



Physical Education



National 5 PE is a great option for pupils who have an interest in sport and fitness. Throughout the course, pupils will develop their skills within the context of the gym hall and the classroom. Pupils will develop their knowledge and understanding of how physical, social, emotional and mental factors can impact performance. Pupils will design and complete training programmes to target their strengths and development needs while monitoring their progress and learning to set targets. Throughout the course not only will pupils develop in a PE context but they will develop valuable skills for learning, work and life.

Topics Covered

- Factors Impacting Performance
- Target Setting
- Performance Development
- Monitoring & Evaluating Performance
- Practical Performances

Assessment Breakdown

Overall Marks - 120

2 x 30 Mark Practical Performances
(50% of overall grade)

Portfolio - 60 marks
(50% of overall grade)

Skills Gained

- Problem Solving
- Literacy
- Self Discipline
- Emotional & Physical Wellbeing
- Analysing & Evaluating Skills
- Employability Skills
- Team Work Skills
- Decision Making
- Communication
- Strategic Thinking
- Coordination

Progression & Possible Career Paths

Progression:

- Higher PE
- A relevant college or university course
- An apprenticeship

Possible Career Paths:

- Sports Coaching/Development
- Personal Trainer
- Teaching/Childcare
- Physiotherapist
- Police
- Armed Forces
- Sports Related Business Owner

Entry Requirements and advice

Interest in sport and physical activity and adequate level of literacy.

Pupils must be able to perform at National 5 level in at least 2 activities which they would be assessed in. Pupils may benefit from a background in sports out with school such as any clubs they could use as their assessed sports - this isn't an essential requirement, however, pupils may find this beneficial.

