

Physical Education

S3 Elective

Why take this course?

This course is for you if you have an enthusiasm for and interest in developing your performance in a variety of sporting activities. In addition to this Physical Education also helps you to develop other skills which are required both in and out of school; skills such as communication, fair play, cooperation when playing team games, resilience and trust in gymnastics and decision making, problem solving and creativity, used in all activities.

To succeed in this course, you need...

To be successful in this course you need to be hard working and enthusiastic and to be playing as much sport as possible; you can do this during lunchtime and extra-curricular activities. Although this is a mainly practical course you will be asked to complete a written piece of work each term – some of this will be given as homework, so you will have to meet deadlines to complete this on time.

Course Content

You will be given the opportunity to develop your practical performance in badminton, basketball, gymnastics, and volleyball and to explore factors (mental, social, emotional and physical) which can have an impact on it. In order to do this you will investigate your performance and learn about skill development and how to apply this by carrying out a cycle of analysis; this is when you investigate to find out your strengths and development needs, train to improve these needs and then evaluate your performance to see if you have improved.

Course Assessment

Your practical performance will be assessed in all activities (in line with National 4/5 assessment criteria).

Where might this course take me?

This course is aimed for pupils who are interested in studying Physical Education at a certificated level in the future, at either National 4 or National 5 level. In addition to this, throughout this course you will experience a range of roles and responsibilities. This will help you to develop social skills and manage your own learning; these skills are important in school, in further education and in life.