



## P.E OVERVIEW JAN-APRIL 2021 DATES AND DEADLINES

SUBJECT			Jan	Feb	Mar	Apr	
<b>Physical Education S1</b>	Each S1 class, will continue to cover Badminton, Fitness, Gymnastics and volleyball between January and April. Their learning might start with the activity that they finished on before the Christmas Holidays or straight into the new activity.	<p><b>Online learning tasks issued will be both written and practical. All young people will be able to ask their teacher questions and submit work (either paper copies or via Google Classroom).</b></p> <p><b>During online learning S1's will be issued with work 3x a week</b></p>	<p><b>1A1 Mrs Cains Gymnastics</b></p> <p><b>1A2 Mr Frew Fitness</b></p> <p><b>1B1 Mr Couper Gymnastics</b></p> <p><b>1C1 Mr Couper Badminton</b></p> <p><b>1C2 Mr McKelvie Gymnastics</b></p>	<p><b>1A1 Mrs Cains Gymnastics</b></p> <p><b>1A2 Mr Frew Fitness</b></p> <p><b>1B1 Mr Couper Gymnastics</b></p> <p><b>1C1 Mr Couper Badminton</b></p> <p><b>1C2 Mr McKelvie Gymnastics</b></p>	<p><b>1A1 Mrs Cains Badminton Volleyball</b></p> <p><b>1A2 Mr Frew Gymnastics</b></p> <p><b>1B1 Mr Couper Fitness</b></p> <p><b>1C1 Mr Couper Fitness</b></p> <p><b>1C2 Mr McKelvie Fitness</b></p>	<p><b>1A1 Mrs Cains Badminton Volleyball</b></p> <p><b>1A2 Mr Frew Gymnastics</b></p> <p><b>1B1 Mr Couper Fitness</b></p> <p><b>1C1 Mr Couper Fitness</b></p> <p><b>1C2 Mr McKelvie Fitness</b></p>	<p><b>Badminton &amp; Volleyball -</b> Coordination &amp; Fluency and Determination &amp; Resilience</p> <ul style="list-style-type: none"> <li>In these Central Net Games we look to equip pupils with the skills to play the games individually and as part of a team e.g. being able to move into the correct space and hit the 'shot' with the correct technique</li> </ul> <p><b>Gymnastics –</b> Balance &amp; control and creativity</p> <ul style="list-style-type: none"> <li>It is important to have good balance and control in this activity to execute skills safely. We offer our young people the chance to be creative in how they execute other skills or link together routines.</li> </ul> <p><b>Fitness –</b> Physical Fitness &amp; Motivation</p> <ul style="list-style-type: none"> <li>It is important to be fit, healthy and active for any area of life. We motivate each young person to achieve their personal best.</li> </ul>

