

## **National 5 Physical Education – Success Criteria**

The **'Performance'** element will give the opportunity to demonstrate the following skills, knowledge and understanding, in 2 activities;

- ✓ a repertoire of skills — including complex skills (how well performer can pass, shoot, dribble under pressure, in team games for example.)
- ✓ control and fluency (how well performer links movements and skills together during performance.)
- ✓ effective decision-making (when to pass, when to shoot etc in relation to the games context.)
- ✓ using and applying straightforward composition, tactics or role safely and effectively (understanding and carrying out role/position within the performance.)
- ✓ conforming to rules, regulations and etiquette
- ✓ controlling emotions (dealing with mistakes, decisions, the score-line etc)
- ✓ working co-operatively with others (as part of a team/group, working with an opponent.)

The **'Portfolio'** gives the opportunity to demonstrate the following skills, knowledge and understanding in 3 sections:

### **Section 1 - Understanding Factors that Impact on Performance**

In this section, the candidate must explain the impact of Mental (eg decision making, concentration), Emotional (eg anger, fear), Social (eg communication, team dynamics) and Physical (skill, fitness, tactics) factors on performance. Pupils may talk about the impact either positively or negatively and they may also make reference to one, or more, activities.

### **Section 2 - Planning, Developing and Implementing Approaches to enhance Personal Performance**

In this section, the candidate must select two of the factors from section 1 and one activity in which to demonstrate personal performance development. The candidate will gather data on their performance and identify both strengths in performance and areas for development. The candidate will be required to plan and complete a Personal Development Programme, justifying decisions they made and describing the approaches (type of training) selected, to develop their performance in their chosen development areas.

### **Section 3 - Monitoring, Recording and Evaluating Performance Development**

In this section, the candidate will show how they have used information from monitoring and recording to evaluate their performance development and make decisions on their future development needs.

**What will be taken into consideration when deciding on a teacher-estimated grade for National 5 PE:**

- The estimated mark awarded for the Portfolio. (60 marks) \*sent to SQA for marking.
- The marks awarded for both Performance elements. (2x 30 marks)
- Commitment and quality in class/homework. Timed questions, under exam conditions may be used prior to Portfolio completion.