Physical Education and Home Economics

Welcome to the Physical Education and Home Economics Faculty S1 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 S1 in PE and HE and to provide some guidance on how best to support your child with their learning.





Staffing 2025/2026

Home Economics Department

- Mrs G Butterworth

Physical Education Department

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





Home Economics Course Content/Coverage

- HE in S1 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 S1 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 four key areas:

➢Time for Lunch

➢Food Product Development

➢Hospitality and Skills Development

➢Viva Italia!

Home Economics Course Content/Coverage

1. Time For Lunch

This is a food unit – you will design and make a range of foods that can be used as an alternative to sandwiches in a packed lunch.

You will understand how to prepare food safely and hygienically.

You will work with others in the class to develop your teamwork and communication skills whilst cooking, cleaning up and producing dishes.

You will develop a positive attitude when working with food and have confidence in the choices you make.

You will learn the basics of food nutrition – what are healthy and unhealthy foods?

You will be able to look at a food label and identify which foods are high in **SUGAR/SALT/FAT**

2. Food Product Development

You will continue to develop your practical skills and use sharp knives with skill.

You will carry out sensory testing by tasting a range of soups to increase your use of Food Technology vocabulary.

You will develop and create a new soup based on a vegetable soup recipe and add your own choice of ingredients.

You will identify how different ingredients are used in a dish to add colour, flavour, texture, and taste.

You will be able to complete evaluations using higher thinking skills.

3. Hospitality & Skills Development

You will be stepping into the role of a chef.

You will be honing your practical skills in baking, stir frying, and using the hob.

You will be able to demonstrate how foods should be prepared for storage and how to prevent cross contamination.

You will carry out research into the origins of afternoon tea and how it has become part of a British tradition.

You will practice and show skill in presenting foods for customers.

You will carry out food costings.

4. Viva Italia!

You will create a range of Italian dishes – pasta, risotto, cheesecake, and pizza!

You will make a bread-based pizza dough, identifying the role and function of each ingredient used.

You will use vocabulary that describes the science of bread making.

You will research Italian traditions and translate Italian dishes into English.

You will be able to work independently and give feedback to others on their work.

You will become part of a working group to develop ideas.

Skills Developed

- Learners will develop a range of skills through a variety of Experiences and Outcomes.
- Staff will support learners' progress 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.

Golden Skills

You will have the ability to follow a recipe.

Improve your weighing and measuring skills.

Listen to instructions and cooperate with a partner/group within an activity.

Have confidence in making healthy food choices.

Analyse the results from a survey – peers/family.

Design and create a new product from food.

Identify how foods are made in the workplace.

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.
- iPad – charged - as instructed by class teacher.
- 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.
- Mobile Phone in Mobile Phone Box on entry to classroom.

Home Economics – How to Support Your Child's Learning

- Talk to your child 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 child to be Ready to Learn for every lesson. We always recommend packing your HE box the night before lessons!
- S1 Learners will use Showbie regularly to complete tasks. Please take a look at their work to support any discussions about how they feel they are getting on in HE.
- If the food they produce makes it home –enjoy it!

Physical Education Course Content/Coverage

- PE in S1 is a broad experience allowing learners to have the opportunity to work in lots of learning contexts.
- Learners in S1 get three periods of PE per week.
- 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 S1 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.



		1B1		1B2		1K		1T	
	Dates	Mr Brown		Mr Gordon		Mr Gordon		Miss Allan	
	(Week Commencing)	Tues 3/4	Wed 5	Tues 3/4	Wed 5	Tues 5	Thu 1/2	Tues 5	Thu 1/2
Block 1	18/8/25 – 15/9/25	Tag Rugby	Capture the flag	Tag Rugby	Movement skills	Capture the flag	Tag Rugby	Dance	Tag Rugby
Block 2	22/9/25 – 27/10/25	Hockey	Movement skills	Hockey	Capture the flag	Dance	Hockey	Capture the flag	Hockey
Block 3	27/10/25 – 17/11/25	Badminton	Dance	Health & Fitness	Basketball	Movement skills	Badminton	Basketball	Health & Fitness
Block 4	24/11/25 – 15/12/25	Social Dance		Social Dance		Social Dance		Social Dance	
Block 5	5/1/26 – 26/1/26	Health & Fitness	Basketball	Badminton	Dance	Basketball	Health & Fitness	Movement skills	Badminton
Block 6	2/2/26 – 2/3/26	Gymnastics	Class Challenges	Football	Fitness Room	Fitness Room	Gymnastics	Class Challenges	Football
Block 7	9/3/26 – 30/3/26	Football	Fitness Room	Gymnastics	Class Challenges	Class Challenges	Football	Fitness Room	Gymnastics
Block 8	Summer Term	Athletics/Striking & Fielding/Outdoor Games		Athletics/Striking & Fielding/Outdoor Games		Athletics/Striking & Fielding/Outdoor Games		Athletics/Striking & Fielding/Outdoor Games	

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 ensure their choice of clothing matches the elements.
- iPad – charged - as instructed by class teacher.
- Learners should not attend school in PE kit – this will be classed as no kit.
- No kit on three occasions will result in a letter home.
- In any case where provision of kit is a problem, parents/carers can contact the Head of Department for confidential discussion and support.
- Mobile Phone to be placed in Mobile Phonoe Box on entry to the PE Department.

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-keeping or other roles.
- By bringing kit and changing it ensures participation to a suitable level and means 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!
- S1 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 S1.

What can Merits be Awarded for in Physical Education and Home Economics?



Participation – can include:

- Join in on all parts of the lesson, even if they are challenging or new
- Encourage others to take part
- Volunteering for demonstrations

Respect – can include:

- Listening to peers/teachers
- Being kind to others
- Showing good sportsmanship
- Handling equipment safely





What can Merits be Awarded for in Physical Education and Home Economics?



Included – can include:

- Assisting others if they find things challenging
- Ensure no one is left out
- Work cooperatively with others

Determination – can include:

- Not giving up when things are challenging
- Always trying to find solutions to any problems
- Reflecting on mistakes to improve future work





What can Merits be Awarded for in Physical Education and Home Economics?



Excellence – can include:

- Using feedback to refine skills and techniques
- Striving for high quality work every time
- Representing the school positively







S1 Physical Education and Home Economics

- If you require further information about our S1 Physical Education and Home Economics courses please contact:
- kelsohs@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.