			Jan	Feb	Mar	Apr	
<b>Physical Education S2</b>	Each S2 class, will continue to cover Badminton, Fitness, Gymnastics and volleyball between January and April. Their learning might start with the activity that they finished on before the Christmas Holidays or straight into the new activity.	<p><b>Online learning tasks issued will be both written and practical. All young people will be able to ask their teacher questions and submit work (either paper copies or via Google Classroom).</b></p> <p><b>During online learning S2's will be issued with work 3x a week</b></p>	<p>2A1 Mr Frew Fitness</p> <p>2A2 Mr Couper Badminton</p> <p>2B1 Mr Couper Badminton</p> <p>2B2 Mr McKlevie Gymnastics</p> <p>2C1 Mr Frew Fitness</p> <p>2C2 Mr McKelvie Gymnastics</p>	<p>2A1 Mr Frew Fitness</p> <p>2A2 Mr Couper Badminton</p> <p>2B1 Mr Couper Badminton</p> <p>2B2 Mr McKlevie Gymnastics</p> <p>2C1 Mr Frew Fitness</p> <p>2C2 Mr McKelvie Gymnastics</p>	<p>2A1 Mr Frew Badminton Volleyball</p> <p>2A2 Mr Couper Gymnastics</p> <p>2B1 Mr Couper Fitness</p> <p>2B2 Mr McKlevie Fitness</p> <p>2C1 Mr Frew Gymnastics</p> <p>2C2 Mr McKelvie Fitness</p>	<p>2A1 Mr Frew Badminton Volleyball</p> <p>2A2 Mr Couper Gymnastics</p> <p>2B1 Mr Couper Fitness</p> <p>2B2 Mr McKlevie Fitness</p> <p>2C1 Mr Frew Gymnastics</p> <p>2C2 Mr McKelvie Fitness</p>	<p><b>Badminton &amp; Volleyball</b> – Speed &amp; decision making</p> <p>Moving on from S1 we want to challenge our young people and allow to develop further, we match them with their peers who can push them in games and make them better. Having to think quickly and make the right decision to win points</p> <p><b>Gymnastics</b> – Rhythm &amp; timing and confidence &amp; self-esteem</p> <p>Continuing from S1, we want our young people to create more fluent moves and perform the skills with confidence. They should know what they can and cannot do and challenge themselves to overcome set-backs.</p> <p><b>Fitness</b> – Physical Fitness &amp; Leadership</p> <p>Still important to have a good base level of fitness but we allow our young people to lead sessions &amp; warm-ups to develop other life-long skills.</p>

<p><b>Physical Education S3</b></p>	<p>Each S3 class, will do 2 periods per week of Badminton, Fitness, Gymnastics and volleyball between January and March. All classes will do these activities in rotation for 5 weeks. Each class will do these activities in a different order and will have had one of the activities before the Christmas break. Therefore they will take part in the other two between Jan &amp; March. April will see the beginning of our athletics block.</p>	<p><b>Online learning tasks issued will be both written and practical. All young people will be able to ask their teacher questions and submit work (either paper copies or via Google Classroom).</b></p> <p><b>During online learning S3's will be issued with work 2x a week</b></p>	<p><b>3A1</b> Volleyball &amp; badminton</p> <p><b>3A2</b> Fitness</p> <p><b>3B1</b> Fitness</p> <p><b>3B2</b> Fitness</p> <p><b>3C1</b> Badminton</p> <p><b>3C2</b> Gymnastics</p>	<p><b>3A1</b> Volleyball &amp; badminton</p> <p><b>3A2</b> Fitness</p> <p><b>3B1</b> Fitness</p> <p><b>3B2</b> Fitness</p> <p><b>3C1</b> Badminton</p> <p><b>3C2</b> Gymnastics</p>	<p><b>3A1</b> Fitness</p> <p><b>3A2</b> Volleyball &amp; badminton</p> <p><b>3B1</b> Gymnastics</p> <p><b>3B2</b> Volleyball &amp; badminton</p> <p><b>3C1</b> Gymnastics</p> <p><b>3C2</b> Fitness</p>	<p><b>3A1</b> Fitness</p> <p><b>3A2</b> Volleyball &amp; badminton</p> <p><b>3B1</b> Gymnastics</p> <p><b>3B2</b> Volleyball &amp; badminton</p> <p><b>3C1</b> Gymnastics</p> <p><b>3C2</b> Fitness</p>	<p><b>S3 PE BENCHMARKS</b></p> <p><b>Badminton &amp; Volleyball</b> – motivation and Gross and fine motor skills</p> <p>Pupils will discuss the similarities between the two sports and how tactics and transferrable skills can be used within both activities.</p> <p><b>Gymnastics</b> – Kinaesthetic awareness and Physical Fitness.</p> <p>Pupils will complete a variety of floor and apparatus based gymnastics.</p> <p><b>Fitness</b> - Focus &amp; Concentration and determination &amp; Resilience</p> <p>Pupils will learn about multiple different aspects of fitness, how they are; measured, trained and the impacts they can have on an athlete's performance</p>
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