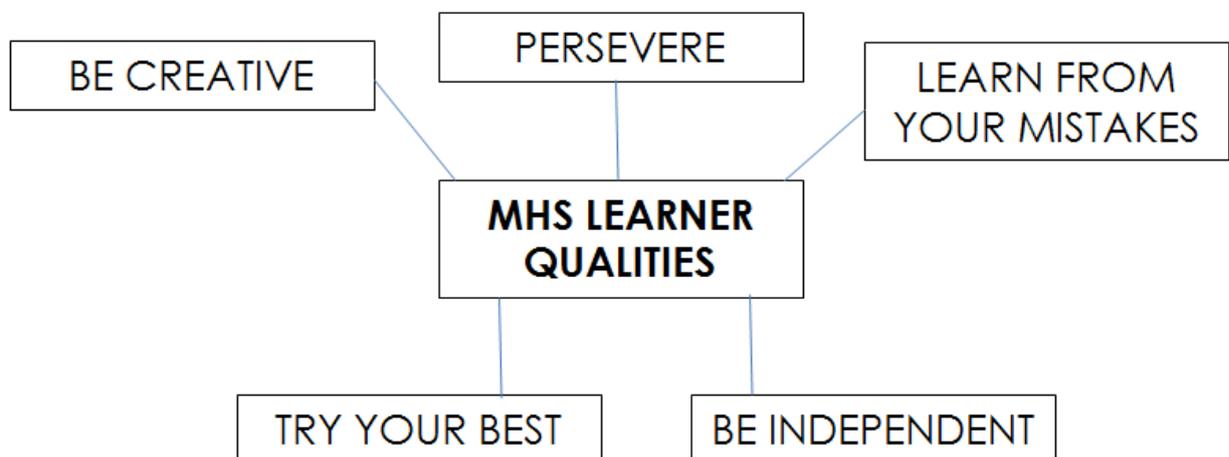


MONIFIETH HIGH SCHOOL



Senior Phase Curriculum Course Descriptors 2020-21



Home Economics Faculty Rationale

Broad General Education

In S1 and S2 pupils will:

- Apply knowledge and understanding of current healthy eating advice by contributing to a healthy eating plan.
- Take part in practical food activities and prepare healthy foods to meet identified needs.
- Identify key nutrients, their sources, and functions, and demonstrate links between energy, nutrients, and health, through practical activities.
- Gain an understanding of different nutritional needs at different life stages.
- Develop an understanding of the nutritional needs of people who have different conditions and requirements.
- Gain an understanding on cleanliness, hygiene and safety and apply these principles to everyday routines, understanding their importance to health and wellbeing.
- Apply food safety principles when buying, storing, preparing, cooking, and consuming food.
- Develop an understanding of food practices and preferences influenced by factors such as food sources, finance, culture, and religion.
- Develop an awareness of the journey which foods make from source to consumer, their seasonality, their local availability, and their sustainability when preparing and cooking a variety of foods.
- Develop knowledge of nutrition and current healthy eating advice and evaluate the information on food packaging before making informed choices when preparing and cooking healthy dishes.
- Understand how advertising and the media are used to influence consumers.

In S1, pupils attend Home Economics twice a week; one theory lesson and one practical lesson. Pupils cover 3 units in S1; two food based, and one fabric based. The food-based units cover topics such as food hygiene, personal hygiene, healthy eating, the Eatwell guide and nutrients. The recipes we cover include rocky road bites, potato wedges, oat crunchies and wrap pizzas and give the pupils an introduction to the kitchens. The fabric-based unit gives pupils an introduction to the sewing room and the equipment before pupils move on to making an apron. In S2, pupils attend Home Economics twice a week; one theory lesson and one practical lesson. Pupils cover 4 units in S2; three food based, and one fabric based. The food-based units cover topics such as sustainability, food waste, farm to fork, convenience vs homemade foods and the science of foods. The recipes we cover include macaroni cheese, homemade pizza, rhubarb crumble and bruschetta. The fabric-based unit allows pupils to build on their knowledge and skills and pupils will make a washbag.

