

Physical Education Department Rationale

Broad General Education

In S1 and S2 pupils will:

- Experience a wide variety of transferrable skills and techniques across different learning environments.
- Be challenged to develop their cognitive skills, physical competencies, personal qualities and physical fitness.
- Learn about different activities through a practical and theoretical approach.
- Learn through concepts as opposed to traditional activities.
- Experience learning skills concepts in the following units of work: Aesthetics, Aquatics, Athletics, Central Net Games, Invasion Games and Striking & Fielding Games.
- Develop their knowledge and understanding of the human body and how different factors can have an impact on their practical performance.
- Develop their understanding of how to identify personal strengths and areas for development.
- Compete in individual and team activities.
- Learn about different skills, techniques and approaches to performance.
- Develop knowledge of roles and responsibilities throughout performance.
- Learn how to display sportsmanship and etiquette across various disciplines.

In S1 and S2, pupils attend Physical Education two periods a week. These lessons are predominantly practically based. Using the concepts mentioned above pupils will experience indoor, outdoor and pool based lessons to develop their use of transferrable skills. Such environments will give pupils the opportunity to cooperate and compete with their peers in individual and team related concepts. The experiences pupils have will allow them to discover new concepts that they enjoy, and that they may wish to explore further. Our comprehensive extra-curricular activities program gives our learners the opportunity to participate in specific activities that will be similar to their physical education experience.

In S3, all pupils will now start a 2 year National 4/5 physical education course. Please see the course descriptor for National 4/5 physical education for a breakdown of this SQA qualification.