



# Physical Education

## National 4 and National 5

Physical education courses at **National 4** and **National 5** level are designed to give you the best possible insight into the factors that are impacting on your performance. Both are mainly practical, so it will naturally compliment your experience of broad general education in P.E. but with the added value of deeper analysis and investigation of variety of factors that are affecting the performance.

1. The National 4 and 5 courses will consist of several internal units :

a. **Factors Impacting Performance unit (FIP)**

Demonstrate knowledge and understanding of factors that impact on personal performance in physical activities.

Develop personal performance in physical activities.

Evaluate the performance development process.

b. **Performance skills unit**

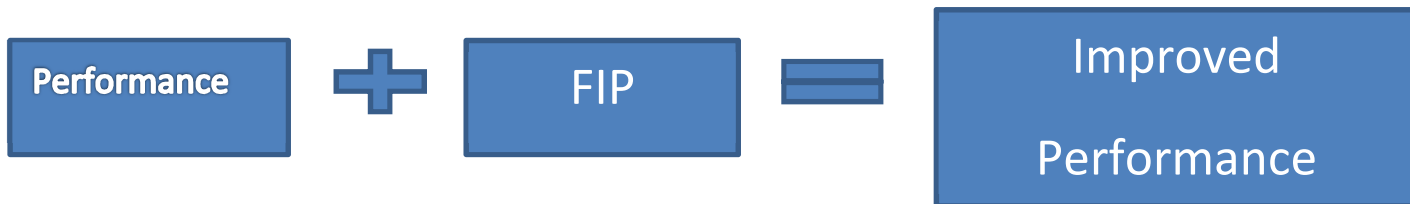
Through this unit pupils will work towards demonstrating a comprehensive range of movements and performance skills in physical activities. Activities will include: hockey, basketball, gymnastics, swimming, badminton and volleyball.

c. **Added value unit**

To achieve this unit a **National 4** candidate will undertake a performance in which they will integrate, extend and apply the skills, knowledge and understanding they have learned during the course.

2. The units are going to be assessed throughout the year and upon successful completion of those units **final assessment exam** arranged. Final exam at **National 5** level will consist of a single one off performance in your favourite activity and the **portfolio**. The single one off performance is marked by your P.E. teacher and is worth **60** marks (of which 20 are related to writing a short plan that will include a preparation and also an evaluation of the exam). The Portfolio is marked by the **SQA** and is worth **40** marks. The portfolio will also be a combination of practical tasks and analysis.

The **National 4** course is marked internally by your teacher so there is no Portfolio assessment task to complete but you **must** pass all the assessment standards of the **FIP unit** and the **Performance skills unit**. Performance assessment task consists of one single performance in your favourite activity and is marked on a **pass** or **fail** basis. This is called an **added value unit**.



### Links and materials:

The National 4/5 textbook was published on the 10th February 2014. The book is a great resource and will help you with your unit assessments and portfolio. Here is a link to buy the book, the book will also be available to borrow from the P.E department.

[http://www.amazon.co.uk/National-Physical-Education-Course-Notes/dp/0007504772/ref=sr\\_1\\_1?ie=UTF8&qid=1392630629&sr=8-1&keywords=national+4+physical+education](http://www.amazon.co.uk/National-Physical-Education-Course-Notes/dp/0007504772/ref=sr_1_1?ie=UTF8&qid=1392630629&sr=8-1&keywords=national+4+physical+education)

National 4/5 BBC Bitesize

<http://www.bbc.co.uk/education/subjects/zctsr82>

New Qualifications outline:

<http://www.sqa.org.uk/sqa/58085.html#different>

### FAQs:

**Q** *Do I have to do all the parts of the course to get a Grade?*

**A** Yes. It is important that you understand the significance of each stage in the assessment process. You **MUST** pass both the Performance and Factors Impacting Performance Units in order to achieve a course award. If you fail either of these units (you do not satisfy the assessment standards) you cannot achieve a course award in National 5 PE.

**Q** *If I pass the performance unit and get a grade for the Final Performance Assessment but I do not complete the written work can I still get a grade for N5 PE?*

**A** No. You cannot get a grade for Performance alone. Even if you complete your Final Performance Assessment and receive a mark out of 60, this will only qualify once you have successfully completed your FIP unit and Portfolio Assessment task.

**Q** *How many activities do I have to achieve the assessment standards in to pass the Performance Unit?*

**A** 2.

**Q** *Do I only have one opportunity to achieve the assessment standards in the Performance unit?*

**A** No. If you fail to satisfy any of the Assessment Standards in the Performance unit you will be given **one** further opportunity to achieve them. You may choose to do this in the same activity or in a different activity. Your teacher will discuss this with you as required.

**Q** *If required, do I get a re-assessment opportunity in both activities in the Performance Unit Assessment.*

**A** Yes.

**Q** *Can I choose any activity to do for the Performance Unit assessment.*

**A** No. Your teacher will discuss with the class the activities to be included in the course. The activities will however; be selected on a majority basis. Once selected you will then get to choose which 2 of the selected activities you would like to be assessed in.

**Q** *For my final Performance Assessment, can I choose any activity I want, even one I participate in out of school?*

**A** This is not normal practice. However; if you feel this would be of a significant benefit to you, you should discuss this with your teacher. You would have to prove the significance compared to the activities on offer in school. It must be stressed however; due to the strict assessment requirements there is no guarantee that this would be possible. The final decision will be made by the teacher.

**Q** *If I don't do as well as I had hoped in my Final Performance Assessment do I get another opportunity to do this?*

**A** No. You only have one opportunity to get a grade for your final performance assessment. That is why it is very important for you to think carefully about the activity you chose to do this in.

**Q** *Can I submit my completed FIP unit assessment as my Final Portfolio assessment?*

**A** No. These are 2 separate pieces of work, both assessing your knowledge and understanding in slightly different ways. You must complete both pieces to achieve a National 5 award.

**Q** *If I fail the FIP unit but I complete the Final Portfolio assessment can I submit this and achieve a course award?*

**A** No. You must successfully complete the FIP unit assessments in order to achieve a course award.

**Q** *What happens if I am absent for any of my assessments?*

**A** In all cases an explanation of your absence with supporting evidence must be given to your teacher (e.g. medical note from your doctor).

**Q** *What happens if I do not have a justified reason for my absence?*

**A** For the Performance Unit and FIP unit assessments, it may be possible to negotiate an alternative assessment date/time with your teacher. For the Final Performance Assessment and Portfolio Assessment Task, if no explanation is provided with supporting evidence, no alternative assessment date shall be issued.

**Q** *What happens if I have an out of class request (e.g. to play football; to attend a school orchestra practice) for a date / time specified for a N5 PE assessment?*

**A** Your teacher will not authorise your out of class request. This means you will be expected to attend your N5 PE assessment at the date / time set. Failure to do so shall be marked as an unauthorised absence and the process described above shall be put in place.

**Q** *If I should fail to achieve the Assessment Standards at National 5 level does this mean I will receive nothing at the end of the year for PE.*

**A** No. If you do not satisfy the assessment standards for National 5, it is possible for you to be assessed and presented at National 4. Your teacher will discuss this with you, should the situation arise.

If you have any other questions, or if there is anything you are not sure about please speak to your teacher. If your parents would like clarification on any aspects of the National 5 Physical Education course please ask them to contact the P.E department at the school.

**The very best of luck in your National 5 PE course.**