



PHYSICAL EDUCATION



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In the PE Department we offer a range of subjects. We currently offer National 4, National 5 and Higher PE as well as National 5 and Higher Dance and a Level 5 or level 6 Leadership, Sport and Fitness and Wellbeing Award. A new addition this year is the SQA Excellence in Sport (Football) award, level 5 or 6.



EXCELLENCE IN SPORT (FOOTBALL)

This is currently offered as a Level 5 & 6. The course is very physically demanding, with emphasis on strength, fitness and conditioning. It is suitable for candidates who want to develop fitness, increase knowledge & understanding of the game and developing their own performance. Learners will experience both practical and classroom based theory lessons, with regular homework deadlines and a portfolio to be submitted for course completion.

NATIONAL AND HIGHER PE

Pupils choosing National 4, National 5 or Higher PE will learn about Factors Impacting Performance and Practical Performance Development. Pupils can expect to learn through participating in a variety of activities with regular classroom lessons to further their understanding of key concepts.



DANCE

Pupils choosing National 5 or Higher Dance will develop their knowledge of dance, choreography skills and performance. Pupils can expect practical lessons in a variety of genres of dance combined with classroom lessons to further their skills and understanding.

LEADERSHIP

PE Leadership is currently offered as a Level 5 or 6 looking specifically at: leadership styles, skills and qualities and effective leaders

Learners will experience practical and classroom based lessons. The course will cover a range of subjects within leadership, fitness and sport as well as providing the opportunity for learners to undertake three specialist credits in either indoor sport or fitness capacity.



CAREER PATHWAYS

- PE Teacher
- Active Schools Co-ordinator
- Sports Scientist
- Physiotherapist
- Sports Business Management
- Sports Psychology
- Sports Coach

[More information is available here within our Senior School Course Choice Booklet](#)

[Link to SQA Physical Education](#)

[Link to SQA Sports Leadership](#)

