

# Physical Education National 5

## Why take this course?

This course is for you if you enjoy Physical Education and want to further improve your performance and your understanding of how this can be done. You will spend time developing your physical skills in a variety of different activities, your fitness, personal qualities such as leadership, resilience and responsibility and your 'thinking' skills by being given opportunities to problem solve, make decisions and be creative.

## To succeed in this course, you need...

To be successful in this course you need to be enthusiastic and to be playing as much sport as possible; you can do this during lunchtime, extra-curricular activities or clubs outside of school. The course does involve written work (some of this will be done at home) as you will be collecting data on your performance, analysing this data in order to create a development programme specifically designed for you and carrying out self-evaluation tasks to see if you have improved. Be aware that your school attendance must be good as this work is carried out in a cycle and if you miss some of it then it is hard to catch up; this is also the case if you have any ongoing injury problems which may impact on you taking part in practical work.

## Course structure and Content

Each term you will be investigating, developing and evaluating your performance in an activity, probably in; basketball, volleyball and badminton. In each activity you will be studying different factors (mental, emotional, social and physical) which have an impact on your performance; this will enable you to develop your knowledge and understanding on performance development.

## National 5 Course Assessment

There is no exam at the end of the N5 course. The course is assessed through two practical performances and a portfolio that is sent away to SQA to be marked. You need to complete both of these by Easter 2022.

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### Portfolio

**60 marks (50% of course  
assessment)**

This is to assess your knowledge & understanding of performance development and is split into 3 sections:

1. Understanding Factors impacting on performance
2. Planning, developing and implementing approaches to develop performance
3. Monitoring, recording & evaluating performance development

### Performance

**60 marks (50% of course assessment)**

4. Assessed in **two** individual performances with each one graded out of 30 marks
5. Each performance must be in a different activity to show a broad range of performance skills
6. These activities can be assessed out with class time (e.g a Netball game in the evening or a swimming gala at the weekend). You need to discuss this with your PE Teacher.

provided

in

the boxes below

**\*please note** – Covid modifications to the course meant that pupils have only had to complete 1 performance in recent years, however, this is likely to revert to 2 performances next session.

## Where might this course take me?

Progression routes for this course are Higher Physical Education, college courses and careers in the sports and leisure industry. In addition to this, throughout this course you will experience a range of roles and responsibilities. This will help you to develop interpersonal skills and manage your own learning; these skills are important in school, in further education and in life.