**PHYSICAL EDUCATION**

**Introduction**

In Physical Education, pupils will learn to develop and demonstrate movement and performance skills in physical activities. By engaging in physical activities, learners will demonstrate initiative, decision-making and problem-solving.

The course also encourages learners to develop a positive attitude towards a healthy lifestyle, and the contribution that physical activity makes to this.

The skills that learners acquire by successfully completing this Course are transferable to learning, to life and to the world of work.

**Levels Offered**

The subject will be offered at National 4 and National 5 levels.

**Course Outline**

|  |  |
| --- | --- |
| **N4 PHYSICAL EDUCATION (Pass/Fail)** | **N5 PHYSICAL EDUCATION (Grades A-D)** |
| **Performing Skills Unit***Pupils will develop some consistency in their control, fluency of movement and body and spatial awareness. They will also learn how to respond to and meet the physical demands of performance in a safe and effective way. The Unit offers opportunities for personalisation and choice in the selection of physical activities.*  | **Performing Skills Unit***Pupils will develop consistency in their control and fluency during movement to enable them to meet the physical demands of performance in a safe and effective way. The Unit offers opportunities for personalisation and choice in the selection of physical activities.*  |
| **Factors Impacting Performance Unit***Pupils will record, monitor and reflect on their own performance. There will be opportunities for personalisation and choice through the selection of physical activities used in learning and teaching.*  | **Factors Impacting Performance Unit** *Pupils will consider the effects of mental, emotional, social and physical factors on performance, and will develop an understanding of how to plan for, monitor, record and evaluate the process of personal performance.* |
| **Added Value Assessment***Pupils will prepare for and carry out a performance, which will allow them to demonstrate challenge and application.* | **Course Assessment*****Performance*** *Pupils will be required to demonstrate their ability to perform in a one off performance in an activity of their choice.****Portfolio****Pupils will be required to demonstrate knowledge, understanding and application of a range of factors that impact positively and negatively on performance in physical activities. They will consider the effects of mental, emotional, social and physical factors on their own performance.*  |

**The main aims of the Course are to enable the learner to:**

* develop the ability to safely perform a range of movement and performance skills in straightforward contexts
* develop and demonstrate knowledge of factors impacting on performance
* build capacity to perform effectively
* develop approaches to enhance personal performance
* monitor, record and reflect on performance development

**Progression**

The National 5 course provides progression to Higher Physical Education. The course may also lead to further study, employment and/or training in various industries.

**Further information:**

More information on Physical Education is available at the links below:

<http://www.sqa.org.uk/sqa/45742.html> <http://www.npfs.org.uk/wp-content/uploads/2013/03/nutshell_PE_N4_E.pdf>

<http://www.sqa.org.uk/sqa/45743.html> <http://www.npfs.org.uk/wp-content/uploads/2013/03/nutshell_PE_N5_E.pdf>