



Physical Education
Physical Activity
School Sport

PEPASS

together making success

PHYSICAL EDUCATION THE GREAT SCOTTISH SCHOOLS RUN

Personal Qualities –
Motivation
Confidence & Self Esteem
Determination & Resilience

PHYSICAL EDUCATION - Movement skills, competencies and concepts – As I encounter new challenges and contexts for learning, I am encouraged and supported to demonstrate my ability to select, adapt and apply movement skills and strategies, creatively, accurately and with control. *HWB 2-21a/3-21a*

Physical Fitness –
Stamina

Suggested learning connections to other areas of learning through PE (1/2)

[Links to Curriculum for Excellence Experiences & Outcomes](#)

[Links to Glasgow Counts Progression Pathway](#)

Representing my school at a citywide / national / international event.
Social wellbeing – HWB 0/1/2/3/4-12a

Regular outdoor training and participation in an activity/event developing suggested SALs.
Physical activity and sport – HWB 2-25a/3-25a

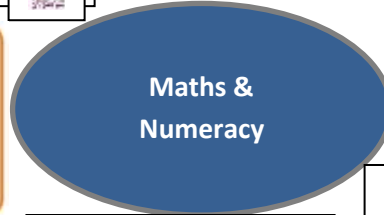
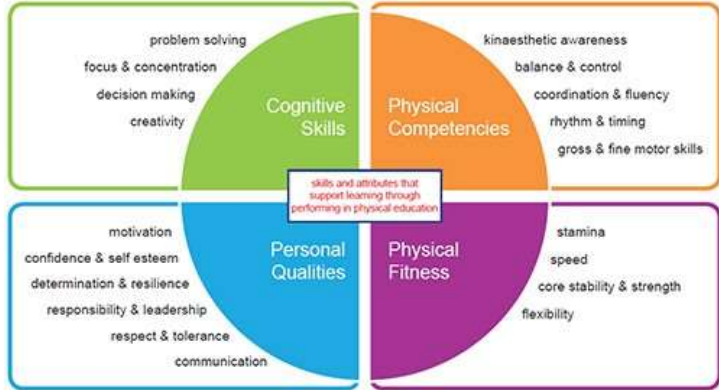
Learning about the unique skills, qualities and abilities required in long distance running. Recognising these in my classmates and beyond; e.g. who would win a race between Usain Bolt and Mo Farah?
Social wellbeing – HWB 0/1/2/3/4-10a

Ideas of Chance and Uncertainty –
Predict and explain outcomes using appropriate vocabulary.
Currently, who are some of the best long distance athletes?

Data Handling & Analysis – Interpret information presented to show awareness of significance of the data

Time – investigate common units and different ways that time/speed can be measured against each other
At what speed do long distance athletes run? What speed do I run over a long distance?

Opportunities to be part of an event/sport enabling me to identify my achievements, skills and areas for development.
Planning for choices and change – HWB 2-19a



Preparing for my long distance run - learning about the impact of diet, training & exercise on my body (i.e. energy, muscles etc.)
Physical Wellbeing - HWB 0/1/2/3/4-15a

Links between the energy I use while being physically active, the food I should eat in preparation for my long distance run.
Physical activity and health - HWB 2-28a/3-28a
What specific food groups/nutrients are needed for a long distance athlete?

Research and present (explanation - talk or write) information re Long Distance Athletics

Time – select and utilise the most appropriate unit of time

Fractions, Decimals & % – identify where simple decimal fractions lie on a number line

Measurement – Length; convert m to km and km to m

Measurement – Length; measure and estimate distance using km

Creating my healthy eating plan.
Food and health – HWB 2-30a (Links to Technologies TCH 1-11a/TCH 2-11a)
Prepare food/a meal to meet the needs of a long distance athlete.

[Links to Education Scotland benchmarks in Literacy & English](#)

Investigate and use food labelling systems to make healthy food choices.
Food and health – HWB 2-36a

Plans and delivers an organised presentation/talk with appropriate content and structure.
Listening & Talking



When writing to convey information, describe events, explain processes or combine ideas in different ways:

- Uses appropriate style and format to convey information applying key features of the chosen genre.
- Includes relevant ideas, knowledge and information.
- Organises and presents information in an appropriate way.
- Uses tone and vocabulary appropriate to purpose.

