

Physical Education and Home Economics

Welcome to the Physical Education and Home Economics Faculty S2 presentation. The purpose of this presentation is to tell you about what your child will learn and the skills they will develop over the course of S2 in PE and HE and to provide some guidance on how best to support your child with their learning.



Staffing 2023/2024



Home Economics Department

- Mrs T. Lawson
- Mrs H. Hinnigan

Physical Education Department

- Mr K. Brown (Principal Teacher of PE, HE & Sport)
- Mr M. Gordon
- Mrs K. Cairns
- Miss C. Rout
- Miss K. Stevens
- Mr M. Hastie (Rugby Development Officer)
- Mr C. Fraser (Active Schools Coordinator)



Home Economics Course Content/Coverage

- HE in S2 is a broad experience allowing learners to have the opportunity to develop a range of skills and knowledge and a passion for food.
 - Learners in S2 get 1 period of HE per week.
 - As a practical subject, classes are capped at 20.
 - Learning takes place in in our modern HE classrooms.
- Learners work through 3 key areas:
 - Food for Health
 - Hospitality Industry
 - Street Food





S2 Golden skills

- You will use more accuracy when weighing and measuring ingredients.
- Be confident when working out the ratio of ingredients when adapting a recipe.
- Listen to instructions and cooperate with a partner/group within an activity.
- Demonstrate and explain the impact of food stock on the environment.
- Identify preventative measures when considering food safety.
- Explain the role of a Food Scientist within industry.
- Enjoy and share cooking experiences with others in the class.



1. Food For Health

S2

- You will continue to develop your understanding of food safety and preventing food poisoning when preparing and cooking foods. You will start to identify and explain the function of nutrients in the diet and the role they play in a balanced diet.
- You will continue to build on your practical cooking skills—dishes will be more complex and will require your problem-solving techniques to improve standard recipes.
- You will plan and execute a simple time plan—managing how you use your time when cooking a dish.
- You will develop your evaluation and sensory skills. You will use a word bank to explain why some dishes work well and some do not!
- You will start investigating how what we eat can impact our health and well-being and affect food choices.



2. Hospitality Industry

S2

What does it take to become an accomplished chef? Through this unit you will develop an understanding of the factors that chefs consider when creating new dishes.

- You will continue to make new dishes, using ingredients that have been chosen to reduce the impact on the environment by:
 - Reducing food waste
 - Travel
 - Seasonality
 - Packaging needs
 - Local produce.
- You will research and identify contemporary food issues that influence consumers choice of food.
- You will continue to grow your practical skills.

3. Street Food

This unit is based on the increase of Street Food style products available on the market.

- You will investigate why street food has become more popular through a range of investigative methods.
- You will look at current food trends and use the results to influence your product design.
- You will use your practical skills to create attractive dishes suitable for sale from a food truck.
- You will adapt basic recipes and make them unique to you.
- You will continue to work as part of a team and bounce ideas with your peers.
- You will step into the role of a Food Product Technologist.





Home Economics Ensuring your Child is Ready to Learn

- Learners should attend practical lessons with an appropriate box or container to take cooking away with them.
- Bring your iPad charged.
- Long hair should be tied up in lessons, so a bobble or hair band is required.
- Please ensure all medical information is up to date around food intolerances or allergies.



Home Economics

How to Support Your Child's Learning

- Talk to your learner about their HE lessons! Home Economics is a broad subject, where learners develop a range of skills and knowledge. They may even want to show you what they have learned when they get home!
- Help your learner to be Ready to Learn for every lesson. We always recommend packing your HE box the night before lessons!
- S2 Learners will use Showbie regularly to complete tasks. Please take a look at their work to support any discussions about how they feel HE is going in S2.
- If the food they produce makes it home – Try it!

