**National PE Course Outlines**

At Auchenharvie Academy the National 4 and National 5 course delivered alongside each other. The course is split into distinct areas:
1. Factors Impacting Performance
2. Performance Skills

The main coursework is taught through Factors Impacting Performance. This involves one theory lesson and three practical lessons a week, where pupils put into practice what they are being taught.

National 5 pupils will have the opportunity to select two activities to complete in a 'One Off Performance'. Each of these activities will be assessed and are worth 30 marks each.
Pupils can choose activities that they feel they will receive the most amount of marks on. The department recommends that an internal activity is chosen, but if a pupil has a significant strength in an external activity that may be used.

National 5 pupils will also complete a 'Portfolio'. This is an external piece of work which gives them the opportunity to show their understanding of the work done throughout the year. This is externally marked and worth 40 marks.

**National 4 PE Course Breakdown**

Physical Education: Performance Skills
The general aim of this Unit is to provide learners with the opportunity to develop a range of movement and performance skills in physical activities, in straightforward contexts. Learners will develop some consistency in their control, fluency of movement and body and spatial awareness. They will also learn how to respond to and meet the physical demands of performance in a safe and effective way.

Physical Education: Factors Impacting on Performance
The general aim of this Unit is to provide learners with the opportunity to explore and develop their knowledge of factors that impact on personal performance in physical activities. Learners will record, monitor and reflect on their own performance.

Added Value Unit: Physical Education: Performance
The general aim of this Unit is to enable learners to provide evidence of added value for the National 4 Physical Education Course. Learners will prepare for and carry out a performance, which will allow them to demonstrate challenge and application.

**National 5 PE Course Breakdown**

Physical Education: Performance Skills

The general aim of this area of the course is to develop learners’ ability to perform in physical activities by enabling them to acquire a comprehensive range of movement and performance skills. They will learn how to select, use, demonstrate and adapt these skills. Learners will develop consistency in their control and fluency during movement to enable them to meet the physical demands of performance in a safe and effective way. Our core activities we teach this element of the course through are basketball, volleyball and badminton.

Physical Education: Factors Impacting on Performance
The general aim of this element of the course is to develop learners’ knowledge and understanding of the factors that impact on performance in physical activities. Learners will consider the effects of mental, emotional, social and physical factors on performance, and will develop an understanding of how to plan for, monitor, record and evaluate the process of personal performance.

Physical Education: Portfolio
The purpose of the portfolio is to assess the candidate’s knowledge and understanding of the performance development process. It assesses the candidate’s ability to integrate skills and apply knowledge and understanding from across the course. The portfolio is spilt into three sections which pupils will complete themselves in class.

Section 1: Understanding factors that impact on performance

Section 2: Planning, developing and implementing approaches to enhance personal performance

Section 3: Monitoring, recording and evaluating performance development