**S3 School of Hockey Elective**

Following a broad and balanced Physical education experience in S1 pupils have the option to follow a Physical Education elective alongside their core PE provision in S3. In this course pupils will focus on enhancing physical knowledge and improving practical ability through the sport of hockey.

**Course Aims**

1. To improve personal performance in hockey.
2. To improve personal fitness by developing a personal fitness plan through hockey.
3. To develop knowledge and understanding of factors which affect performance in hockey.
4. To learn and understand different roles and responsibilities within hockey.

Along with field hockey, pupils will complete a block on indoor hockey and hockey fitness. Their training programme will focus on the position they play in hockey and the individual strengths and weaknesses they identify. Pupils will produce a personal theory project demonstrating the knowledge gained on the course in the areas of skills and techniques, fitness and tactics within hockey.

This course would be suited to those who have prior experience of school hockey, or anyone who is committed and focussed to on improving their hockey skills this year.

**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.