Physical Education Course Content/Coverage

- PE in S2 is a broad experience allowing learners to have the opportunity to work in lots of learning contexts.
- Learners in S2 get 3 periods of Core PE per week.
- Learners can choose the S2 PE Elective – Developing Performance.
- Learning takes place in a variety of areas including the Games Hall, Gymnasium, Fitness Room, Astro Pitch, 3G pitch and the Track.
- Learners can opt to join School of Rugby sessions within the PE timetable, organised by Kelso Rugby Development Officer, Murray Hastie.
- Many of the activities we do in S2 have link clubs either in school or the community. Our Active Schools Coordinator, Chris Fraser, can assist with any information on this.



Skills Developed

- Learners will develop a range of Personal Qualities, Movement Skills and Thinking through a variety of Experiences and Outcomes.
- Staff will support learners performance and understanding with work appropriate to their stage of development and understanding.
- Learners will review their own progress across the year with teacher feedback provided in a variety of ways, including through Showbie.

My Qualities

Motivation
Confidence & Self esteem
Determination & Resilience
Responsibility & Leadership
Respect & Tolerance
Communication

My Thinking

Problem Solving
Focus & Concentration
Decision Making
Creativity


My Movement

Kinaesthetic awareness
Balance & Control
Coordination & Fluency
Rhythm & Timing
Gross & Fine Motor Skills

My Fitness

Stamina
Speed
Core Stability & Strength
Flexibility

S2 Core PE Programme 2023/2024



|  | | 2B1 | | 2B2 | | 2K | | 2T | |
|---|---------------------|--|----------------|--|----------------|--|----------------|--|----------------|
| | Dates | Miss Stevens | | Mrs Cairns | | Mr Brown/Miss Rout | | Mr Gordon | |
| | (Week Commencing) | Mon 1 | Wed 6/7 | Mon 1 | Wed 6/7 | Mon 1 | Wed 6/7 | Mon 1 | Wed 6/7 |
| Block 1 | 14/8/23 – 11/9/23 | Netball | Gymnastics | Fitness | Lacrosse | Table Tennis | Volleyball | Hockey | Football |
| Block 2 | 18/9/23 – 23/10/23 | Hockey | Football | Netball | Gymnastics | Fitness | Lacrosse | Table Tennis | Volleyball |
| Block 3 | 30/10/23 – 27/11/23 | Table Tennis | Volleyball | Hockey | Football | Netball | Gymnastics | Fitness | Lacrosse |
| Block 4 | 4/12/23 - 18/12/23 | Fitness | Social Dance | Table Tennis | Social Dance | Hockey | Social Dance | Netball | Social Dance |
| Block 5 | 8/1/24 – 5/2/24 | Movement Skills | Lacrosse | Movement Skills | Volleyball | Movement Skills | Football | Movement Skills | Gymnastics |
| Block 6 | 19/2/24 – 4/3/24 | Mystery Activity/ House Challenges* | Invasion Games | Mystery Activity/ House Challenges* | Invasion Games | Mystery Activity/ House Challenges* | Invasion Games | Mystery Activity/ House Challenges* | Invasion Games |
| Block 7 | 11/3/24 – 25/3/24 | | Choice | | Choice | | Choice | | Choice |
| Block 8 | Summer Term | Athletics/Striking & Fielding/Choice | | Athletics/Striking & Fielding/Choice | | Athletics/Striking & Fielding/Choice | | Athletics/Striking & Fielding/Choice | |

S2 Developing Performance Programme 2023/2024

|  | | Group 2.3 | | Group 2.4 | |
|---|---------------------|-----------------------|---------------|-----------------------|---------------|
| | Dates | Mr Brown | | Mr Gordon | |
| | (Week Commencing) | Tues 6 | Tues 7 | Tues 6 | Tues 7 |
| Block 1 | 14/8/23 – 11/9/23 | Basketball | | Tag Rugby | |
| Block 2 | 18/9/23 – 23/10/23 | Tag Rugby | | Basketball | |
| Block 3 | 30/10/23 – 27/11/23 | Handball | Team building | Cardio Fitness | Leadership |
| Block 4 | 4/12/23 - 18/12/23 | Cardio Fitness | Leadership | Handball | Team building |
| Block 5 | 8/1/24 – 5/2/24 | Skill Related Fitness | | Skill Related Fitness | |
| Block 6 | 19/2/24 – 4/3/24 | Badminton | | Gymnastics | |
| Block 7 | 11/3/24 – 25/3/24 | Gymnastics | | Badminton | |
| Block 8 | Summer Term | Choice | | Choice | |

Extra-Curricular Sports and Activities



- We have a range of opportunities on offer for learners to experience.
- If a club doesn't exist and there is a demand for it, we encourage learners to let us know and we will see what we can do to help start it.

