**PHYSICAL EDUCATION NATIONAL 5**

**CONTENT**

You will learn about your own performance in a variety of activities and how it can be improved. You will study four **factors that most impact on your performance**

**ASSESSMENT**

**There is no final SQA exam.** National 5, has a performance based assessment (50%) in two activities and a PORTFOLIO which is externally marked by the SQA worth 50% of the course award.

Pupils will complete a number of tests throughout the year to monitor their progress.

**HOMEWORK**

There will be worksheets and questions set as homework tasks with around 30 minutes each week expected of the learner. Pupils will also be asked to complete extra reading to consolidate and develop their learning.

**ENTRY REQUIREMENTS**

* If pupils have experienced core PE in S1-S3, consistently brought their kit and worked hard.
* A genuine interest in participation in sport and practical activities and a willingness to learn new skills and techniques.
* A genuine interest in understanding the process of ‘how’ to improve performance and ‘why’ it is important to improve performance.