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**Hillhead High School**

**Physical Education Department**

**S1-S3 Course Outline**

**CfE Experiences & Outcomes: HWb: 2/3/4-21a, 2/3/4-22a, 2/3/4-23a, 2/3/4-24a.**

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

**Activity: Gymnastics**

**Block Learning Intentions:**

**S1: Pupils will be able to link together a range of skills/techniques to produce a fluent sequence.**

**S2: Pupils will be able to successfully apply a range of floor and apparatus skills to produce a fluent and controlled sequence in front of their peers.**

**S3: Pupils will be able to successfully create a fluent and controlled sequence using a range of simple and complex movements and skills. They will be able to perform the sequence in front of their peers.**

**Activity Specific Skills:**

**Flight Linking moves Supporting**

**Balance Inversion Scoring system**

**Rotation Strength Sequencing**

**Jumps Flexibility**

**Rolls Equipment set up**

**Agilities Safety**

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

**Leadership**

**Responsibility**

**Communication**

**Team-work**

**Significant Aspects of Learning:**

**Balance & Control Confidence**

**Kinaesthetic Awareness Self-esteem**

**Co-ordination & Fluency Determination**

**Creativity Resilience**

**Core Stability & Strength Respect**

**Flexibility**

**Assessment Approaches:**

**Questioning & Discussion Video**

**Feedback Partners Peer Observations**

**Learning Logs Observation Schedule**

**Teacher observations Learner Conversations**

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

**Teacher directed**

**Pupil centred**

**Problem Solving**