



S2 Course Choice

2021/22



INFORMATION FOR PUPILS AND PARENTS / CARERS

The aim of this booklet is to help you make an informed choice of courses for your third year at Speyside High School.

Your Guidance teacher and subject teachers are available to help you. There are compulsory courses which all pupils will follow. These are detailed later.

The courses and experiences which you will follow make up your curriculum.

THIRD YEAR CURRICULUM

Background

Scottish Education aims to develop young people in accordance to the four capacities of Curriculum for Excellence:

Successful Learners

Confident Individuals

Responsible Citizens

Effective Contributors

At Speyside High School we provide learning experiences built around

The ethos and life of the school as a community

Curriculum areas and subjects

Inter-disciplinary projects and studies

Opportunities for wider achievement

We design our curriculum around

THE SEVEN PRINCIPLES OF CURRICULUM DESIGN

- **Challenge and Enjoyment**
We hope that your experiences stretch you and that you like them.
- **Breadth**
We aim to ensure that you develop a wide range of knowledge and skills.
- **Progression**
We aim to make sure that you build on what you have already learned.
- **Depth**
We seek to give you opportunities to learn a lot about some topics.
- **Personalisation and Choice**
We aim to give you choices and to meet your personal learning needs.
- **Coherence**
We aim to ensure that your experiences complement each other and make sense to you.
- **Relevance**
We aim to provide experiences which meet your needs, interests and ambitions.



THE EIGHT CURRICULAR AREAS

The Scottish “**Curriculum For Excellence**” also sets out eight areas or fields of learning which courses and programmes for pupils should address:

Languages

Science

Technologies

Health and Wellbeing

Mathematics

Social Studies

Expressive Arts

Religious and Moral Education

OUR CURRICULUM RATIONALE

At Speyside High School our curriculum is designed to equip our young people with skills for life, provide valuable and inspiring experiences and work towards a set of qualifications pupils can be proud of. In doing this we are ensuring that our pupils leave school to positive and appropriate destinations and successful futures.

All curriculum, experiences and activities will support our school vision: **Happy, Healthy and High Achieving** and will be developed with our values of being **Ambitious, Dedicated, Responsible, Healthy, Achieving** and showing **Respect** in mind.

The areas of Literacy, Numeracy, Health and Wellbeing, Digital Literacy, Enterprise, Global Citizenship and Learning for Sustainability will be covered across the curriculum. They will also develop skills for life, learning and work.

Every pupil is entitled to an experience that meets the Career Education Standard, thus learning about all the opportunities they will have beyond school and appropriate pathways to allow them to be best placed to make the most of these opportunities.



THE COURSES WE OFFER

The courses which all young people are offered aim to address our curriculum rationale in an appropriate way for every individual pupil.

- Some courses such as English, Mathematics, Physical Education, Religious and Moral Education, Personal and Social Education and Universal Personal Support are so important in achieving outcomes for pupils that all, who are able to, follow them.
- Modern Languages are also important and all pupils will continue with the language they have studied in S1 and S2. Where numbers allow there will also be the option for pupils to pick up second language.
- Some courses are grouped in option columns to ensure that areas of learning are addressed.

MEETING INDIVIDUAL NEEDS

Throughout the process of course choice, care is taken to meet individual needs with a view to optimising opportunities for personal progression and achievement. This can be reflected in the combination of courses followed and the variety of levels pupils may achieve at. There is specific support available and additional assessment arrangements can be made for pupils with support needs.

Support for Learning offer support for pupils on a long-term or short-term basis to ensure any barriers to learning are addressed.

PROGRESSION INTO S4 AND THE SENIOR PHASE

During S3, pupils will choose courses to do in S4. Pupils in S4 will do six courses. We would thoroughly recommend that pupils pick subjects in S4 where they have enjoyed success in S3.

VIABILITY OF COURSES

While every effort is made to ensure that each learner gets their first choices, some courses may not be viable in terms of effective use of resources if the number of pupils choosing it is too low. If this is the case learners will be asked to renegotiate their course choice. This will be done in collaboration with parents/carers and Guidance teacher.



CORE CURRICULUM AND OPTIONS FOR S3 IN 2021-22

CORE CURRICULUM - all pupils take these courses, wherever possible.

- English
- Mathematics
- Personal and Social Education
- Universal Personal Support
- Religious and Moral Education
- French or German

OPTIONS - all pupils will select from the following Option Groups

- one **Science** course
- one **Social Subjects** course
- one **Expressive Arts** course
- one **Technologies** course
- one **Health and Wellbeing: Physical Education** course
- **four** other courses from the **Free Choice**



OPTIONS AND COURSES OFFERED

The option columns are as follows and information about the subjects can be found in this booklet:

