

# S2 Subject Choices

## Health and Wellbeing

# PE/Dance

S1/2

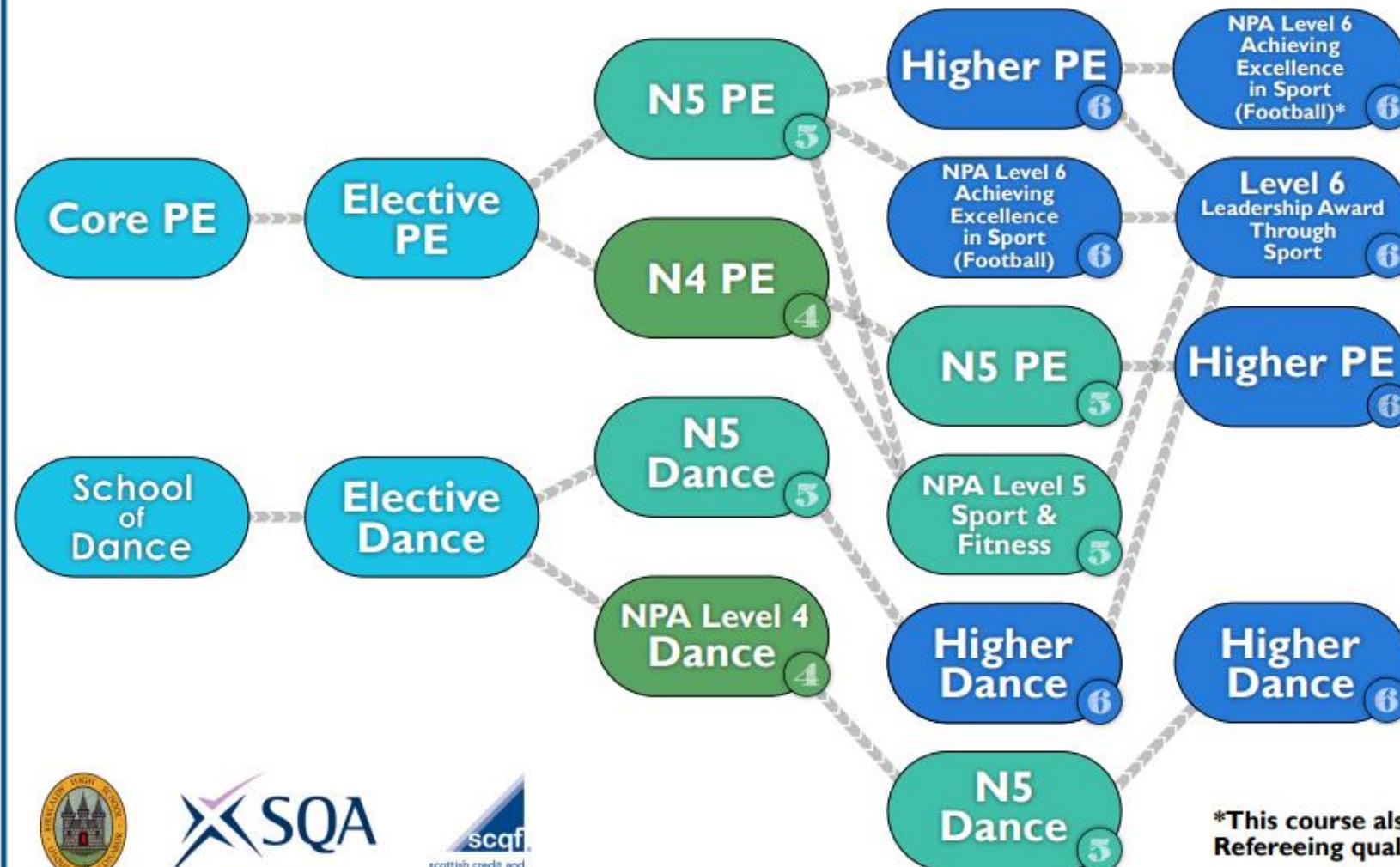
S3

S4

S5

S6

SCQF  
LEVELS



# Physical Education – Level 4 and 5



## Entry Requirements - Preferred Skills and Knowledge

You should be passionate and enthusiastic about sport and have enjoyed the range of activities in S1 & S2. You also should have an excellent participation record in PE and have been bringing appropriate kit. Throughout the course, you will have the opportunity to work individually and with others. You will be expected to work with all members of your class.

