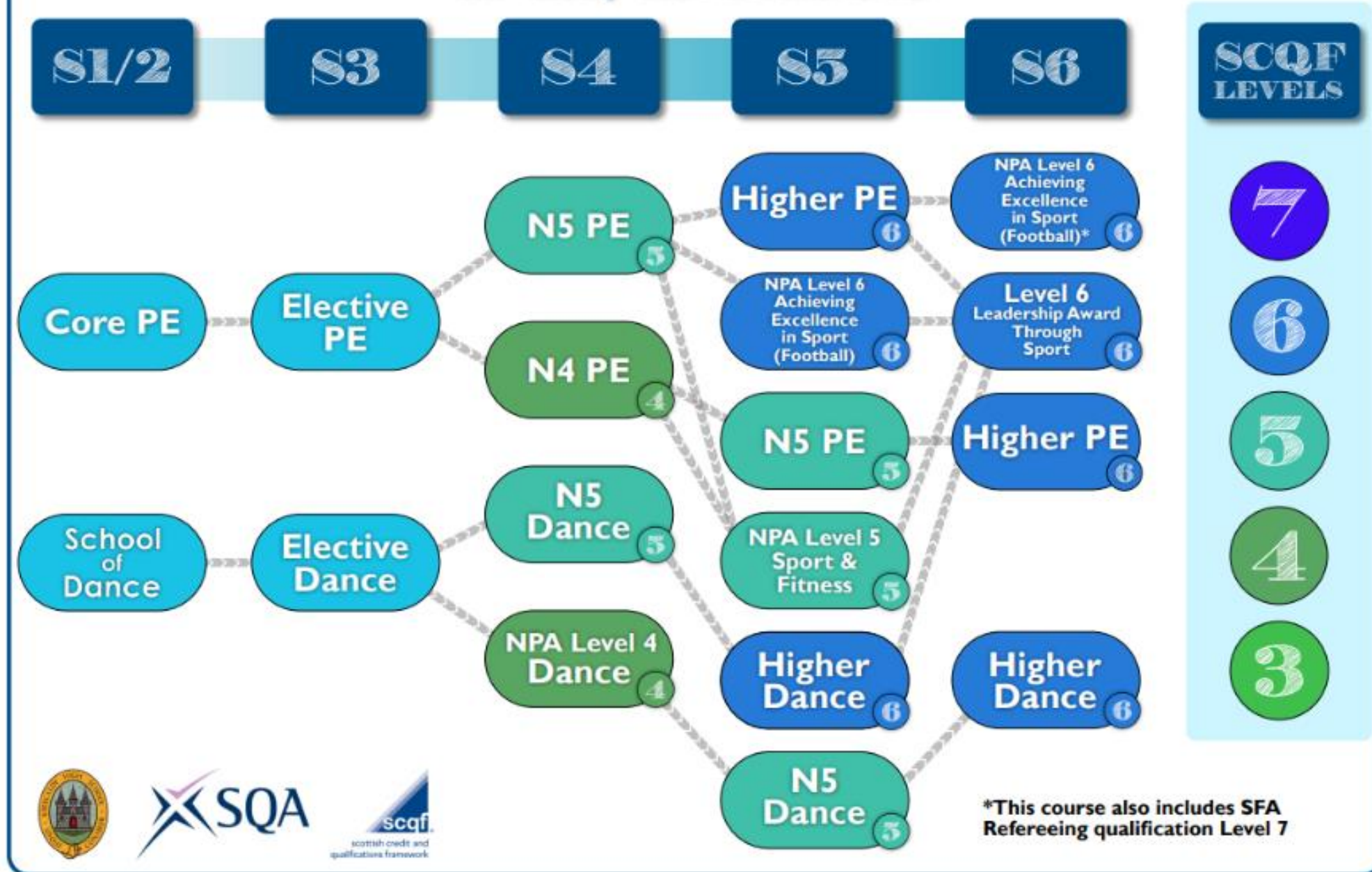


The background of the slide features a faded, circular crest of the University of Worcester. The crest depicts a three-towered building with a central red door and a banner at the bottom containing the motto 'LABOR • TOC' (part of 'LABOR OMNIA VINCIT').

S4/5 Subject Choices

Health and Wellbeing

PE/Dance



Physical Education – Level 6



Entry Requirements – Qualifications, Skills and Knowledge

You should ideally have attained an A or B pass at National 5 PE. A National 5 pass in English is highly recommended due to the nature of the written exam. You should be passionate and enthusiastic about sport and be keen to develop your own performance in a range of activities.

