



Course Outline

The course comprises two areas of study:

- Performance
- Factors Impacting on Performance

Assessment at National 5 consists of two components:

- Portfolio: Assesses the candidate’s knowledge and understanding of the performance development process. The portfolio has 60 marks (50% of the course award)
- Performance: Assesses the candidate’s ability to effectively perform in two different physical activities. The performance has 60 marks (50% of the course award)

Assessment at National 4 consists of successful completion of two mandatory Units and an Added Value Unit:

- Performance Skills: to develop a range of movement and performance skills in physical activities
- Performance: Learners will prepare for and carry out a performance, which will allow them to demonstrate challenge and application
- Factors Impacting on Performance: Learners.
- develop their knowledge of factors that impact on personal performance in physical activities.

To improve on their current performance with **National Physical Education** your child could use some of the following strategies:-

| Strategy | ✓ |
|--|---|
| Produce a study planner to ensure regular study each week | |
| Revise course notes regularly to keep on top of course content | |
| Make use of spider diagrams, cue cards or other study aids to help organise key pieces of information | |
| Complete all homework tasks set and on hand in on time | |
| Attend supported study classes on offer (INSERT DATES OF SUPPORTED STUDY) | |
| Attempt SQA past examination questions under timed conditions – www.sqa.org.uk | |
| Ensure deadlines are met for SQA assignments and projects | |
| Identify command words at the start of questions to ensure questions are answered properly | |
| Apply more effort in class to ensure all work is complete | |
| Ensure deadlines are met for SQA assignments and projects | |
| Make use of on-line learning resources such as... | |
| Engage more with classroom discussions and focus on activities to develop knowledge and understanding | |
| Extend the level of detail and exemplification in written work | |
| Prepare thoroughly for class assessments and act on any feedback provided by class teachers | |
| Work to the best of your ability and take a more serious attitude to your studies. | |
| Improve attendance and catch up on any work missed. | |

Websites – <https://www.sqa.org.uk/sqa/45743.html> <https://www.bbc.com/bitesize/subjects/zctsr82>