

National 5

Students wishing to undertake the following course must be involved in competitive sport out with school or be representing the school in a competitive context. Students must show Physical Competency at an N5 level in 2 Physical Activities (1 of these could be an activity outside of school).

The assessment of the Units in this Course will be as follows:

Mandatory Units:

Physical Education: Performance Skills (National 5)

Mandatory Element-Performance Skills

- Learners must provide evidence for assessment from **two** physical activities.
- This Unit can be assessed within any realistic experience, situation or conditioned activity.

Performance - 60 marks

Learners will be required to demonstrate their ability to perform in physical activities by developing a broad range of movement and performance skills. They will provide evidence of selecting, using, demonstrating and adapting these skills. The learner will demonstrate consistency in their control and fluency during movement.

Physical Education: Factors Impacting on Performance (National 5)

Learners will be required to demonstrate knowledge, understanding and application of a range of factors that impact positively and negatively on performance in physical activities. The learner will consider the effects of mental, emotional, social and physical factors on their own performance. This understanding will help to develop the learner's ability to plan for, record, monitor and evaluate performance development.

Portfolio: 40 marks (externally marked by SQA)

The portfolio has three sections.

Section 1 - Understanding factors that impact on performance will have **8 marks**

Section 2 - Planning, developing and implementing approaches to enhance personal performance will have **16 marks**

Section 3 - Monitoring, recording and evaluating performance development will have **16 marks**

Recommended entry

Entry to this Course is at the discretion of the centre. However, learners would normally be expected to have attained the skills, knowledge and understanding required by following the *"Analysis & Performance" Course in S3*.

Progression - This Course or its Units may provide progression to:

- Higher Physical Education Course
- other qualifications in Physical Education or related areas
- employment or training