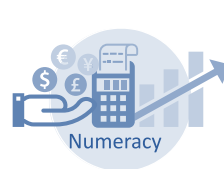
Health & Wellbeing

Finding out how you can take your performance to the next level.

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 a 'one off performance'. 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



Recognition of Achievement

Higher PE

Learning Intentions & Success Criteria

Learning Intentions

I will:

- learn about methods used to gather data on my performance.
- learn about methods of training used to develop the mental, emotional, social and physical factors.
- learn about methods that I can use to monitor my performance development.

Success Criteria

I can:

- describe, explain, analyse and evaluate different methods of gathering data.
- describe how I have trained to improve different aspects of my performance.
- explain how my performance has developed.
- analyse information and evaluate changes in my performance levels.