Option	Subject	Page No
English	English & Literacy	7
Mathematics	Mathematics & Numeracy	8
Modern Languages	French & German	9
Science Option	Biology	10
	Chemistry	11
	Physics	12
Social Subjects Option	Geography	13
	History	15
	Modern Studies	16
	Business Management	26
Expressive Arts Option	Art & Design	17
	Photography	18
	Musical Theatre	19
	Drama	20
	Film and Media Studies	21
	Music	22
Technologies Option	Administration and IT	25
	Computing Science	27
	Health & Food Technology	23
	Physics	12
	Practical Woodworking	32
Health & Wellbeing: Physical Education Option	Adventure and Leadership	28
	Champions League of Sports	29
	Sports Performance and Analysis	30
	Healthy Body and Mind	31



Option	Subject	Page No
Free Choice Option	Administration and IT	25
	Adventure and Leadership	28
	Art & Design	17
	Biology	10
	Business Management	26
	Champions League of Sports	29
	Chemistry	11
	Computing Science	27
	Drama	20
	Film & Media Studies	21
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ENGLISH
(Principal Teacher: Mrs L Williamson)

English and Literacy

In the S3 Course, you will continue to focus on Reading, Writing, Talking and Listening. There will also be a focus on your literacy skills, your thinking skills and your general communication skills. These are important for your preparation for future exams and for the workplace.

Reading:

- During your third year, you will study from a wide range of texts. These include prose, poetry, drama, film and other types of media texts. Some of these texts will be in the Scots language.



Writing:



There will also be a wide variety of both functional and creative writing tasks. These aim to further improve your use of written language.

Talking and Listening:

- You will have the opportunity to be part of class and group discussions on a regular basis and you will also be expected to produce individual talks both with and without the use of ICT.
- You will be listening to individual and group talks, film media, the teacher and each other. This will help you with your understanding and questioning skills.

Skills that will be developed:

- Communication
- Teamwork
- Creativity
- Thinking

Next steps:

- In the Senior Phase the progression is different for everyone. The level of qualification you will study for in S4 will be based on your progress this year. The expected progression from English in S3 is either the National 4 or National 5 Course and Qualification in S4.



MATHEMATICS (Principal Teacher: Mrs F Robertson)

Mathematics and Numeracy

In S3 you will be mainly working on the level 3 and level 4 Maths and Numeracy outcomes. You will further develop your understanding of numeracy, algebra, geometry and statistics as well as being introduced to trigonometry.

Problem solving and active learning will be part of the course. The course is designed to help you to develop skills relevant to learning, life and work in a challenging, engaging and enjoyable way.

Skills that will be developed:

- Employability
- Thinking
- Creativity
- Self-management
- Team work
- Communication

Next steps:

The course will prepare you for studying National 3 Applications of Mathematics, National 4 Applications of Mathematics, National 4 Mathematics, National 5 Applications of Mathematics or National 5 Mathematics.



MODERN LANGUAGES
(Principal Teacher: Mr D Burns)

French, German and Spanish

All pupils will continue with either French or German in S3 and will have the option to choose Spanish as a second Modern Language. The S3 course provides learners with the opportunity to develop their skills in Listening, Talking, Reading and Writing. It centres on the SQA Modern Languages for Life and Work Award, with the aim being that all pupils will have a qualification in the language chosen by the end of S3 at Level 3 or Level 4. The award focuses on developing learners' language and employability skills in a practical and relevant context. We will have visits from local businesses to enable pupils to see the relevance of language learning and the impact it might have on their employability.

Pupils choosing Spanish as a second modern language will follow a different course to their French or German class. Pupils will develop their Spanish and learn about Hispanic culture by studying topics including food and holiday destinations.

Skills that will be developed in S3 Modern Languages:

- Literacy skills for using language: Talking and Writing
- Literacy skills for understanding language: Reading and Listening
- Understanding of the life and culture in other countries
- Communication skills
- Social skills

Next steps:

Skills practised and enjoyed in S3 will be consolidated and developed in the Senior Phase. Students will continue to use the many varied resources within the department to expand both their vocabulary and their understanding of how the language works. They will take part in role plays, conversations and presentations, which will increase in length and complexity over the course of the Senior Phase.



BIOLOGY
(Principal Teacher: Dr K Harris)

Biology

If you choose Biology you will be learning about life on Earth – what goes on inside animals and plants to keep them alive and how they interact on Earth. This course consists of two 18 week units, and a shorter third unit, which will build on what you learned during S1 and S2 and help those that are interested prepare for further study of Biology in S4.

As well as learning new Biology there will be an emphasis on building up skills required for success in the Senior Phase courses.

Unit 1: Introduction to Cell Biology

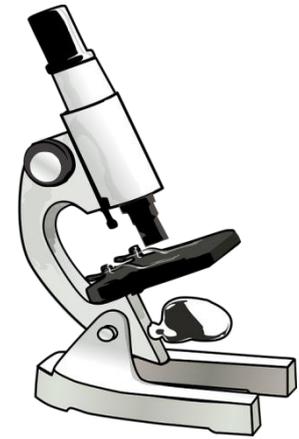
☒ What happens inside the tiny cells which make up our bodies and all the other living things which help to keep us alive?

Unit 2: Introduction to Multi-Cellular Organisms

☒ How do plants and animals control their bodies and behaviour to survive?

