

Education Scotland

Higher Physical Education

Exploring the learning and teaching behind the answers

Tuesday 11th November 2025

For Scotland's learners, with Scotland's educators
Do luchd-ionnsachaidh na h-Alba, le luchd-foghlaim Alba

Task 1



Share practical examples of delivering the scenario in your setting.

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- **Incorporate Current Events:**
- Link the scenarios to recent high-profile sporting events, such as the Olympics or the FIFA World Cup. Ask learners to analyse a specific game, discussing certain factors and how they impacted the outcome.



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- **Reverse Engineering:**
- Create a fictional tournament where learners analyse the final scores of games and work backwards to piece together the training approaches that led to those results. Encourage them to think critically about each stage of the game and its impact on team performance.



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- **Personal Development Reflection:**
- Schedule a mid-programme reflection session where learners assess their progress on their Personal Development Plans (PDPs). Provide them with altered data sets from earlier in the season, prompting them to identify shifts in strengths and areas for development and to map out what they would need to do differently to address altered data sets.



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- **Injury Management Challenge:**
- Present a scenario where a key player is injured during a critical point of their training program. Have learners brainstorm how they would adjust their training schedules, goals and approaches to adapt to this setback.



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- **Peer Scenario Creation:**
- Assign pairs or small groups to create their own scenarios based on real-life sports challenges. Provide guidelines to ensure they cover aspects relevant to their course material and have them present these scenarios to the classmates to solve.

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- **Data-Driven Team Selection:**
- Provide learners with anonymous performance data from a fictional group of athletes. Challenge them to select the optimal team based on those statistics, leading into discussions about data interpretation and decision-making in sports.



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- **Analysis of Recorded Performances:**
- Use video recordings of games or matches to analyse players' performances collectively. After watching, ask learners to identify key strengths and suggest improvement strategies based on their observations.



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- **School Team Development Plans:**
- After reviewing a school teams' recent game, facilitate a brainstorming session where learners can propose specific action plans for the team to enhance performance. Encourage them to consider specific factors.



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- **National 5 Scenario Recap:**
- Position a key scenario in June to recap their N5 course. Encourage learners to reflect on their learning journey, relating it back to challenges faced throughout the course, and develop innovative solutions to hypothetical situations based on their experiences.

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- **Player Profile Development:**
- Provide learners with a basic player profile and ask them to enhance a specific aspect of the players profile.



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- **Practical Response to Past Paper Questions:**
- Bring in a selection of past examination questions and facilitate a practical response workshop. Learners will practically demonstrate the response to the question.



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- **Contextual Adaptation of Past Questions:**
- Modify past paper questions by changing command words or factors to stimulate critical thinking. Encourage learners to explore how different contexts might shift their analytical perspectives.



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- **Scenario Task Cards:**
- Create a deck of scenario task cards with diverse sporting challenges. Group work can be encouraged while learners address, analyse, and present solutions for the scenarios outlined on their cards, fostering collaboration and depth of understanding



Task 2



Discuss the structure/process you use to provide scaffolding for your learners.

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- **Establish Command Word Frameworks:**
- Develop a comprehensive guide that defines each command word (e.g., explain, analyse, evaluate, describe) with clear examples. Consider including visual aids or charts to illustrate how students can apply these command words in their responses.

Discuss the structure/process you use to provide scaffolding for your learners



Flip Learning:



Encourage students to design their own scenarios related to course material, along with thought-provoking questions and marking instructions.

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Support Learners with Sentence Starters:



Introduce a variety of starter phrases to help students articulate their thoughts clearly. Provide a list of examples tailored to different topics or command words, for example 'this means that' 'an impact of this is' allowing students to choose the most appropriate for their context.

Discuss the structure/process you use to provide scaffolding for your learners

- **Relate Scenarios to Real Life:**
- Include current events or case studies relevant to the lesson. Encourage students to draw parallels between their scenarios and these real-life situations during class discussions, enhancing engagement and understanding.



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- **Carousel Activity:**
- Organise carousel sessions where small groups answer specific parts of a question on large sheets of paper. After rotating, have groups build on each other's ideas, fostering collaboration and deeper analysis.

