



FOR OFFICIAL USE

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National
Qualifications
2024

Mark

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External Assessment
FlyleafPhysical Education
Portfolio

X856/75/01



* X 8 5 6 7 5 0 1 *

Fill in these boxes and sign the candidate declaration below.

Full name of centre

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Town

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Forename(s)

--

Surname

--

Date of birth

Day

Month

Year

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Scottish candidate number

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Candidate declaration

I confirm that:

- I have read SQA's *Your National Qualifications* booklet and understand its contents.
- I understand that SQA may reduce or cancel my grades where I have not followed the rules specified in the *Your National Qualifications* booklet.
- the coursework submitted with this declaration is all my own work with all sources of information clearly identified and acknowledged.
- I understand that this coursework will be submitted to SQA for marking.

Signature _____ Date _____

Please turn over to complete



* X 8 5 6 7 5 0 1 0 1 *



For centre completion

☐ In ticking this box it is confirmed that any potential child welfare concerns arising from the content of the materials enclosed are being or have been addressed.

Physical Education National 5: Candidate portfolio template

Skills, knowledge and understanding	Marks Available	Marks Awarded
1 For each factor, Mental, Emotional, Social and Physical, explain its impact on performance	8 marks	
2a Explain the challenges you may face when gathering reliable data on your two selected factors	3 marks	
2b Identify appropriate methods you used to gather data on your performance in factor 1 and factor 2	2 marks	
2c Describe how you used this method to gather data about this factor	4 marks	
2d Explain why you selected this method to gather data on your performance in the identified factor	3 marks	
2e From the data you have gathered describe your strengths and development needs in relation to both factors	4 marks	
2f With reference to the data, identify an appropriate target for each factor	2 marks	
2g Explain why it is important to set targets when creating a personal development programme	3 marks	
2h From your personal development programme, select and describe an approach that you used to develop performance in each factor	4 marks	
2i In addition to the approaches you used, justify further decisions that you made when planning your personal development programme	4 marks	
3a Explain whether the feedback you received was useful or not	2 marks	
3b Explain why it is necessary to monitor your performance development	3 marks	
3c Select and describe a method that you used to monitor performance in each factor	4 marks	
3d Evaluate the effectiveness of your personal development programme	6 marks	
3e Evaluate your performance in the two selected factors	4 marks	
3f With reference to your current performance, justify the next steps in planning for your future performance development	4 marks	
Total	60 marks	