## Course Content

- Improve your performance in a range of individual and team activities.
- Develop knowledge of the Physical, Mental, Emotional and Social factors which impact performance.
- Data collection on your performance and analysing this information.
- Training methods to help you improve your performance.

# Physical Education – Level 4 and 5



## Course Assessments

- Complete National 4 by the end of S3. Practical assessments throughout the year. Added Value practical assessment in one activity before the end of S3. Written logbook to also be completed to a 'pass' standard.

## **National 5**

- 2 'special performances' for National 5 in S4 – 50% of overall mark.
- Written Portfolio (typed up) completed throughout S4 in school – 50% of overall mark.

## Learning Activities & Homework

- You will experience a mix of both practical and classroom-based lessons. There is an increase in classroom-based lessons in S4.
- Extra practice of your practical skills will help your performance. This can be achieved by attending clubs in and out of school.
- Throughout S4, you will have homework most weeks to help you prepare your answers for each question of the Portfolio.

# Physical Education – Level 4 and 5



## Wider Skills Development

- ICT Skills
- Resilience
- Communication and working with others.
- Organisation
- Problem Solving

## Progression & Career Opportunities

- The Level 6 (Higher) PE course is offered in Kirkcaldy High School.
- Other courses in school: NPA Level 5 Sport & Fitness, NPA Level 6 Excellence in Football with Level 7 SFA (Football) Refereeing, Level 6 Leadership through Sport Award.
- HNC/D Sports Coaching & Development/Sport & Fitness. Degree in PE Teaching, Sport Science etc.
- Career Opportunities: Sports Coaching, Personal Trainer, Gym Instructor, PE Teacher, Armed Forces.

# Dance – Level 4 and 5



## Entry Requirements - Preferred Skills and Knowledge

You should be passionate and enthusiastic about Dance and have enjoyed the range of activities in S1 & S2. You also should have an excellent participation record in PE and have been bringing appropriate kit. Throughout the course, you will have the opportunity to work individually and with others. You will be expected to work with all members of your class.

## Course Content

- Explore a range of dance skills and techniques across a range of different dance styles.
- You will perform in individual and group dances.
- Develop knowledge and understanding of dance choreography. You will use your imagination and creativity to choreograph and present a dance.
- Develop evaluative skills throughout the course.

# Dance – Level 4 and 5



## Course Assessments

- Appropriate practical and written assessments throughout S3.

### **National 5:**

- Question Paper during exam time – 1 hour – 20% of overall mark.
- Practical Activity (create, present and review a dance for 2 people) – 45% of overall mark
- Performance (solo dance) – 35% of overall mark

## Learning Activities & Homework

- You will experience a mix of both practical and classroom-based lessons. There is an increase in classroom-based lessons in S4.
- Extra practice of your practical skills will help your performance. This can be achieved by attending clubs in and out of school.
- Homework will be given throughout S3 and S4 at appropriate times to support the work you do in school.

