

S3 Individual Physical Education

Course Descriptor: The S3 Individual Performance PE course will provide pupils with an additional three periods of PE which will be utilised to cover different areas of interest within sports development. The course will also reflect content from BGE lessons to provide more opportunities for skill development and will help to establish a wider foundation of knowledge.

The main theme of the course is to develop personal performance in a number of physical and written activities.

Individual activities will be based around pupil interest and the working area available. Example activities may include Badminton, Gymnastics, Trampolining, Fitness, Athletics, Dance and Table Tennis catering to the interests of all pupils. During each activity, pupils will develop the knowledge that will allow them to progress towards the Senior Phase (National 4 / National 5). Pupils will develop both their practical performance as well as being given the opportunity to continually develop a range of transferable skills that are vital in later life (e.g. cooperation, communication, leadership, organisation and evaluating).

Pupils will develop their understanding of using Mental, Emotional, Social and Physical (MESP) factors which may impact their performance and become aware of their own strengths and development needs before acquiring the knowledge of how to develop their personal performance in S4.

Skills for Life, Learning and Work: The skills that learners will be expected to improve on and develop during the variety of individual games include:

- Literacy – Listening and talking
- Health and Wellbeing – Emotional and Physical wellbeing
- Employability, Enterprise and citizenship – Working with others
- Thinking skills – Remembering and applying

Next Steps: National 5 PE

S3



Perth Grammar School

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