



The GHS Physical Education Journey

Sports Leaders

Developing coaching skills.
Organising, and leading sessions for young people.

Higher

Delving deeper into the
Factors Impacting
Performance and
developing performance.

Sports Analyst

Personal Trainer

Physiologist

Physiotherapist

Gym Instructor

S5/6 COURSES

National 4 & 5

The first qualification on offer.
Investigating the impact of 4
factors on performance

National 4 & 5

Your journey as a pupil...

- ✓ Teaches Self Discipline
- ✓ Improves Physical Fitness
- ✓ Develops Leadership Qualities
- ✓ Improves Academic Performance
- ✓ Develops helpful social interactions
- ✓ Contributes to a good Mental Health
- ✓ Improves Self Confidence

S3/4 COURSES

S5/6

Table Tennis

S4 Core

Athletics

Basketball

Swimming

S3/4

S3 Core

Choose your pathway! Team
games, aesthetic, central net and
wall. 2 periods per week

S3 Elective

An introduction to the National
4/5 course. 3 periods per week

S1/2 ACTIVITIES

S1/2

Gymnastics

Fitness

Your Physical Education Journey starts here ...