In S3, pupils will have the opportunity to pick a subject and can choose from the following: Health and Food Technology, Practical Cake Craft, Practical Cookery and Fashion and Textiles. They will attend each subject of their choice 4 times a week. For the first part of the year, pupils will work through the Level 4 Experiences and Outcomes and will move on to National 4 and 5 content after the Christmas holidays.

DANCE

National 5

Entry Requirements

Learner would be expected to have attained the skills; knowledge and understanding required by either S1-3 Broad General Education (BGE).

Purpose

- demonstrate and apply knowledge and understanding of dance
- develop a range of technical dance skills
- develop performance skills to enhance performance
- develop knowledge, understanding and appreciation of dance practice
- understand and apply knowledge of a range of choreographic skills to create a dance
- evaluate their own work and the work of others
- work imaginatively and demonstrate creativity
- co-operate, support and work with others
- consider how theatre arts can enhance a performance
- apply the principles of safe dance practice

Technical Skills

This is a practical unit where learners will develop their performance skills and dance fitness for two dance style. Pupils will perform a solo dance for their assessment.

Choreography

Learners will devise dance choreography for two dancers using various choreographic devices and structures.

Learners will write a choreographic review about the process they have gone through to create the choreography and analyse their strengths and development needs.

Course assessment

The course assessment is made up of three components:

- Performance skills worth 35 marks
- Choreography review worth 35 marks
- Choreography design 30 worth
- Exam paper worth 30 marks

Homework

Homework is an integral component of this course and will be issued on a regular basis (usually once per week). Learners will be expected to show a high level of personal initiative and motivation to complete all tasks to a high standard.

Other Important Notes

Learners should be practising their dance technical skills each week out with class time. This course requires a significant amount of independent learning. Most learners are part of a dance club out with school to be at required standard of dance.

Progression

Learners who achieve National 5 Dance may progress to Higher Dance. Skills learned throughout the course are transferable to a variety of College and University Degree Courses as well as a number of careers which include: dancer, dance teacher and theatre & performing arts.

DANCE

Higher

Entry Requirements

A pass at National 5 grade B or above.

Purpose

- demonstrate and apply knowledge and understanding of dance
- develop a range of technical dance skills
- develop performance skills to enhance performance
- develop knowledge, understanding and appreciation of dance practice
- understand and apply knowledge of a range of choreographic skills to create a dance
- evaluate their own work and the work of others
- work imaginatively and demonstrate creativity
- co-operate, support and work with others
- consider how theatre arts can enhance a performance
- apply the principles of safe dance practice

Technical Skills

This is a practical unit where learners will develop their performance skills and dance fitness for two dance style. Pupils will perform two technical solo dances for their assessment.

Choreography

Learners will devise a dance choreography for 3 or more dancers using various choreographic devices and structures.

Learners will write a choreographic review about the process they have gone through to create the choreography and analyse their strengths and development needs.

Course assessment

The course assessment is made up of three components:

- Performance skills worth 70 marks (2 dances at 35 marks each)
- Choreography review worth 35 marks
- Choreography design 35 worth

Homework

Homework is an integral component of this course and will be issued on a regular basis (usually once per week). Learners will be expected to show a high level of personal initiative and motivation to complete all tasks to a high standard.

Other Important Notes

Learners should be practising their dance technical skills each week out with class time. This course requires a significant amount of independent learning. Most learners are part of a dance club out with school to be at required standard of dance.

Progression

Learners who achieve Higher may progress to a dance leadership course. Skills learned throughout the course are transferable to a variety of College and University Degree Courses as well as a number of careers which include: dancer, dance teacher and theatre & performing arts.

FASHION & TEXTILES TECHNOLOGY

National 5

Entry Requirements:

Learners would normally be expected to have attained the skills; knowledge and understanding required by either S1-3 Broad General Education and/or achieved a pass at National 4.

The Content:

There are three core units:

- Textile Technologies
- Fashion & Textile choices and trends
- Fashion item Development

The National 5 Fashion and Textile Technology Course enables learners to develop an understanding of textile properties, characteristics and technologies, item development, fashion/textile trends and factors that affect fashion choice. The Course particularly emphasizes the development of practical skills and textile construction techniques to make detailed fashion/textile items, to an appropriate standard of quality.

