



PE BROAD GENERAL EDUCATION

Regular physical activity is essential for good health and ensures that children and young people develop the knowledge and understanding, skills, capabilities and attributes which they need for mental, emotional, social and physical wellbeing now and in the future. Physical education (PE) should inspire and challenge children and young people to experience the joy of movement, to develop positive attitudes both individually and as part of a group and to enhance their quality of life through active living. This will give children and young people an important foundation for participation in experiences in physical activities and sport and in preparation for a healthy and fulfilling lifestyle.

Pupils will;

- make informed decisions in order to improve their mental, emotional, social and physical wellbeing
- experience challenge and enjoyment
- experience positive aspects of healthy living and activity for themselves
- apply their mental, emotional, social and physical skills to pursue a healthy lifestyle
- make a successful move to the next stage of education or work

S1 & S2 Broad General Education

Good health and wellbeing is central to effective learning and preparation for successful independent living. The S1 and S2 curriculum provides pupils with a rich variety of opportunities for sustained involvement in physical activity throughout their school years and beyond. Pupils will receive 2 periods of PE each week and will develop their experiences through a broad range of activities.

S1 ACTIVITIES	S2 ACTIVITIES
Athletics	Athletics
Badminton	Badminton
Basketball	Dance
Dance	Fitness
Fitness	Football
Gymnastics	Gymnastics
Hockey	Hockey
Rugby	Scottish Dance
Scottish Dance	Summer Games
Summer Games	Swimming
Swimming	Volleyball

S3 Broad General Education

As pupils move into S3 they will again experience 2 periods of PE a week. They will continue to experience some core activities but will also embark on participating in a wider range of activities that are classified into different Modes.

This will allow pupils to broaden their experience and enable pupils to apply various skills into new activities and situations.

AESTHETICS	FITNESS	INDOOR	OUTDOOR	SWIMMING (Personal Survival)
Dance	Personal Fitness in Fitness Suite	Hanball	Football	Swimming Techniques
Free Running		Kin Ball	Ultimate Frisbee	Personal Survival skills
Gymnastics		Table Tennis	Le Crosse	Scenarios / Challenges
Trampoline		Tchoukball	Netball	
		Uni Hoc	Basketball	
		Others	Tennis	

