

National 5 Physical Education

The course has two main units

Factors Impacting Performance:

- On-going assessment through workbook
- Demonstrate knowledge and understanding of Mental, Emotional, Social and Physical Factors
- Investigate the effects of MESP factors on performance
- Prepare and implement a development programme to improve performance

Performance Skills:

- On-going assessment
- Assessed in a minimum of two activities throughout the year
- Pupils need to demonstrate consistency in;
 - a comprehensive range of movement and performance skills
 - working cooperatively with others
 - body and spatial awareness
 - techniques, composition & tactics

Homework is set weekly and includes written tasks, reading course notes to consolidate learning and completion of tasks set in class.

National 5 Physical Education Assessment

To guarantee National 5 Course award you must pass both units and the course award;

Performance Skills:

2 performance units at National 5 level - on-going throughout the year

Factors Impacting Performance

The written unit assessment on-

Outcome 1 October 2015

Outcomes 2 & 3 December 2015

Your Course Assessment consists of;

One Off Performance (40% mark for actual performance + 20% planning, preparation & evaluation)

- week beginning 29th February 2016

Written Portfolio (40% of overall grade)

- Week beginning 7th March to be completed by 24th March