

## Physical Education BGE Progression Pathway

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#believeinbetter

## **Cognitive Skills**

Develop skills such as problem solving, focus & concentration, decision making and creativity in a range of activities.

S1 Physical Education









## **Physical Competencies**

Develop skills such as balance & control, coordination & fluency, rhythm & timing, gross & fine motor skills in a range of activities

Click on the activity icons to find out what you will learn in BGE PE











Progression can continue in a variety of different courses in Senior Phase at Irvine Royal academy



S3 Elective PE Games

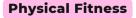
S3 Elective PE Aesthetics











Develop aspects of fitness such as stamina, speed, core stability, strength and flexibility across a range of activities.



## **Personal Qualities**

Develop qualities such as motivation, confidence, leadership, respect & tolerance and communication.

