

# - Physical Education - Subject Information -

## Aims and Objectives

The aims of the PE Department are:

1. To provide a progressive programme of work from which pupils, irrespective of ability, will gain satisfaction, enjoyment and opportunity to extend their ability, skill and knowledge in a wide variety of activities.
2. To provide a sound base for the development of personal, social and leisure skills and interests.
3. To contribute to the health and wellbeing of pupils.
4. To provide a caring and friendly environment for both teachers and pupils who are working in the Department.
5. To provide pupils with a coherent, structured and progressive programme of certificated courses which will allow them access to a variety of PE related courses in further and higher education.

## Courses

### S1 and S2

**S1 pupils receive approx 2 hours of PE per week**

**S2 pupils receive approx 2 hours of PE per week**

Pupils are introduced to the following activities termly: football, gymnastics, badminton, basketball, hockey, swimming, social dance, athletics, fitness and summer activities.

A degree of Knowledge and Understanding and evaluation skills are introduced at this stage and a variety of learning experiences and teaching approaches used.

Formative and diagnostic assessment is continuous with a summative assessment at the end of each block.

S2 are also issued with a homework booklet to prepare them for Standard Grade.

# S3

Both core PE and Elective PE are offered.

## *Core Physical Education:*

In S3 and S4 pupils continue to build on skills developed in S1 and S2. At this stage pupils will have more of a choice, within certain constraints, on which activities they would like to do.

Additional activities may be offered at this stage. Activities are offered in 6 week blocks.

## *Elective Physical Education:*

In S3 pupils can elect to take Challenging Personal Performance. Pupils will look at their performance in activities by collecting data, analyzing results and planning a development programme to improve identified areas of weakness.

Pupils will be aiming to achieve a National 4 pass in Physical Education at the end of this elective.

## P.E Kit

All pupils are encouraged to wear a T-Shirt, socks, and trainer. No vest tops are permitted. Kit should be marked for easy identification. Be organized and prepare the night before by putting your kit into a bag. No black soled shoes (marking or non marking) will be allowed in the games hall. For swimming you must wear a one piece costume / trunks. Failure to remember PE kit on three occasions throughout the school year will result in a letter home, referral and punishment exercises.

## Changing

Change quickly and quietly and make sure you keep the changing area tidy. As soon as you are changed make your way to your working area.

## Valuables.

Valuables should be left in lockers before PE classes. No jewellery should be worn during lessons.

### Illness and Injury.

If you are unable to participate, a letter of explanation must be produced. The letter should have your name, class, address and the name and signature of parent/guardian. Remember that although you cannot participate you may be able to help the teacher or classmate so PE kit should still be brought. A long - term absence from Physical Education lessons requires a medical note and PE staff and Senior Management should be informed.

### General

Toilets will normally be used before or after classes.

Showers are always available for all pupils - inform your teacher before hand.

Chewing gum is dangerous and forbidden and you will only be warned once.

Always read PE noticeboards for any new information.

### Extra - Curricular Activities.

A number of extra curricular activities are on offer, both at lunchtimes and after school - find out what's going on. Bus passes are available free of charge for those pupils participating at the end of the school day.