Assessment

Internal assessment will be on-going throughout the course and takes the form of a workbook and practical assessment followed by both a course assignment and a written examination.

Homework:

As this subject is predominately using creative and practical skills pupils will often be required to research suitable resources and complete creative plans at home. Pupils will also be expected to use the resources on GLOW to consolidate their learning and to use as a revision aid prior to their written assessments.

Other Important Notes:

Pupils are required to pay a fee at the beginning of the session towards the cost of textile resources used in the classroom. This is used to subsidise the cost of resources used.

As a guide £25 was the fee for 2018/19 academic session.

We would strongly encourage pupils to use their own creative flair when designing and making their fashion items therefore additional fabrics and embellishments will also need to be obtained from time to time.

Progression:

Pupils who achieve national 4/5 Fashion & Textiles might progress to:

- Higher Fashion and Textile Technology
- Further Education at National Certificate or SVQ in Textile and Clothing design.
- Employment in textile related area

FASHION & TEXTILES TECHNOLOGY

Higher

Entry Requirements

1. National 4/5 Fashion & Textiles
2. National 5 in a related subject area (new starts)
3. National 5 English

The Content

There are three core areas:

- Textile Technologies
- Fashion & Textile choices and trends
- Item Development

The Higher Fashion and Textile Technology Course enables learners to develop an understanding of how the fashion industry operates, and influences on, consumer fashion/textile choices. This course provides learners with opportunities to develop and communicate their own ideas for fashion/textile items, explore the technological process of developing fashion/textile items, and consider a range of design and construction techniques.

Assessment

Internal assessment will be on-going throughout the course and takes the form of a workbook and practical assessment. There is one component of external course assessment.

Both have a final practical assignment and written examination to complete the course.

Homework

As this subject is predominately using creative and practical skills pupils will often be required to research suitable resources and complete creative plans at home. Pupils will also be expected to use the resources on GLOW to consolidate their learning and to use as a revision aid prior to their written assessments.

Other Important Notes

Pupils are required to pay a fee at the beginning of the session towards the cost of textile resources used in the classroom. This is used to subsidise the cost of resources used.

As a guide £25 was the fee for 2018/19 academic session.

We would strongly encourage pupils to use their own creative flair when designing and making their fashion items therefore additional fabrics and embellishments will also need to be obtained from time to time.

Progression

Pupils who achieve Higher Fashion & Textiles may progress to:

- Further Education or Higher Education including HNC, HND or Degree courses in Clothing Design and Manufacture, Textiles and Fashion Design Management
- Employment in retail clothing

Assessment

- There is a final practical course assignment worth 70%.
- Written examination worth 30% of the overall grade.

Homework:

As this subject is predominately using creative and practical skills pupils will often be required to research suitable resources and complete creative plans at home. Pupils are encouraged to attend study support to make use of the technological equipment.

Other Important Notes:

Pupils are required to pay £25 at the beginning of the session which contributes towards the cost of textile resources used in the classroom.

We would strongly encourage pupils to use their own creative flair when designing and making their fashion items, therefore additional fabrics and embellishments will also need to be obtained throughout the year.

Progression:

Pupils who achieve national 4/5 Fashion & Textiles might progress to:

- Higher Fashion and Textile Technology
- Further Education at National Certificate or SVQ in Textile and Clothing design.
- Employment in textile related area

FASHION & TEXTILE TECHNOLOGY

Higher

Entry Requirements

1. National 4/5 Fashion & Textiles
2. National 5 in a related subject area (new starts)
3. National 5 English

The Content

There are three core units:

- Textile Technologies
- Fashion & Textile choices and trends
- Fashion item Development

With a final practical assessment to complete the course.

The Higher Fashion and Textile Technology Course enables learners to develop an understanding of how the fashion industry operates, and influences on, consumer fashion/textile choices. This Course provides learners with opportunities to develop and communicate their own ideas for fashion/textile items, explore the technological process of developing fashion/textile items, and consider a range of design and construction techniques.

Assessment

Internal assessment will be on-going throughout the course and takes the form of a workbook and practical assessment. There is one component of external course assessment.

- There is a final practical course assignment worth 70%.
- Written examination worth 30% of the overall grade.

