

Physical Education

In our S1 PE course we cover Indoor Games like Basketball, Handball and Netball, Outdoor Games like Football, Rugby and Hockey, Central Net Games like Table Tennis, Badminton and Volleyball, Aesthetic Activities such as Dance & Gymnastics. We also cover Fitness and Athletics in the summer term. Sometimes we will work together as a team, listening and cooperating with one another and other times we will work on our own developing our own individual goals and qualities. The PE Department aim to provide exciting and fun lessons that focus on practical skills and personal qualities. S1 PE is for everyone, where the focus is on taking part, enjoyment and pupil choices.



Home Economics

Within the S1 Home Economics Course students will study the following areas: Food hygiene and safety, Nutrition & Dietary Goals, Food labelling, Food choice and Food Product development. The course will cover curriculum for excellence 3rd Level outcomes and experiences and will focus on developing practical and organisational skills.

