

Dumfries Academy
Health and Wellbeing
Physical Education (PE)
and Home Economics (HE)

P7 Transition

Session 2020-2021

Welcome to Physical Education

- The staff in the Physical Education Department will be:
- Miss Haile Principal Teacher of HWB Faculty
- Mr Nicholson
- Mr Douglas
- Mr Scott
- Mr Dillon
 PE Teacher and Depute Rector
- Senga Thompson Active Schools Co-ordinator

- Follow Dumfries Academy HWB department on Twitter:
 @DA_HWB
- Follow the school on Facebook: https://www.facebook.com/DumfriesAcademyEvents
- Join the Dumfries Academy PE Department Club



Mr Dillon



Miss Haile



Mr Douglas



Mr Scott



Senga Thomson



Mr Nicholson

What will you cover in S1 PE?

Fitness	Net Games	Aesthetics	Team Building	Team Games	Athletics
Orienteering	Badminton	Dance	Team Building	Netball	100m
Running	Table Tennis	Gymnastics	activities	Hockey	400m
Step Aerobics	Short Tennis			Rugby	800m
HIIT	Volleyball			Basketball	Hurdles
Circuits				Football	Relay
Exercise DVD's				Dodgeball	Shot Putt
				Handball	High Jump
					Long Jump















What clubs could you join in PE?



Extra-Curricular Activity Timetable							
	Lunchtime			Afterschool			
	Games Hall	Gym	Fitness Suite	Games Hall	Gym	Fitness Suite	Grass Pitches
Mon	S1 Netball			Badminton			
Tue	S2 Netball	Dance Club	Fitness Club	Basketball			Rugby
Wed	S1 Football			Netball			Football
Thurs	S1 Badminton & TT		Fitness Club	Basketball			
Fri	Girls Football			Staff Sport/ Senior Netball Staff Football			







We also offer the option to join School of Netball or Football

- Students can apply to become part of School or Netball or School of Football.
- If selected students will participate in 2 lessons a week of Netball or Football as well as afterschool and lunch training.
- All selected students will sign School of Netball/Football Contract.
- Students will develop the fundamentals of the game, attack and defence principles, fitness, health and well-being, confidence, resilience, responsibility and leadership through a variety of roles such as umpire/referee, captain, match reporter etc and various social skills.
- Students will explore health and wellbeing and moral topics such has ethics, equality and diversity, substance misuse, online safety, team work and health relationships and accountability through the medium of sport.
- As part of the School of Netball/Football students will represent the school team in the Regional League, Regional Festival Days and Scottish Schools Competition.
- Students following a year of School of Netball/Football may be selected to trial for Regional squads.









School of Netball will be delivered by Miss Haile who is a level 2 qualified Coach, Head Coach of U15 and U17 D&G Squads and Chair of D&G Schools Netball Association.

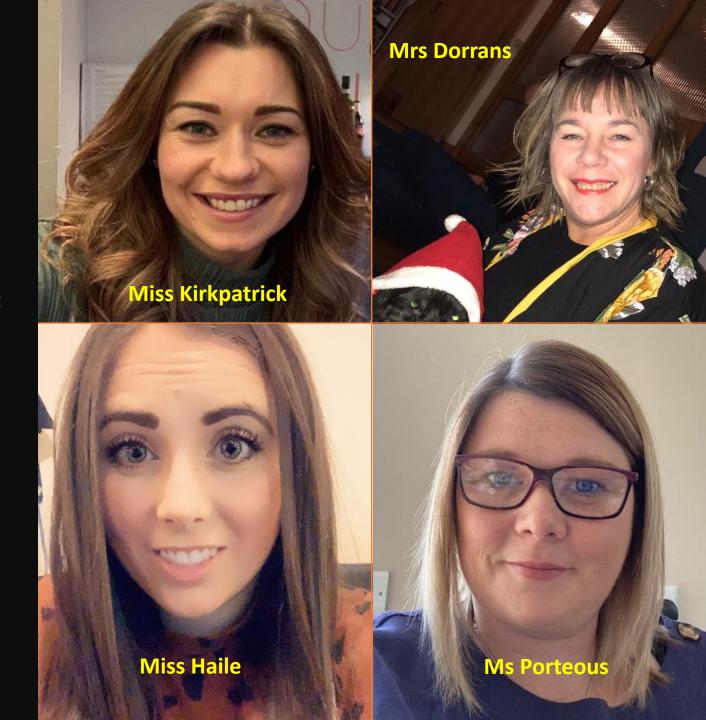




School of Football will be jointly delivered by Mr Scott and Daniel Armstrong (Queen of the South). Sessions will take place at Queen of the South Facilities.

Welcome to Home Economics

- The staff in the Home Economics Department will be:
- Miss Haile Principal Teacher Faculty (PE BASE)
- Mrs Dorrans (T13)
- Miss Kirkpatrick (T11)
- Ms Porteous (T12) Monday & Wednesday only





What will you cover in S1 HE?



Fabric	Getting Started and Kitchen Safety	Healthy Living and Nutrition
Creating your own cushion	Oven Pockets Vegetable chow Mein	Apple Crumble Cheese Burger
	Pizzas Pasta Creole Blueberry Fairy Cakes Lentil Soup	Sweet and Sour Sausages Macaroni Cheese Scones Vegetable Stir Fry







We all look forward to welcoming to Dumfries Academy in August 2020.