**S1 –S4 PE Course Outlines**

S1 and S2 Core PE

At Auchenharvie Academy S1 and S2 pupils benefit from 3 periods of PE a week. They work through 5 week blocks off work covering a range of individual and team games. They will have 2 periods of their block activity and one period of fitness a week. Most of these activities link in with an extra-curricular club which gives pupils the opportunity to further develop their skills.

S3 Core PE

Pupils are allocated 3 periods of PE a week. For 2 of these periods they will opt for a Performance Pathway. This provides pupils with personalisation and choice which helps maintain their engage and work ethic within the subject. For their 3rd period in the week pupils will follow our Junior Sports leaders course where they are taught how to lead young people in sport and develop leadership skills which will benefit them as they move into the Senior phase of school and their future career and life pathway.

S3 Elective PE

This course will continue to be aligned to our BGE programmes of work but also provide an introduction into National Physical Education qualifications. Activities will continue to allow pupils to have a broad range of experiences and will nurture the BGE ethos of personalisation and choice. More homework and written work will be introduced to cover content from within the course in order to target Literacy and Numeracy outcomes in S3.

 The S3 Elective P.E. course will give pupils an additional 3periods of PE. Within the week pupils will have 2 practical periods and one written period in the classroom.

Examples of activities will include Basketball, Badminton, Football and Volleyball, Gymnastics and Trampolining catering to the interests of both boys and girls. During each activity, pupils will develop the knowledge that will allow them to progress towards the Senior Phase (National 4 / National 5). Pupils will develop both their practical performance as well as being given the opportunity to continually develop a range of transferable skills that are vital in later life (e.g. co-operation, communication, leadership, organisation and evaluating).

S4 Core PE

Pupils are allocated 2 periods of core a week. The aim of these sessions is promote healthy and active lifestyles. Pupils have a choice of activity every period which allows them pick an activity that they are interested in. This encourages pupils to be active in these lessons whilst socialising in a relaxing atmosphere with friends.

Pupils will gain a range of different experiences and outcomes across a variety of activities. Core PE is an excellent start for pupils to develop their interest in sport and physical activity.

**Pupils are expected to bring PE kit even if they are not able take part as they will still be actively involved in the teaching and learning process.**