

DOCTRINA PROMOVET



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 Thomson 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 Running Step Aerobics HIIT Circuits Exercise DVD's	Badminton Table Tennis Short Tennis Volleyball	Dance Gymnastics	Team Building activities	Netball Hockey Rugby Basketball Football Dodgeball Handball	100m 400m 800m Hurdles Relay Shot Putt 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 of 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 as 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



Miss Kirkpatrick



Mrs Dorrans



Miss Haile



Ms Porteous



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 Pizzas Pasta Creole Blueberry Fairy Cakes Lentil Soup	Apple Crumble Cheese Burger Sweet and Sour Sausages Macaroni Cheese Scones Vegetable Stir Fry



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