



Belonging • Experiences • Aspirations • Teamwork • Honesty

Beath High School

S2 into S3 Learner Pathway

Health & Wellbeing

2020-21





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S3 Learner Pathway

S2 pupils are now considering their S3 Learner Pathway as they move towards their third year at Beath High School. From the full range of courses on offer, pupils are required to choose seven different subjects to study during third year, including English and Maths. Pupils will also choose an Elective choice.

At the end of their third year, pupils will take their seven subjects forward into their fourth year and complete SQA Qualifications in the same seven subjects. It is therefore important that the correct choices are made. To ensure that they have as much information and guidance as possible, and in addition to all of the general advice given in Personal and Social Education classes, we provide pupils with an individual interview with their Guidance teacher.

A significant amount of work has been done to review our curriculum offer to deliver our curriculum rationale:

The Beath curriculum is designed to encourage the learning and development of all of our young people. Our curriculum allows learners to achieve their true potential through flexible pathways to success. Personalisation ensures that the needs of all learners are met. Our young people gain a portfolio of qualifications, experiences and skills from our curriculum. We utilise partnership working and we focus on improving attainment and achievement. Our learners are supported into a robust and sustained positive destination.

If you have any further questions, please do not hesitate to make contact with the school.





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HEALTH AND WELLBEING FACULTY

- **Physical Education**
- **Childcare**
- **Practical Cookery**
- **Practical Cake Craft**
- **Fashion and Textiles**



Subject: Physical Education
Year Group: S3

Course Structure and Content:

This course will be of interest to all learners who enjoy performing in physical education and have an enthusiasm for developing their performance skills. The course will be physically demanding, and performers will take part in a range of activities that may include: Athletics, Badminton, Basketball, Netball, Gymnastics, Handball and Softball. In each activity performers will work towards improving their practical performance / fitness and knowledge and understanding.

The course has a theoretical element which looks at the four main factors (Physical, Emotional, Mental & Social) that impact on performance development. This section of the course will be developed through practical experiential learning, classroom sessions, the completion of a written workbook which will include monitoring and reflecting on personal performance development. There will also be written homework exercises required.

Skills Development:

Pupils who study Physical Education in S3 will develop the following skills:

- Movement and performance skills/competencies in a range of individual and team activities
- Knowledge and understanding of principles and approaches to take to improve and refine skills, physical, emotional and mental fitness and tactical understanding and application
- Creating movements and sequences
- Planning and implementing solutions in straightforward performance situations
- Reflecting on the factors impacting on performance and monitoring performance
- Working independently and collaboratively within teams to develop thinking and interpersonal skills
- Analysing, evaluating, planning, decision making and problem-solving skills
- In addition, pupils will begin to explore Factors Impacting Performance in more depth theoretically.

Furthermore, pupils will develop skills in Literacy, Numeracy and Health and Well-Being across the curriculum.

Progression into the Senior Phase and Beyond:

You will be able to continue your study of Physical Education as follows:

- National 3
- National 4
- National 5
- Higher
- Sports Leadership level 4 and level 5 (including Sports Development NPA)

Career/Opportunities:

- Employment in Health, Leisure and Recreation industries
- Further study at College or University to help become:
- PE teacher, Primary teacher, Active Schools Coordinator, Sports Development Officer
- Sports Coach, Fitness advisor, Analyst, Nutritionist, Personal trainer

Methods of Assessment:

- Ongoing Practical assessment
- Written tasks – including a Factors Impacting on Performance Task
- Homework tasks
- Peer and Self assessment
- Special performance event – Practical assessment

Please see your PE Teacher for further information



Subject: Childcare
Year Group: S3

Course Structure and Content:

This course provides an introduction to the care, learning and development of children aged 0 – 12 years. Pupils will have practical opportunities to sample areas of study within Childcare. This will involve different play activities whilst developing knowledge of child development. There will also be opportunities to learn practical first aid skills.

Creative Childcare offers entry level for students who have identified Early Education and Childcare as their possible career path.

Skills Development:

Pupils who study Creative Childcare in S3 will develop the following skills:

- Use and further develop knowledge and understanding skills
- Further develop practical and organisational skills – through food product development
- Develop an understanding of play provision in the childcare profession
- Introduce candidates to aspects of child development and the key milestones of development for children aged 0–12 years
- Problem solving skills
- Researching skills
- Health and safety risk assessments
- Communication and presentation skills
- Skills for work
- Team working skills

Furthermore, pupils will develop skills in Literacy, Numeracy and Health and Well-Being across the curriculum.

Progression into the Senior Phase and Beyond:

Early Education & Childcare: National 4; National 5, Higher

Hospitality: National 4; National 5 progressing to National 5 – Practical Cake Baking and Finishing

Career/Opportunities:

The skills developed will be applicable in a wide range of careers specific to all aspect of the care industry and beyond. They are also transferrable to job opportunities and further study of courses such as teaching.