Homework

As this subject is predominately using creative and practical skills pupils will often be required to research suitable resources and complete creative plans at home. Pupils are encouraged to attend study support to make use of the technological equipment.

Other Important Notes

Pupils are required to pay £25 at the beginning of the session which contributes towards the cost of textile resources used in the classroom.

We would strongly encourage pupils to use their own creative flair when designing and making their fashion items, therefore additional fabrics and embellishments will also need to be obtained throughout the year.

Progression

Pupils who achieve Higher Fashion & Textiles may progress to:

Further Education or Higher Education including HNC, HND or Degree courses in Clothing Design and Manufacture, Textiles and Fashion Design Management

Employment in retail clothing, textile manufacturing.

HEALTH AND FOOD TECHNOLOGY

National 5

Entry Requirements

Learners would normally be expected to have attained the skills; knowledge and understanding required by either S1-3 Broad General Education (BGE) and/or achieved a pass at National 4.

The Content

The National 4 / 5 course consists of four units:

Unit 1: Contemporary Food Issues

Unit 2: Food for Health

Unit 3: Food Product Development

Assessment

There is one component of external course assessment which is a course assignment:

· Course assignment 60 marks (50%)

· Written Assessment 60 marks (50%)

Total marks 120 marks

Homework

Homework is an integral component of this course and will be issued on a regular basis (usually once or twice per week). Learners will be expected to show a high level of personal initiative and should be regularly practicing and honing their practical skills at home.

Progression

Learners who achieve National 4 Health and Food Technology may progress to National 5. Those who achieve National 5 Health and Food Technology may progress to Higher. Skills learned throughout the course are transferable to a variety of College and University Degree Courses as well as a number of careers such as: Nursing, Dietetics, Home Economics teacher, Employment in Hotel and food, nutrition and health.

HEALTH AND FOOD TECHNOLOGY

Higher

Entry Requirements

This course is normally suitable for those who have achieved a pass at National 5 Health and Food Technology and National 5 English.

The Content

The Higher course consists of three units:

Unit 1: Contemporary Food Issues

Unit 2: Food for Health

Unit 3: Food Product Development

Assessment

Internal assessment will be on-going throughout the course and takes the form of a variety of practical and written exercises.

There is one component of external course assessment which is a course assignment:

- | | |
|----------------------|----------------|
| · Course assignment | 60 marks (50%) |
| · Written assessment | 60 marks (50%) |

Total marks	120 marks
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Homework

Homework is an integral component of this course and will be issued on a regular basis (usually once or twice per week). Learners will be expected to show a high level of personal initiative and motivation in order to complete all tasks to a high standard.

Progression

Pupils who achieve Higher Health and Food Technology may progress to:

Further Education or Higher Education including HNC, HND or Degree courses in Dietetics, Food Product Development, Health Service, Environmental Health Officers, Food, Nutrition and Health, Catering and Hospitality Operations, Employment in Hotel, Catering and Hospitality Operations. Various careers e.g. nursing, social work, food technologist, education, primary teaching and teaching.

HOSPITALITY

National 5

Entry Requirements

The learner would normally be expected to have attained the skills, knowledge and understanding required by either S1-3 Broad General Education (BGE) and/or achieved a pass at National 4.

The Content

Unit 1: Cookery Skills Techniques and Processes: The aim of this Unit is to enhance learners' cookery skills, food preparation techniques and their ability to follow cookery processes in the context of producing dishes. Learners will also develop an understanding of the importance of safety and hygiene and the ability to follow safe and hygienic practices at all times.

Unit 2: Understanding and Using Ingredients: The aim of this Unit is to enhance learners' knowledge and understanding of ingredients from a variety of different sources and of their characteristics. It also addresses the importance of sustainability, the responsible sourcing of ingredients and of current dietary advice, in order to adapt recipes accordingly. Learners will further develop the ability to select and use a range of appropriate ingredients in the preparation of dishes and to do so safely and hygienically.

Unit 3: Organisational Skills for Cooking: The general aim of this Unit is to extend learners' planning, organisational and time management skills. Learners will develop the ability to follow recipes; to plan, produce and cost dishes and meals; and to work safely and hygienically. They will also extend their ability to carry out an evaluation of the product.

