

## **PHYSICAL EDUCATION: NATIONAL 5**

### **Why Physical Education?**

This Course offers you the opportunity to develop and extend your skills and techniques in Physical Education and improve your performance. It makes an important contribution to a balanced education and may help you to progress to further education or employment. The Course aims to develop individual abilities and to enhance your personal and social skills.

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

- develop the ability to safely perform a comprehensive range of movement and performance skills
- understand factors that impact on personal performance in physical activities
- build capacity to perform effectively
- develop approaches to enhance personal performance
- monitor, record and evaluate performance development

### **Course outline**

**Course title:** National 5 Physical Education

**SCQF:** level 5 (24 SCQF credit points)

**Course code:** to be advised

### **Mandatory Units**

**Physical Education: Performance Skills (National 5) 9 SCQF credit points**

**Physical Education: Factors Impacting on Performance (National 5) 9 SCQF credit points**

**Course assessment 6 SCQF credit points**

This Course includes six SCQF credit points to allow additional time for preparation for Course assessment. The Course assessment covers the added value of the Course. Further information on the Course assessment is provided in the Assessment section.

### **Recommended entry**

Entry to this Course is at the discretion of the centre. However, learners would normally be expected to have attained the skills, knowledge and understanding required by the following or by equivalent qualifications and/or experience:

National 4 Physical Education Course or relevant component Units

### **Progression**

This Course or its Units may provide progression to:

Higher Physical Education Course other qualifications in Physical Education or related areas employment or training

### **Assessment**

The assessment of the Units in this Course will be as follows:

#### **Physical Education: Performance Skills (National 5)**

In this Unit, the learner will be required to demonstrate their ability to perform in physical activities by developing a broad range of movement and performance skills. They will provide evidence of selecting, using, demonstrating and adapting these skills in a safe and effective way. The learner will demonstrate consistency in their control and fluency during movement.

#### **Physical Education: Factors Impacting on Performance (National 5)**

In this Unit, the learner will be required to demonstrate knowledge, understanding and application of a range of factors that impact positively and negatively on performance in physical activities. The learner will consider the effects of mental, emotional, social and physical factors on their own performance. This understanding will help to develop the learner's ability to plan for, record, monitor and evaluate performance development. The Course assessment must provide evidence of the learner's ability to plan, prepare for, effectively perform and evaluate personal performance in a physical activity. It will also assess the learner's ability to integrate and apply knowledge, understanding and skills from across the Units.

**Further advice and information on these options is available from your Subject Teacher, Home Area Principal Teacher and Careers Adviser.**