

## National 5 Physical Education (Course Code: C856 75)

SCQF Level 5 (24 Credit Points)

### Why study Physical Education?

Physical Education gives you the opportunity to develop sports performance skills in physical activities. You will develop your movement ability by taking part in team games and solo activities. You will learn about the link between fitness and good health. It is particularly suitable for those who love physical activity and enjoy learning in practical ways.

#### Career Pathways

To see what career areas this subject could lead to and the routes to get there, download and view these career pathways:

[Health and Medicine](#)

[Performing Arts](#)

[Sport](#)

[Teaching and Classroom Support](#)

[Uniformed and Security Services](#)

### What do I need to get in?

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

- **National 4 Physical Education**

### What will I study?

Physical Education is a practical subject that develops your physical movement and performance skills. You may experience a range of activities such as indoor and outdoor team games, racquet sports, fitness related activities, athletics and swimming. You will learn how to reflect on and develop your performance.

The course comprises **two** areas of study.

#### Performance

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.

## Factors Impacting on Performance

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.

## How will I be assessed?

### Course Assessment

The course assessment has **two** components **totalling 120 marks**:

- Component 1: portfolio – worth 60 marks
- Component 2: performance – worth 60 marks.

The portfolio component will be set and externally marked by SQA.

The performance component assesses your ability to effectively perform in 2 different physical activities. This is internally marked by your school or college. It will be externally verified by SQA.

The grade awarded is based on the total marks achieved across all course assessment components.

The course assessment is graded A-D.

## Study Materials

- [SQA Understanding Standards Physical Education](#)
- [BBC Bitesize National 5 Physical Education](#)
- [Ushare Study Resources](#)

## What can I go on to next?

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

- **Higher Physical Education**

Further study, training or employment in:

- Health and Medicine
- Performing Arts
- Sport
- Teaching and Classroom Support

- Uniformed and Security Services