Writing

Applies verbal and non-verbal techniques in oral presentations and interactions clearly, for example, eye contact, body language, pace and/or tone.
Listening & Talking

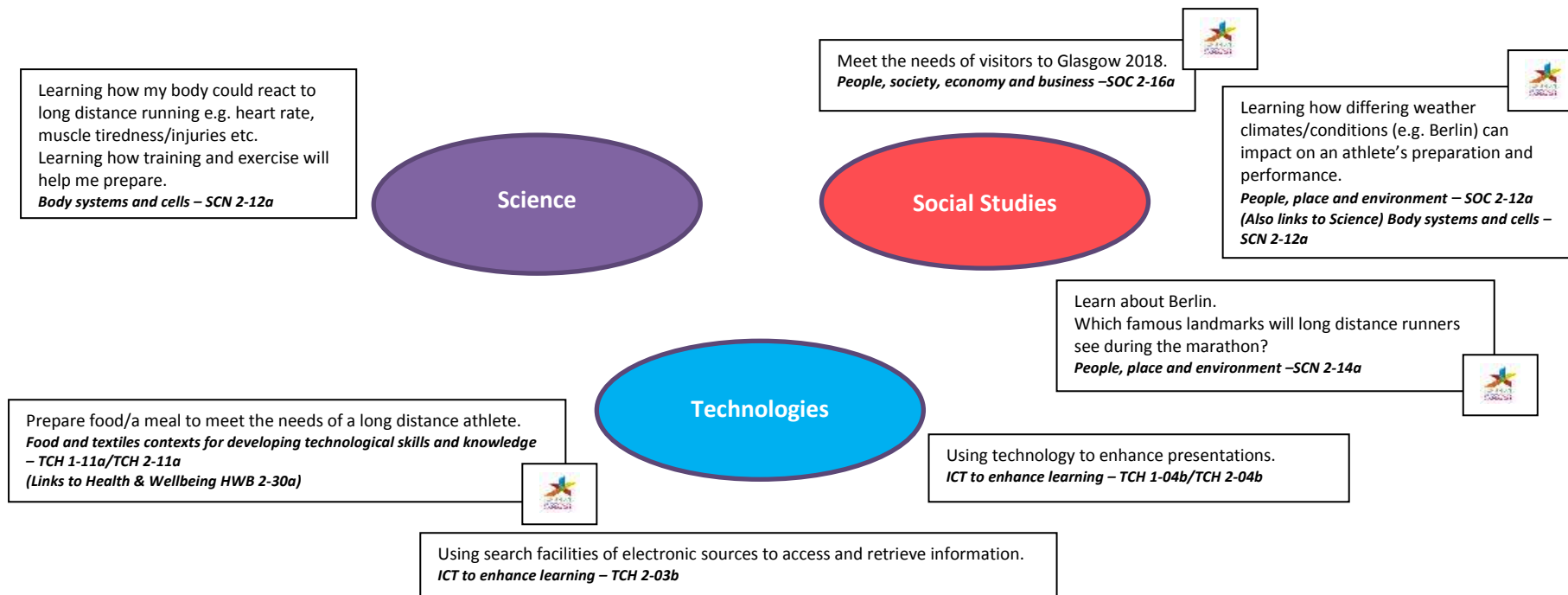
Uses strategies and resources to read and understand unfamiliar vocabulary.
Reading

Finds and selects relevant information from a range of sources.
Reading

Communicates clearly, audibly and with expression in different contexts.
Listening & Talking



Suggested learning connections to other areas of learning through PE (2/2)



The above suggestions are only possible opportunities to link learning for pupils through PE to other areas of the curriculum. There are many other possible links to be made.



Denotes specific learning link to upcoming Glasgow 2018 European Championships (Athletics being held in Berlin)

For more information; <https://www.glasgow2018.com/championships/about-european-championships>

For further support, please feel free to contact me or PELO Glasgow team on 0141 781 1671 or gw16weirdavid@glow.ea.glasgow.sch.uk.

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