

Monthly Newsletter

KNIGHTSWOOD
SECONDARY SCHOOL

30 October 2024



Here's what has happened in the last month and what's to come!

Welcome to our newsletter! We are thrilled to share with you the latest developments in the physical education and dance department at Knightswood Secondary School.

We value our young people and are proud of their accomplishments. Our vision in the PE & Dance department is to provide world class opportunities for all young people to attain and achieve.

In order for young people to achieve this vision, it is a requirement that pupils have a change of kit (even if injured) for PE & Dance. This includes top/jumper (no football references); leggings/shorts/joggers; appropriate footwear; and a jacket (we're heading into the colder months!).

Please see regular PE & Dance updates on our twitter page - @pe_knightswood.

Enjoy this month's newsletter!

Our PE & Dance department consists of 6 members of staff. Get to know us!

- Mr Burrell
- Role: PT of PE and Dance
- Favourite sport: Running
- Favourite athlete: Eliud Kipchoge

- Mr Comerford
- Role: PE Teacher
Favourite sport: Football/Golf
Favourite athlete: Henrik Larson

- Miss Scott
- Role: PE & Dance Teacher
Favourite sport: Dance & Climbing
Favourite athlete: Donnie Campbell

- Miss Bell
- Role: PE & Dance Teacher
Favourite sport: Dance
Favourite athlete: Simone Biles

- Ms Degnan
- Role: PE Teacher
Favourite Sport: Netball
Favourite athlete: Keely Hodgkinson

- Miss McGowan
- Role: PE Teacher
Favourite Sport: Netball
Favourite athlete: Claire Maxwell

In this newsletter
you can expect
updates about:

Broad General
Education (BGE)

SQA National 5
PE

SQA Higher PE

SQA National 5
Dance

Sports Leadership

Extra Curricular Clubs & Events

Knightswood PE
& Dance

How Good is our Physical Education and Dance Department?

How good is our leadership and approach to improvement?

Our leadership and approach to improvement in the PE and Dance department have been strong and proactive. All S3 pupils have been engaging in self-evaluation to reflect on their progress in core PE, fostering a culture of personal responsibility and growth. We have been focusing on effective questioning using thoughtful, open-ended questions encouraging students to think critically, explore different perspectives, and articulate their reasoning. By using probing questions that go beyond surface-level responses, we are able to gauge student comprehension and identify areas needing further clarification. Effective questioning also promotes student confidence, as it gives them opportunities to express ideas in their own words and engage in meaningful discussions. Additionally, we have begun celebrating pupil achievements with the introduction of the 'Pupil of the Block,' recognising and motivating our students' ongoing success.

How good is the quality of care and education we offer?

The quality of care and education we offer in the PE and Dance department is highly effective, with a strong emphasis on personalisation and skill development. All S3 and S4 pupils have chosen specific 'pathways'—aesthetics, teams, individual, or football—enabling them to tailor their core PE lessons to their own interests and needs, fostering greater engagement and ownership of their learning. Our BGE classes have just completed a six-week focus on developing fitness and skill development through a variety of different skills, ensuring a well-rounded physical education experience. Additionally, our Sports Leadership class has been working with a range of external partners, further enriching pupils' learning by building leadership and teamwork skills.

How good are we at improving outcomes for all learners?

We are highly effective at improving outcomes for all learners in the PE and Dance department, with a key focus on promoting both physical and mental wellbeing for every pupil. Staff have been integrating literacy and numeracy into the PE curriculum, enriching pupils' overall learning experience and helping to build important skills beyond physical education. In National 5 and Higher classes, the use of iPads for data collection has provided more accurate tracking of progress, allowing for tailored feedback and goal setting. Furthermore, our extra-curricular clubs have seen high levels of attendance across a variety of sports, offering pupils additional opportunities to develop their skills, confidence, and overall wellbeing.

BGE PE

PUPIL EXPERIENCE

"I think PE is a good subject because everyone is included and its fun. PE is an important life lesson as you get skills like teamwork, communication, and adapting. Everyone has their own strengths like in football someone can be a good defender/attacker and someone can be a good goalkeeper and when you have put these all together it makes good teamwork."

Chloe Mawhinney, SL.



