

National 5 Physical Education (Course Code: C856 75)

SCQF Level 5 (24 Credit Points)

Why study Physical Education?

Physical Education gives you the opportunity to develop sports performance skills in physical activities. You will develop your movement ability by taking part in team games and solo activities. You will learn about the improvement process. It is particularly suitable for those who enjoy developing their performance.

What will I study?

Physical Education is a practical subject that develops your physical movement and performance skills. You may experience a range of activities such as indoor and outdoor team games, racquet sports, fitness related activities, athletics and swimming. You will learn how to reflect on and develop your performance.

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

Performance

You will:

- develop your range of movement and performance skills
- learn how to select, use, demonstrate and adapt these skills
- develop consistency in control and fluency during movement to enable you to perform safely and effectively.

Factors Impacting on Performance

You will:

- develop your understanding of the factors that affect physical performance
- consider the effects of mental, emotional, social and physical factors on performance
- learn how to plan for, monitor, record and evaluate the process of personal performance.

How will I be assessed?

Course Assessment

The course assessment has **two** components **totalling 120 marks**:

- Component 1: portfolio – worth 60 marks
- Component 2: performance – worth 60 marks.

The portfolio component will be set and externally marked by SQA.

The performance component assesses your ability to effectively perform in 2 different physical activities. This is internally marked by your school or college. It will be externally verified by SQA.

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

The course assessment is graded A-D.

Study Materials

- [SQA Understanding Standards Physical Education](#)
- [BBC Bitesize National 5 Physical Education](#)
- [Ushare Study Resources](#)