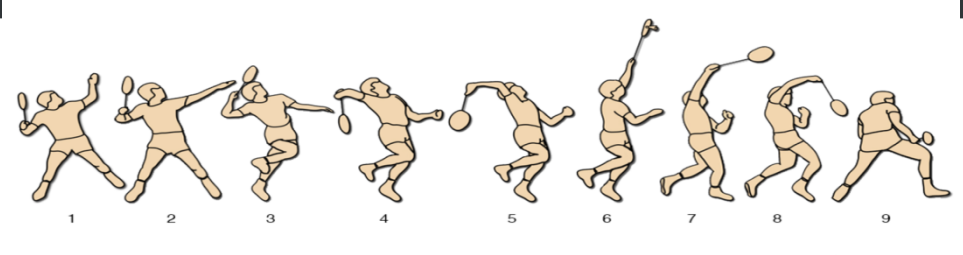




Term 3 Post PDP Data Collection:
Data collection, analysing data
Review PDP
Future development needs

Term 2 Research:
Conducting research in project topics and suitable training approaches
Planning and carrying out Performance Development Programmes (PDP)
Setting targets



Term 3:
N4 Factors Impacting Performance Unit
N5 Portfolios
H Exam preparation

Adv Higher

Term 1 Project Proposal:
Investigating performance
Validity/Reliability of analytical tools
Analysing data



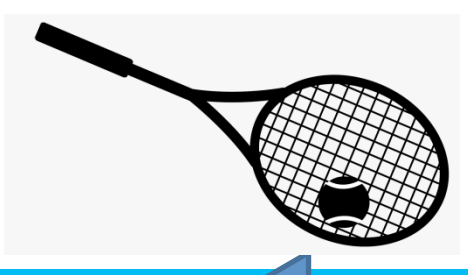
Term 2 Volleyball Block:
Methods of data collection
Approaches to develop performance
Goal setting
Principles of Training

Factors Impacting Performance:
Mental, Emotional, Physical and Social

Term 1 Hockey Block (CRE):
Methods of data collection
Approaches to develop performance
Monitoring and reviewing progress

Fitness PDP:
Pupils design and carry out their own fitness training programme

Nat 4/5/H



Games & Fitness Blocks:
Methods of Data collection
Approaches to develop skills/fitness

Factors Impacting Performance:
Mental, Emotional, Physical and Social

Aesthetics Block:
Emotional factors related to gymnastics and trampolining
Approaches to develop skills

They select activities under different contexts: Aesthetics, possession games, central net and wall and possession games



S3 Elect

Within S3, pupils make choices about the types of activities they participate in

Athletics block

S3

Indoor Activities
Pupils take part in a range of indoor activities across different activity contexts e.g. central net and wall games, dance, aesthetic activities.

Athletics, Striking and Fielding Games

Possession, invasion and outdoor games

S1/2