



PE: PERFORMANCE DEVELOPMENT

What Themes or Topics will you study in this subject?

YOU WILL STUDY ACTIVITIES WITHIN THE FOLLOWING THEMES; FITNESS, POSSESSION GAMES, AESTHETIC ACTIVITIES, NET GAMES, STRIKING AND FIELDING, ATHLETICS.

AS WELL AS INVESTIGATING FACTORS THAT IMPACT ON PERFORMANCE AND DEVELOPING PERSONAL PERFORMANCE IN PREPARATION FOR NATIONAL COURSES.

What Skills will you develop in this subject?

YOU WILL DEVELOP SKILLS WITHIN THE FOLLOWING FOUR AREAS;

PHYSICAL COMPETENCIES, COGNITIVE SKILLS, PHYSICAL FITNESS, PERSONAL QUALITIES.

YOU WILL ALSO DEVELOP YOUR RANGE OF SPORT SPECIFIC SKILLS.

What future study is available in this subject in the senior phase?

PHYSICAL EDUCATION NATIONAL 4 OR NATIONAL 5

SPORTS LEADERS

SPORT & RECREATION

What Careers are available?

PE TEACHER, SPORTS SCIENTIST, SPORTS MEDIA AND JOURNALISM, STRENGTH AND CONDITIONING, SPORTS PSYCHOLOGIST, SPORTS MANAGEMENT, SPORTS COACHING, FITNESS INSTRUCTOR, PERSONAL TRAINER, REFEREE, CHILD CARE, SPORTS CAMP WORKER, VARIOUS LEISURE INDUSTRY JOBS.

“Committed to care & Excellence”