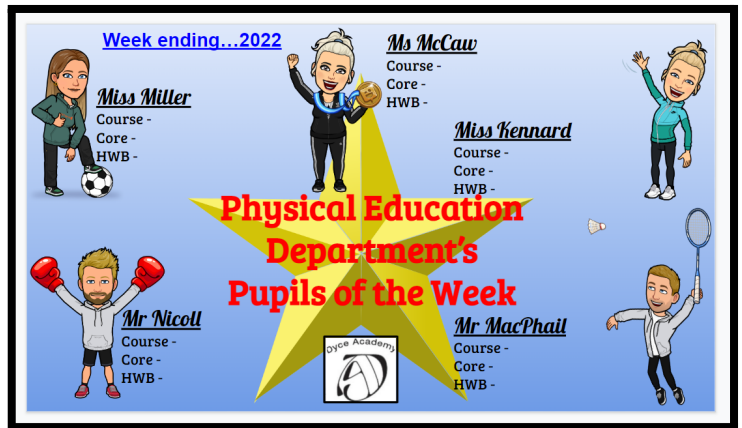


## **Health & Wellbeing Faculty**

The Health & Wellbeing Faculty have a new Praise board, "Pupils of the Week." At the end of every week, the PE staff nominate a pupil from the national Courses, Core PE and their Health & Wellbeing classes. We look for improvements in their ability, outstanding work, pupils who have taken on leadership roles and opportunities, pupils who have shown commitment to their learning as well as those who have developed their teamwork and responsibility roles. Will you make it to our "Pupils of the Week" board?



## **Core Physical Education**

There have been a vast array of activities taught within our Core lessons throughout the year so far. The BGE covers Swimming, Badminton, Basketball, Hockey, Table Tennis, Gymnastics and Fitness to name a few. It is wonderful to see the teamwork, independent practice and great work ethic in classes, so that pupils achieve their true potential. We cover 4 areas of Benchmarks within the BGE, these are Cognitive Skills, Physical Competencies, Personal Qualities and Physical Fitness. Pupils are assessed through many formative and summative assessments and achieve these through many experiences and outcomes. Pupils are assessed throughout each block of work on their physical performance and their knowledge and understanding.

## **National Qualifications in Physical Education**



Pupils studying our National 5 have begun their Portfolio work this month, which contributes to 50% of their course award. Pupils are using Badminton for this piece of work, where they undertake a cycle of analysis to investigate their individual performance, and design and carry out a 6 week training programme to turn their weaknesses into strengths and write up this process. Pupils have completed their Course Assessments in Basketball and Football so far. Other activities will be assessed between January and May.

Higher PE pupils' Performance for their Course Assessments have begun and these course assessments will continue in the New Year and will also contribute to 50% for their course award. Pupils will be sitting their estimate exam on Wednesday 1st February. This is a 2.5 hour exam focusing on 4 factors that impact on performance - Mental, Emotional, Social & Physical. Revision preparation has begun and pupils are working hard during study and at home to check and embed their knowledge and understanding ready for sitting the paper.



### **Dyce Swimming**

Our competitor swimmers attended Aberdeen Aquatic Centre on Thursday 10th November 2022 to compete in the Scottish Schools Swimming Heats. All competitors swam in various stroke events and some managed to beat their times gaining personal bests! A great day was had by all. Huge well done to all competitors.



### **Dyce Academy Cross-Country**

Nathan in S5 has ventured out in all weathers to compete in numerous 5km park runs, Balgownie Schools Cross Country Championships, Pittencrief 3-mile ParkRun, Middleton 5km and the Crimond 6km.

Nathan has just entered to run in the 10K Newburgh Beach Bash in March 2023 and the Balmoral 10km. He's training when he can between studying and his school work. We are super proud of Nathan and he comes in the top 20 in most events he enters. Keep on running Nathan!



### **Dance - Congratulations!**

She did it!!! City of Glasgow TDCI Junior Ballet Champion! Eva in S2 who trains with Natalie Tough Dance School, has worked so hard since Juvenile age, through covid and competing in extremely difficult sections at this level - we are so proud of her! Well done!





## **Muay Thai Boxing - Congratulations!!**

Huge Congratulations to Rudy Da Silva who became the first junior to win all three Scottish, British and European championships. He won the three championships over the past 12 months making big waves in the sport. Our S4 pupil is a relative newcomer to Muay Thai boxing, having only started three years ago. His stunning success has made him determined to become a professional by the age of 18. We wish him the best of luck in his training and upcoming fights.



## **School Football:**

This year has seen the biggest uptake in school Football for several years with S1, S2 and Senior boys Football teams being formed to play in the city leagues. The seniors started their league campaign with a narrow 3-1 defeat to Albyn whilst the S2's have had a draw, two wins and a single defeat. The S1's are looking for their first win. Both the S2 and Senior teams are still in their respective Cup competitions, so there are some exciting Football matches to look forward to.

Girls Football also returned earlier in the year, and after a successful run to a 3<sup>rd</sup> place in Scotland at the 7-a-side Spar Cup in May (losing on Penalties to eventual winners Ross High), both S1/2 and S3/4 teams tried their luck this year at qualifying for the regional finals. The tournament was fantastic, with the teams narrowly losing out after some excellent football played.

It's been great to see so many of our pupils representing the school and long may it continue!

(photo of pupils at the Spar Cup National Finals @ Oriam, Edinburgh)



## **Netball**

S1-3 Netball Club have entered the Aberdeen City Schools Netball League. They have been working hard at training and developing their skills. They have had three games against St Margaret's, Robert Gordons and Bridge of Don. They have been getting better with each game and looking forward to playing some more fixtures after the Christmas Holidays. Week up the good work everyone!