



Physical Education Essential Information

Which topics are covered at N5?

Context	Theme(s)	
Understanding factors that impact performance	Mental	Emotional
	Social	Physical
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	

Are there important dates of which I should be aware?

The National 5 PE Portfolio is an ongoing piece of coursework – this must be completed and printed before the end of March 2027

PE Performance assessments are also undertaken at various points throughout the year – this is negotiated with learners directly.

Some performances can be completed out of school, recorded and videos shared with your child's teacher.

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		

Where can I find more information about the exam and assignment?

The SQA Understanding Standards provides exemplars and grades awarded.

<https://www.understandingstandards.org.uk/>

Where do I find the past papers?

You can find papers on the SQA website.

<https://www.sqa.org.uk/pastpapers/findpastpaper.htm>

How do I ensure top marks?

- Regular revision of the different topics (interleaving)
 - Check how many marks a question is worth
 - Make sure you understand what the question is asking (pay close attention to the **command word**)
- Practice as many past paper questions as you can.

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-analysisapp/>

PE Portfolio Playbook Streams Channel -

<https://web.microsoftstream.com/group/da87107c-c777-4c9da191-e054b9b5e498?view=videos>

Achieve –

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

