

PE HOMEWORK POLICY

S1-3 Core PE

Rationale

PE in S1-3 at Forrester is predominantly practical, therefore there is no formal theory homework expected. Pupils will however fill in a tracking and monitoring profile throughout the year at the end of each activity self-assessing progress.

Occasionally pupils may be asked to undertake a practical task at home (to practise for an event) or watch a high level sports event on television

There is a strong expectation that pupils maintain a healthy life style and undertake at least 30mins of brisk exercise a day.

National 4 PE

Homework is very much dependant on the speed of progress made in class.

Homework should be expected every **two weeks** and pupils have the responsibility to catch up on missed work and unfinished unit assessments after school, at lunch, in a study period or at home.

Pupils should be fully committed to using Edmodo and completing homework on school supplied ipads.

National 5 PE

National 5 is an intense course and a homework task will be issued every **two weeks**.

Setting aside revision time and committing to catching up with missed work is an expectation for all senior pupils. The use of technology is fundamental to the success of the course, so regular use of ipads and Edmodo is a must.

The department provides many resources for pupils to access throughout the year. These will be stored on Sites, Onedrive, Edmodo, itunes U and www.forresterhs.wix.com/forrestersport.

An after school study support group is also available nearer the exams.

Higher PE

Higher pupils should be committed to regular home revision and completing homework to a high quality and returned on time each week. Homework is generally handed out every **2 weeks** however pupils may also be asked to finish internal assessment during this time also.

Setting aside revision time and committing to catching up with missed work is an expectation for all senior pupils. The use of technology is fundamental to the success of the course, so regular use of ipads and Edmodo is a must.

The department provides many resources for pupils to access throughout the year. These will be stored on Sites, Onedrive, Edmodo, itunes U and www.forresterhs.wix.com/forrestersport.

An after school study support group is also available nearer the exams.

National 5 and Higher Dance

Dance is predominantly practical, so attendance to class is fundamental. There is a clear expectation that pupils catch up with missed practical work either in their own time or at the after school Dance club on Wednesday.

Setting aside revision time and committing to catching up with missed work is an expectation for all senior pupils. The use of technology is fundamental to the success of the course, so regular use of ipads and Edmodo is a must.

Homework is given every **two weeks**.

Dance pupils should also be committed to performing in the Dance show.