

# HEALTH: NATIONAL 4/5 PE



## Why Physical Education?

Physical Education gives you the opportunity to develop your personal fitness and increase your enjoyment and skills in physical activities. You will have the opportunity to improve your sports performance skills in a range of competitive activities. It will help you to develop confidence, resilience, initiative, decision making and team working skills. It is particularly suitable for those who love physical activity and enjoy learning in practical ways.

## Course Outline

Physical Education is a practical subject that develops your physical movement and performance skills. You will have the opportunity to participate in a range of competitive activities e.g. football, hockey, basketball, badminton, volleyball and learn how to reflect on and improve your performance.

**One period per week will be classroom based in order to cover all theory elements of this course.**

## Assessment

**National 4:** The course will be graded pass/fail. National 4 has two mandatory units and an added value unit. These unit assessments are as follows:

- Practical Performance in two activities which are assessed internally and graded as pass/fail
- An internally assessed unit called Factors Impacting on Performance (FIP) which is also graded as a pass/fail
- An internally assessed practical performance in one activity that enables candidates to demonstrate challenge and application

**National 5:** The course will be graded A-D. The marks for all course components are added together to give a total course assessment mark which is then used as the basis for grading decisions. National 5 has two course assessments:

- A “one-off” practical performance in two activities which are assessed internally and graded out of 30 marks each
- A Portfolio which will reflect the students’ knowledge and personal application of the Factors Impacting Performance. This is completed internally and sent to the SQA for grading and awarded a grade out of 60 marks

## Progression

Successful completion of National 4 Physical Education may lead to the following courses of study:

- National 5 Physical Education

Successful completion of National 5 Physical Education may lead to the following course of study:

- Higher Physical Education