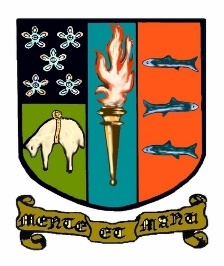
** S2 and S3 Elective Physical Education**

**Entry Level**

Pupils must have shown a keen level of interest in S1 Core PE lessons and have an excellent kit record.

Pupils must show determination, enthusiasm and a willingness to learn new skills, improve fitness levels and work cooperatively.

**COURSE CHOICES**

Within S2 Elective PE you will be given three choices.

**Choice 1** will be an option to follow a School of Rugby Programme.

**Choice 2** will be to follow a School of Hockey Programme.

**Choice 3** will be to be in a class that follows a PE Programme focussing on a broad range of activities and skills.

In S3 ALL PUPILS (regardless of S2 choice) then follow a Programme which is based upon a range of activities. There is a clear focus though on preparing learners for National 4 and National 5 PE Courses.

**COURSE CONTENT**

**S2 School of Rugby**

During this course you will have opportunities to improve on existing skill levels and develop new skills. You will learn the importance of unit skills in rugby such as lineouts and scrums and also explore the tactics involved in the game. You will study the different types of fitness needed to play a team game like rugby and also be shown the various healthy eating Programmes that a team sport player must follow. You will look at how team sport can improve your mental health and also look at the social side of sport/rugby. There is a big focus on cooperation and team work and the role of leadership in rugby. Pupils are challenged to explore their weaknesses in terms of skill and rugby knowledge and to work out ways to improve those identified weaknesses.

**S2 School of Hockey**

School of Hockey gives all pupils the opportunity to develop their skills, games understanding, tactics and fitness through hockey. The course covers all aspects of hockey including individual skills (ball carrying, tackle, 3D skills), set plays (long corners, penalty corners) and game development. You will learn about, and have the opportunity to play in all different positions on the pitch (GK, attacking, defending). Over the year we will cover Outdoor, Indoor and develop umpiring skills.

There is a big focus on cooperation, team work and leadership over the year. Pupils are challenged to explore their weaknesses and to develop and improve those identified weaknesses.

**S2 Elective Class**

This course is focussed on allowing pupils to develop their skill levels in a range of sports. Learners are motivated to develop their performances both working in dependently and in pairs/small groups. A wide range of activities are offered depending on facilities available. Typically learners will experience volleyball, basketball, badminton, gymnastics, softball and athletics.

As well as improving physical skills learners will work on physical fitness and on improving personal qualities such as motivation, creativity, confidence and communicating with others.

**S3 Elective.**

Pupils will be put into three new classes.

Each class will follow the same structure on a rotational basis. Activities covered will include badminton, football, tennis, basketball, volleyball and Dance.

We will introduce the Four Factors and Command words used in National 4 and 5 Physical Education. Pupils will also be introduced to various sub factors.

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| --- | --- | --- | --- | --- |
| **FACTOR.** | **Sub Factor** | **Sub Factor** | **Sub Factor** | **Sub Factor** |
| **PHYSICAL** | Stamina | Speed | Agility | Strength |
| **SOCIAL** | Communication | Teamwork | Leadership | Self Esteem |
| **MENTAL** | Problem Solving | Focus and Concentration | Decision Making | Creativity |
| **EMOTIONAL** | Anxiety | Fear | Confidence | Motivation |

**PARTICIPATION AND KIT.**

For health, safety and to allow freedom of movement pupils are responsible for arriving with the correct PE Kit.

For any indoor activities clean trainers are required. This must not be the shoes that you arrived into school wearing.

Black shorts or black tracksuit bottoms or black leggings.

A plain white T Shirt and sports socks.

**OUTDOORS :** When on the 3G you must have boots. This is the same for the grass pitches. White t shirts are fine outside but for rugby a rugby shirt is preferred. When it is cold outside a warmer top is also advisable as well as a sweatshirt or Hoody. Black shorts and/or tracksuit bottoms also required.

It is advised to buy proper training shoes that fully support ankles and soles of feet. Laces must be tied up.

For hockey mouth guards , shin guards and lock socks are compulsory. This is for personal protection.

For rugby a mouth guard is advised and long socks too.