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**Hillhead High School**

**Physical Education Department**

**S1-S3 Course Outline**

**CfE Experiences & Outcomes: HWb: 2/3/4-22a, 2/3/4-23a, 2/3/4-24a.**

**Lit: 2/3/4-02a**

**Activity: Fitness**

**Block Learning Intentions:**

**S1: Pupils will be able to demonstrate an understanding of aspects of fitness and participate in methods to test and improve fitness levels.**

**S2: Pupils will be able to demonstrate an understanding and knowledge of different aspects of fitness and understand methods to test for and improve fitness levels.**

**S3: Pupils will be able to demonstrate an understanding and knowledge of different aspects of fitness and link the importance of fitness to activities and everyday life. Pupils will understand methods to test for and improve fitness levels.**

**Activity Specific Skills & Knowledge**

**Physical Fitness Link to activities & everyday life**

**Skill-Related Fitness**

**Mental Fitness**

**Fitness Testing (set up/protocol)**

**Definitions**

**Skills for Life, Learning & Work: Co-operation**

**Leadership**

**Responsibility**

**Communication**

**Team-work**

**Significant Aspects of Learning:**

**Balance & Control Motivation**

**Focus & Concentration Confidence & Self Esteem**

**Stamina Determination**

**Speed Resilience**

**Core Stability & Strength**

**Flexibility**

**Assessment Approaches:**

**Questioning & Discussion Video**

**Feedback Partners Peer Observations**

**Learning Logs Test Results**

**Teacher observations Learner Conversations**

**Learning & Teaching Approaches: Individual / Paired / Group work**

**Teacher directed**

**Pupil centred**

**Problem Solving**