Assessment

All areas are internally assessed in the form of practical activities.

A final assessment consists of three parts:

Practical Activity – This will be devised by the SQA each year and will involve the following:

- The preparation of a three course meal within a timed period.
- Use of a range of equipment, techniques, cookery processes and food items will be assessed.
- This will be assessed internally. Assessor will use a check list to record attainment throughout the test.

Assignment – involved creating an organised time management plan used in the final practical activity. This will be completed under exam conditions and externally assessed.

Question paper - takes place in the school. Assessed externally.

Homework

Homework is an integral component of this course and will be issued on a regular basis (usually once per week). Learners will be expected to practice practical skills at home on a regular basis. On the run up to exams pupils are expected to practice exam recipes regularly at home.

Progression

Learners who achieve National 4 Practical cookery may progress to National 5 Practical cookery. After National 5 practical cookery has been achieved there is no route for progression in school but Higher Hospitality may be offer at Dundee and Angus College. Skills learned throughout the course are transferable to a variety of College and University Degree Courses as well as a number of careers. These include: Chef, Banquet Manager, Cafe Manager, Catering Manager, Cook, Food and Beverage Manager, Events planner.

HOSPITALITY - PRACTICAL CAKE CRAFT

National 5

Entry Requirements

The learner would normally be expected to have attained a high level of skills, knowledge and understanding required by either S1-3 Broad General Education (BGE) and / or achieved a pass at National 4/5 Hospitality of Health and food technology.

A high level of skills, knowledge and understanding required by either S1-3 Broad General Education and/or a National 4/5 pass in Art and Design would also be beneficial to enable the pupil to cope with the creative aspect of the course.

The Content

The National 5 course consists of three areas:

CAKE BAKING

The course aims to enable pupils to: acquire knowledge and understanding of methods of cake production, develop knowledge and understanding of functional properties of ingredients used in cake production and develop technical skills in cake baking. Learners will create a wide range of baked products to support their learning. Learners will also develop an understanding of the importance of safety and hygiene and the ability to follow safe and hygienic practices at all times.

CAKE FINISHING

This area of the course aims to enable pupils to: develop technical and creative skills in cake finishing, follow safe and hygienic working practices, develop their knowledge and understanding of cake design and follow trends in cake production, acquire and use organisational skills in the context of managing time and resource and to do so safely and hygienically.

PLANNING AND DESIGN

This area of the course aims to enable pupils to: develop the skills, knowledge and understanding to prepare a plan of work for baking and finishing their final cake. Learners will create cakes for a range of occasions to allow them to develop a high standard of drawing techniques to produce a detailed design illustration for their final product.

Assessment

The course assessment consists of 3 components:

- **Question paper:** The purpose of this question paper is to assess the candidates' ability to integrate and apply breadth, knowledge, understanding and skills from across the course content.
- **Assignment and Practical activity:** The assignment and practical activity are inter-related and will be assessed using one activity. Candidates will carry out one task: designing, planning, making, finishing and evaluating a cake —which will provide evidence for both components.

Homework

Homework is an integral component of this course and will be issued on a regular basis (usually once per week). Learners will be expected to practice practical skills at home on a regular basis. On the run up to the practical activity learners are expected to practice the skills and techniques required to create their final product. Pupils will also be expected to use the resources on GLOW to consolidate their learning and to use as a revision aid prior to their written exam.

Progression

After National 5 practical cake craft has been achieved there is no route for progression within school. Pupils can go on to further education in Hospitality or can use this qualification to gain work in the bakery and cake decoration industry.

Skills learned throughout the course are transferable to a variety of College and University Degree Courses as well as a number of careers. It is this transferability that will help candidates with further study and enhance their personal effectiveness and employability, which might not necessarily be related to hospitality. Manual dexterity, fine motor skills and hand-eye co-ordination are developed through this course, and are valued in a range of sectors.

PHYSICAL EDUCATION

National 4 / 5

Entry Requirements

All learners at Monifieth High School will be expected to have attained the skills; knowledge and understanding required through their S1-2 Broad General Education (BGE). Learners will then follow a National 4 / 5 curriculum through both S3 & S4.

