

# Physical Education National 4/5



## Award Received

### National 4

There are 3 units that make up the National 4 course in Physical Education.

1. Performance Skills
2. Factors Impacting on Performance
3. Added value unit

The added value unit takes the form of a one off practical performance in your chosen activity. All units are marked internally by school staff. To achieve an overall award in National 4 Physical Education you must pass all 3 units.

### National 5

There are 2 components that make up the National 5 course in Physical Education.

1. Portfolio
2. Performance

Component 1 is marked externally by SQA markers.  
Component 2 is marked internally by School staff.

For National 5 Physical Education the grade awarded is based on the total marks achieved across all course assessment components.

### Entry Level: What do I need to do it?

You will need to be prepared and well organised and are expected to take part in every PE lesson giving 100% effort. **Due to the weighting towards Practical Performance, it is important that you a good level of performance in a range of activities.**

### Course Content: What will I learn?

National 4 and National 5 Physical Education focus on the analysis of your personal performance in sport and how you develop performance to make improvements.

## Teaching Methods: What will I do?

A typical week will consist of a balance of both practical and theory lessons. A wide range of teaching approaches will be used including whole class teaching, group discussion, paired work and individual work.

## Assessment: How will I be assessed?

To achieve **National 4** Physical Education learners must pass all units.

To achieve **National 5** Physical Education the grade awarded is based on the total marks achieved across all course assessment components.

### Component 1 – Performance (60 marks)

Learners will be assessed on their ability to perform in **two** activities. These activities will be agreed with the class teacher and in most circumstances will be activities that are part of the Physical Education provision in the school. In some instances, learners may use activities from out-with the Physical Education programme. **Activities chosen from out-with the Physical Education programme will only be marked by KHS teaching staff, provided they have the expertise to assess these to SQA standard. Final decisions on this will be taken by the Head of Department.**

### Component 2 – Portfolio (60 marks)

This will provide evidence of the process involved in performance development. Learners will apply knowledge, understanding and skills gained from across the units to their work here. The portfolio will be marked externally by the SQA. There is a real emphasis on the learner to collate evidence (with support from the teacher) on an on-going basis during the course and work independently. Evidence can be in the form of a training record, diary, data collection or video footage

### Homework.

Homework tasks will vary in nature and will utilise a range of resources. Ensure any homework is completed and delivered on time.

## Progression in the Senior Phase.

Learners who achieve an A pass or good B grade at National 5 may have the opportunity to go on and study Physical Education at Higher level.

Others things which we will also consider include;

- Practical performance level
- Level of study in English
- Effort, behaviour and homework