

PE: CORE

Why we do Core PE.

The study of core PE is all about participation and involvement in physical activities that have been covered in S1 and S2 and also engage in some new ones. The aim is to involve you in a broad range of activities and increase awareness of health and wellbeing through physical activity and sport.

What does the course involve?

This course allows you to select from a wide range of activities. These activities will range from indoor and outdoor to competitive and non-competitive.

Pupils will negotiate which activity to select depending on facilities.

Activities may include Badminton, Basketball, Volleyball, Zumba, Gymnastics, Fitness, Football, Rugby, Hockey, Table Tennis and Cross Country Running.

How is your work assessed?

There are no formal assessment procedures in the course although participation levels, effort and attitude towards course work will be monitored.

Homework in this course

There will be one piece of homework required from pupils through each activity covered.

Possible pathways in the Senior Phase

This core S3 course will continue in S4. There is also the option of a 1 year course starting in S4 and leading to a SQA qualification at levels Access 3, National 4/5 and provide a stepping stone to a Higher in Physical Education