



Common questions about National 3, National 4 and National 5 Physical Education

Performance Skills Unit

What are the assessment conditions for the Performance Skills Unit?

The assessment conditions for the *Performance Skills Unit* can be found in the Physical Education Unit Assessment Support packs for each level. These documents are available from SQA's secure website and can be accessed by your SQA Co-ordinator via the following link:

<https://secure.sqa.org.uk/login.html>

How many physical activities does a learner have to provide evidence for in the Performance Skills Unit?

While the context for learning can be provided by a range of physical activities, learners must provide evidence for assessment from **two** activities. All Assessment Standards must be met for **each** of the physical activities (ie activity 1 and activity 2).

Where can I find a list of popular physical activities?

The *Physical Education Course and Unit support notes* for each level contain further information about physical education choices and a table of popular physical activities that centres can refer to for suggestions. These documents are available from SQA's website www.sqa.org.uk — National 3, 4 and 5 Physical Education subject specific pages — and can be accessed via the following links:

National 3 Physical Education Course and Unit support notes:

www.sqa.org.uk/files_ccc/CfE_CourseUnitSupportNotes_N3_HealthandWellbeing_PhysicalEducation.pdf

National 4 Physical Education Course and Unit support notes:

www.sqa.org.uk/files_ccc/CfE_CourseUnitSupportNotes_N4_HealthWellbeing_PhysicalEducation.pdf

National 5 Physical Education Course and Unit support notes:

www.sqa.org.uk/files_ccc/CfE_CourseUnitSupportNotes_N5_HealthWellbeing_PhysicalEducation.pdf

Do candidates have to achieve all Assessment Standards in *each* activity for the Performance Skills Unit?

Yes. All Assessment Standards must be met for **each** physical activity (ie activity 1 and activity 2).

What are the re-assessment conditions for the Performance Skills Unit?

Information on re-assessment arrangements for the *Performance Skills* Unit can be found in the Unit Assessment Support packs for each level. These documents are available from SQA's secure website and can be accessed by your SQA Co-ordinator via the following link.

<https://secure.sqa.org.uk/login.html>

How is the Performance Skills Unit verified?

Team Leaders (visiting verifiers) will visit centres and observe a sample of candidates performing in an agreed activity. This will not be a live assessment. The performance will be judged by both the teacher and the Team Leader, with the results being compared — just as it is at the moment. We are verifying the ability of assessors to make valid assessment judgements against the Assessment Standards. Further information on the new Quality Assurance Models, sample size etc is available on SQA's website and can be accessed via the following link: www.sqa.org.uk/sqa/58448.html

Factors Impacting on Performance Unit

What are the assessment conditions for the Factors Impacting on Performance Unit?

The assessment conditions for the *Factors Impacting on Performance* Unit can be found in the *Unit Assessment Support* packs for each level. These documents are available from SQA's secure website and can be accessed by your SQA Co-ordinator via the following link: secure.sqa.org.uk/login.html

How many physical activities does a learner have to provide evidence for in the Factors Impacting on Performance Unit?

While the context for learning can be provided by a range of physical activities, learners must provide evidence for assessment from a minimum of **one** physical activity.

Do candidates have to achieve all Assessment Standards in each Outcome for the Factors Impacting on Performance Unit?

Yes. All Assessment Standards must be met in order to pass this Unit.

Must candidates use the workbook provided in the Factors Impacting on Performance Unit assessment support packs?

No. The workbooks provided in the Unit assessment support packs are for staff and students to use if they wish – it is one possible way of gathering and presenting Unit evidence and is **not** a mandatory document.

In Assessment Standard 1.1 of the National 5 Factors Impacting on Performance Unit, can a candidate use two different methods within the same factor?

Candidates must provide a detailed explanation of why the **two different** recognised methods would be useful in identifying **two different** factors impacting on performance. For example, candidates may choose to explain two of the following:

- ◆ questionnaire (social factor)
- ◆ observation schedule (physical factor, fitness)
- ◆ profile of mood status (POMS, mental factor)

In Assessment Standard 1.2 of the National 5 Factors Impacting on Performance Unit, do the factors need to be different?

Yes. Candidates must provide a detailed explanation of the impact of **two different** factors (from mental, social, emotional or physical) on performance. For example, candidates could explain how feeling confident (emotional factor) or poor muscular endurance (physical factor, fitness) impacted on performance.

Can the approaches used in Assessment Standard 1.3 of the National 5 Factors Impacting on Performance Unit, come from different factors?

Yes, or they can come from the same factor. For example:

- ◆ visualisation (mental factor)
- ◆ positive self-talk (mental factor)
- ◆ building self-esteem (social factor)

Where can I find examples of the four factors?

