

Physical Education in Dalkeith High School

The Scottish Government recognises the positive impact physical education can have on a pupil's health, educational attainment and life chances and that it can form a key element of a school's plan to deliver the broad health and wellbeing outcomes and experiences contained within Curriculum for Excellence.



This includes a commitment that:

.....by 2014, every school pupil in Scotland will benefit from at least two hours per week of physical education in primary school, and two periods in S1 to S4.....

At Dalkeith High School, our aim is to provide a physical education experience that provides learners with a platform from which they can build physical competences, improve aspects of fitness, and develop personal and interpersonal skills and attributes.



How you can help us

Find out from us which days your child has regular PE.

Ensure your child is prepared with appropriate clothing (1) for indoor and outdoor activities, taking account of the Scottish weather and the fact that they may have to change clothes. Cold

children will not learn! Also make sure that on our rare hot days that they have a hat and sunscreen.

Encourage your child to take part, try hard and persevere in more challenging tasks in PE.

Talk to your child about the importance of working together, respect and handling competition well, so that they understand we are all working together to learn in PE.

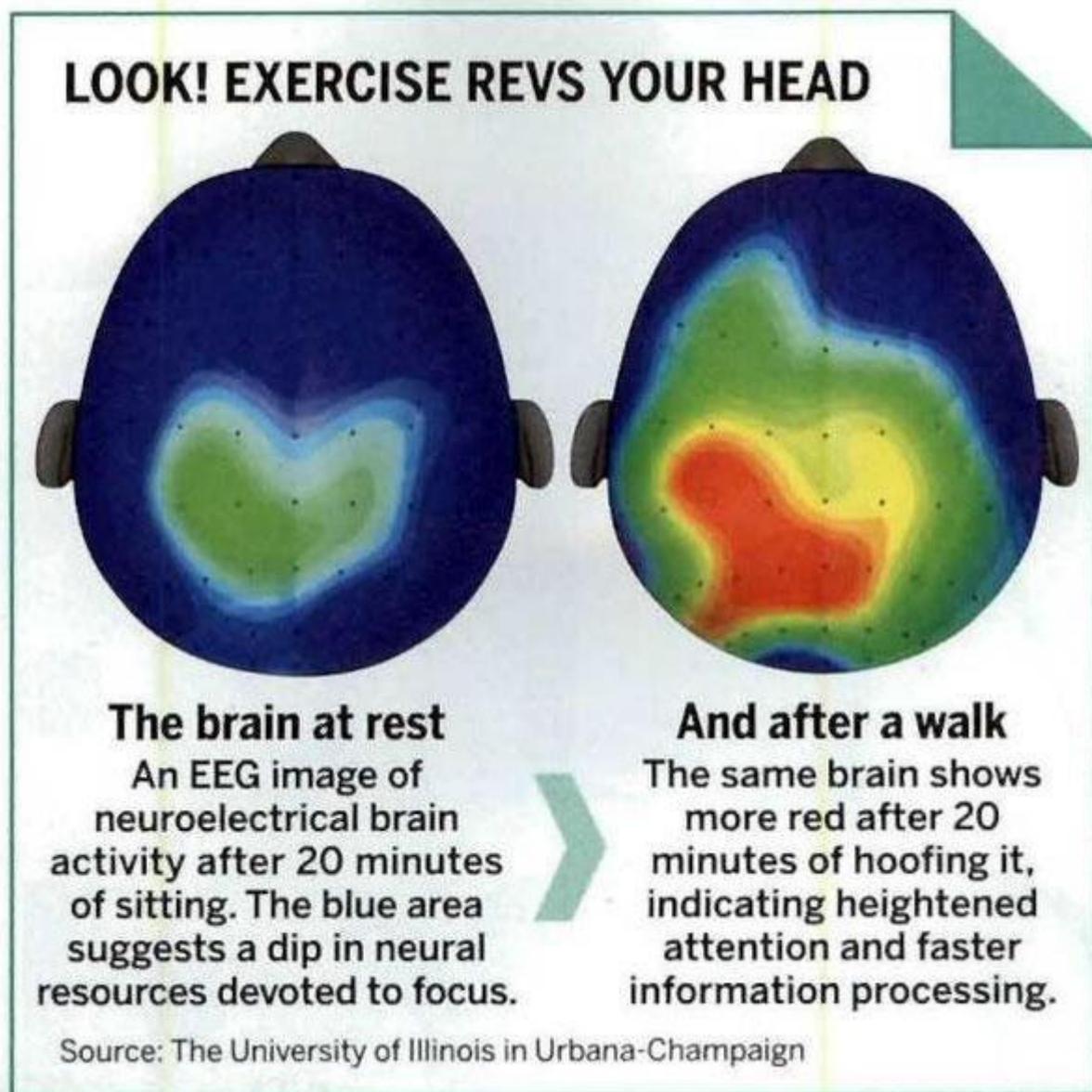
If you are considering writing a note to excuse your child from PE because they are unwell or injured, please consider whether this is really necessary. We can adjust each learning experience to meet the needs of all learners and include your child even if they are not 100% fit.



You can contribute to your child's health and wellbeing by encouraging your child to be active out of school and finding out about clubs and after school activities both in school and in the local community.

How PE helps you

We are working hard to develop learning skills during physical education lessons and also to emphasise the contribution physical education makes to learning across the school. In a 2014 study done at the University of British Columbia, researchers found that regular aerobic exercise, the kind that gets your heart and your sweat glands pumping, appears to boost the size of the hippocampus, the brain area involved in the recall of words and language.



We appreciate your support.

If you would like to discuss anything in relation to the learning experience in physical education, please contact Miss Kirstie Maclaine, Principal Teacher of PE & Health and Wellbeing.

Physical Education: What you need

Clothing is an important aspect of safe practice in all forms of physical activity. In Dalkeith High School we recommend the following items of kit for participation in Physical Education:

Swimming

- Swimwear that covers appropriate body areas and does not restrict movement
- Goggles made of unbreakable plastic or rubber
- Towel

Outdoor Activities

- Shin Guards that strap into position for team games
- Personal mouth guard in Hockey & Rugby
- Boots with studs that conform to current BS EN requirements for team games
- Tracksuit trousers / long-sleeved top in cold weather or when doing Orienteering
- Hat and gloves in cold weather
- Waterproof jacket in wet weather
- Shorts & T-shirt or long-sleeved top in warm weather
- Change of socks & underwear
- Towel in wet conditions

Indoor Activities

- Shorts / tracksuit trousers & T-shirt or long-sleeved top
- Footwear that is close fitting with soles that provide good traction

Running

- Footwear that is suitable for running on grass, path and pavement
- Shorts or Tracksuit trousers
- T – shirt and Long Sleeved top that can be worn in layers
- Plain woollen hat and thin gloves
- Change of socks & underwear
- Towel

Personal Belongings

- Changing rooms will be locked where this is possible once all pupils are in the working area and only reopened by the teacher when the lesson is finished.
- Bringing specific items of value (mobile phones, i-pods etc) is not encouraged. Teaching staff are not responsible for any items that they store or hold for pupils. All items remain the responsibility of the pupil.