

Physical Education

HEALTH & WELLBEING

What skills will my child develop?

- Effective and safe performance in a comprehensive range of physical activities
- Understanding impacts on performance (wellbeing factors)
- Positive attitudes, fitness, self-reliance and self-management
- Recording, monitoring and evaluating to enhance performance
- Researching to develop knowledge, understanding and skills
- Decision-making and problem-solving
- Selecting, applying and adapting skills
- Planning, preparing and organisational skills
- Carrying out roles and responsibilities
- Demonstrating appropriate etiquette and following rules and guidelines
- Communication and interpersonal skills to build positive relationships
- Demonstrating initiative and strategic skills
- Confidence and creativity
- Analysis and evaluation



WHAT WILL MY CHILD EXPERIENCE DURING THE COURSE?

- Active and independent learning to develop and consolidate skills, improve fitness and enhance wellbeing
- A blend of classroom approaches including experiential, practical learning
- Collaborative learning: learning from each other, in partnership and in teams as well as through whole class learning
- Space for personalisation and choice: learners choose their specialism for the course assessment (performance) and select their activities for their portfolio
- Applying learning
- Embedding literacy skills: researching and presenting information; evaluating; discussing; listening; talking.


ASSESSMENT

- The course will be assessed through a performance and a portfolio, which will be graded A to D. Each assessment is worth 60 marks and makes up 50% of the total assessment mark.
- The Portfolio is marked by SQA. It assesses the learner's knowledge and understanding of performance development and has three sections:
 1. Understanding factors that impact on performance (i.e. mental, emotional, social and physical)
 2. Planning, developing and implementing approaches to enhance personal performance
 3. Monitoring, recording and evaluating performance development.

Learners complete the portfolio using a template provided by SQA.
- The Performance assesses the learner's ability to effectively perform two different physical activities in a challenging, competitive and/or demanding context. It is marked internally by the teacher and quality assured by SQA.

APPLYING LEARNING

Strategic Thinking In The Classroom

 Our topic was basketball. We found out about defensive strategies – full court pressure player to player, half court player to player, half court trap and zone defence. We tried them out using models and different scenarios, to help us make tactical choices. Then we used the strategies ourselves, taking it in turns to make the decisions. With our teams, we assessed the effectiveness of the strategies.



National 5 progresses onto Higher Physical Education

For more detailed course information:

SQA: Physical Education National 5: www.sqa.org.uk/sqa/45743.html

Education Scotland: www.education.gov.scot/nationalqualifications

Curriculum for Excellence Key Terms and Features Factfile:

www.education.gov.scot/parentzone/Documents/CfEFactfileOverview.pdf



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