

FOR OFFICIAL USE



National
Qualifications
2025

Mark

External Assessment Flyleaf

Physical 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

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



* 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	



* X 8 5 6 7 5 0 1 0 2 *