FOR OFFICIAL USE

National Qualifications

Mark

X856/75/01

Physical Education Portfolio

X8567501

Fill in these boxes and read what is printed below.

Full name of centre

Town

Forename(s)

Surname

Date of birth

Day		Month		Year	

Scottish Candidate Number

You must write in blue or black ink.

Candidate Declaration

I confirm that:

- I understand that this coursework will be submitted to SQA for marking
- I have read SQA's *Your Coursework* booklet and I understand its contents
- I understand that SQA may impose a penalty on my award if I have not followed the rules in the *Your Coursework* booklet

Signature _____ Date _____

For Centre Action

☐ In ticking this box it is confirmed that any potential child welfare concerns arising from the content of the materials enclosed are being or have been addressed.

SQA ©

National 5 Physical Education:
Candidate portfolio template

You must use this template to complete your portfolio.

Space has been provided for each part of the task and information may be written into the template or inserted electronically. You may add extra space or pages to the template where required. You must also include a copy of the four A4 pages of data you have gathered. The completed portfolio must be able to be printed off or photocopied and submitted to SQA for marking.

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Section 1: Understanding factors that impact on performance

For each factor, Mental, Emotional, Social and Physical, explain its impact on performance. (8 marks)

In your answer you may provide a general response or relate to an activity or activities.

Factor 1:
Factor 2:
Factor 3:
Factor 4:

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

Choose **two** of the factors you selected in Section 1 and any **one** physical activity for which you will provide evidence in your portfolio.

Activity:
Factor 1:
Factor 2:

2a Explain the challenges you may face when gathering reliable data on your two selected factors. (3 marks)

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2b (i) Identify one appropriate method you used to gather data on your performance in factor 1. (1 mark)

Factor 1:

(ii) Identify one appropriate method you used to gather data on your performance in factor 2. (1 mark)

Factor 2:

Include a copy of the four A4 pages of data you have gathered.

You must attach this data to the template and ensure you add your SCN to each page of data.

2c Select one of the methods identified in 2b. Describe how you used this method to gather data about this factor. (4 marks)

Method:

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2d Explain why you selected this method to gather data on your performance in the identified factor. (3 marks)

2e From the data you have gathered describe your strengths and development needs in relation to your performance for both factors. (4 marks)

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2f With reference to the data, identify an appropriate target for each factor.

(i) Identified target for factor 1. (1 mark)

(ii) Identified target for factor 2. (1 mark)

2g Explain why it is important to set targets when creating a personal development programme. (3 marks)

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Personal Development Programme (PDP) Table

Do not submit your PDP but you must transfer the relevant information from your PDP into the table below.

	Factor 1	**Factor 2**
Approaches you used in your development programme		
Length of each session		
How many training sessions per week		
Who you trained with		
Methods used to monitor your programme		

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Describing approaches to develop performance

2h (i) From your personal development programme, select and describe an approach that you used to develop factor 1. (2 marks)

Approach for factor 1:

(ii) From your personal development programme, select and describe an approach that you used to develop factor 2. (2 marks)

Approach for factor 2:

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2i In addition to the approaches you used, justify further decisions that you made when planning your personal development programme. (4 marks)

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Section 3: Monitoring, recording and evaluating performance development

3a During your personal development programme you will have received feedback from others. Explain whether the feedback you received was useful or not. (2 marks)

3b Explain why it is necessary to monitor your performance development. (3 marks)

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Describing methods to monitor performance

3c (i) Describe how you monitored your programme of work for factor 1. (2 marks)

(ii) Using a different method describe how you monitored your programme of work for factor 2. (2 marks)

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3d Evaluate the effectiveness of your personal development programme. (6 marks)

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3e Evaluate your performance in the two selected factors. (4 marks)

3f With reference to your current performance, justify the next steps in planning for your future performance development. (4 marks)

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Physical Education National 5 Portfolio

Skills, knowledge and understanding		Marks available	Marks awarded
1	For each factor, Mental, Emotional, Social and Physical, explain its impact on performance	**8**	
2a	Explain the challenges you may face when gathering reliable data on your two selected factors	**3**	
2b	Identify appropriate methods you used to gather data on your performance in factor 1 and factor 2	**2**	
2c	Describe how you used this method to gather data about this factor	**4**	
2d	Explain why you selected this method to gather data on your performance in the identified factor	**3**	
2e	From the data you have gathered describe your strengths and development needs in relation to both factors	**4**	
2f	With reference to the data, identify an appropriate target for each factor	**2**	
2g	Explain why it is important to set targets when creating a personal development programme	**3**	
2h	From your personal development programme, select and describe an approach that you used to develop performance in each factor	**4**	
2i	In addition to the approaches you used, justify further decisions that you made when planning your personal development programme	**4**	
3a	Explain whether the feedback you received was useful or not	**2**	
3b	Explain why it is necessary to monitor your performance development	**3**	
3c	Select and describe a method that you used to monitor performance in each factor	**4**	
3d	Evaluate the effectiveness of your personal development programme	**6**	
3e	Evaluate your performance in the two selected factors	**4**	
3f	With reference to your current performance, justify the next steps in planning for your future performance development	**4**	
	Total	**60**	

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