



ARMADALE ACADEMY

National 5 PE How to Pass Guide

for parents and carers

Exam breakdown and links to key SQA documents

Exam Breakdown:

The **Portfolio** has three sections:

Section 1 - Understanding factors that impact on performance (0-8 marks)

Section 2 - Planning, developing and implementing approaches to enhance personal performance (creating & carrying out Personal Development Plan) (0-29 marks)

Section 3 - Monitoring, recording and evaluating performance development (0-23 marks)

The **One-Off Performance** is a single event in a challenging, competitive and/or demanding context. Students are assessed in six areas: NOTE: One-Off Performance scores are doubled to make 60 marks. Students use to perform in Two One-Off Performances before Covid-19.

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

Resources to support your child

- Microsoft Teams – Teacher’s class notes
- Sat P.E - https://www.satpe.co.uk/resource_categories/national5/
- BBC Bitesize - <https://www.bbc.co.uk/bitesize/subjects/zctsr82>

Practical strategies to support your child

- Ensure student come prepared for both practical and theory lessons
- Discuss tracking and full reports
- Refer to learner conversation sheets for next steps

How can you support your child?

- Signpost to the above resources
- Encourage to attend Easter School
- Ensure students have appropriate kit