Unit 3: Human Biology

☒ Building on our knowledge of the human body we will learn more about the complex and amazing piece of design that we call our body. Pupils will be able to choose which areas we explore in this shorter topic.



Skills that will be developed:

- Thinking skills
- Self-management
- Teamwork
- Interpersonal skills
- Communication

Next steps:

Most students studying S3 Biology are able to progress to studying National 4/5 Biology in the Senior Phase. They could also consider studying National 3/4/5 Environmental Science in the Senior Phase.



CHEMISTRY

(Principal Teacher: Mr D Hogg)

This exciting course develops learners' interest in, and enthusiasm for, chemistry and covers a variety of contexts relevant to Chemistry's impact on society and our everyday life. The year long course is divided into three units of work. These are:

Chemical Change and Structure

In this unit, you will learn about the Periodic Table, all about atoms, how they are connected and how they react together. As you go through this unit, you will be looking at reactions between chemicals, how to change the speed and how to name the products you have made.

Nature's Chemistry

This unit is about the Chemistry in the world around us. You begin this unit by looking at fuels, what they are and how they are made. You look further into fossil fuels, their uses and impacts before investigating, through experimentation, alternatives and the need for an alternative fuel.

Chemistry in Society

This final unit uncovers the place Chemistry has in our everyday lives. You will learn about metals, where they are found, how they are extracted and purified and the impact this has on the environment. You will then go on to learn about how metals react and how this reactivity relates to their uses. Finally, you will look at new materials and their role in the world before looking at designing your own new material.

The course provides the pupils with opportunities to work individually, in small groups and as part of a team. The pupils have to research topics in all of the three units to help provide them with opportunities to be creative, develop new skills and increase their awareness of the impact chemistry has on their everyday life.

Skills that will be developed:

- Creativity
- Teamwork
- Communication
- Thinking
- Problem Solving

Next steps:

Pupils can progress in the Senior Phase to studying Chemistry at levels – National 3, 4 and 5 where appropriate.



PHYSICS

(Principal Teacher: Mr D Hogg)

Physics

Waves and Technology

Learners develop their understanding of the properties of light and other forms of electromagnetic radiations (radio and microwaves, infrared, ultraviolet, x-ray and gamma rays). They explore how different waves relate to the environment and how we make use of them in health, medicine and communications.

By considering current issues of science concepts and their capacity to form informed social, moral and ethical views, they reflect upon and critically evaluate media portrayal of scientific findings.

Electricity and Energy Sources

Learners develop their understanding of electricity as a means of transferring energy by investigating circuits, safety, electrical concepts and their application.

They also explore types, sources and uses of energy and develop their understanding of how energy is transferred and conserved. They consider the relevance of these concepts to everyday life. They explore the nature and sustainability of energy sources and discuss benefits and assess possible risks to make an informed view of responsible energy use.

Forces and Space

Learners investigate the effects of friction on motion and explore ways of improving efficiency in moving objects and systems. Study of speed and acceleration of an object leads to an understanding of the relationship between its motion and the forces acting on it. This links to transport safety. Learners develop their understanding of the concept of buoyancy force and density.

Learners develop their understanding of the Earth's position within the Universe while developing a sense of time and scale. They develop their understanding of how our knowledge of the Universe has changed over time and explore ideas of future space exploration and the likelihood of life beyond planet Earth.

Skills that will be developed

- analytical skills;
- numerical calculations and graphing of results;
- literacy skills will also be developed through research tasks and presentations to their peers; and
- assessment of risk and impact on their health and wellbeing.

Next Steps

This course will lay the foundations for studying National 5 Physics in the Senior Phase.



GEOGRAPHY

(Principal Teacher: Mr K Turner)

Geography

Geography is all about understanding the world around us. The scope of Geography is almost limitless; from earth forces shaping our planet to social issues impacting on how people live around the world. Geographers often use maps as tools, but the subject is about so much more.

S3 Geography will build on your skills and knowledge from S1 and S2.

You may study the following topics:

- Sustainable Development Goals,
- Climate Change,
- Environmental Hazards: Earthquakes, Volcanoes & Tropical Storms,
- Antarctica
- As well as developing your mapping, graphing and data presentation skills.

Skills that will be developed:

- **Employability** – gain empathy for others and develop your IT skills.
- **Creativity** – use your skills of problem-solving, open-mindedness and imagination as you seek solutions to real world issues.
- **Self-Management** – design your own research projects.
- **Teamwork** – you will work in small groups in the classroom and beyond.
- **Communication** – present your work as writing, graphs and orally.
- **Thinking** – build coherent arguments and listen to the opinions of others.
- **Interpersonal** – work with a range of people in different scenarios including outdoor learning.
- **Leadership** – the opportunity to get involved in new projects or initiatives.

Next steps:

Pupils who enjoy and apply themselves in S3 Geography can continue their studies to National 4/5 Geography then onwards to Higher and Advanced Higher. Pupils may also have the opportunity to study Travel & Tourism National 5 (Skills for Work) in the Senior Phase.

For more information or if you have any questions, please see **Mr Turner** in **Room 35**.



