



S3 Performance PE

Course Outline: This course enables all learners to succeed in a range of physical activities. Through analysing performance, learners will understand what is needed to improve their performance, and become more effective performers. There are two main units that we will cover in the year.

Performance Skills

Learners will experience a range of activities with the focus on 5 main activities: hockey; badminton; volleyball; swimming and gymnastics. Other activities will include softball; football; netball; ultimate frisbee and lacrosse.

The idea being that skills from one activity are transferrable to other activities!

Factors Impacting on Performance

Pupils will be taught to speak, write and demonstrate their knowledge and understanding of key features that impact on improving their sporting performance. They will then have the knowledge to be able to consider if their training or practice sessions were effective, and if they have had a positive impact on their performance.

Some lessons may be classroom based and others will involve worksheets and ICT (dvd work) to support learning in the practical setting.

There will be worksheets set as homework tasks. These will be available on both Show My Homework and paper copy.

What you will need to have:

- ⚽ A genuine interest in participation in sport and practical activities and a willingness to learn new skills and techniques.
- ⚽ An ability to listen and learn by observing your teacher and peers.