

Supporting Your Learner

National 5

Course Outline	2
Exam Preparation	3
Useful Websites.....	3
Useful Textbooks	3
Revision Classes.....	3
Understanding Standards	4



Course Outline

The PE National 4 and 5 courses enable all learners to succeed in a range of physical activities. Through analysing performance, learners will understand what is required to improve performance and to become more effective performers. Learners will specifically develop decision making and problem solving skills.

Learners will experience a range of activities with the focus on two main activities to be agreed after a discussion between staff and pupils. Performers will build their capacity to perform in these key activities.

Pupils will be taught to talk, write and demonstrate their knowledge and understanding of key features which impact on improving sporting performance. They will then be able to consider if their training and practising was effective and made an impact on future performances.

Some lessons will be classroom based and others will involve worksheets and ICT (especially video work) to support learning in the practical setting.

National 4 is internally assessed by class teachers and on-going, end of unit class tests, peer and self-assessment will form the core of this process. The course may be assessed on a unit by unit basis or through a combined approach but outcome will be based on a pass/ fail basis. There is no final SQA exam.

National 5 has the same internal assessment but will also have a final SQA exam paper.

Pupils undertake a portfolio and have a final practical assessment with both added together to form the pupils overall grade from A-D. A breakdown of how the marks are awarded can be found below.

- Portfolio – 40 marks (sent to SQA and externally marked)
- Performance – 60 marks (10 marks planning and preparation, 40 marks performance and 10 marks evaluation – marked internally and quality assured by SQA)



Exam Preparation

Candidates should be training and competing regularly throughout the year. This will suitably prepare them for the single performance. Those who are not part of a club/organisation will be heavily encouraged to join; be it extra-curricular or further afield. To give a rough idea of the level of performer required at Higher level – a competent club level performer will score well on the Higher scale and a performer who represents at regional level is likely to score highly. However, it is all down to how the candidate performs on the day.

Useful Websites

[Brian Mac \(Online Resources - Factors, Training Programmes, Drills and Exercises\)](#)

This link offers in depth information for training programme purposes and ideas for drills and exercises.

Useful Textbooks

- [Leckie & Leckie](#)
- [Bright Red Publishing](#)

Revision Classes

Revision classes are agreed at the beginning of the academic year. 'Drop in' sessions are available at lunchtimes and after school to allow pupils to bring pieces of work to be reviewed or arrive with specific study questions.



Understanding Standards

The link below to the SQA website will allow you to see where markers have awarded marks to exemplar papers and to read the comments on individual responses. It is especially helpful in identifying where marks are awarded for analysis and for knowledge.

[SQA Understanding Standards](#)