JOHN MUIR CONSERVER AWARD PROGRAMME
(Principal Teacher: Mr K Turner)

JMA – Rewilding & Landscape Restoration

This new S3 course aims to provide the opportunity for you to achieve the highest level of John Muir Award: **The Conserver Award**. We will focus on issues of *rewilding* and *landscape restoration* to meet the requirements of this challenging Award. This course will involve classroom learning, research work, and outdoor learning.

S3 Conserver Award will build on your skills and knowledge from *S1 Global Goals* and several *Option Classes*. This is also an opportunity for those involved in the *Junior Ranger Programme* to expand their knowledge and skills.

To gain the Conserver Award you will:

- Learn about the life and work of John Muir,
- Engage with the upcoming UN Decade for Ecosystem Restoration,
- Investigate local, national, and international examples of rewilding and landscape restoration,
- Audit, design and maintain elements of the School Grounds to “wild” our environment,
- Undertake visits to partners in the Speyside area and the wider Cairngorm National Park,
- Share your work and enthusiasm with our community.

To gain the full Award, students will need to commit to homework tasks in the form of three micro-adventures and an individual rewilding project.

Skills that will be developed include:

- **Self-Management** – design your own projects & micro-adventures,
- **Teamwork** – you will work in small groups in the classroom and outdoors,
- **Communication** – present your work as writing, graphics and orally,
- **Creativity** – use your skills of problem-solving, open-mindedness and imagination as you seek solutions to real world issues,
- **Thinking** – build coherent arguments and listen to the opinions of others,
- **Interpersonal** – work with a range of people in different scenarios including outdoor learning,
- **Leadership** – the opportunity to lead elements of our rewilding projects,
- **Employability** – gain experience & knowledge of outdoor sector employment.

Next steps

In discussion with staff, this course may lead into:

- ✓ National 4 / 5 Geography *then* onwards to Higher & Advanced Higher in the Senior Phase,
- ✓ National 4 / 5 Rural Skills (*Skills for Work*),

For more information or if you have any questions, please see **Mr Turner** in **Room 35**



HISTORY

(Acting Principal Teacher: Mr S Robertson)

History

The Third Year History course, will enable you to understand the important events of the 19th and 20th Centuries which shaped Scotland, Britain and the World. You will learn the importance of history and the skills of the historian, able to view the past through the eyes of those who lived through it.



The Industrial Revolution

The 19th Century was extremely important in British and Scottish History; when Great Britain dominated the world. You will investigate why this happened, and how it affected ordinary people in Scotland; people whose lives were turned upside down by social and industrial change. For these people, ***was Great Britain really that Great?***

The First World War

One event which shaped the modern world was the Great War. It remains the most destructive war this country has ever fought. You will investigate why the First World War began. You will examine how individuals' lives were changed forever by the conflict. You will evaluate how the Great War changed the world and decide whether this should have been, ***'the war to end all wars.'***



The Causes of the Second World War

Clearly, the First World War was not, 'the war to end all wars', and a more destructive conflict engulfed Europe only two decades after the grounds of the Western Front fell silent. You will examine why this happened and how European leaders tried and failed to prevent the greatest war on Earth.

Skills that will be developed:

- Describing, explaining, analysing, and source handling skills.

Next steps:

- National 3/National 4/National 5/Higher History



MODERN STUDIES
(Principal Teacher: Miss L Childs)

Modern Studies

Modern Studies

What effect has Donald Trump had on the USA?

Why is there conflict in Syria?

What effect will Brexit have on Scotland?

Why is Modern Studies important?

Modern Studies helps you to understand the most important issues in the world today. It helps you gather information about these issues, evaluate the information you have and, most importantly, it helps you make your own mind up and come to your own conclusions about these issues. You will learn interesting things about the important issues in the world in a fun and exciting way.



You will learn through investigation, discussion and debate, and develop an understanding of what it means to be a citizen in 21st Century Scotland. We hope to inspire a lifelong interest in the issues that matter and promote a feeling that it is within our power to make changes to society.

What topics are covered?

The course is ever changing and adapting based on what is happening in the world, but some of the over-arching themes we will be considering are

- International Conflict
- Prejudice and Discrimination
- Ideology
- Power and Status

Skills that will be developed:

- Critical Thinking
- Research
- Literacy
- Leadership
- Team Work
- ICT
- Communication



Next Steps

The department offers Modern Studies at National 4 and 6 level, and Highers in Modern Studies, Sociology and Politics.



ART AND DESIGN
(Principal Teacher: Ms S Briston)

Art and Design

S3 is for pupils who want to expand their knowledge and understanding of Art and Design.

Examples of projects:

Unit 1 2d 3d Expressive Figure/Portrait

Unit 2 Body Armour

Unit 3 Poster Design

Unit 4 Ceramic Design



Skills that will be developed:

- Creativity
- Problem Solving
- Analysis
- Evaluation
- Critical Thinking

Next steps:

It is a year which lays down the foundations of each pupil's strengths and interests, often making connections which are built on in the Senior Phase.



