

# CAREERS INFORMATION



# OTHER INFORMATION

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# Physical Education

# Physical Education National 5



TURRIFF ACADEMY

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## Career Areas

- [Performing Arts](#)
- [Sport & Leisure](#)

Further advice and information on these options is available from your subject teacher, guidance teacher and careers adviser.

# COURSE INFORMATION

## Why Physical Education?

Physical Education gives you the opportunity to build your physical 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 team games and solo sports. 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.

### Entry to the course

Entry is at the discretion of the school or college but you would normally have achieved:

**National 4 Physical Education**

## Course Outline

Physical Education is a practical subject that develops your physical movement and performance skills. You will learn how to reflect on and improve performance.

The course has **two** compulsory units plus an **added value** unit that assesses your practical skills. The units are the same as those for **National 4** but you will have to work to a higher standard.

### Physical Education: Performance Skills

In this unit you will:

- develop your range of movement and performance skills
- learn how to select, use, demonstrate and adapt these skills
- develop consistency in control and fluency during movement to enable you to perform safely and effectively.

### Physical Education: Factors Impacting on Performance

In this unit you will:

- develop your understanding of the factors that affect physical performance
- consider the effects of mental, emotional, social and physical factors on performance
- learn how to plan for, monitor, record and evaluate the process of personal performance.

## Added Value Unit: Physical Education Performance

In this unit you will:

- demonstrate an understanding of factors that affect performance
- plan, develop and implement ways to improve performance
- provide evidence of this process using reference points provide evidence of any adaptations or modifications made during the development process.

# ASSESSMENT

### Assessment

Your work will be assessed by your teacher on an ongoing basis throughout the course. Items of work might include:

- practical work - performance of a physical activity
- written work - research assignments and reports
- projects
- class-based exams.

You will also sit a written exam marked by the Scottish Qualification Authority (SQA). You must pass all the units including the performance unit to gain the course qualification.

The course assessment is graded A-D. Your grade will depend on the total mark for all the units in your course.

# PROGRESSION

## Progression

If you complete the course successfully, it may lead to:

- **Higher Physical Education**

Further study, training or employment in:

- **Armed Services**
- **Security and Protective Services**

**Sport and Leisure**

# FURTHER COURSES IN TURRIFF ACADEMY

In S5/6:

**Physical Education Higher**