



# Physical Education National 5 Course



## What will I be learning?

Pupils will learn about 'Factors Impacting Performance' (Physical, Emotional, Mental and Social) through a variety of activities throughout the year.

They will explore their own performance by gathering data to identify strengths and weaknesses. A main development need will be identified and pupils will create a 'Personal Development Plan' (PDP) which they will then carry out to improve their weakness.

Pupils will monitor progress throughout the PDP and evaluate its effect on performance once completed.

Key parts of the course will include:

- Data gathering
- PDP planning
- Carrying out PDP
- Monitoring and evaluating

## How will I be assessed?

Pupils will be assessed in an ongoing manner as they work through a 'Portfolio' worth 60 marks. As they learn about each part of the course, they will take notes and document it in this portfolio throughout the year. Once completed, all portfolios are sent to the SQA for marking; there is no exam for N5 PE.

In addition, pupils will be assessed in **TWO** different activities; each marked out of 30. The assessment will take place over a 'single performance' in a 'challenging context' (i.e. a competitive situation).

### Overall grade:

Portfolio 50% (eg. 30/60 = 25% overall)

Practical 50% (eg. 48/60 = 24% overall)

## How will N5 PE help me?

Pupils will get 4 periods per week (in addition to their 2 periods of core PE). The extra practical lessons will benefit overall wellbeing (see BGE PE page for specific benefits).

Academically, the N5 progresses extremely well to the higher PE course which is recognised by colleges and universities contributing to entry requirements.

The National 5 develops skills for life, learning and work as pupils work through their portfolio and perform in team games:

Communication

Teamwork

Resilience

Confidence/Self  
-Esteem

Problem-Solving

Leadership

Note-taking

Research