ART & DESIGN
(Principal Teacher: Ms S Briston)

Photography

During this course pupils who are interested in photography will spend time learning basic photography skills, such as how to use a camera effectively and evaluating the qualities of an image.

The units include:

Unit 1 Better Pictures- Understanding of composition and other concepts which will improve your images.

Unit 2 Light Techniques and processes in coping with a range of light conditions using the light studio.

Unit 3 Photographer Study- Researching a photographic genre and photographer, producing images in that style.

Unit 4 Projects and Assignments.

To get the most out of the course, it will be helpful to have access to your own camera either a compact digital camera or a DSLR. Your mobile telephone is also adequate.

Skills that will be developed:

- Creativity
- Analysis
- Independent working

Next steps:

Students can build on this course and undertake further study in Photography at National Progression Award level 5 and Higher.



PERFORMING ARTS
(Principal Teacher: Mr J Naples-Campbell)

Musical Theatre

Musical Theatre is a growing genre within the theatre industry. It brings in billions of pounds to the UK economy each year. This course is an introduction to developing and honing your skills in Singing, Acting and Dancing. Students will work together in group singing to develop their voice before looking at solo singing. They will work as a company to stage mini musicals focusing on the importance of Acting through song and take part in Jazz dance classes to help with their movement. We have created an environment in which individuality is nurtured and diversity embraced. Opportunities to perform throughout the year are a priority, enabling students to learn by doing. Our aim is to create artists with a voracious appetite for investigation and ongoing discovery. This course will be taught with the Performing Arts Department with students being taught by both teachers in Music and Drama.

Skills that will be developed:

- Communication
- Resilience
- Confidence
- Team Work
- Creativity
- Co-operating
- Presentation skills
- Evaluation skills

Next steps:

N5 Music/N5 Dance/NPA Musical Theatre



PERFORMING ARTS (Principal Teacher: Mr J Naples-Campbell)

Drama

In S3, pupils will be able to take the basic skills they have learned in first and second year, and consolidate them with a sense of performance, theatricality and social awareness. We are developing transferable skills and skills for life that you can carry forward into many careers out with the arts such as law, medicine and business.

Throughout the year you will participate in a number of units that develop your skills in Creating, Presenting and Evaluation and Appreciation.

The key areas covered are:

Drama Skills

You respond to text, stimulus and learn how to play a role and character. You will reflect on your own performance and that of others; create your own plays and consider the social and cultural influences on a drama. You have to be prepared to perform in front of a range of audiences.

Theatre Production Skills

As well as acting, you will investigate the theatre arts - sound and lighting design, prop and costume making, directing, stage management and stage make-up design. You can specialise in one of these production skills. You will create and present drama using these production skills and technologies to enhance your drama. You will learn how to appreciate stage and performance styles.

Production

You will eventually use all the knowledge that you have gained to create a significant drama and show this to a target audience. The practical activity will be sufficiently open and flexible to allow for personalisation and choice. You will have the choice of acting, props, costume, sound, lighting, stage make-up and directing.

Skills that will be developed:

- Co-operating
- Working with others
- Creativity
- Communication skills
- Presentation skills
- Confidence
- Evaluation skills

Next steps:

Courses in the Senior Phase include National 4, National 5, Higher Drama and NPA Acting and Performance.



PERFORMING ARTS
(Principal Teacher: Mr J Naples-Campbell)

Film and Media Studies

The camera may never lie, but what about the person holding the camera? The film and media that we create and consume reflect our individual identities, our local and national cultures and the political players on the global stage. Our film and media course will help you examine these topics through discussion, practical work and debate.

On this course you'll study film as an artistic and commercial enterprise, as well as various media institutions and the debates surrounding them. You'll engage in deep critical thinking about culture, media and society as a whole.

You will also develop real-world technical skills in video and media production, teamwork, academic research, project management and a variety of forms of communication. The course will introduce you to key developments in film and media, and key concepts in film and media studies, including the emergence of cinema and the establishment of national broadcasting systems, and concepts like narrative, popular culture and citizenship.

Skills that will be developed:

- skills in critical analysis
- research skills
- communication skills and the ability to effectively articulate an opinion
- the ability to work to a set brief independently or collaboratively
- a flexible approach to work
- self-discipline and self-direction
- the ability to tailor your writing to suit different audiences
- the ability to develop ideas through to outcomes
- a resourceful and creative approach to work.

Next Steps:

N4 Media Studies, N5 Media Studies, Higher Media Studies, NPA Film, NPA Creative Industries.



PERFORMING ARTS
(Principal Teacher: Mr J Naples-Campbell)

Music

Music in S3 is suitable for any pupil who enjoys listening to music or performing and wants to develop this interest. In S3, pupils will continue to develop their performing, listening and composing skills through studying a range of different topics.

In terms of performing, pupils will be asked to choose two instruments (or one instrument and voice) on which to specialise. For each instrument, there is a range of pieces available across all levels to ensure pupils have plenty of choice and are appropriately challenged. There are opportunities to practise solo pieces as well as arrangements that can be performed in a group. They are also encouraged to participate in extra-curricular groups which will help develop pupil's performance/group playing and extend musical knowledge.

