



Physical Education

Levels Available

National 3, National 4, National 5

Description

National 3, 4 or 5 Physical Education is for learners who are enthusiastic, motivated and willing to participate in a wide range of compulsory activities over three periods per week as well as a classroom based period. At the end of the academic year, learners will be presented at either National 3, 4 or 5.

The National PE course allows learners to develop their practical ability in a variety of sports whilst developing their knowledge of the factors that impact on performance.

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. They learn how to select, use, demonstrate and adapt these skills. Learners develop control and fluency during movement to enable them to meet the physical demands of performance in a safe and effective way. There is a degree of personalisation and choice as pupils can choose which two activities they will be assessed with (within the guidance of the SQA documentation).

Portfolio- Factors impacting on performance: This aims to develop candidates' knowledge and understanding of the factors that impact on performance in physical activities. Candidates consider the effects of mental, emotional, social and physical factors on performance, and acquire an understanding of how to plan, monitor, record and evaluate the process of performance development.

Practical activities for two periods per week will be one from: Badminton, Basketball, Netball, Rugby, Volleyball. Learners will also swim one period per week.

Assessment

There is not an exam at the end of the year, instead pupils will complete a Portfolio which will be submitted to the SQA to be marked. Their practical performances will be assessed internally by the PE department.

National 3	Internally Assessed
National 4	Internally Assessed
National 5	Internally and Externally Assessed
	● Portfolio – 50% (Externally) ● Performance – 50% (Internally)

Progression

