



# Physical Education BGE Progression Pathway

#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.

S2 Physical Education

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



S3 Physical Education (all pupils x2 periods)



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



[CLICK HERE](#)

S3 Elective PE Games

S3 Elective PE Aesthetics

National Qualifications in Physical Education



## Physical Fitness

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



**IRVINE ROYAL ACADEMY**  
Ambition • Respect • Responsibility

[CLICK HERE](#)



[CLICK HERE](#)



## Personal Qualities

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

**@IrvineRoyalPE**