

Physical Education/Dance

S3 Elective - PE

Studying PE in S3 will give pupils the opportunity to develop the attributes and capabilities of the four capacities within the BGE further.

Learners will continue to develop a positive attitude towards a healthy, active lifestyle both in and out of school. By engaging in a range of physical activities, pupils will develop their skill repertoire and be given regular opportunities to demonstrate leadership, creativity and problem solving.

This course will introduce learners to theory lessons within PE. They will learn about the four factors which impact on performance, as well as how to gather data, develop performance and evaluate their progress. This course gives pupils the opportunity to build a strong foundation regarding the knowledge and terminology they will require in National 5. It introduces them to the cycle of analysis and helps to develop their understanding of the command words.

Finally, they will develop essential skills such communication, decision making, working as part of a team and self-motivation, all of which will begin to prepare them for the world of work.

Dance Elective

All learners receive two periods of CORE PE and there is also the option to consider Dance as an elective.

Dance is just newly developed this year and leads onto National 5 and Higher Dance in the Senior Phase.

The course aims to enable candidates to:

- demonstrate and apply knowledge and understanding of dance practice
- develop a range of technical dance skills
- develop performance skills to enhance performance
- understand and apply knowledge of a range of choreographic skills to create a dance and self - evaluate and evaluate the work of others
- work imaginatively and demonstrate creativity, co-operate, support and work with others
- consider how theatre arts can enhance a performance
- apply the principles of safe dance practice
- exploring the origins of a specific dance style

Progression from both of these options lead on to National 4/5 (PE) and National 5 Dance. Both subjects allow progression to Higher, here at Belmont Academy.

Broad General Education
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