

What is Physical Education?

There are four strands, each one focusing on learning in different physical activity areas: Physical activity for health and wellbeing, Games, Individual and team challenges, Dance and Gymnastics.

The learning outcomes in PE provide a clear focus for student learning as well as teacher planning. In order to ensure that students are motivated to learn and participate in physical education, there is emphasis on consultation with students about the course and assessment design.

Wellbeing in another component of the PE curriculum, this is about young people feeling confident, happy, healthy and connected. This short course in PE contributes to the Wellbeing programme by providing learning experiences which support students in being better able and more motivated to include regular physical activity in their lives, thereby contributing to their overall experience of wellbeing

St Tiernan's Physical Education



Aims of Physical Education

Physical Education aims to build students' motivation and commitment to physical activity within and beyond the school. In physical education students learn about a range of physical activities and build their skills and confidence to participate in them. They also learn about the importance of health enhancing and inclusive physical activity for everybody.



PHYSICAL EDUCATION BEYOND THE CLASSROOM

Physical education provides opportunities for learners to prepare for further study in a range of areas, for example in the teaching, coaching and healthcare professions. In addition to its vocational value, students' learning in physical education provides them with knowledge, skills and understanding that will support lifelong informed participation and/or the pursuit of excellence in their own sporting and physical activity pursuits. There is a substantial body of research which identifies the lifelong benefits of regular participation in physical activity for health and wellbeing (C3 Collaborating for Health, 2011).

Physical Education supports learners' effective engagement in a variety of further education opportunities where self-direction, leadership, organisational skills and reflection are important. Learners can be encouraged to explore physical activity opportunities within and beyond the school.

