

HEALTH + WELLBEING FACULTY

2023/24

PHYSICAL EDUCATION (BGE)

S1 - S3 Core classes:

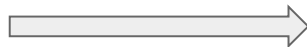
- Football/Rugby
- Basketball/Volleyball
- Scottish Country Dancing
- Fitness
- Badminton/Gymnastics
- Athletics
- Summer Games

PHYSICAL EDUCATION (BGE)

S3 Elective classes:

-S3 Elect PE National 4/5 PE

-S3 Elect Sport + Rec  National Sport + Rec



PHYSICAL EDUCATION (SENIOR PHASE)

S4-6 Core classes:

- Football/Rugby
- Basketball/Volleyball
- Scottish Country Dancing
- Fitness
- Badminton/Gymnastics
- Athletics
- Summer Games
- Table Tennis

PHYSICAL EDUCATION (SP)

Senior Phase classes:

- National 4/5 PE
 - National Sport + Rec
 - Sporting Excellence (level 6 NPA)
- Higher PE
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NATIONAL SPORT AND RECREATION



N5 Sport + Rec class completing 'Career Pathway' and '1st Aid' Units delivered by local businesses.

NATIONAL SPORT AND RECREATION



**N5 Sport + Rec class completing 'Activity Sessions' Module
with Primary School Pupils from Thurso Cluster Primaries**

EXTRA CURRICULAR CLUBS

Weekly clubs:

- Football -variety of age groups boys + girls
- Rugby -variety of age groups boys + girls
- Basketball -variety of age groups boys + girls
- Netball -variety of age groups junior + senior girls
- Badminton -variety of age groups boys + girls
- Table Tennis -variety of age groups boys + girls

EXTRA CURRICULAR CLUBS



This year we have tried to introduce some additional lunchtime clubs to boost numbers in the department and give pupils something to do. Two of the more popular clubs have been Badminton and Table Tennis.

WHOLE SCHOOL ACTIVITIES

S1+S2 Christmas Dance

S3+S4 Christmas Dance

Senior Christmas Dance

H + WB House

Competition Week

CHRISTMAS DANCES 2024



S1/2 Xmas Dance

Scottish Country
Dancing

with ex-pupil
Bradon Mcphee

CHRISTMAS DANCES 2024

S3/4 Xmas Dance

Scottish Country
Dancing

with ex-pupil
Bradon Mcphee



HOUSE WEEK 2024



House Week 2024: 3 Days of – Dodgeball, Capture the Flag, Netball and Football

HOUSE WEEK 2024



House Week 2024

3 Days of

Design, bake
and decorate
cup cakes.



SENIOR FUN DAY



**All pupils
played
some
Footgolf,
Dodgeball,
and a
choice of
Bowling or
Tennis**



SENIOR FUN DAY



After working up an appetite, Mr Calder fired up the BBQ + Ms Dunnet made some Homemade Pizza's

To finish the pupils enjoyed a Slip and Slide



EXTRA CURRICULAR ACTIVITIES 2024



In conjunction with Highlife Highland we have competed against WHS in Rugby, Football, Netball and Basketball.

EXTRA CURRICULAR ACTIVITIES 2024



S1 + S2 Girls and S1 Boys have both been over to Orkney for Netball and Football

EXTRA CURRICULAR ACTIVITIES - SKI TRIP 2024



This year we joined WHS for a Ski Trip to Les Deux Alpes with 50 pupils in total, 30 from THS.

HOME EC(BGE)

S3 Elective classes:

-S3 Elect HE



National 4/5 HE

S3 ELECTIVES GARDEN PROJECT



**S3
Electives
classes
planted
some Fruit
and Veg as
a part of
Farm to
Fork
Project**



HOME EC(SP)

Senior Phase classes:

-National 4-5 HOSPITALITY

-National 4-5 HEALTH +FOOD TECHNOLOGY

NATIONAL 5 PRACTICAL ASSESSMENTS



3 Courses for 4 people
in 2.5 hours

Vegetable fritters with
Cous Cous

Beef Musaka

Pear and Ginger Crumble
Tart

HOME EC EXTRA CURRICULAR - FUTURE CHEF



William Silverton

Danil Fedorov

**THS Representatives at
the Highland Final of
Future Chef 2024 down
to the last 100 from
32,000**



HOME EC EXTRA CURRICULAR - WOOLIE WEDNESDAY'S



Ms Dunnet's very popular Woolie Wednesday's club have been developing their textiles skills making some beautiful decorations and works of art.