**Please see Miss Haldane / Mrs Hunter
for further information.**



Subject: Practical Cookery
Year Group: S3

Course Structure and Content:

There are Three areas of study:

Cookery Skills, Techniques and Processes

Developing cookery skills, techniques and processes used within hospitality industry. Precision is required throughout preparation and in the presentation of the final products.

Understanding and Using Ingredients

Sourcing ingredients, use of local ingredients, linking to current dietary advice in the development of recipes.

Organisational Skills for Cooking

Effective time management to produce dishes and meals, combined with sensory and product evaluations.

Skills Development:

Pupils who study Practical Cookery: Hospitality in S3 will develop the following skills:

- Use and further develop knowledge and understanding skills
- Further develop practical and organisational skills – through food product development
- Hospitality skills
- Design skills
- Problem solving skills
- Researching skills
- Evaluating skills
- Enterprise, business development and product marketing skills
- Health and safety risk assessments
- Communication and presentation skills
- Skills for work
- Team working skills

Furthermore, pupils will develop skills in Literacy, Numeracy and Health and Well-Being across the curriculum.

Progression into the Senior Phase and Beyond:

Health & Food Technology: National 4; National 5, Higher and Advanced Higher

Practical Cookery: National 4; National 5

Practical Cake Craft: National 5

Career/Opportunities:

The skills developed will be applicable in a wide range of careers. Examples of specific career opportunities are linked to each particular area studied:

Practical Cookery: Food industry, college, chef, wholesale and retail food industry, setting up own catering business.

Methods of Assessment:

- Practical skills
- Recipe adaption and sensory evaluation
- Practical assignment – two course meal
- Knowledge and understanding formative assessments

**Please see your HE teacher
for further information.**



Subject: Practical Cake Craft
Year Group: S3

Course Structure and Content:

This course consists of:

Cake Baking

In this section, learners will be required to provide evidence of their ability to:

- produce a range of cakes and other baked items
- work safely and hygienically

Cake Finishing

In this section, learners will be required to provide evidence of their ability to:

- design cakes for a given specification
- develop specialised practical skills
- creatively apply finishing techniques to a range of cakes and other baked items
- work safely and hygienically

Skills Development:

Pupils who study Practical Cookery: Practical Cake Craft in S3 will develop the following skills:

- Use and further develop knowledge and understanding skills
- Further develop practical and organisational skills – through food product development
- Hospitality skills
- Design skills
- Problem solving skills
- Researching skills
- Evaluating skills
- Enterprise, business development and product marketing skills
- Health and safety risk assessments
- Communication and presentation skills
- Skills for work
- Team working skills

Furthermore, pupils will develop skills in Literacy, Numeracy and Health and Well-Being across the curriculum.

Progression into the Senior Phase and Beyond:

Health & Food Technology: National 4; National 5, Higher and Advanced Higher

Practical Cookery: National 4; National 5

Practical Cake Craft: National 5

Career/Opportunities:

The skills developed will be applicable in a wide range of careers. Examples of specific career opportunities are linked to each particular area studied:

Practical Cookery: Food industry, college, chef, wholesale and retail food industry, setting up own catering business, speciality cake designer, product development.

Methods of Assessment:

- Cake design assignment
- Practical skills
- Knowledge and understanding formative assessments

**Please see Miss Dandie
for further information.**



Subject: Fashion and Textiles
Year Group: S3

Course Structure and Content:

The areas that are covered within the course:

- Develop practical textile skills
- Demonstrate a range of textile construction techniques
- Knowledge and understanding which support fashion/textile-related activities.

The course allows pupils the opportunity to develop areas of personal interest within the fashion and textile areas.

Skills Development:

Pupils who study Fashion and Textiles Technology in S3 will develop the following skills:

- Use and further develop knowledge and understanding skills
- Further develop practical and organisational skills
- Design skills
- Problem solving skills
- Researching skills
- Evaluating skills
- Enterprise, business development and product marketing skills
- Health and safety risk assessments
- Communication and presentation skills
- Skills for work
- Team working skills

Furthermore, pupils will develop skills in Literacy, Numeracy and Health and Well-Being across the curriculum.

Progression into the Senior Phase and Beyond:

Fashion and Textiles: National 4; National 5

Career/Opportunities:

The skills developed will be applicable in a wide range of careers. Examples of specific career opportunities are linked to each particular area studied:

Textiles: Fashion, textiles – design & manufacture, wholesale & retail fashion industry, interior designer.

Methods of Assessment:

- Practical textile skills
- Design of a textile item
- Knowledge and understanding formative assessments

**Please see Miss Dandie
for further information.**