The Content

The National 4 / 5 course consists of two units:

Unit 1: Performance Skills

In this Unit, learners will develop their ability to perform in physical activities by enabling them to acquire a comprehensive range of movement and performance skills. They will learn how to select, use, demonstrate and adapt these skills. Learners will develop consistency in their control and fluency during movement to enable them to meet the physical demands of performance in a safe and effective way. The unit offers opportunities for personalisation and choice in the selection of physical activities.

Unit 2: Factors Impacting on Performance

The general aim of this unit is to develop learners' knowledge and understanding of the factors that impact on performance in physical activities. Learners will consider the effects of mental, social, emotional and physical factors that impact on performance and will develop an understanding of how to plan for, monitor, record and evaluate the process of personal performance.

Assessment

Internal assessment will be on-going throughout the course and takes the form of a workbook and practical assessment.

There is one component of external course assessment which is a portfolio:

• Portfolio	60 marks
• One-off Performance x 2 activities	60 marks
Total marks	120 marks

*The Added Value Unit at National 4 level provides candidates with evidence of added value in the National 4 course. Learners will prepare and carry out a performance which will allow them to demonstrate challenge and application. Added Value at National 5 is included in the course assessment.

Homework

Homework is an integral component of this course and will be issued on a regular basis (usually once or twice per week). Learners will be expected to show a high level of personal initiative and motivation in order to complete all tasks to a high standard. Homework is often practical based i.e. carrying out aspects of a training programme.

Other Important Notes

Before opting for this course pupils must carefully check the activities offered in the Performance Skills unit as all activities are compulsory. This is particularly important in regards to the swimming component of the course.

Progression

Learners who achieve National 4 Physical Education may progress to National 5 Physical Education. Those who achieve National 5 Physical Education may progress to Higher Physical Education. Those who achieve a grade 'A' with 90% +, may progress to Advanced Higher Physical Education. Skills learned throughout the course are transferable to a variety of College and University Degree Courses as well as a number of careers which include: sports coach, armed forces, physical education teacher, physiotherapy, leisure and recreation, life guard, sports lecturer, physiologist, sports medicine, sports dietitian, biomechanist, sports journalist, conditioning coach, sports marketing, leisure management, sports photography, primary teaching.

PHYSICAL EDUCATION

Higher

Entry Requirements

This course is normally suitable for those who have achieved a B pass at National 5 Physical Education and a pass at National 5 English.

The Content

The Higher course consists of two units :

Unit 1: Performance Skills

In this Unit, learners will develop a broad and comprehensive range of complex movement and performance skills through a range of physical activities. They will select, demonstrate, apply and adapt these skills and will use them to make informed decisions. They will also develop their knowledge and understanding of how these skills combine to produce effective outcomes. Learners will develop consistency, precision, control and fluency of movement. The unit offers opportunities for personalisation and choice in the selection of physical activities used for learning and teaching.

Unit 2: Factors Impacting on Performance

In this unit, learners will develop knowledge and understanding of the factors that impact on personal performance in physical activities. Learners will consider the effects of mental, social, emotional and physical factors can influence effectiveness of performance. They will develop knowledge and understanding of a range of approaches for enhancing performance and will select and apply these factors to impact on their personal performance. They will create development plans, modify these and justify decisions relating to future personal development needs.

Assessment

Internal assessment will be on-going throughout the course and takes the form of a workbook and practical assessment.

There is one component of external course assessment which is a question paper:

• Question Paper	50 marks
• One off Performance x 2 activities	60 marks
Total marks	110 marks

Homework

Homework is an integral component of this course and will be issued on a regular basis (usually once or twice per week). Learners will be expected to show a high level of personal initiative and motivation in order to complete all tasks to a high standard. Pupils will also be expected to use the resources on GLOW to consolidate their learning and to use as a revision aid prior to their written exam.

Other Important Notes

Before opting for this course pupils must carefully check the activities offered in the Performance Skills unit as all activities are compulsory. This is particularly important in regards to the swimming component of the course. We would strongly recommend that Higher pupils participate in a minimum of two physical activities regularly to develop their physical competencies.

