

National 5 Course Overview

Course Structure:

- Practical Element is worth 50% of final grade
 - 2 one-off performances out of 30 (60 total).
- Theory Element is worth 50% of final grade
 - Portfolio out of 60.

Practical Assessment:

- Worth 60 Marks
- Assessed on two activities, cannot be too similar (document produced by SQA which specifies activities which are too similar).
- Each performance is worth 30 marks
Assessed in school, or on video of performance out with school time. This year a number of performances were completed during 'one-off performance day'.
- Each performance will be a one-off event that must be in a challenging, competitive and/or demanding environment.
- At least 2 members of staff will assess performance to ensure consistency/accuracy.

Portfolio Assessment (Theory):

- Worth 60 Marks
- Three Sections within the portfolio
- Section One: No notes, under exam conditions (usually completed during Prelim Exam diet)
- Section 2: Notes allowed, under exam conditions
- Section 3: Notes allowed, under exam conditions
- This is completed within class time and is typed up.
- Portfolio can be completed on any activity, but most pupils choose to focus on the activity their class covers during the year.

Other Information

- In previous 2 years classes have focused on Badminton or Football, to complete a 'Cycle of Analysis' then use this information to complete the Portfolio task.
- 'Performance' blocks have been introduced to improve ability in activities which may be unfamiliar, this year there were performance blocks on Netball, Handball, Water Polo, Basketball, Badminton and Volleyball. Pupils could opt in to activities that they may choose as a one-off performance.
- Twilight classes run from Christmas onwards to improve knowledge required to score well in Portfolio.
- Portfolio started early in the year and runs throughout year during weekly theory lessons.

- IT used to complete portfolio where computers/tech suites/netbooks are available.

Portfolio

	<u>Football</u>	<u>Basketball</u>
<u>Factors</u>	All covered	All covered
<u>Physical MODC</u>	Movement TPOS	Movement TPOS
<u>Physical Strength</u>	Pupil can choose	Pupil can choose
<u>Physical Weakness</u>	CRE	CRE
<u>Mental MODC</u>	Mental Toughness Questionnaire	Mental Toughness Questionnaire
<u>Mental Strength</u>	Pupil Choice from MTQ	Pupil Choice from MTQ
<u>Mental Weakness</u>	As above	As above
<u>Physical Approaches</u>	HIIT, Interval, Conditioned games, Continuous	HIIT, Interval, Conditioned games, Continuous
<u>Mental Approaches</u>	Self-Talk, 5 Breath Technique, Muscular Relaxation, Music Therapy	Self-Talk, 5 Breath Technique, Muscular Relaxation, Music Therapy
<u>Monitoring Methods</u>	Training Diary, Re-testing, Feedback	Training Diary, Re-Testing, Feedback