# Dance – Level 4 and 5



## Wider Skills Development

- Creativity
- Resilience
- Communication and working with others.
- Confidence
- Problem Solving

## Progression & Career Opportunities

- The Level 6 (Higher) Dance course is offered in Kirkcaldy High School.
- Other courses in school: NPA Level 5 Sport & Fitness, Level 6 Leadership through Sport Award.
- Further Education: HNC, HND and MSc in Dance
- Career Opportunities: Teaching, Coaching, Professional Dancer

# Home Economics

S1/2

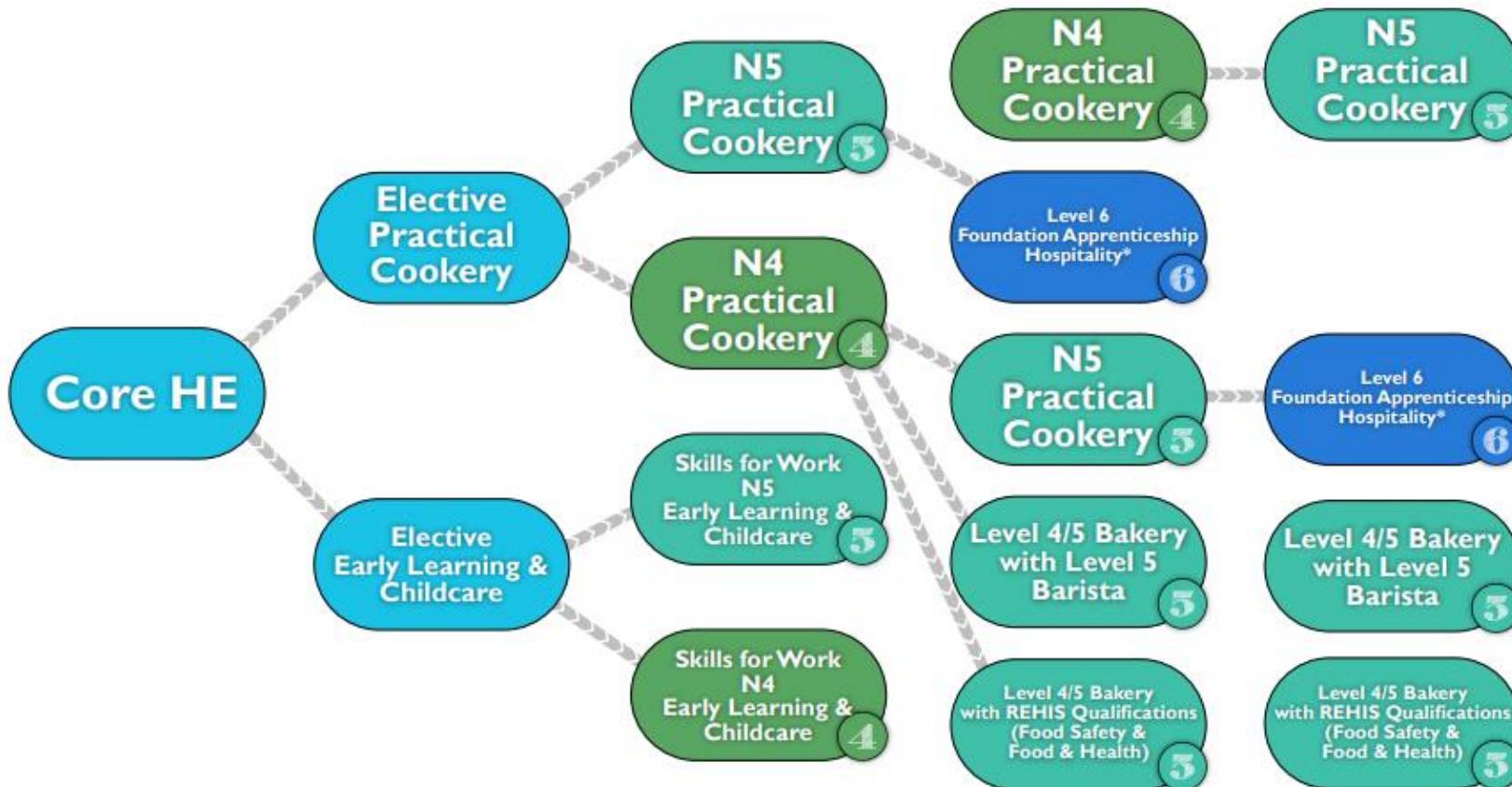
S3

S4

S5

S6

SCQF  
LEVELS



\*Delivered by Fife College

# Practical Cookery – Level 4 and 5



## Entry Requirements - Preferred Skills and Knowledge

You should have an interest in developing your practical cookery skills and have enjoyed Home Economics in S1 & S2. You should also be keen to develop your knowledge of nutrition, diet and health. Throughout the course, you will have the opportunity to work individually and with others. You will be expected to work with all members of your class.

