



In S1/2 Pupils will get two periods of Core PE a week. Students will take part in blocks of activity. Here they will develop and improve their significant aspects of learning; physical fitness, cognitive skills, physical competencies and personal qualities. We endeavour to cover a range of activities in order to engage students in their learning and provide challenge, pace and enjoyment.

Team Invasion	Central Net Games	Mechanics in Motion	Striking & Fielding	Aesthetics	Health & Exercise	Aquatics
Hockey Rugby Basketball Handball Dodge ball Lacrosse Football Ultimate Frisbee Netball	Badminton Volleyball Tennis Table Tennis	Athletics Mini Golf	Rounder's Cricket	Gymnastics Dance Social Dance Synchronised Swimming	Orienteering Fitness Yoga	Swimming Water Sports

ACE units of work are also offered, where students can vote on activities to shape their learning. This provides opportunities for personalisation and choice, relevance and challenge.

S1 Health & Wellbeing

S1 pupils will also receive an additional period of Health and Wellbeing. Here they will explore wellbeing in different contexts, identify influences on their own wellbeing and then carry out a plan to improve this. This can be linked to their physical, social, emotional or mental wellbeing.

S2 Specialism

S2 pupils will also be given the opportunity to specialise in an area of performance development, choosing from one of three areas.

1. Football & Fitness

2. Badminton & Basketball

3. Gymnastics & Dance