

# **PHYSICAL EDUCATION**

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**CURRENT COURSES**



# NATIONAL 5 PE

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- 2 SECTIONS:
  - PRACTICAL PERFORMANCE (2 ACTIVITIES OUT OF 30 EACH)
    - 'SINGLE PERFORMANCE'
    - ASSESSED INTERNALLY
  - FACTORS IMPACTING PERFORMANCE (PORTFOLIO OUT OF 60)
    - MARKED BY SQA
    - COMPLETED PRIOR TO EASTER HOLIDAYS
- TOTAL 120 MARKS SPLIT 50% EACH
  - CAREFUL OF GRADE BOUNDARIES

# NATIONAL 5 (AT HOME)

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- **PRACTICAL PERFORMANCE**

- PUPILS SHOULD THINK OF THEIR BEST 2 ACTIVITIES TO BE GRADED IN
- COULD BE SOMETHING NOT DELIVERED IN SCHOOL IF POSSIBLE

- **PORTFOLIO (60 MARKS)**

- KNOWLEDGE OF 4 FACTORS IMPACTING PERFORMANCE (**PRELIM IN DECEMBER – 8 MARKS**)
- DATA GATHERING
- PERSONAL DEVELOPMENT PLAN
- MONITOR AND EVALUATE
- “COMMAND WORDS” (Identify, Describe, Explain, Evaluate, Justify)

# NATIONAL 5 (AT HOME)

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- **TRACKING AND MONITORING**

- NO UNITS: HOMEWORK / TESTS / TEACHER JUDGEMENT
- CAN MOVE TO NATIONAL 4 IF APPROPRIATE

- **ADDITIONAL SUPPORT**

- ENCOURAGE ATTENDANCE AT AFTER SCHOOL CLUBS TO IMPROVE PERFORMANCE
- ENCOURAGE PUPILS TO APPROACH TEACHERS IF THEY THINK THEY NEED SUPPORT

- **PROGRESSION**

- HIGHER (NB. Confirmed by Universities last year)

# HIGHER PE

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- 2 SECTIONS:
  - PRACTICAL PERFORMANCE (2 ACTIVITIES OUT OF 30 EACH)
    - ASSESSED INTERNALLY
    - SCALED FROM 60 MARKS TO 50% OVERALL (E.G. 30/60 = 25%)
  - EXAM (OUT OF 50)
    - 2.5 HOURS
    - MARKED BY SQA
    - 1 MARK = 1%
- CAREFUL OF GRADE BOUNDARY

# HIGHER (AT HOME)

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- **PRACTICAL PERFORMANCE**

- PUPILS SHOULD THINK OF THEIR BEST 2 ACTIVITIES TO BE GRADED IN
- COULD BE SOMETHING NOT DELIVERED IN SCHOOL IF POSSIBLE

- **EXAM (2.5 hours / out of 50)**

- SECTION 1 (32) - KNOWLEDGE OF 4 FACTORS IMPACTING PERFORMANCE
- SECTION 2 (6-10) - PERSONAL DEVELOPMENT PLAN
- SECTION 3 (8-12) – SCENARIO (Applied knowledge)
- “COMMAND WORDS” (Describe, Explain, Evaluate, Analyse)

# HIGHER (AT HOME)

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- **TRACKING AND MONITORING**

- NO UNITS: HOMEWORK / TESTS / TEACHER JUDGEMENT
- EDMODO → SMH

- **ADDITIONAL SUPPORT**

- ENCOURAGE ATTENDANCE AT AFTER SCHOOL CLUBS TO IMPROVE PERFORMANCE
- ENCOURAGE PUPILS TO APPROACH TEACHERS IF THEY THINK THEY NEED SUPPORT



# COMMAND WORDS

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- IDENTIFY (N5) – Name what you’re talking about
- DESCRIBE – How / What / When
- EXPLAIN – Why → “...because... this means that ... so that ...”
- EVALUATE – Make a judgement → “It was effective because...”
- JUSTIFY (N5) – ‘Personal Reasoning’ → “I decided to do x, y, z, because...”
- ANALYSE – Break it down into smaller parts / dissect information → “This highlights / conveys / reinforces...”
- **...what I’m wearing?**