

Physical Education

National 5

Entry Requirements

Pupils considering studying National 5 PE would preferably have excelled in the S3 Elective Course. Pupils in S3 will have shown a commitment to developing their performance skills and fully engaging in written tasks. It is recommended that National 5 PE pupils are regularly participating in competitive sport out with school.

Progression through Physical Education

Higher
Physical
Education

- Other qualifications in Physical Education related areas including Community Sports Leader Award (CSLA), Exercise and Fitness Leadership
- Further study, employment and/or training

About the Course

Pupils taking National 5 PE must now choose between National 5 Games or National 5 Creative.

National 5 Games-Football, Basketball, Badminton, Handball
National 5 Creative-Trampolining, Netball, Gymnastics, Volleyball

Course Content

Pupils will study the factors that impact on performance in physical activities. Pupils will develop movement and performance skills in a range of physical activities.

All pupils who choose to take National 5 PE will be expected to:

- Take an active part in every lesson, irrespective of the physical activity.
- Be prepared to work complete weekly written work in class and as homework.

Factors Impacting on Performance

- Pupils develop knowledge and understanding of the factors that impact on performance in physical activities.
- Pupils acquire an understanding of how to plan, monitor, record and evaluate the process of performance development.

Performance

- Pupils develop their ability to demonstrate a broad and comprehensive range of complex movement and performance skills through a range of physical activities.
- Pupils learn how to select, use, demonstrate and adapt these skills.
- Pupils develop control and fluency during movement.

Skills Developed

Learners will develop the following skills:

- effective and safe performance in a comprehensive range of physical activities
- understanding impacts on performance (mental, social, physical and emotional wellbeing factors)
- positive attitudes, fitness, self-reliance and self-management
- recording, monitoring and evaluating to enhance performance
- researching to develop knowledge, understanding and skills
- decision-making and problem-solving
- selecting, applying and adapting skills
- planning, preparing and organisational skills
- carrying out roles and responsibilities
- demonstrating appropriate etiquette and following rules and guidelines
- communication and interpersonal skills to build positive relationships
- demonstrating initiative and strategic skills
- confidence and creativity
- analysis and evaluation

Assessment

Portfolio

Approximately August-March (ongoing)

Section 1 is completed under a high degree of supervision and control.

Sections 2 & 3 are completed under some supervision and control - 60 marks (50% of overall grade)

Performance

60 marks (50% of overall grade)

The grade is awarded based on the total marks achieved across all course assessment components.

Related Careers

Possible careers relating to Physical Education include:

- PE Teaching
- Sports Development
- Sports Management
- Sports Science
- Sports Physiotherapy
- Fitness Instructor
- Armed Services
- Outdoor Education
- Police
- Firefighting
- Professional Sport
- Sports Journalism
- Professional Dancer
- Dance Teacher

Some famous faces in the sporting world include Joe Wicks, Clare Balding, Gary Lineker and our very own Laura Muir & Eilidh Doyle.