BGE PE Homework



SHOW MY HOMEWORK

At the end of each block, BGE students complete a homework assignment focused on key skills covered during that period. For example, in a block on control and fluency, students reflect on how they have developed these skills across different activities. They may be asked to analyse how control and fluency impact performance, identify techniques to improve consistency, and describe specific scenarios where these skills were crucial in achieving a desired outcome. This approach helps students consolidate their learning and apply theoretical concepts to practical situations. This should be completed on show my homework.

S1 Pe homework.

1)
Dribbling past players and passing to fellow teammates, shooting into the goal accurately.

2)
I'm good at dribbling I do this by faking to pass/bounce another way,
I shoot with 2 hands, I shoot only when close enough to the goal to guarantee a goal.
I pass to teammates who are not getting blocked by and players, and to people who are near the goal.
I need to develop my quick thinking, this will help me making faster and better decisions, like better passing, and help my dribbling.

3)
If u are fluent and controlled with the ball,It will help with shooting and passing with the ball accurately, help dribble past players that are blocking u from moving forward.

SQA National 5 PE

PUPIL EXPERIENCE

“In s3 elective PE we get to do a variety of things. So far, at the beginning of s3 my class looked at badminton. We looked at serves like low serves and high serves we also looked at the basic rules of badminton. We then went on to fitness tests like fartlek training , cooper run , bleep test and the multi stage fitness test. We then moved onto hockey and practised the way you hold the stick, different skills you could do while in a match and did some peer feedback after a game. Now we are doing hand ball and are currently practicing skills and learning new things. During these games we use our 4 factors which are physical , emotional , mental and social.”

Aimee McKee, S3.



SQA Higher PE

PUPIL EXPERIENCE

"So far in PE this year, we have participated in handball and badminton. Within first sport of handball we used small sided game to improve technique with an overall goal of improving our cre. We also developed this by doing the Cooper test, fartlek training and shuttle runs. We used both peer feedback with our classmates and coach/teacher from Mr Burrell.

During badminton, we had a block focusing on our weak shots. We had to use problem solving to figure out what our weak shot actually was. To improve this we used repetition drills and combination rallies to work on the weak shots and get better. We got to use teamwork to do doubles sessions and help our teammates improve at the sport."

Kaid Meldrum & Marcus Cunningham, S6
Higher PE.



SQA National 5 Dance

PUPIL EXPERIENCE

"This term in National 5 dance we have been focusing on the question paper for our prelims in December, swan song (famous choreographic piece), bob fosse (famous choreographer) and developing our own choreography. we have also been attending supported study every Monday to help us prepare for our prelims and focus on our own choreography, miss bell can also support us where we need it on a one to one basis. In class we have been learning about Swan Song which is a renowned dance piece by choreographer Christopher Bruce, first performed by Ballet Rambert in 1987. The storyline revolves around an interrogation scene involving a prisoner and two guards. Throughout the piece, the guards alternate between threatening and manipulating the prisoner, using physical movements to convey both brutality and dark humor. Despite the oppressive circumstances, the prisoner's movements convey a sense of dignity, resilience and hope. we have also been concentrating on the technical principles such as technique, performance quality, and creativity. Technical principles focus on posture, alignment, balance, flexibility, and strength, helping students develop a strong and safe physical foundation. Dancers learn about musicality and timing, enabling them to move in sync with rhythm and dynamics, which enhances their expression and storytelling abilities. another section of the exam we have been focusing on is learning and researching famous choreographer Bob Fosse."

Sophie Nathwani, S4 National 5 Dance.



Sports Leadership

PUPIL EXPERIENCE

"In October, I continued progressing in the Sports Leadership course, focusing on practical teaching experience in local primary schools. For the past four weeks, I've been delivering multi-sports sessions, allowing young students to develop a range of skills across sports. Working alongside Tennis Scotland, we've been preparing for an upcoming tennis festival scheduled for November 19th. To engage the students, I've led fun, interactive sessions that introduce fundamental techniques while keeping the activities lively and accessible. Additionally, I had the opportunity to work with On the Ball Academy, conducting a football session that emphasized smooth transitions and simple, effective drills. These practices were designed to be easy to set up and execute, helping the young players build confidence and skill fluidly. Overall, these sessions have been an excellent way to reinforce my leadership skills while making a positive impact on the students' experience and enjoyment in sports.!

Harrison Bell, S6 Sports Leadership.



