S3 Elective Physical Education (P.E.)

# Course Rationale

The S3 Elective course enables learners to develop the skills, knowledge and understanding required to perform effectively in physical activities. Learners will work both independently and with others to improve their performance and introduce factors that impact on performance. Elective P.E. is timetabled for 3 periods per week.

# Course Content

This course allows learners to further develop learning undertaken as part of the Broad General Education:

* **Cognitive** **Skills** (decision making, prioritizing, problem solving, cue recognition, focus and concentration, creativity, sequential thinking, multi-processing)
* **Personal Qualities** (determination & resilience, motivation, responsibility & leadership, respect & tolerance, communication, confidence & self esteem
* **Physical Competencies** (kinesthetic awareness, co-ordination and fluency, gross and fine motor skills, rhythm and timing, balance and control)
* **Physical Fitness** (stamina, speed, core stability and strength and flexibility)

The aims of the S3 Elective Course are to:

* develop performance in physical activities by enabling learners to acquire a comprehensive range of movement and performance skills.
* develop a repertoire of skills; control and fluency; effective decision-making; using and applying straightforward composition, tactics or role safely and effectively; conforming to rules, regulations and etiquette; controlling emotions and working co-operatively with others
* develop learners’ knowledge and understanding of the effects of mental, emotional, social and physical factors that impact on performance

# Progression

The S3 elective course will provide learners with the experience, knowledge, and understanding to progress on to National courses offered at National 3, 4, 5 levels. Further progression is available to Higher Physical Education.

You can see National and Higher Course information in the ‘Nationals / Highers in a Nutshell’ series.

<https://www.npfs.org.uk/downloads/category/in-a-nutshell-series/nationals-in-a-nutshell-series/>

# Career Pathways

Physiotherapist Sports Journalist Active Schools Coordinator P.E. Teacher

Sports Psychologist Sports Scientist Football Coach Sports Development Officer

Sports Coach Sports Nutritionist Lifeguard Sports Centre Management

Gym Instructor Police Officer Sports Photographer

# My World of Work

For further information around these and other career options and pathways, your child can log in to

‘My World of Work’: <https://www.myworldofwork.co.uk/>