Pupils will listen to a wide range of styles of music. They will learn to recognise these different styles and to understand the different concepts associated with each one. Musical literacy skills will continue to be developed, building on the work done in S1 and S2. Pupils will also develop their evaluation skills through listening to and evaluating both their own and others' performances.

There will also be the opportunity for pupils to create their own music through composing tasks. This can take a variety of forms, whether by using their instruments, notating the music or using music technology.

Skills that will be developed:

- Performing
- Listening
- Composing
- Creativity
- Literacy
- Working with others
- Evaluating

Next steps:

Courses in the Senior Phase include National 4, National 5, Higher and Advanced Higher.



HOME ECONOMICS (Principal Teacher: Mr D Jagger)

Health & Food Technology

In S3 Food Technology, we will look to begin an in-depth look at building foundations for the Senior Phase Health & Food Technology course offered to pupils further up the school.

Nutrition: Pupils will look at the benefits of a balanced and varied diet in relation to health and current dietary advice. They will make foods which will use the knowledge they have gained to demonstrate both skills and understanding of the theory.

Food Product Development: Pupils will begin to look at the ways that ingredients work in various dishes. Pupils will look at how altering quantities of ingredients can effect final products. Pupils will make dishes which experiment with the functions and will alter recipes to change the effects.

Pupils will consider these affects and use their knowledge to develop a new food product to meet specific needs.

Consumer Choice: Pupils will consider the various aspects of life that have an effect on how consumers make their food choices. We will consider social, educational, environmental and moral aspects.

Cost : £30 per academic year

Skills that will be developed:

- Organisation
- Confidence
- Creativity
- Responsibility
- Independence
- Listening
- Motivation
- Problem Solving
- Time Management
- Literacy
- Numeracy
- Working with Others
- Idea Development
- Perseverance
- Self-Reflection
- Negotiation
- Communication
- Research



Next steps:

Following on from this S3 course, pupils can choose to continue with the Health and Food Technology focus and undertake studies in National 4/5 Health & Food Technology or they can choose to move towards a more practical focus and select National 4/5 Practical Cookery.



HOME ECONOMICS (Principal Teacher: Mr D Jagger)

Practical Cookery

In S3 Practical Cookery, we will look to begin an in-depth look at the elements of the course that will be offered to pupils as they progress through the school.

Practical Cookery

The main purpose of this element is to develop pupils' basic cookery skills and food preparation techniques; develop a basic understanding of ingredients and their uses and sourcing; select and use ingredients in the preparation of simple dishes; plan and prepare simple dishes and present them appropriately; develop basic planning and organisation skills and develop an appreciation of the importance of safety and hygiene. Assessment will be based on both theory and practical skills.

We will also look to study some aspects of Health through the Practical Cookery course in order to take account of current dietary advice.

Cost: £40 per academic year

Skills that will be developed:

- Organisation
- Confidence
- Creativity
- Responsibility
- Independence
- Listening
- Motivation
- Problem Solving
- Time Management
- Literacy
- Numeracy
- Working with Others
- Idea Development
- Perseverance
- Self-Reflection
- Negotiation
- Communication



Next steps:

Following on from this S3 course, pupils can choose to continue with the Practical Cookery focus and undertake studies in National 4/5 Practical Cookery or move to a more health based course in N4/5 Health and Food Technology.



BUSINESS EDUCATION
(Principal Teacher: Mrs M McKenzie)

Administration and IT

The course is set in the context of a modern business environment and emphasises the increasing role that Information Technology (IT) plays in the activities of any organisation. You will learn to use software packages to research, evaluate, summarise and communicate information in an effective way. The skills learned in the classroom should readily transfer to the world of work or provide a base for further study of national courses in S4 and beyond.

Throughout the course a hands on approach will be used to allow you to expand your skills and to develop a high level of expertise in IT. Topics will include:

- Word processing to prepare business documents
- Databases for storing information for future use
- Spreadsheets for preparing financial statements
- Internet for researching information
- E-mail to aid communication



Why should you choose Administration and IT?

This course will provide you with an opportunity to acquire the skills needed to equip you for the world of business and enterprise. These skills will allow you to access, understand and contribute to the business and information environment that is the world of work today. They are transferable skills which will enable you to operate independently in a small organisation or work as an effective team member in a larger organisation.



Skills that will be developed:

- Employability
- Creativity
- Self-Management
- Teamwork
- Communication
- Thinking
- Interpersonal
- Leadership

Next steps:

Following on from S3 you can study National 4 or 5 Administration and IT in S4 and then proceed to Higher Administration and IT in S5.



BUSINESS EDUCATION
(Principal Teacher: Mrs M McKenzie)

Business Management

What is the course about?

Business and enterprise form key parts in the development and growth of modern society. Business Management will enable you to develop knowledge and skills which will allow you to access, understand and contribute to the dynamic and complex business and information environment in which you live. It will also provide a base for further study of national courses in S4 and beyond.