Extra Curricular & Events



S1 & S2 Netball Team

The S1 and S2 Knightswood PE teams put on a stellar performance in a friendly netball match, securing a well-deserved win against St Andrews RC Secondary. Demonstrating excellent teamwork and skill, the Knightswood players showed both resilience and sportsmanship, making the school proud with their victory.

KSS Winter Dance Showcase

The Knightswood Secondary School Winter Dance Showcase will take place on Wednesday, 20th November, from 6 pm to 7:30 pm. This evening promises an array of captivating performances by talented students, celebrating creativity and the festive season through dance. Join us for an inspiring showcase of skill and expression!



EXTRA CURRICULAR CLUBS

Our sporting extra-curricular clubs have seen fantastic attendance so far this year, with high numbers of pupils taking part. There's a wide range of activities to choose from, catering to different interests and abilities, including dance, football, dodgeball, basketball and netball. These clubs provide a great opportunity for pupils to stay active, develop new skills, and have fun with their peers. Additionally, our Sports Leaders are playing a key role in helping to run these clubs, gaining valuable experience in leadership..

Extra Curricular Timetable

Come along and take part!

Take a look at our extra curricular timetable at Knightswood Secondary! The top timetable is sport related and the other is more classroom based activities. Come and give them a go!

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
	Lunchtime	After School	Lunchtime	After School	Lunchtime	After School	Lunchtime	After School
PITCH					S1 FOOTBALL Mr Comerford	S3 FOOTBALL Training Lewis And Mark	S2 FOOTBALL Mr Comerford	S1-5 FAREBEARS FOOTBALL Mark King/ Claire Connelly
GAMES HALL	S1-3 TENNIS Drum Tennis/Mr Beaton				S1-3 NETBALL Miss McGowan		S1-3 BASKETBALL Ms Degnan/Miss Williams	S1-5 FAREBEARS BADMINTON Mollie / Evie
GYM 3	S1-3 DODGEBALL Mr Burrell		S1-6 GYMNASTICS Miss Scott	S1-3 DANCE Danielle Reilly		S1-3 RUGBY GHK Rugby Club	S1-3 DANCE Miss Bell	
FITNESS SUITE								

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Lunchtime	After School	Lunchtime	After School	Lunchtime	After School	Lunchtime	After School	Lunchtime	After School
S1-6 Coding Club Mrs Graham SO1		S1-6 LGBT Safe Space Coon Mx T02			S1-6 Film Club Ms Sferrazzo /Mr Airdrie F23	S1-6 Science Club Miss Brown G19		S1-6 Samba Band Miss Bremanson Music Department	
		S1-6 Chess Club Mr Kosbatar/Mr Kwant Library				S1-6 Chess Club Mr Kosbatar/Mr Kwant Library	S1-6 DUNGEON AND DRAGONS TABLETOP CLUB Mx Coon Library		
S1-6 KSS Express- Newsletter Mrs Frizzell/Ms Teasdale G01				S1-6 ECO Club Miss Davies T01	S1-6 GARDEN AND MURAL CLUB Mrs Gallagher S11			S1-3 World Languages and Culture Club Mr Muir F13	
S1-6 LGBT Club Miss Wild S13		S1-6 Bracelet Making Club Miss Robb T07		S1-6 Debate Club Ms Teasdale/Mr Airdrie G01		S1-6 Juggling Club Mr Ahmed S05	S1-3 Drama Project Mr Airdrie G10 (Drama Studio)		

Primary Transitions

PE Lessons in Local Feeder Primary Schools

The Sports Leadership Group is playing a vital role in facilitating transitions and building connections with local primary schools, specifically Knightswood, Clyde, and Scotstoun Primary Schools. They are developing in-depth lesson plans focused on multi-sports, carefully tailored to the age and developmental stages of the primary students. After creating these lesson plans, the group delivers sessions using various teaching strategies and differentiation to ensure all lessons are inclusive. By implementing assessment for learning strategies, the leaders evaluate pupils' understanding at the end of each lesson, gaining valuable feedback on their learning progress. This feedback allows the leaders to identify areas where students may need additional support and adjust their teaching accordingly. This initiative not only enhances the students' learning experience but also highlights the high standards set by the Physical Education department at Knightswood Secondary School, establishing an important link between our schools.