Course Content

- Improve your performance in a number of different activities.
- Further develop knowledge of the Physical, Mental, Emotional and Social factors which impact performance.
- Methods of collecting information on performance.
- Range of approaches for developing performance.
- Create and implement a Personal Development Plan.
- Recording, monitoring and evaluation of your performance development.

Physical Education – Level 6



Course Assessments

- Question Paper – 2 ½ hour written exam out of 50 marks – 50% of overall mark.
- Performance – you will be assessed in 2 different activities – 50% of overall mark.

Learning Activities & Homework

- You will experience a mix of both practical and classroom-based lessons. There are usually two classroom periods per week, and this may increase leading up to exams.
- 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 the course from the beginning. These homework tasks are designed to give you practice at writing extended answers. Higher PE written work is very different to the National 5 Portfolio answers.

Physical Education – Level 6



Wider Skills Development

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

Progression & Career Opportunities

- 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.
- Further Education: 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.

NPA Sport and Fitness – Level 5



Entry Requirements – Qualifications, Skills and Knowledge

You should have a keen interest in developing your skills and levels of fitness. No prior PE qualification is required for this course, however a SCQF Level 4 in English is a minimum requirement. 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

- Participation and Performance – develop your performance in Volleyball. Explain the required skills and monitor your progress.
- Organising and Officiating – learn about the roles of the officials in Volleyball and safety procedures. Carry out officiating roles during games and organise a Volleyball tournament.
- Coaching Development – learn about what makes an effective coach. Plan, deliver and evaluate a series of coaching sessions (different activities may be used for this).

NPA Sport and Fitness – Level 5



Course Assessments

- There will be a mixture of both practical and written assessments carried out throughout the whole course.
- For each unit, you must pass all outcomes. This is achieved by teacher observations and written responses to tasks in logbooks.

Learning Activities & Homework

- You will experience a mix of both practical and classroom-based lessons.
- For practical lessons, you will sometimes be a performer, an official or a coach.
- Homework will be given at appropriate times to support the work you do in school.

NPA Sport and Fitness – Level 5



Wider Skills Development

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

Progression & Career Opportunities

- Other courses in school: Level 6 Leadership through Sport Award.
- Further Education: HNC/D Sports Coaching & Development/Sport & Fitness.
- Career Opportunities: Sports Coaching, Personal Trainer, Gym Instructor, Armed Forces, Employment in the recreation area.

NPA Achieving Excellence in Sport (Football) – Level 6

SFA Refereeing – Level 7



Entry Requirements – Qualifications, Skills and Knowledge

You should have a keen interest in developing your skills and levels of fitness within Football. Since the refereeing award is part of the course, you should also have an interest in learning the rules of the game and practically refereeing matches. Full attendance and participation throughout the course is essential.

Course Content

Achieving Excellence in Sport

- Individual Performance in Football – develop and plan your personal performance.
- Analysis and Evaluation – learn to use various methods to gather data to help analyse your performance.
- Codes of Conduct – learn about conduct and health and safety procedures.

SFA Refereeing

- Laws of the Game
- Demonstrate how to implement these laws during games.

NPA Achieving Excellence in Sport (Football) – Level 6

SFA Refereeing – Level 7



Course Assessments

Achieving Excellence in Sport

- There will be a mixture of both practical and written assessments carried out throughout the whole course.
- For each unit, you must pass all outcomes. This is achieved by teacher observations and written responses to tasks in logbooks.

Refereeing

- Multiple Choice Assessment as well as practical assessments of your refereeing during games.

Learning Activities & Homework

- You will experience a mix of both practical and classroom-based lessons.
- For practical lessons, you will sometimes be a performer or an official.
- Homework will be given at appropriate times to support the work you do in school.

NPA Achieving Excellence in Sport (Football) – Level 6

SFA Refereeing – Level 7



Wider Skills Development

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

Progression & Career Opportunities

- Other courses in school: Level 6 Leadership through Sport Award.
- Further Education: HNC/D Sports Coaching & Development/Sport & Fitness. Degree in Sports Studies, Sports Science.
- Career Opportunities: Football Refereeing, Sports Coaching, Personal Trainer, Gym Instructor, Armed Forces, Employment in the recreation area.