This course will include the following topics:

- Private, Public and Voluntary Sector Organisations
- Stakeholders within these organisations
- Working Practices
- Sources of Finance available to businesses
- Organisation of Business – role of departments and personnel
- Internal and External Factors influencing decision making
- Cash Budget and Breakeven Charts



Why should you choose Business Management?

This course will develop your ability to make valid judgements and conclusions based on information collected. You will participate in business simulations, apply business techniques in a variety of contexts and access real-life business enterprises for information.



Skills that will be developed:

- Employability
- Creativity
- Self-Management
- Teamwork
- Communication
- Thinking
- Interpersonal
- Leadership

Next steps:

Following on from S3 you can study National 4 or 5 Business Management in S4 and then proceed to Higher Business Management in S5.



COMPUTING SCIENCE (Principal Teacher: Mr M McWhirter)

Computing Science: Silicon Speyside

Silicon Valley, in the southern San Francisco Bay Area of California is home to many of the world's largest technology and software companies such as Google, Apple and Facebook. It is also home to many **technology start-up businesses**. In the digital age, I think the future of tech isn't in London or San Francisco but in Aberlour and places like it all over Scotland.

In 2019, I challenge you to make your own **tech start-up**. There is no need to be the world's best programmer; all you need is drive, hard work and an inspiration. In Computing Science, students will explore a mix of **technological** and **creative** topics to become digital content creators.

This course will introduce you to the creative, practical and intellectual skills you will need as a computing professional. You will learn skills in problem solving computing environment, skills in collaborating with others as part of a team, skills in software design and development and an understanding of how information technology is used in industry and commerce.

You will study the different ways that computer software and hardware systems can be vulnerable to attack and gain practical skills in how to defeat malicious threats. This will form the basis for a career as a professional cyber security specialist who can work effectively to protect critical systems from being compromised.

Topics

- Computer programming
- Electronic music programming
- Artificial intelligence
- Cyber security
- Data science
- Databases
- Web design

Project

Pupils will form **tech start-up** companies to enter into the nationwide Apps for Good competition. Apps for Good is global movement powering a generation to change their world with technology.



Skills that will be developed:

- Employability
- Creativity
- Self-Management
- Teamwork
- Communication
- Thinking
- Interpersonal
- Leadership

Next steps:

National 4/5 Computing Science

Higher Computing Science

NPA Web Design / Games Development / Data Science (Levels 4/5/6)



PHYSICAL EDUCATION
(Principal Teacher: Mr D Jagger)

Adventure and Leadership

Course Outline

This is a **fun and active course** which will give pupils the opportunity to improve their own **practical performance**, be **creative** and **lead other people successfully**. Ultimately, this course aims to develop the **transferable skills** that young people need in order to be **successful in life, learning and work**.

It is a **practical course** and so pupils will take part in a range of physical activities, both indoor, outdoor and also water based. The course itself will include activities based around the following units:

- Indoor Games
- Planning a Mini-Residential
- Lifesaving/Kayaking
- Organising a Sports Festival
- Sports Coaching
- Solving Physical Challenges
- Outdoor Activities (e.g. Mountain Biking; Climbing)



Pupils will also get the opportunity to understand and appreciate how physical activity can have a positive impact on their **health and wellbeing**. This will include a basic understanding of the **4 Factors Impacting Performance** (Physical; Mental; Social; Emotional).

Course Requirements

Pupils are expected to take an active part in lessons by **bringing their PE kit to each lesson**.

An enthusiastic and cooperative attitude will be required for pupils to be successful in this course.

Entry to the course does not depend on your current level of performance. **Enthusiasm** and a **desire** to take part are more important. Pupils will be expected to **work hard** and at times, may have to **move out with their comfort zone** in order to be successful.

Skills that will be developed:

- Significant aspects of Learning (Cognitive Skills; Physical Competencies; Physical Fitness; Personal Qualities)
- Moray Skills Framework (Creativity; Employability; Self-Management; Teamwork; Communication; Thinking; Interpersonal; Leadership)

Next steps:

National 4/5 Physical Education
National 4/5 Sport & Recreation
Senior Sports Leader Award
NPA Sport and Fitness
SQA Cycling Award



PHYSICAL EDUCATION (Principal Teacher: Mr D Jagger)

Champions League of Sports

Course Outline

This is a **fun and active course** which will give pupils the opportunity to improve their own **practical performance**, through taking part in competitive team games.

It is a **practical course** where pupils will take part in a 'mini-season' of the activities below. It will follow a '**fantasy football**' style approach where clubs will be formed and pupils will take on various roles within their club. For example, the manager of the club will have the opportunity to make player transfers throughout the season.

- Football
- Handball
- Badminton
- Volleyball
- Basketball
- Athletics



Pupils will get the opportunity to lead the learning through the structure of this course. **Pupils will be physically active all of the time**, even though they may be taking on specialist roles for their club such as the manager or chairperson. At the end of each season, there will be a winning club as well as an **overall winning club** of the 'Champions League of Sports' at the end of the year.



Course Requirements

Pupils are expected to take an active part in lessons by **bringing their PE kit to each lesson**.