## Course Content

- Develop your cookery skills while producing a variety of dishes.
- Develop your understanding of cookery processes.
- Develop knowledge and understanding of different ingredients, nutrition and current dietary advice.
- Develop your ability to plan, prepare and serve a specific number of dishes within an allocated time.

# Practical Cookery – Level 4 and 5



## Course Assessments

- Complete National 3 during S3. Your level of practical ability and knowledge will determine if you are presented for National 4 or National 5 during S4.

### **National 5**

- Question Paper during exam time – 1 hour – 25% of overall mark.
- Assignment (plan how you will prepare 3 dishes) – 13% of overall mark
- Practical Activity (produce and serve a 3-course meal in 2 ½ hours) – 62% of overall mark

## Learning Activities & Homework

- You will experience a mix of both practical and classroom-based lessons.
- Extra practice of your practical skills will help your performance. This can be achieved by practicing your cookery skills at home.
- Homework will be given throughout S3 and S4 at appropriate times to support the work you do in school.

# Practical Cookery – Level 4 and 5



## Wider Skills Development

- Organisation
- Resilience
- Communication and working with others.
- Confidence
- Problem Solving and Planning

## Progression & Career Opportunities

- National 5 Practical Cookery if National 4 was achieved in S4.
- Other courses in school: NPA Level 4 Bakery with REHIS Qualifications, Level 5 Barista Skills with Level 5 Customer Service.
- Further Education: HNC and HND in Professional Cookery, Food Science and Technology, Hospitality Management
- Career Opportunities: Chef, various jobs within the vast Hospitality sector.

# Early Learning & Childcare – Level 4 and 5



## Entry Requirements - Preferred Skills and Knowledge

You should be a patient and caring individual who has a keen interest in working with children when you leave school. You should have an open mind and feel you can contribute during class discussions. You will have the opportunity to work individually and with others. You will be expected to work with all members of your class.

## Course Content

- Child Development – key milestones of development from pre-birth to 12 years.
- Play – develop understanding of different types of play and the benefits of each type.
- Working in ELC – develop understanding of different types of provision in the ELC sector. Learn about the skills and qualities required to work in this area.
- Contemporary Families – develop understanding of the range of different families in today's society. Learn about the skills and values required to meet the needs of children.

# Early Learning & Childcare – Level 4 and 5



## Course Assessments

- Since this is a Skills for Work course at either National 4 or National 5, all evidence is generated by the pupils in school. There is no exam. All units must meet a minimum 'pass' standard to achieve the overall course award.
- Your teacher will give you assessment tasks at appropriate times during each unit. You may present your work in a variety of ways (Posters, PowerPoints, Presentations etc)

## Learning Activities & Homework

- You will experience a mix of both practical and classroom-based lessons.
- Homework will be given throughout S3 and S4 at appropriate times to support the work you do in school.
- You will also have an experience outside of school (e.g. Nursery). These placements will give you an opportunity to experience things you have learned in class in a realistic setting.

# Early Learning & Childcare – Level 4 and 5



## Wider Skills Development

- Organisation
- Empathy
- Communication and working with others.
- Confidence
- Problem Solving and Planning

## Progression & Career Opportunities

- Further Education: Various HNC, HND and Degree courses are available in this sector.
- Career Opportunities: Teaching, Teaching Assistant, Nursery Teacher/Assistant, Social Work.