Leadership Award (through Sport) – Level 6



Entry Requirements – Qualifications, Skills and Knowledge

This course is only suitable for S6 pupils. You should have attained National 5 or Higher PE. Due to the nature of the course, you should be keen to develop your leadership skills and confidence in speaking and delivering sessions in front of others. You should have enjoyed participating in PE throughout your time at school.

Course Content

- Leadership: An Introduction – develop leadership skills and values for working with others.
- Leadership in Practice – build confidence in your own leadership skills. Develop your planning and evaluative skills. Practically deliver sessions across different age groups and activities.

Leadership Award (through Sport) – Level 6



Course Assessments

- There will be a mixture of both practical and written assessments carried out throughout the whole course.
- For each unit, you must pass all outcomes. This is achieved by teacher observations and written responses to tasks in logbooks.

Learning Activities & Homework

- You will experience a mix of both practical and classroom-based lessons.
- For practical lessons, you will sometimes be a performer or a teacher.
- If the timetable allows, you will visit our cluster Primary Schools in groups to deliver sport sessions.
- Homework will be given at appropriate times to support the work you do in school.

Leadership Award (through Sport) – Level 6



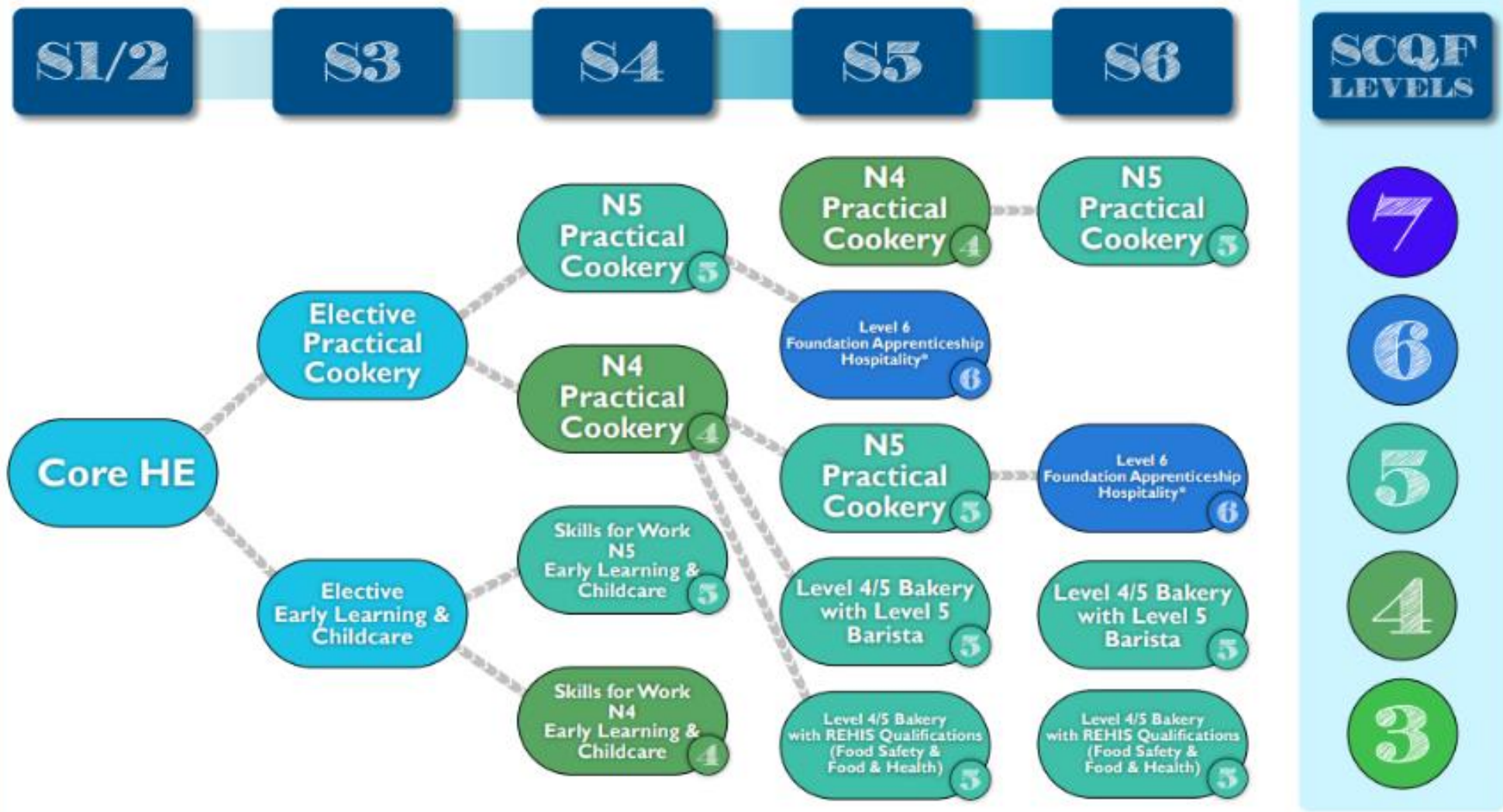
Wider Skills Development

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

Progression & Career Opportunities

- Further Education: HNC/D Sports Coaching & Development/Sport & Fitness. Degree in Sports Studies, Sports Science, Teaching.
- Career Opportunities: Sports Coaching and Development, Personal Trainer, Gym Instructor, PE Teacher, Armed Forces. The leadership side of the course will help you in any career path.

Home Economics



*Delivered by Fife College

Practical Cookery – Level 5



Entry Requirements - Preferred Skills and Knowledge

A National 4 Practical Cookery pass is required for entry into the course. This is due to the more complex nature of the dishes involved in the course. You should also be keen to develop your knowledge of nutrition, diet and health as well as your cookery skills. Throughout the course, you will have the opportunity to work individually and with others.

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 5



Course Assessments

- 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 the course at appropriate times to support the work you do in school.

Practical Cookery – Level 5



Wider Skills Development

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

Progression & Career Opportunities

- Other courses in school: NPA Level 4 Bakery with REHIS Award, 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.

NPA Bakery – Level 4 with REHIS Awards



Entry Requirements - Preferred Skills and Knowledge

No previous experience is required. You should be keen to develop your practical skills as well as taking on new information. Throughout the course, you will have the opportunity to work individually and with others.

Course Content

