

National 5 Physical Education

Who is this course for?

This course is open to all. An interest/passion for sport and physical activity is expected.

What is involved in the course?

The course is a mix of practical lessons and classroom based theory lessons. The content of both focuses on the performance development process and the factors which impact performances. Candidates will be required to complete homework tasks on a regular basis.

Pupils will complete performance development programmes (PDPs) in different activities which they can then write about in their portfolio. Their ability in these PDPs does not affect their overall mark but all pupils are expected to apply themselves no matter the activity. Activities may include Athletics, Rugby, Football, Badminton, Volleyball, Basketball, Gymnastics or others.

Assessment(s)?

The course has 2 components - Performance and Portfolio.

Performances are marked out of 30 and candidates are required to be assessed in two activities. These performances are marked by staff at Fortrose Academy but pupils can choose to perform in activities that take place both in and out with Fortrose Academy. This gives a total of 60 which is calculated to give a figure out of 50.

Candidates are also required to complete an ongoing portfolio throughout the year that is submitted to the SQA for marking. Some of this is under exam conditions, other parts are completed in controlled conditions in class time. This is marked out of 60 and calculated to give a figure out of 50.

The whole course award is then based on the percentage achieved out of 100.

What does this course allow you to do? Higher Physical Education Other qualifications

in Physical Education or related areas
Further study, employment and/or training