



## **S2/3 Elective Physical Education**

### **ENTRY LEVEL**

- Pupils must have shown a keen interest in S1 P.E lessons and have excellent kit records.
- Pupils must show enthusiasm to improve their skills, fitness and games awareness.

### **AIMS**

- To demonstrate progression in personal performance in a range of activities.
- To develop knowledge and understanding of key principles within sport education.
- To develop self-evaluation and peer evaluation skills of physical performance.
- To develop social, leadership and teamwork skills.
- To develop knowledge and understanding of concepts of tactics, fitness and skills relevant to each activity.

### **COURSE CONTENT**

We offer a wide range of contexts for learning so that pupils develop the knowledge, understanding and performance skills that are required to improve their confidence in participating in sporting activities and prepare them for National and Higher qualifications. The areas of learning fall into 4 main categories:

<b>Aesthetics</b>	<b>Athletics and Fitness</b>	<b>Racket and Striking Games</b>	<b>Team Games</b>
Creative Dance	Athletics	Badminton	Hockey
Gymnastics	Fitness	Short Tennis	Rugby
		Softball	Football
		Tennis	Basketball
			Volleyball

Part of this course is also to establish transferable skills that allow learners to become consistent performers and develop breadth and depth which will challenge their overall knowledge and understanding of this subject. The four main skills for learning developed in elective PE are:

<b>Cognitive Skills</b>	<b>Physical Competencies</b>	<b>Physical Fitness</b>	<b>Personal Qualities</b>
Problem Solving	Kinaesthetic Awareness	Stamina	Motivation

Focus and Concentration	Balance and Control	Speed	Confidence and Self Esteem
Decision Making	Coordination and Fluency	Flexibilty	Determination and Resilience
Creativity	Rhythm and Fine Motor Control	Core Stability and Strength	Responsibility and Leadership
Games making		Agility	Respect and Tolerance
Sport Education		Muscular Endurance	Communication
S3 Theory Project Classroom sessions and homework tasks.			

This course is focused on developing cognitive skills, body awareness, movement patterns, hand-eye coordination and teamwork through a variety of learning contexts. Learners are motivated to develop their performance independently, with partners and in small groups and reflect on their improvement of specific skills throughout the block.

A wide range of activities are offered through this course as the focus is on the ability to transfer generic skills and develop better overall body control and performance of skills.

### **PARTICIPATION AND KIT**

For health, safety and freedom of movement, pupils must wear the appropriate PE kit.

The appropriate kit is:-

- **INDOORS** - Clean sports trainers, Black shorts and White T-Shirt.
- **OUTDOORS** Indoor kit or tracksuit allowed and outdoor trainers or football boots depending on activity.
- Pupils must provide a complete change of clothing for PE and not use part of their uniform as PE kit.
- Proper training shoes that support the ankle and sole of the foot must be worn. Laces must be tied in order to support the ankle.
- For Hockey mouth guards, shin guards and long socks must be worn for personal protection in line with Federation of International Hockey regulations.