

National 5 Physical Education

Course Rationale

The National 5 Physical Education course enables learners to develop the skills, knowledge and understanding required to perform effectively in physical activities. It is also available at National 4 and 3. Learners will work both independently and with others to enhance their physical wellbeing and to develop their thinking and interpersonal skills.

Course Content

Performance

- This aims to develop learners' ability to perform in physical activities by enabling them to acquire a comprehensive range of movement and performance skills.

Factors Impacting On Performance

- This aims to develop learners' knowledge and understanding of the effects of mental, emotional, social and physical factors that impact on performance in physical activities.

Course Assessment

PERFORMANCE

- The performance assesses the learner's ability to effectively perform in one physical activity (session '22/23.)
- Each performance is a single event in a challenging, competitive and/or demanding context.
- Learners will be assessed by their teacher on the following:
 - repertoire of skills; control and fluency; effective decision-making; using and applying straightforward composition, tactics or role safely and effectively; conforming to rules, regulations and etiquette; controlling emotions and working co-operatively with others
- **Each single performance is marked out of 30 and this is 50% of the overall marks for the course assessment.**

PORTFOLIO

- The portfolio assesses the learner's knowledge and understanding of the performance development process through 3 sections. These follow from understanding factors that impact on performance, through to enhancing personal performance, finishing with monitoring, recording & evaluating performance development.
- **The portfolio has a total of 60 marks. This is 50% of the overall marks for the course assessment.**

Progression

Successful learners at National 4 level can progress to National 5 PE in S5 or S6.

Successful learners at National 5 level can progress to Higher PE in S5 or S6.

Career Pathways

Physiotherapist	Sports Journalist	Active Schools Coordinator	P.E. Teacher
Sports Psychologist	Sports Scientist	Football Coach	Sports Development Officer
Sports Coach	Sports Nutritionist	Lifeguard	Sports Centre Management
Gym Instructor	Police Officer	Sports Photographer	