



Speyside High School

PE Department



Welcome to your PE Department! We hope that you will find the following information useful. If you have any further queries about PE at Speyside, please get in touch with the school office or contact your child's guidance teacher who will redirect your enquiry.



Current guidelines in relation to coronavirus:

- All PE lessons will be taking place outdoors until further notice: please bring appropriate outdoor clothing and trainers.
- Senior pupils (S4-6) should come to school in their PE kit on days when they are timetabled for SQA PE lessons. This DOES NOT include S4 Core PE. Pupils who have S4 Core should continue to come in school uniform and bring a change of shoes.
- S1-3 pupils will not be wearing PE kit for lessons at this stage, as we are not currently able to use the changing rooms. Activities will be low-intensity to prevent sweating and overheating.
- Hand sanitiser is available in the Games Hall, and all equipment is disinfected after each use to maximise safety.
- Valuables can be placed into a blue tray and these will be stored in the PE Office during lessons.



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Kit Policy

Pupils are required to change into PE kit for practical lessons**. This kit should include: trainers*, shorts, t-shirt, leggings, tracksuit bottoms / tops and hoodies / jackets for outdoor activities. In the event of an injury or illness, pupils should bring a note for their PE teacher and expect to engage in the learning in an alternative way, such as keeping scores. We very much appreciate parents' support in ensuring that our young people are actively engaged in and dressed safely and appropriately for their PE lessons.

*These must not be school shoes.

**Please see additional notes on the previous page in relation to current PE guidelines.

Other information:

Extra-Curricular PE: we offer a varied and wide range of lunchtime and after-school activities at Speyside. Current government restrictions are not allowing us to restart clubs just yet, but as soon as we do these will be well-publicised. We're raring to get going again!

Health & Safety:

- Please ensure that long hair is tied back during lessons.
- Mobile phones must not be used at any time in the changing rooms or during PE lessons.
- Valuables will be collected by your PE teachers at the beginning of each lesson and locked in the office. Please note that we accept no responsibility for personal belongings which have been left in the changing rooms.
- Aerosols are strictly prohibited. Please bring roll-on deodorant.

Pupils of the Month: each month we carefully choose two students for this award. They are presented with a prize, and get to have their photo placed on our honours board in the PE Department!

Department Expectations

We expect all students to participate in their PE lessons to the best of their ability. We offer a lot of personalisation and choice to maximise participation levels and increase enjoyment. Pupils will be assessed through the PE Benchmarks throughout their Broad General Education (S1-3), and in the senior phase (S4-6), young people can choose to specialise in a wide range of PE courses. If pupils have long-term medical issues, we work hard to engage them with the learning wherever possible, in a variety of roles such as coach / referee / timekeeper.



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