

NPA LEVEL 5 SPORTS AND FITNESS ESSENTIAL INFORMATION

<p>Which topics are covered at N5?</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 20%;">Context</th> <th>Theme</th> </tr> </thead> <tbody> <tr> <td rowspan="4">Sporting Activity & Performance</td> <td>Skills & Techniques</td> </tr> <tr> <td>Code of Conduct</td> </tr> <tr> <td>Appropriate</td> </tr> <tr> <td>Practical sessions, focused on a variety of skill development</td> </tr> <tr> <td></td> <td>Complete tasks in booklet to show evaluation of performance</td> </tr> <tr> <td rowspan="4">Sports Officiating & Organising</td> <td>Rules of the Game</td> </tr> <tr> <td>Actions of Officials</td> </tr> <tr> <td>Safety Requirements</td> </tr> <tr> <td>Plan, Implement, and Evaluating a Tournament</td> </tr> <tr> <td rowspan="4">Coaching Development</td> <td>Understanding effective & ineffective coaching</td> </tr> <tr> <td>Awareness of Data Protection and Child Protection</td> </tr> <tr> <td>Gathering Participant Information</td> </tr> <tr> <td>Coaching Session Planning</td> </tr> </tbody> </table>	Context	Theme	Sporting Activity & Performance	Skills & Techniques	Code of Conduct	Appropriate	Practical sessions, focused on a variety of skill development		Complete tasks in booklet to show evaluation of performance	Sports Officiating & Organising	Rules of the Game	Actions of Officials	Safety Requirements	Plan, Implement, and Evaluating a Tournament	Coaching Development	Understanding effective & ineffective coaching	Awareness of Data Protection and Child Protection	Gathering Participant Information	Coaching Session Planning	<p>What apps and websites can I use to support my learning? All supportive resources are on their OneNote / Teams</p> <hr/> <p>Are there important dates of which I should I be aware? Assessment is continual throughout the year through class task, logbooks, and teacher observations.</p>
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<p>How is the course assessed? Each course element is pass / fail. This is a practically focused course based on teacher observation & sign offs, as well as some class tasks.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 25%;">COMPONENT</th> <th>DETAILS</th> </tr> </thead> <tbody> <tr> <td>Sporting Activity & Performance</td> <td rowspan="3"> <ul style="list-style-type: none"> > This is assessed through a pass or fail module based on teacher observation and sign off. > Candidates must complete their 3-unit booklet on OneNote in detail to show their knowledge and understanding of the course modules. > Demonstration of physical skills and ability in selected team sport > Demonstrated during in class practical sessions, coaching development and delivery through workshops with external coaches and companies. > Engaging with the class and individual code of conduct within sport of choice (pupil designed their own code of conduct). </td> </tr> <tr> <td>Sports Officiating & Organising</td> </tr> <tr> <td>Coaching Development</td> </tr> </tbody> </table>		COMPONENT	DETAILS	Sporting Activity & Performance	<ul style="list-style-type: none"> > This is assessed through a pass or fail module based on teacher observation and sign off. > Candidates must complete their 3-unit booklet on OneNote in detail to show their knowledge and understanding of the course modules. > Demonstration of physical skills and ability in selected team sport > Demonstrated during in class practical sessions, coaching development and delivery through workshops with external coaches and companies. > Engaging with the class and individual code of conduct within sport of choice (pupil designed their own code of conduct). 	Sports Officiating & Organising	Coaching Development													
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<p>What resources do I need? PE Kit from each lesson (Sometimes this involves swimming) iPad for each lesson (Resources on Teams / OneNote)</p>	<p>What else can I do to improve/ be successful in this course? Review key concepts through class notes / tasks. Keep up to date with logbooks at the end of relevant lessons/ experiences. Keep attendance high, as much of the course is experiences / participation based. Ensure coaching sessions are planned. Ask questions if unsure. Ensure you contribute towards group projects to ensure you also get a pass for relevant class activities. Take on teacher feedback</p>																			
<p>Where do I find more information about the course? https://www.sqa.org.uk/sqa/38724.html</p>																				