

N5 PHYSICAL EDUCATION SENTIAL INFORMATION

Which topics are covered at N5?

Context	Theme
Understanding factors that impact on performance	Mental Factors
	Emotional Factors
	Social Factors
	Physical Factors
Planning, developing and implementing approaches to enhance personal performance	Data Collection
	Strengths & Development Needs
	Target Setting
	Developmental Approaches
Monitoring, recording and evaluating performance development	Feedback
	Programme Monitoring
	Evaluating Programme Effectiveness
	Evaluating Performance
	Next Steps for Future Programmes

What apps and websites can I use to support my learning?

BBC Bitesize – <https://www.bbc.co.uk/bitesize/subjects/zctsr82>
 SATPE – <https://www.satpe.co.uk/2020/08/12/pe-cycle-of-analysis-app/>

PE Portfolio Playbook Streams Channel - <https://web.microsoftstream.com/group/da87107c-c777-4c9d-a191-e054b9b5e498?view=videos>

PE Factors Quizlets:

[Mental](#)
[Emotional](#)
[Social](#)
[Physical](#)

Achieve - <https://letsachieve.co.uk/new-on-achieve-national-5-pe/>
 (Student Login)

Are there important dates of which I should I be aware?

These are shared with students and through the assessment calendar available on the school website.

How is the course assessed?

COMPONENT	DETAILS	LENGTH	MARKS		%
National 5 PE Portfolio	Section 1 – Factors Impacting Performance <i>Completed within class under exam conditions. No time limit but completed in one sitting. Cannot be edited at a later date.</i>	n/a	8	60	50%
	Section 2 – Planning, developing, and implementing approaches to enhance Personal Performance <i>Completed within class under controlled conditions / independently. Is completed overtime as they develop their performance within class.</i>	n/a	29		
	Section 3 - Monitoring, recording and evaluating performance. Development <i>Completed within class under controlled conditions / independently. Is completed overtime as they develop their performance within class.</i>	n/a	23		
One-Off Performance	Activity 1 – An assessment of practical performance by a member of the PE Team on one activity. It cannot be repeated.	n/a	30	60	50%
	Activity 2 – An assessment of practical performance by a member of the PE Team on a second activity. It cannot be repeated.	n/a	30		

What resources do I need?

Resources from class lessons (iPad - One Note and Teams)

Resources from practical lessons (PE Kit & iPad, other equipment provided)

What else can I do to improve?

Select your two practical activities early.
 Regularly practice both of your chosen performance activities.
 Develop your understanding of the performance assessment criteria.
 Develop your understanding of the command words used within portfolio questions.
 Fully participate in practical lessons, these experiences specifically relate to course elements in the portfolio.
 Bring your iPad to every lesson.

Where can I find more information about the assessments?

SQA Portfolio Template

https://www.sqa.org.uk/sqa/files_ccc/n5-cat-physical-education-portfolio.pdf

SQA Performance Assessment Criteria

https://www.sqa.org.uk/files_ccc/PhysicalEducationN5CATPerformance.pdf

Where do I find more information about the course?

<https://www.sqa.org.uk/sqa/47399.html>

How do I ensure top marks?

Set yourself an aspirational target grade and detail exactly what you're going to do to achieve this and keep referring to this.
 Keep up-to-date with your classwork and any homework tasks.
 Explore the use of writing frames to help structure your portfolio answers.
 Work consistently throughout the year
 Pay close attention to teacher feedback.
 Attend supportive study sessions.

