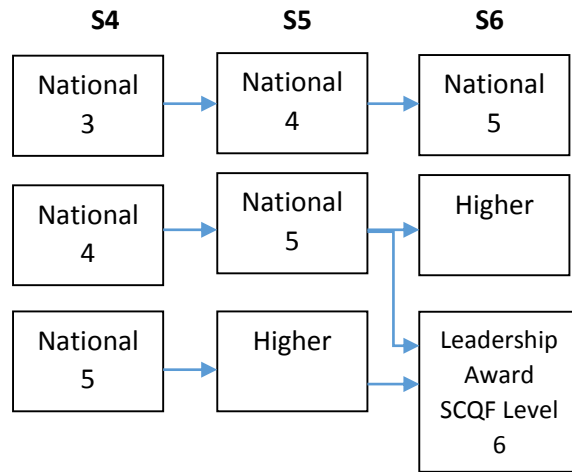
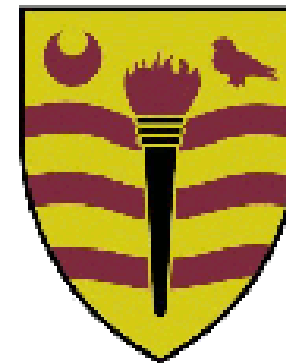


Physical Education Course Progression



Pupils may choose to sit a level over two years.

# Physical Education



# National 5

## Course Outline

The National 5 Physical Education course consists of the following units:

- ❖ Factors Impacting on Performance (FIP) - This unit looks at the physical, mental, emotional & social factors that can impact upon performers in a range of activities.
- ❖ Performance Skills - Performers will experience a variety of activities including team games, racquet sports, aesthetic activities, swimming etc. Candidates must pass in at least two activities.
- ❖ Portfolio (40% of final grade) - Candidates will investigate their strengths and development needs in a chosen activity and aim to develop, monitor and evaluate this process.
- ❖ Performance (60% of final grade) - Candidates will participate in a one off performance in their chosen activity. This will include planning and preparing for any factors that may impact their performance and an evaluation of this plan post performance.

There will be regular opportunities for home learning and study classes after school.

### June – October

- Candidates will develop their knowledge of the different factors that can impact on performance
- Candidates will complete the Factors Impacting Performance Unit (FIP)
- Candidates will work towards passing their Performance Skills unit

### October – December

- Candidates will work towards passing their Performance Skills unit
- Candidates will be introduced to the Portfolio

### January – April

- Candidates will complete and submit their Portfolio to the SQA (Easter)
- Candidates will have passed the Performance Skills unit in at least two activities
- Candidates will participate in a one off performance day (March)