**S3 Elective**

**Physical Education**

Following a broad and balanced Physical education experience in S1 and S2 pupils have the option to follow a Physical education elective alongside their core PE provision in S3.

Course Aims

1. To improve personal performance in a range of activities.
2. To develop knowledge and understanding of factors which affect performance across the chosen activities.
3. To complete a detailed personal project on a chosen sport.

Pupils will participate in a range of activities including individual activities such as swimming, dance, gymnastics, racket sports, athletics, and team activities such as basketball, netball, football, hockey, volleyball.

All pupils also participate in fitness testing and personal fitness planning throughout the course.

Pupils will produce a personal project demonstrating the knowledge gained on the course in the areas of skills and techniques, fitness and tactics in a chosen activity.

Progression

This course will lead onto National 4 or 5 Physical Education in S4 which can then lead to Higher Physical Education in S5 or S6.