Physical Education

PT: Mr G Aitken National 5

**Course Information & Content**

National 5 PE:

* develops the ability to safely perform a comprehensive range of movement and performance skills in a range of activities
* develops understanding of the factors that impact on personal and team performance in physical activities
* builds capacity to perform effectively
* develops approaches to enhance personal performance
* develops pupil ability to monitor, record and evaluate performance development

National 5 will have 3 practical periods and 1 theory session in a classroom.

Activities may include: Hockey, Football, Badminton, Basketball, Volleyball, Trampolining.

Pupils will be expected to participate in all activities and will therefore need an exemplary record in bringing PE kit and participation in S1-S3 Core PE.

Pupils not on track to achieve National 5 level can be presented at National 4 and will have an internal written assessment task instead of the SQA portfolio submission.

**Assessment**  Pupils will be assessed in performance in two sports; each mark out of 30 agreed on between teacher and pupil (these can be activities out-with school). Pupils will also complete an on-going written portfolio assessment in class (60 marks) that will be sent to SQA for marking. There is no exam for National 5.

**Homework**

Homework exercises will be set on a regular basis which can include: completion of classwork, homework booklets, and consolidation questions and answers. Pupils are also expected to revise work covered in class on a regular basis.

**Progression**

Higher PE (Must also achieve a written based subject at National 5 eg (English/History/Modern Studies etc)

Skills for Work Sport and Recreation

College based sports courses

Part time/Full time employment in the sports and Leisure industry

**Career Options**

Sport & Leisure Industry

Health and Fitness Instructor

Lifeguard or Pool Attendant

Sports Coach or Instructor

Sports or Leisure Centre Assistant Sports or Leisure Centre Manager Sports

Professional Sport

Outdoor Pursuits Instructor or Leader

Physiotherapy Assistant

Professional sportsperson

Armed forces

Police

Fire Service

**https://www.sqa.org.uk/sqa/47399.html**

**Further Information**