In the Physical Education Courses there are four factors (mental, emotional, social, and physical) which may impact on the performance of physical activities. A document containing examples of the four factors is available from SQA's website www.sqa.org.uk on the National 3, National 4 and National 5 Physical Education subject specific pages under the Related Information panel, and can be accessed via the following link:

www.sqa.org.uk/sqa/files_ccc/PE_Four_factors_table.pdf

What are the re-assessment conditions for the Factors Impacting on Performance Unit?

Information on re-assessment arrangements for the *Factors Impacting on Performance Unit* can be found in the Unit Assessment Support packs for each level. These documents are available from SQA's secure website and can be accessed by your SQA Co-ordinator via the following link: <https://secure.sqa.org.uk/login.html>

How is the Factors Impacting on Performance Unit verified?

The *Factors Impacting on Performance Unit* is portable — it can be sent to SQA to be verified during verification events. Further information on the new Quality Assurance Models, sample size etc is available via the following link: www.sqa.org.uk/sqa/58448.html

Course Assessment — National 5

Performance

What are the assessment conditions for the National 5 performance Component?

The assessment conditions for the performance Component can be found in the *General Assessment Information (Performance)* and are available from SQA's website www.sqa.org.uk National 5 Physical Education, under Coursework information. This can be accessed via the following link: www.sqa.org.uk/files_ccc/GAInfoNational5PhysicalEducationPerformance.pdf

This **must** be read in conjunction with the *Performance Assessment Task*. This document is available from SQA's secure website and can be accessed by your SQA Co-ordinator via the following link: secure.sqa.org.uk/login.html

Where can I find the Marking Instructions for the National 5 performance Component?

Marking Instructions for the performance Component can be found in the *Assessment Task (Performance)*. This document is available from SQA's secure website and can be accessed by your SQA Co-ordinator via the following link: secure.sqa.org.uk/login.html

Can a candidate be given a National 5 course assessment performance mark for more than one activity and their best score submitted?

No. The performance for National 5 Course Assessment is a **single** performance. The context of the performance must be challenging, competitive and/or demanding. Therefore evidence cannot be gathered over a series of performance events.

The performance has to be of sufficient length to allow candidates to demonstrate the required skills, so in most cases this would be whatever the norm is for the activity. For example, in some activities this would be a set period of play. In others, such as field events, it would be the number of attempts normally given, with decisions being taken and acted on between attempts and still within the duration of the performance.

Do candidates have to complete the planning and preparation, and evaluation sections of the performance Component in writing?

No. Candidates may provide evidence for these sections in a range of ways. This could include written evidence, such as a short report or using the worksheets provided, or oral evidence such as a talk or presentation.

What is the submission date for the National 5 performance mark?

Submission dates can be found in the *Guide for SQA Co-ordinators 2013-2014*, which is available from the SQA Connect homepage via the following link:

www.sqaconnect.org.uk/wps/portal/Centres

How is the National 5 performance Component verified?

The National 5 performance Component is non-portable, therefore Team Leaders (visiting verifiers) will visit centres to carry out the verification process. The Team Leader will observe six candidates performing, and verify the centre's ability to assess to standard. This will not be a 'live' assessment. They will also check another six candidates' marked and graded plan and evaluation evidence, along with annotated checklists and any other evidence of the assessment of their performance. Further information on the new Quality Assurance Models, sample size etc is available via the following link: www.sqa.org.uk/sqa/58448.html

Course Assessment — National 5

Portfolio

Does the portfolio have to be completed under supervision?

No. We anticipate that the portfolio will be completed on an on-going basis. It will require evidence gathered over a period of time to support candidate responses and is not intended to be approached as an exam type exercise. Further information on the assessment conditions can be found in the *General Assessment Information (Portfolio)* and is available from SQA's website www.sqa.org.uk National 5 Physical Education, under Coursework information. This can be accessed via the following link:

www.sqa.org.uk/files_ccc/GAInfoNational5PhysicalEducationPortfolio.pdf

Must candidates use SQA's template for the portfolio Component?

Yes. Candidates **must** use SQA's portfolio template. This document is available from SQA's secure website and can be accessed by your SQA Co-ordinator via the following link:

secure.sqa.org.uk/login.html

When is the uplift date for the National 5 portfolio Component?

Uplift dates can be found in the *Guide for SQA Co-ordinators 2013-2014* which is available from the SQA Connect homepage. This can be accessed via the following link.

www.sqaconnect.org.uk/wps/portal/Centres

The completed portfolio must be printed off or photocopied and submitted to SQA for marking by the uplift date.

General Curriculum for Excellence questions and answers can be found on the [frequently asked questions section](#) of SQA's website.