

Physical Education

Broad General Education

This course provides pupils with a wide range of physical activities designed to develop movement skills, fitness, and confidence. Pupils experience activities such as basketball, rugby, gymnastics, athletics, and dance while building teamwork and leadership skills. The course emphasises health, wellbeing, and participation, encouraging lifelong engagement in physical activity. Assessment is continuous, based on practical performance, effort, and personal development rather than formal exams.

National 5

This course develops practical performance in a range of physical activities alongside knowledge of the factors that impact performance. Pupils learn to analyse and improve their skills by understanding physical, mental, emotional, and social factors. The course includes performance in two activities and the completion of a written portfolio. Assessment consists of the practical performance component and a written portfolio.

Higher

This course develops advanced practical performance and a deeper understanding of the factors that influence performance. Pupils refine skills in selected activities and learn how to analyse performance using physical, mental, emotional, and social factors. Assessment is based on practical performance and a written question paper covering performance development and analysis.

Other courses

NPA Sports Development

This course develops knowledge and skills needed to support and lead sports activities within the community. Pupils learn about coaching, event planning, leadership, and working with others. There are opportunities to gain practical experience through organising and leading activities. Assessment is continuous, based on practical tasks and coursework rather than a final exam.

PDA SFA Refereeing

This course provides pupils with the skills and knowledge required to referee football matches in line with Scottish FA standards. Pupils learn the laws of the game, decision-making, positioning, and communication skills. The course includes both theoretical learning and practical refereeing experience. Assessment is based on coursework, practical performance, and observation, with no formal written exam.

[Link to Qualifications Scotland information on national Physical Education national courses](#)