

# - 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.

## Core Physical Education

In S4 pupils continue to build on skills developed in S1, S2 and S3. 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.

S4 and S5 pupils participate in similar activities as in other years but there is more scope for choice at this level.

### 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.

