**National 5 Physical Education**

**Entry Level:**

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

Students will need to have a very good participation/bringing kit record in S1-3 BGE 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 all students will follow the same course and a decision about your final level will be made after completion of the first unit of study.

**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 capacity to improve performance.
* Encourage students to examine and analyse performance to inform and influence personal improvement.
* Encourage the use of evaluation and feedback following performance.

Performance cycle of analysis

A diagram of a process

Description automatically generated

The course comprises of **two** areas of study.

1. Practical performance
2. Factors Impacting on Performance

Practical Performance

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

The current options of practical activities in National 5 PE are:

Rugby, hockey, volleyball, basketball, badminton, football, American football, gymnastics, and netball.

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

To be presented at National 5 level, students must demonstrate abilities of a National 5 standard as outlined by the SQA in at least 2 of these activities.

Factors Impacting on Performance

Through this unit students will be expected to:

* Demonstrate knowledge and understanding of the various factors (physical, emotional, mental, social) that impact on personal performance in physical activities.
* Develop performance through constructing a personalised training programme, focusing on specific sub-factors (i.e. physical – speed or CRE)
* Be able to test, monitor and retest performance, identifying and reviewing any improvements made.
* Evaluate the performance development process.

**Course Assessment:**

The National 5 course assessment is split into two components.

1. *“One-off” practical performance:* This will be performed by the students and assessed internally at Peebles High School (50% of overall grade). Students will choose **two** activities from the course that they wish to be assessed on (30 marks for each activity) and graded on performance repertoire, control and fluency, decision making, tactics and rules/etiquette.
2. *Portfolio:* This brings together work completed in a practical environment alongside the theory work covered in the factors impacting on performance unit. The portfolio is assessed externally by the SQA and is worth 60 marks (50% of overall grade).

There is no final SQA exam in National 5 PE.

**Homework:**

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

**Progression:**

Students who achieve a pass at A or B grade for National 5 PE could progress to study Higher PE.