Primary Pupil Feedback

Have you had fun	What have you enjoyed most	Is there anything you've not enjoyed	Have the leaders been nice	Is there anything you would've liked to do that you didn't
Yes	Elephant football	No	Yes	Rugby
Yes	Red light green light	No	Yes	No
Yes	Knots and crosses	No	Yes	Olly octopus and more tig
Yes	Elephant football and knots and crosses	No	Yes	No
Yes	Elephant football and red light green light	Knots and crosses	Yes (Eilidh and Brooke especially)	Olly olly octopus and tig
Yes	Tennis	No	Yes	Football and basketball

Active Schools

Updates and Achievements

Primary Tennis Sports Leaders Festival is the 19th of November.



3 of our sports leaders completed their SFA football 1.1 course



**RISING STARS
BASKETBALL
PROGRAMME
STARTS THIS
TUESDAY 4TH OF
NOVEMBER
AFTERSCHOOL IN
THE PE GYM HALL.**

We have had some of last years sports leaders back in as role models.



BOXING WITH KASH FAROOQ IS ON EVERY WEDNESDAY AFTERSCHOOL IN THE FITNESS SUITE, COME ALONG AND TRY SOMETHING NEW!



Pupil of the Block



CELEBRATE GOOD TIMES!

Congratulations to the S1 and S2 pupils who have been selected as standout members of the class for their outstanding effort and commitment in PE. Their dedication to following the school charter, displaying excellent sportsmanship, and consistently giving their best in every activity has set a positive example for their peers. Well done on this well-deserved recognition! Keep up the great work!

1A1: Pola Szymkiewicz

1A2: Alfie Acosta Yaffe

1B1: Riley Spence

1H1: Kai Tong

1I2: Layla McKinlay

1T1: Mohamad Alkoud

1S1: Jorja Wood

2A1: Charley McGinlay

2B1: Joseph Quail

2B2: Wissam Duarte-Begos

2H1: Chloe Mawhinney

2H2: Jaselyn Brady

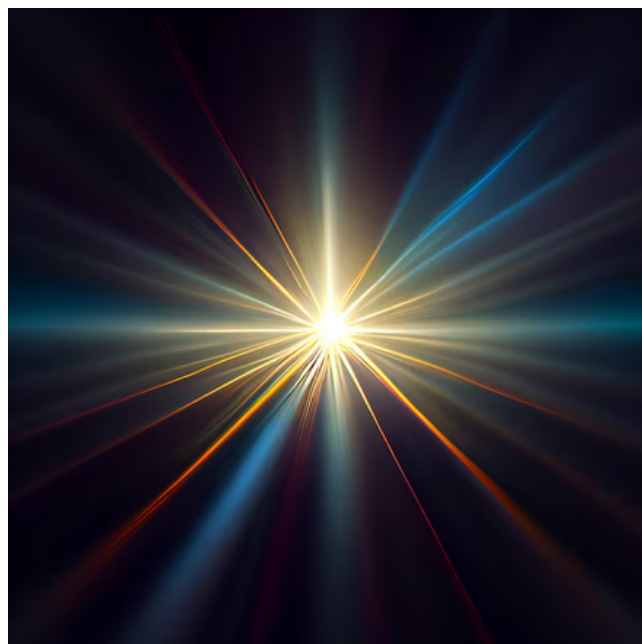
2I1: Kadie Fleming

2S1: Rohan Haider

2T1: Lily McGlone

QUOTE OF THE MONTH

“Work hard in the dark, so you can shine bright in the light.”



UPCOMING EVENTS

- **S1 & S2 Netball:** S1 & S2 league game vs Clevedon SS - 1st November; S1 league game vs St Thomas Aquinas SS - 26th of November; and S2 league game vs St Thomas Aquinas SS - 10th November.
- **S1 Football:** Knightswood SS vs St Thomas Aquinas SS - 14th of November.
- **Dance:** Christmas Dance Show - 20th of November.
- **Christmas Ceilidh:** Mid December.
- **Staff V Pupil Volleyball:** Friday Lunch.



Volleyball Staff V Pupils - Friday Lunch

Thank you for reading!

KNIGHTSWOOD SECONDARY SCHOOL	PHYSICAL EDUCATION AND DANCE DEPARTMENT
Find us on X @pe_knightswood	60 Knightswood Rd
