

National 5 Physical Education – Games and Aesthetic Pathways

The National 5 Physical Education course enables candidates to develop the skills, knowledge and understanding required to perform effectively in a range of physical activities, and enhance their physical wellbeing.

The following provides a broad overview of the subject skills, knowledge and understanding developed in the course:

- ◆ demonstrating a comprehensive range of movement and performance skills safely
- ◆ understanding factors that impact on performance
- ◆ planning, developing and implementing approaches to enhance personal performance
- ◆ monitoring, recording and evaluating performance development
- ◆ decision-making and problem-solving

Within the **Games pathway** candidates will undertake their learning through activities such as Football, Volleyball, Basketball and Badminton.

Within the **Aesthetics pathway**, candidates will undertake their learning through activities such as Dance, Gymnastics, Trampolining and Netball.