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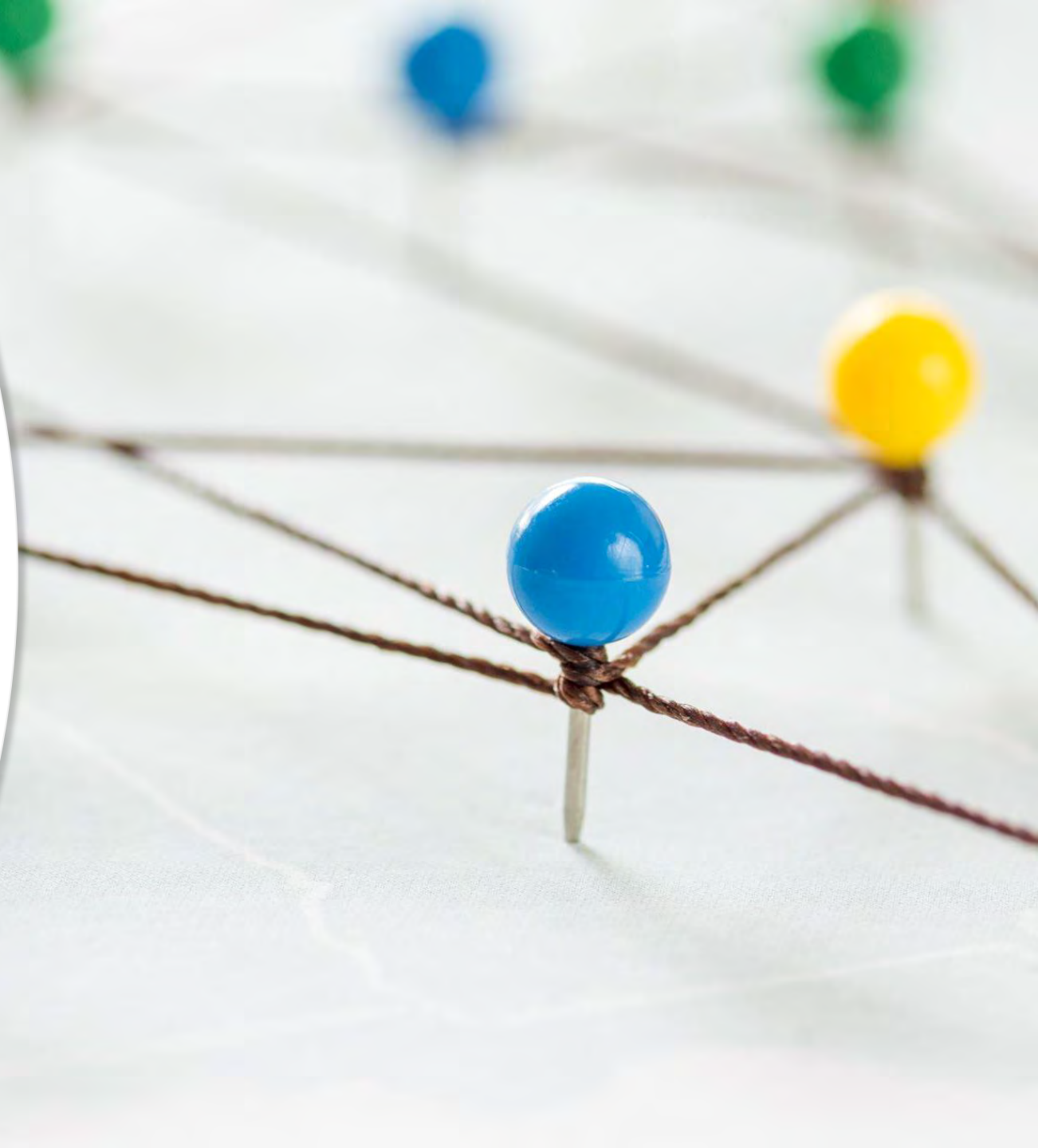
Peer Assessment:



Structure peer assessment by providing a clear marking criteria and examples of constructive feedback. Encourage students to discuss their feedback in pairs, promoting dialogue and mutual understanding.

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- **Flow Charts:**
- Have students create flow charts that map out the connections between their answers and the key concepts covered in the course. This visual representation can help clarify their thought process and highlight logical relationships.



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- **Improve 'Poor' Answers:**
- After providing students with an intentionally weak answer, facilitate a workshop where they can collaboratively discuss its shortcomings, brainstorm improvements, and share their revised versions with the class for further critique.

Task 3



Discuss your Do and Don't regarding the scenario

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- Do:
- - Tailor your teaching methods each year to resonate personally with your learners.
 - Customise your feedback and responses for various activities to enhance engagement and understanding.
 - Maintain a consistent structure in your approach, regardless of the format of the question (e.g., graph, table, or cycle).
 - Leverage resources like BBC Bitesize to provide additional context and support for learners.
 - Relate scenarios to real-world applications to make the content more relevant and relatable.
 - Experiment with variations of scenarios by altering different factors or activities to deepen understanding and encourage critical thinking.

Discuss your Do and Don't regarding the scenario

Don't:

- Leave the scenario until the last month of the course
- Avoid teaching the scenario altogether
- Start with analyse command word. Built up the knowledge and confidence of your learners first.
- Only do past paper questions in the classroom