



S3 CORE PE

In core PE we focus on students **Social Wellbeing**. Pupils will be grouped according to **social preferences**; this ensures a more productive, safe and welcoming environment for participation. Students will complete units of work from the following categories:

Team Invasion, Central Net, Mechanics in Motion, Striking & Fielding, Aesthetics, Aquatics, Health & Exercise.

Students will also work towards completing their **Wellbeing Award at SCQF level 4**. Here students will complete their **'Improving Wellbeing'** unit through Core PE.

S3 ELECTIVE PE

Elective PE provides the preparation for students who wish to choose PE at National or Higher level.

"Sports do not build character. They reveal it." *John Wooden*

Students will participate in a range of activities to further develop their understanding of how physical, mental, emotional and social factors can impact their performance in sport. Pupils will get the opportunity to analyse and develop their own performance through gathering information about their own strengths and weaknesses and using this data to design training programmes.

Students will be asked to demonstrate a mature attitude towards enhancing their fitness and competing in challenging contexts.

Team invasion, central net sports, fitness, gymnastics and pool games will feature on this course.

An enthusiastic and co-operative attitude will be required to be successful.

S3 SPORT AND RECREATION

This is a fun and active course which will give students the opportunity to be creative and learn how to lead other people successfully. Key skills including working with other people, leadership and communication will be developed throughout the year. This is a mainly practical course and so pupils will actively take part in range of physical activities throughout the year. The course will be made up of **3** units which include:

- Game design
- Team building & problem solving
- Planning a sports festival

Throughout the year, students will work through these course units in order to develop their leadership skills. This will culminate in students running a sports festival for younger children.

Students must have a genuine interest in coaching. Students with experience in sport outside of PE will adapt well to the course demands. Students should select this course, if interested in achieving their National 5 in SPR.

S3 DANCE

This course offers pupils the opportunity to develop their **technical** and **choreographic skills**, through dance. The course consists of 2 units in total. Technical skills will be developed through 3 styles. **Jazz, Contemporary** and **Commercial**. Group Choreography tasks will enable pupils to develop their use of self-expression and creative problem solving.

Pupils will be given many opportunities throughout the year to work with outside agencies such as **Rambert** and **Y Dance**. Pupils may also get the opportunity to gain their **Dance Leaders Qualification** through funding from Midlothian Council.

This is a mainly practical course and students will be expected to bring appropriate dance wear to fully participate. A mature and co-operative attitude is required to succeed. Students interested in taking National 5 or Higher dance in the future should select this course.