

## What will I study?

There are two areas of study:

**Performance:** Develop your ability to perform in a range of physical activities by enabling you to acquire a comprehensive range of movement and performance skills.

**Factors Impacting on Performance:** You will develop your knowledge and understanding of the factors that impact on performance in physical activities. You will also consider the effects of mental, emotional, social and physical factors on performance, and acquire an understanding of how to plan, monitor, record and evaluate the process of performance

## What skills will I develop?

Through practical performance you will develop skills such as decision making under pressure, control and fluency in various contexts, ability to control emotions, working cooperatively with others and knowledge of rules and tactics.

You will learn what factors can impact on performance and develop the ability to explain and evaluate these impacts. You will also learn how to collect data on performance and use this information to design development plans which you will personally implement and monitor.

## How will I be assessed?

**National 5:** You will take part in two performance exams for different activities which will be assessed in school. You will also complete a portfolio during school which is sent away to be marked.

**National 3 and 4:** Units are assessed in school by your class teacher. You will take part in one performance exam and complete a factors impacting performance booklet.

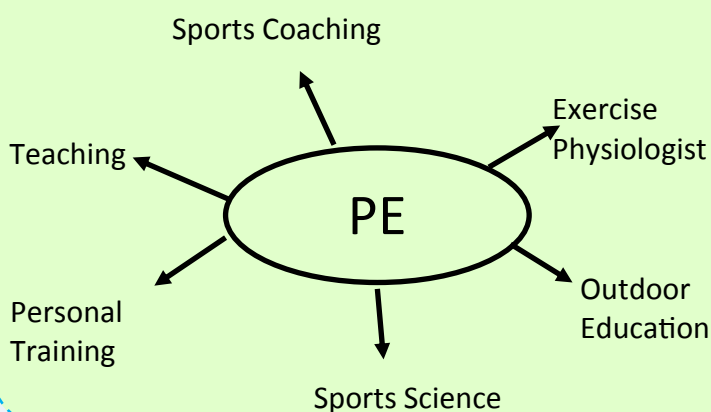
## What can I go on and study in fifth and sixth year?

**National 3** → National 4 PE

**National 4** → National 5 PE

**National 5** → Higher PE

## Possible Careers



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[Nationals in a Nutshell](#)