

## National 4 Physical Education

### Entry Level:

National 4 & 5 PE is designed to allow pupils to study the subject of Physical Education through both team and individual activities to achieve an SQA accredited award.

Pupils will need to have a good participation record in core PE, be able to work individually and as part of a team, and have good communication skills.

The areas of study are similar for National 4 and 5, so everyone will do the same course and a decision about your final level will be made after completion of the first unit of study.

### Course Content:

The aims of the Course are to enable the learner to:

- ◆ develop the ability to safely perform a range of movement and performance skills in straightforward contexts
- ◆ develop and demonstrate knowledge of factors impacting on performance
- ◆ build capacity to perform effectively
- ◆ develop approaches to enhance personal performance
- ◆ monitor, record and reflect on performance development

The course comprises of two areas of study.

- 1) Performance Skills.
- 2) Factors Impacting on Performance.

### Performance Skills.

Through this unit you will work towards demonstrating a comprehensive range of movements and performance skills in physical activities. Candidates develop their Performance repertoire whilst maintaining control and fluency of skills across a range of activities.

The current options in National4/ 5 PE are:

Block 1 is Football or Hockey or Rugby.

Block 2 is Volleyball or Basketball.

Block 3 is Gymnastics or Badminton.

This is subject to change depending on staffing, pupil choice and timetabling.

## Unit 2 Factors Impacting Performance.

Through this unit pupils will be expected to:

- Demonstrate knowledge and understanding of the various factors (Physical, Mental, Social, Emotional) that impact on personal performance in physical activities.
- Develop performance through constructing a personalised training programme, focusing on specific sub-factors (ie Physical - CRE).
- Be able to test, monitor and retest performance, identifying and reviewing any improvements made.

Evaluate the performance development process

### **Assessment:**

At National 4 level the Course has two mandatory Units and an Added Value Unit:

**Physical Education: Performance Skill:** - The learner will be required to demonstrate movement and performance skills in straightforward contexts. They will demonstrate some consistency in control and fluency of movement and appropriate use of body and spatial awareness. They must also provide evidence of how to respond to and meet the physical demands of performance in a safe and effective way.

**Physical Education: Factors Impacting on Performance:** - The learner will be required to demonstrate knowledge of factors that impact on performance in physical activities. They will also be required to demonstrate that they can monitor, record and reflect on the development of personal performance.

**Added Value Unit** - The Added Value Unit will focus on: ♦ application ♦ challenge. Learners will integrate, extend and apply the skills and knowledge they have learned during the Course. This will be assessed through a performance, which must provide evidence of their ability to prepare for, carry out and reflect on a performance in a physical activity. Learners will also be required to identify future development needs.

To achieve the National 4 Physical Education Course, learners must pass all of the required Units, including the Added Value Unit. They will be assessed on a pass/fail basis within centres. SQA will provide rigorous external quality assurance, including external verification, to ensure assessment judgments are consistent and meet national standards.

### **Homework:**

Homework will be set at regular intervals throughout the course to consolidate and extend knowledge and understanding.

### **Progression:**

Students who successfully obtain a pass at National 4 could continue their studies at National 5 Level.

## **National 5 Physical Education Course Descriptor**

### **Entry Level:**

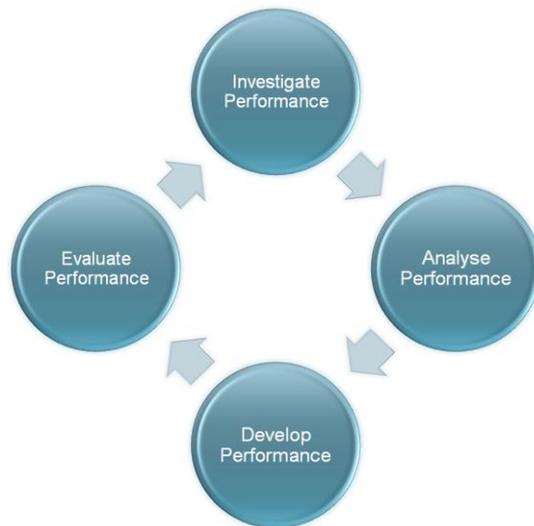
National 5 PE is designed to allow pupils to study the subject of Physical Education through both team and individual activities to achieve an SQA accredited award.

Pupils will need to have a good participation record in core PE, be able to work individually and as part of a team, and have good communication skills.

### **Course Content:**

The course aims to:

- Develop and demonstrate understanding of the principles and factors which underpin and impact on performance.
- Explain factors which impact positively and negatively on both engagement and performance within physical activities.
- Build pupils capacity to improve performance.
- Encourage pupils to examine and analyse performance to inform and influence personal improvement.
- Encourage the use of evaluation and feedback following performance.



### Course Outline.

The course comprises of two areas of study.

- 3) Performance Skills.
- 4) Factors Impacting on Performance.

### Performance Skills .

Through this unit you will work towards demonstrating a comprehensive range of movements and performance skills in physical activities. Candidates develop their Performance repertoire whilst maintaining control and fluency of skills across a range of activities.

The current options in National 5 PE are:

Block 1 is Football or Hockey or Rugby.

Block 2 is Volleyball or Basketball.

Block 3 is Gymnastics or Badminton.

This is subject to change depending on staffing, pupil choice and timetabling.

In order to be presented at National 5 level, you must demonstrate abilities of a National 5 standard as set down by SQA in at least 2 of these activities.

## Unit 2 Factors Impacting Performance

Through this unit pupils will be expected to:

- Demonstrate knowledge and understanding of the various factors (Physical, Mental, Social, Emotional) that impact on personal performance in physical activities.
- Develop performance through constructing a personalised training programme, focusing on specific sub-factors (ie Physical - CRE).
- Be able to test, monitor and retest performance, identifying and reviewing any improvements made.
- Evaluate the performance development process.

Assessment throughout this unit will be ongoing, and candidates must be able to demonstrate a sound grasp of the relevant principles in order to be presented at National 5 level.

### **Course Assessment:**

The National 5 course assessment is split into two components.

- 1) *Single performance*: This will be performed by the candidate and assessed internally at Peebles HS (50% of overall grade). Students will choose two activities from the course that they wish to be assessed on (30 marks each activity) and graded on performance repertoire, control and fluency, decision making, tactics and rules/etiquette.
- 2) *Portfolio*: This brings together both work done in a practical environment alongside the theory work covered throughout Factors Impacting Performance. The portfolio is assessed externally, and is also worth 60 marks (50% of overall grade.)

There is no SQA Exam in National 5 PE.

### **Progression:**

Students who achieve a pass at A or B grade could progress to study Higher