

FOR OFFICIAL USE



National  
Qualifications  
2026

Mark

**External Assessment  
Flyleaf**

**Physical Education  
Portfolio**

**X856/75/01**



Fill in these boxes and sign the candidate declaration below.

Full name of centre

Town

Forename(s)

Surname

Date of birth

Day

Month

Year

Scottish candidate number

**Candidate declaration**

I confirm the following:

- I have read SQA's *Your National Qualifications* booklet and understand its contents.
- I understand that SQA may reduce or cancel my grades if I have not followed the rules set out 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.
- If I have used a resource sheet (also known as a research sheet or process information sheet), I have submitted it along with my coursework.
- I understand that this coursework will be submitted to SQA for marking.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Please turn over to complete



## 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	
<b>Total</b>	<b>60 marks</b>	

