

S3 Elective PE: Overview

- Enjoy participating in sport?
- Keen to explore the physical, mental, social and emotional health associated with physical activity?
- Interested in working in a sports environment?



S3 Elective PE: Pathways

- In S1 and S2 all pupils will experience 2 periods of Physical Education per week.
- In S3, all pupils will continue to experience 2 periods of Physical Education per week, along with 2 extra periods if they pick S3 Elective PE.
- The purpose of the S3 Elective PE course is to provide pupils with the practical and theoretical knowledge and skills that are used for National 4, 5 and Higher PE in S4 – 6.



S3 Elective PE: Course Content

Throughout the S3 Elective PE course you will cover the following activities:

- Middle distance running
- Volleyball
- Basketball
- Sports Acro/ Gymnastics
- Touch rugby

To support the practical covered in class there will also be a theory element to the course.



S3 Elective PE: Assessment

Throughout this course you will complete a mix of practical and written tasks. Examples of the different types of assessment include:

- Practical assessment for each activity
- Written assessments at various points in the year



S3 Elective PE: Entry Requirements

- Due to the practical nature of this course it is recommended but not essential that pupils have achieved level 3 by the end of S3 Physical Education.
- Pupils should be enthusiastic and turn up to all lessons fully prepared.

