

## **Physical Education National 5**

Pupils will be able to improve their performance in designated activities and understand the importance of factors impacting on performance.

### **Course Aims**

Develop the ability to perform a range of movement and performance skills

Understand factors that impact on personal performance in physical activities

Develop approaches to enhance personal performance

### **Activities**

The activities covered may include (depending on available facilities)

Badminton, hockey, basketball, gymnastics, swimming, volleyball, fitness.



### **Assessment**

Internal – Performance: One activity - worth 60% of the course

External – Added value unit: Portfolio - worth 40% of the course

The purpose of the portfolio is to provide evidence of the process involved in performance development. It will assess the learner's ability to integrate and apply knowledge, understanding and skills from across the units.

The portfolio will give learners the opportunity to demonstrate the following skills, knowledge and understanding.

- Understanding factors that impact on performance
- Planning, developing and implementing approaches to enhance personal performance
- Monitoring, recording and evaluating performance development

The areas and skills used in the B.G.E. PE and Dance courses will give students a good introduction to the National 5 course.

### **Homework**



Pupils will be given homework to reinforce information given on the course. This will usually take the form of written questions or exercises from pupil work books.

### **Progression**

Higher – S5/6

### **Careers**

Sports Coaching, management, sports science, PE teacher

## Physical Education National 4

Pupils will be able to improve their performance in designated activities and understand the importance of factors impacting on performance.

### Course Aims

Develop the ability to perform a range of movement and performance skills

Understand factors that impact on personal performance in physical activities

Develop approaches to enhance personal performance

### Activities

The activities covered may include (depending on available facilities) Badminton, hockey, basketball, gymnastics, swimming, volleyball fitness.

### Assessment

Internal – Performance: Factors affecting performance

Added Value Unit

In the added value unit, learners will prepare for and carry out a performance in a physical activity by:

- Preparing mentally, emotionally, socially and physically for the performance
- Selecting and applying appropriate knowledge and skills during the performance
- Following rules or guidelines or protocols and accepting decisions
- Using safe practice, showing etiquette and managing emotions appropriately
- Carrying out roles and responsibilities appropriately during the performance

The areas and skills used in the B.G.E. PE and Dance courses will give students a good introduction to the National 4 course.

### Homework

Pupils will be given homework to reinforce information given on the course. This will usually take the form of written questions or exercises from pupil work books.

### Progression

National 5, Higher

### Careers

Sports Coaching, management, sports science, PE teacher