KELSO HIGH SCHOOL  

Lunch Clubs

1.30-2pm

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|---|---------------------------|--|-------------------------------|--------|
| Games Hall | Basketball – Shooting Club (S1-6) | Netball (S1-6) | Cricket → Pre Oct hols Tchoukball → Post Oct hols | | |
| Gym Hall | Archery → Pre Oct hols Bocchia → Post Oct hols | | | Table Tennis (S1-6) | |
| 3G | | | | | |
| 2G | | Football (S2-3) | | Football (S1) | |
| Other | | | | | |

KELSO HIGH SCHOOL  

After-School Clubs

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|-------------------------------------|---------------------------------|-----------------------------------|--------------------------|--------------------------------|
| Games Hall | 5pm ----- | ----- | ----- | Badminton P6/7 | |
| Gym Hall | | Floorball 4.45-5.45pm | | Badminton S1-6 | |
| 3G | Rugby S1-S2 Boys 4-5pm | | | | Football 1.30-2.30pm |
| 2G | Hockey S1 | Hockey S2-3 | Hockey Senior | | |
| Other | | | Primary Athletics 4-5pm | | Golf 2.30-3.30pm |

Physical Education

Ensuring your Child is Ready to Learn

- **All Learners should attend PE with kit to change into, so they are Ready to Learn. This can include:**
 - T-shirt/Sweatshirt/Hoody (No inappropriate slogans or advertising).
 - Shorts/Joggers/Leggings.
 - Clean/Dry, non-marking trainers.
 - In instances of inclement weather learners should consider their choice of clothing to match the elements.
 - iPad as instructed by class teacher.
 - Learners should not attend school in PE kit – This will be classed as no kit.
 - No kit on 3 occasions will result in a letter home.
 - In any cases where provision of kit is a problem, parents/carers can contact the Head of Department for a confidential discussion and support.



Physical Education

Ensuring your Child is Ready to Learn

- **What if someone is injured or unwell?**
- From October 2023 we will operate a “No Note” policy.
- Notes should not be brought to excuse a learner from PE, but rather to inform staff of any relevant fitness or health issues that parents/carers wish to share.
- **ALL** learners should bring kit and get changed to be part of the lesson. Staff will give suitable tasks that each learner can complete. This may include observation, score-keeper or other roles.
- By bringing kit and changing it ensures Participation to a suitable level and that in the result of inclement weather, learners have warm, dry clothes to change back into.



Physical Education

How to Support Your Child's Learning

- Talk to your learner about their PE lessons! Physical Education is a broad subject, and we continue to develop our programme by asking the learners what they want. We only ever ask for learners to give their best! Blocks are short and there will always be a range of experiences. If an activity isn't for you, still try your best.....the next activity is just around the corner! If there are any problems, we encourage parents/carers to please reach out.
- Help your learner to be Ready to Learn for every lesson. We always recommend packing your kit the night before lessons!
- S2 Learners will use Showbie to reflect on their learning across the year. Please take a look and use their reflections to support any discussions about how they feel PE is going in S2.



Celebrating Success

- In both Departments, staff will award merits to learners who exhibit our school values in their learning.
- In Home Economics, staff may award “Chef of the Week” with winners names placed on the display board.
- In Physical Education, staff may award “Superstar” with winners names placed on the display board.



S2 Physical Education and Home Economics

- If you require further information about our S2 Physical Education and Home Economics courses please contact:
- kelsehs@scotborders.gov.uk with the subject of your email marked F.A.O HE Dept or PE Dept dependent on who you need to contact.

