

BGE 3rd Year

Department: Physical Education

BGE Course: Physical Education (elective course)

Brief Description of Course:

In the elective PE course pupils will participate in 6 different activities; basketball, badminton, gymnastics, fitness, hockey & football / netball (depending on the class).

Pupils will learn about how physical, mental, social and emotional factors can have an impact on their performance. They will learn how to observe their own and others performance using a variety of different methods. They will then identify their own strengths and weakness with a view to improving their performance.

Pupils will also gain experience of taking part in a training programme to improve fitness levels. During this programme they will experience different training approaches that can be used to improve fitness.

Pupils will also reflect on this experience by keeping as training diary and using teacher feedback.

Assessment Strategies:

Pupils should be able to pass at least 2 of the activities in the S3 course. The class teacher will share the criteria with pupils and use their professional judgement to assess the performance.

Pupils will use self and peer assessment, with iPads and criteria checklists, frequently in class to judge their own or others performance.

Pupil Commitment:

We expect all pupils to have PE kit on all occasions when they are in the department.

Pupils should be willing to put 100% effort into participating and improving performance.

Pupils will have an element of written work in this course and should be fully prepared for these occasions.