- Develop your bakery skills while producing a variety of breads, cakes and pastries.
- Develop your understanding of various bakery processes.
- Develop your cake decorating skills.
- Develop your knowledge and practical skills in pastry work – this unit is at Level 5.
- REHIS - Food and Health and Food Hygiene qualifications.

NPA Bakery – Level 4 with REHIS Awards



Course Assessments

- The NPA Bakery Award is continually assessed by your teacher. This will involve both practical and written work. All outcomes must be passed to the required standard to achieve an overall pass.
- REHIS qualifications are assessed with multiple choice tests. These will be carried out in class at the appropriate time decided by your teacher.

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 bakery skills at home.
- Homework will be given throughout the course at appropriate times to support the work you do in school.

NPA Bakery – Level 4 with REHIS Awards



Wider Skills Development

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

Progression & Career Opportunities

- Other courses in school: Level 5 Practical Cookery, 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: Employment within the bakery industry or within the vast Hospitality sector.

Barista Skills & Customer Service – Level 5



Entry Requirements - Preferred Skills and Knowledge

No previous experience is required. You should be keen to learn new barista skills as well as knowledge relating to professional customer service. Throughout the course, you will have the opportunity to work individually and with others.

Course Content

Barista Skills

- Develop knowledge of coffee and other beverages served by a barista.
- Prepare and serve a range of coffees, other hot and cold beverages using specialist equipment.

Customer Service

- Develop essential skills and knowledge to help provide positive, professional customer service.
- Develop your organisational skills.
- Develop communication skills to help create a positive impression.

Barista Skills & Customer Service – Level 5



Course Assessments

Barista Skills

- Written responses to questions will be used to test your knowledge for Unit 1. This will be marked by your class teacher.
- For practical skills, your teacher will observe you producing and serving a variety of hot and cold beverages.

Customer Service

- This will be assessed alongside the Barista Skills course with the focus on professional customer service. Other evidence may include written or verbal responses to questions.

Learning Activities & Homework

- You will experience a mix of both practical and classroom-based lessons.
- Group discussions about positive customer service will be common-place.
- Homework will be given throughout the course at appropriate times to support the work you do in school.

Barista Skills & Customer Service – Level 5



Wider Skills Development

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

Progression & Career Opportunities

- Other courses in school: NPA Level 4 Bakery with REHIS Award
- Further Education: HNC and HND in Professional Cookery, Food Science and Technology, Hospitality Management
- Career Opportunities: Barista, various jobs within the vast Hospitality sector.