

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

PE NATIONAL 5

Details of Course Components

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

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: Portfolio

- 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.

ASSESSMENT

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

- **practical performance**- performance in two physical activities (video' d). Each activity will have a mark out of 30 giving a total of 60 overall.
- **written work** - portfolio mark out of 60 (marked externally by the SQA)

You will also sit a written portfolio which will be completed over the year under exam conditions specified by the SQA. This is then sent away to the SQA to be marked. It is important that you revise for the portfolio assessments to give you the best chance of passing with a good grade (A/B) which will allow you to progress on to the higher course the following year.

The course assessment is graded A-D. Your grade will depend on your score for your two practical performances plus the portfolio.



PHYSICAL EDUCATION

PE Staff :

Mr David Laing

Career Areas:

- Performing Arts
- Sport & Leisure

Courses in Turriff Academy

Higher PE

National 5 PE

Useful websites to help you with your choices:

www.myworldofwork.co.uk

www.skillsdevelopmentscotland.co.uk

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