

EXAMPLES OF GOOD PRACTICE WITHIN WEST LOTHIAN PHYSICAL EDUCATION DEPARTMENTS

SECONDARY SCHOOLS

Time-tabling

The James Young High School

PE classes are time-tabled as a main priority and are one of the first subjects to be placed in the whole school time-table. Full year groups, split into half-year group sets come to PE for Core. All Certificate classes come as one-year group with no other classes at that time. In S3, there are three Standard grade classes, S4 there are four and in S5/6 there are two H/Int 2 classes and 1 Practical Performance class. This can take place because of the department's facilities and a willing, flexible approach by the PE staff to use all the available facilities according to weather conditions. At times, this results in using alternative areas of the school as teaching areas i.e. the Lecture Theatre, dining hall as often more than one class uses the games hall. The PE department has 5 full time PE staff, with the following current facilities:

4-court games hall
gymnasium
fitness room and converted squash court as free weight room
20m swimming pool
6 tennis courts
1 synthetic pitch, 2 grass pitches
dance studio by summer 2009

The current school roll is 1091 (based on West Lothian Council's intranet site, as of 10/12/08) and the school runs to a 28 period week. This structure is now firmly in place as a result of the PT putting a time-table request to the Depute HT and has now been in place for the last four years.

Girl's PE – Creative and Aesthetic Courses

West Calder High School

West Calder High School

In S3 Standard Grade, there is an all girls' class along with another two boys' classes. Over the past three years, the department have changed the format of the course to allow for gender specific options and improvement to the quality of experience and practical performance marks. This has also improved the uptake of the course, from:

Year 1 - Up from 60 to 75 (3 more girls)

Year 2 - Up from 75 to 90 (10 more girls)

Year 3 - 90 down to 70 however Intermediate 2 was introduced with 22 pupils (with 8 girls out of 22)

What is also important is the fact that the practical grades for the girls have improved dramatically in the last three years and motivation levels have significantly improved. Also, last year for the first time the top PE student was a girl.

The 3 course choices are:

- 1) dance, gymnastics, hockey, athletics, basketball
- 2) volleyball, swimming, athletics, football, basketball
- 3) basketball, football, racket sports, athletics, gymnastics

This offers a great deal of flexibility and allows for client groups to be catered for. Pupils recognise that the PE department have taken their requests on board and have shaped the course around what they want to do. Within Core PE, the department have also offered dance and gymnastic type activities for the girls and rugby for the boys. West Calder High School has the following current facilities:

2 gymnasiums
20 metre swimming pool
1 synthetic pitch
3 grass pitches
assembly hall (when available)

The current school roll is 1046 (based on West Lothian Council's intranet site, as of 10/12/08) and runs on a 28 period week. There is a possibility of the school moving to a 32 period week.

PRIMARY SCHOOLS

Time Allocation

In the primary sector some interesting models which schools have utilised in delivering the time allocation are:

- Carmondean PS, which timetables 60 minutes indoor and 60 minutes outdoors per class per week, delivered as formal PE lessons. The school has a roll of 412 and a combined dining and PE hall.
- The most successful schools in moving towards two hours of PE are those such as Parkhead PS and St Mary's PS Polbeth, which benefit from a dining hall that can be effectively utilised for PE and a separate gym hall. In addition they have effective outdoor space. Furthermore, smaller schools such as Our Lady's PS (58 pupils) have two hours of PE timetabled for every pupil weekly. The school has negotiated access to the community centre nearby and has access to extensive outdoor and all weather areas.
- Balbardie PS have an all weather area installed within their limited grounds and timetable PE for both indoors and out.
- In order to maximise time allocation, weekly physical activity sessions are timetabled in several schools such as Torphichen PS, Westfield PS and Kirkhill PS where resources such as Class Moves are utilised.

Inclusion

St Joseph's PS, Whitburn have developed a three year developmental Physical Challenge Programme targeting high tariff pupils currently in P5. The programme is supported by the PE specialist and a support assistant and will be rolled out across the St Kentigern's cluster in session 09-10.

Most primary schools have strong links with Occupational Therapy/ Physiotherapy staff from St. John's Hospital and provide targeted programmes for individual pupils.

PMP / Basic Moves

Linlithgow cluster schools have been at the forefront of developing physical literacy through Perceptual Motor Programmes and Basic Moves, principally through the efforts of the PE specialist, who has taught within most of the cluster schools over a period of years and Edinburgh University.

The benefits are now well documented and have now been extended across the authority.