An enthusiastic and cooperative attitude will be required for pupils to be successful in this course.

Entry to the course does not depend on your current level of performance. **Enthusiasm** and a **desire** to take part are more important. Pupils will be expected to **work hard** and contribute to the success of their 'club team'.

Skills that will be developed:

- Significant aspects of Learning (Cognitive Skills; Physical Fitness; Personal Qualities)
- Moray Skills Framework (Creativity; Employability; Self-Management; Teamwork; Communication; Thinking; Interpersonal; Leadership)

Next steps:

National 4/5 Physical Education
National 4/5 Sport & Recreation
Senior Sports Leader Award
NPA Sport and Fitness
SQA Cycling Award



PHYSICAL EDUCATION
(Principal Teacher: Mr D Jagger)

Sports Performance & Analysis

Course Outline

This course will prepare you for National Qualifications in PE in the Senior Phase.

This is an active course where pupils will take part in five activities throughout the year. These include; *hockey; basketball; badminton, pool survival and volleyball.*

Pupils will get the opportunity to analyse and develop their own performance. You will gather information about your own strengths and weaknesses and use this data to design personal development plans in order to improve performance. This will be done in a **practical way** which allows the development of physical skills and knowledge and understanding at the same time.

Central to this course, will be a focus on the four **Factors Impacting Performance**:

PHYSICAL

MENTAL

SOCIAL

EMOTIONAL

Pupils will also develop an understanding of methods that can be used to monitor and evaluate performance development. This will include the identification of future development needs.



Course Requirements

Pupils are expected to take an active part in lessons by bringing their **PE kit to every lesson**. An enthusiastic and cooperative attitude will be required to be successful in this course.

This course will give you the opportunity to **develop confidence** and take **responsibility** for your own learning.

Entry to the course does not depend on your current level of performance. **Enthusiasm** and a **desire** to take part are more important. Pupils must also be prepared to **work hard**, particularly when it comes to learning in relation to **theoretical elements** in relation to the 4 Factors Impacting Performance.

Skills that will be developed:

- Significant aspects of Learning (Cognitive Skills; Physical Competencies; Physical Fitness; Personal Qualities)
- Moray Skills Framework (Creativity; Employability; Self-Management; Teamwork; Communication; Thinking; Interpersonal; Leadership)

Next steps:

National 4/5 Physical Education
National 4/5 Sport & Recreation
Senior Sports Leader Award
NPA Sport and Fitness
SQA Cycling Award



PHYSICAL EDUCATION
(Principal Teacher: Mr D Jagger)

Healthy Body and Mind

Course Outline

This is a **fun and active course** which will give pupils the opportunity to improve their own **practical performance**, through taking part in activities where competition is less of a focus.

It is a **practical course** and so pupils will take part in a range of physical activities, both indoor and outdoor. The course itself will include the following activities:

- Gymnastics/Parkour
- Fitness - HIIT– Fat Burn Extreme/Insanity
- Fitness – Pilates/Gym Ball/Kettlebells
- Climbing
- Volleyball
- Athletics



Pupils will also get the opportunity to understand and appreciate how physical activity can have a positive impact on their **health and wellbeing**. In particular, this will include identifying and experiencing the benefits that these physical activities can have on **mental health**.



Course Requirements

Pupils are expected to take an active part in lessons by **bringing their PE kit to each lesson**.

An enthusiastic and cooperative attitude will be required for pupils to be successful in this course.

Entry to the course does not depend on your current level of performance. **Enthusiasm** and a **desire** to take part are more important. Pupils will be expected to **work hard** and **support** each other.

Skills that will be developed:

- Significant aspects of Learning (Cognitive Skills; Physical Competencies; Physical Fitness; Personal Qualities)
- Moray Skills Framework (Creativity; Employability; Self-Management; Teamwork; Communication; Thinking; Interpersonal; Leadership)

Next steps:

National 4/5 Physical Education
National 4/5 Sport & Recreation
Senior Sports Leader Award
NPA Sport and Fitness
SQA Cycling Award



PRACTICAL WOODWORKING (Principal Teacher: Mrs C Bye-Jensen)

This course is largely workshop-based. It provides a broad introduction to Practical Woodworking. You will have the opportunity to make at least three practical projects during the year and also have the chance to use the wood turning lathe.



The emphasis during the year will be working on a variety of skills so that very high quality wood based products can be produced.

The course is distinct in value in that it allows learners to develop practical psychomotor skills (manual dexterity and control) in a universally popular practical craft. It helps learners to develop safe working practices and to become proactive in matters of health and safety. It allows them to learn how to use a range of tools, equipment and materials safely and correctly.

Cost: £15 (To cover the cost of the materials that are used during the year.)

Skills that will be developed:

- Skills in woodworking techniques
- Skills in measuring and marking out timber sections and sheet materials
- Safe working practices in workshop environments
- Practical creativity and problem-solving skills
- Knowledge of sustainability issues in a practical woodworking context

Next steps:

Qualifications in practical technologies or related areas

Further study, employment and/or training, particularly if you will be seeking employment in joinery or any of the building trades.

