



# Physical Education

## BGE Course



### What will I be learning?

Across S1-S3, pupils will develop their physical, emotional, mental and social wellbeing through a broad curriculum spanning over 14 different activities including our main 4 sports of Football, Netball, Basketball and Volleyball.

In addition to the benefits to their wellbeing, pupils will develop key skills for life, work and learning:

- Communication
- Teamwork
- Resilience
- Confidence/Self-Esteem
- Problem-Solving
- Leadership

In S3, pupils will make a choice about which 'pathway' they wish to follow. This personalisation and choice enhances motivation and engagement for all.

### How will I be assessed?

The progress of pupils is currently tracked through our BGE Journal. Each activity is measured against our criteria related to the BGE benchmarks.

At the end of each 4-week block, teachers have learning conversations with pupils and assess their respective criteria using Gleniffer's Bronze, Silver and Gold level system.

At reporting time, a holistic view is taken across all activities by using the information in the journal in conjunction with the expertise of the teacher's judgement which then provides their overall working level.

At options time, pupils in S2 would likely be at 3 Gold or in level 4 if they were considering choosing National PE.

### How will BGE PE help me?

There is significant scientific research around the benefits of physical activity. Some of the key ones are noted below:

- **Physical health**
  - Heart, Lungs, Weight, Muscle and Bone strength
- **Brain health**
  - Improves attention and memory, reduces risk of depression, reduces anxiety
- **Improved sleep**
  - Physical recovery, improved mood, alertness, better processing and decision-making

Through our 'All Change' policy, we aim to motivate young people to be as active as they can, for as long as they can during PE periods.