

PHYSICAL EDUCATION (National 5)

What are the aims of this course?

The main purpose of National 5 PE is to develop, demonstrate and improve performance skills in a range of physical activities. The central theme of the course is to develop approaches to improve performance through evaluation and analysis.

What will I be learning about in this course?

- Improving performance in a range of activities. Activities are facility dependent but are likely to include outdoor team games, indoor team games, aesthetic activities, and individual games.
- Explore factors which impact on performance by collecting and analysing data, identifying strengths and weaknesses, preparing an action plan and monitoring performance development.

What skills will I develop?

You will be able to:

- Perform and apply skills in the different activities
- Apply knowledge to performance of fitness, skill acquisition and tactics
- Observe and describe actions
- Suggest improvements to performance
- Make and accept decisions
- Apply safe practice, rules and etiquette

What learning and teaching approaches will I experience?

I will experience:

- Practicing and refining actions
- Cooperating and competing
- Devising and creating
- Solving problems
- Observing and reporting on skills
- Assessing self and peers

How will I be assessed?

Practical performance accounts for 50% of your overall grade. Assessment will be in two activities. This is assessed by the PE staff and may be moderated by the SQA. The remaining 50% is achieved from an assignment which will be marked by the SQA. The assignment will be an on-going piece of work which will analyse your performance, identify strengths and weaknesses, implement an improvement programme and evaluate the effectiveness of the programme.

What are the homework requirements?

To be prepared for all classes. It is essential that participants have sufficient PE kit for the four periods.

Written homework linked to the assignment will be issued.

What might this course lead to in the future?

Pupils can progress to Higher and Advanced Higher , College and University Courses.