



Course Choice Information – Physical Education - Nat 5

Course Information & Content

- 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

[More Information - SQA](#)