Progression

Learners who achieve National 4 Physical Education may progress to National 5 Physical Education. Those who achieve National 5 Physical Education may progress to Higher Physical Education. Those who achieve an 'A' at Higher Physical Education may progress to Advanced Higher Physical Education. Skills learned throughout the course are transferable to a variety of College and University Degree Courses as well as a number of careers which include: sports coach, armed forces, physical education teacher, physiotherapy, leisure and recreation, life guard, sports lecturer, physiologist, sports medicine, sports dietitian, biomechanist, sports journalist, conditioning coach, sports marketing, leisure management, sports photography, primary teaching.

PHYSICAL EDUCATION

Advanced Higher

Recommended Entry

· Higher Grade PE with an 'A' pass. This **MUST** include a Performance pass of 90%+

Purpose of the Course:

- to provide candidates with the opportunity to explore, in an extended way, key aspects of performance.
- to develop the advanced techniques necessary to perform at an advanced level.
- to develop candidates knowledge of the nature and demands of quality performance.

Course Details

There are three mandatory component units: **1. Performance**
2. Perspectives on Performance
3. Investigation of Performance

- 1. Performance** – this is assessed internally and based on a single activity undertaken on the course
- 2. Perspectives on Performance** – this is assessed internally and consists of two one hour essays based on research in two areas of analysis
- 3. Investigation of Performance** – this is assessed internally and draws upon the knowledge and understanding gained through the Perspectives and Performance units
- 4. A final Dissertation** which is assessed **externally** and relates to the work undertaken in the Perspectives and Investigation of Performance units.

Progression

Pupils who achieve Advanced Higher level Physical Education may progress to: Further Education or Higher Education including HNC, HND or Degree in Physical Education or associated subject areas Employment in Fitness, Health, Leisure and Recreation Industries

Any candidate undertaking this course is expected to be self-motivated and dedicated in their pursuit of a serious performance goal. A great deal of the necessary training and associated study requires to be completed independently.

PHYSICAL EDUCATION - LEADERSHIP THROUGH SPORT

Entry Requirements

This course is suitable for pupils who have an interest in sporting activities, teaching others, working with primary pupils and childcare.

The Content

This course consists of three units of work ranging from volunteering and participating in sport to working with primary and ASN pupils. Learners will also experience other coaching certificates and first aid qualification. There will be a combination of practical activities and classroom work.

Unit 1: Activity and Participation

In this Unit, learners will develop their knowledge and understanding of the benefits which can be achieved by participating in sport. This will be explored by pupils in the form of planning, participating and evaluating in sport.

Unit 2: Developing Volunteers

In this unit, learners will develop knowledge and understanding of the various roles which can be undertaken in sport. This will be explored by pupils in the form of volunteering and investigating the benefits of taking an active role in being involved in sport.

Unit 3: Youth Achievement Award: Gold, Silver or Bronze

Both of these units involve developing learner's knowledge, ability and confidence to deliver PE lessons to primary pupils and reflect on this experience.

Course assessment

The unit assessments are internally assessed throughout the course and take the form of logbooks and practical activities.

Progression

Learners who achieve this course may progress to a variety of College and University Degree Courses as well as a number of careers which include: sports coach, armed forces, physical education teacher, physiotherapy, leisure and recreation, life guard, sports lecturer, physiologist, sports medicine, sports dietician, biomechanist, sports journalist, conditioning coach, sports marketing, leisure management, sports photography, primary teaching.

HOME ECONOMICS - SURVIVAL COOKERY (S6 only)

Entry Requirements

This course is suitable for pupils who have an interest in cooking, nutrition and perhaps are going on to further education and may be living away from home.

The Content

This course is a practical course which will show you how to create and enjoy health food options that are nutritious and affordable. You will develop your practical cookery skills, knowledge of nutrition and diet, safe and hygienic practice in the kitchen. It will also develop learner numeracy skills and how to cook on a budget and make sensible choices. Pupils will work towards the Elementary food and hygiene certificate

Course assessment

There are no assessments for this course.

Other information

There will be a small annual cost for the course to help subsidise the cost of the ingredients provided by the school. Pupils will also be expected to bring in items such as meat and chicken when cooking certain dishes.