Penicuik High School

Course Choice 2023/24

Introduction

This is an important resource which will help you make informed decisions about your course choices. It outlines what courses are currently offered to our students, the components of each course and the different levels that can be accessed.

At Penicuik High School all students in S1 and S2 follow a core curriculum to ensure a broad and balanced experience. The first three years of secondary school are described as the Broad General Education (BGE). The time students spend in school in S4/5/6 is known as the Senior Phase.

We offer some personalisation and choice for students moving from S2 into S3 to ensure that each student continues with a broad and balanced curriculum but can make some choices related to their interests and career path. Moving into S3 all students continue the compulsory study of Mathematics and English along with selecting another six subjects from curriculum areas, including one 'free choice'. S3 students continue to engage with our core programme of weekly lessons from Physical Education (PE), Religious, Moral and Education (RME) and Personal and Social Education (PSE).

It is important that students make informed choices. Students and parents should discuss course choices using recent full and/or tracking reports. Electronic versions of the course choice forms can be viewed on our website (insert link). Students should speak to Class Teachers and Principal Teachers if they are considering a subject. From February all students making course choices will have a 1:1 coursing meeting with either a Principal Teacher of Guidance or a member of our Senior Management Team. During this meeting the student will complete their course choice form. This form will be taken home and signed then returned as soon as possible to allow for their choice to be added to our system.

Please be aware that courses may not run if uptake numbers are too low and some courses may have restricted entry based on available staffing. Where courses have a restricted entry component the criteria for accessing a place will be based on a number of criteria including: prior performance and ability to access the course at a satisfactory level alongside the requirement to complete the course for admission to the courses or to ensure career option pathways.

C Biddick

Head Teacher

How to use this guide

As students prepare for their next year at Penicuik High School, it's important that they choose their subjects carefully. This year, we have introduced a range of new subjects to our curriculum to give senior students a broader range of subject choice. Some subjects are accessible to all year groups.

The course choice overview, on the following pages, describes each qualification and level and gives details about what the course entails. There is also a section which shows the component marks for the subject, highlighting the breakdown of how all qualifications are assessed. For example, some subjects are 100% dependent on the exam, where others are assessed on elements which are completed in school. Students should make sure they understand the assessment methods and subject requirements when making choices.

To support our students through this process, each student will have a 1:1 coursing meeting with their student support teacher or a member of the senior management team. During this meeting the student will complete the course choice form below. Students will take this home to be signed by a parent / carer and then return it to the member of staff for processing.

All students continue the compulsory study of Mathematics and English along with selecting another six subjects from curriculum areas, including one ‘free choice’. S3 students continue to engage with our core programme of weekly lessons from Physical Education (PE), Religious, Moral and Education (RME) and Personal and Social Education (PSE).

Please choose **ONE** subject from each of the below curricular areas including one from the free choice option and two reserve choices. Reserve choices will only be used if we are unable to course you into your first choices.

Curricular Area	S3 Elective subject	Please choose the 6 subjects you wish to select for next session.
English	**English**	English
Mathematics	**Mathematics**	Mathematics
Expressive Arts and Health and Wellbeing	Art and Design	
	Photography NPA	
	Music	
	Media	
	Practical Cookery	
	Health and Food Technology	
	Physical Education	
Modern Languages	French	
	Spanish	
Sciences	Biology	
	Chemistry	
	Physics	
	Environmental Science (only choose if recommended)	
Social Studies and RMPS	History	
	Geography	
	People and Society (only choose if recommended)	
	RMPS	
Technologies	Music Tech	
	Business Management	
	Computing Studies	
	Design and Manufacture	
	NPA Construction Crafts	
Free Choice	Any of the above other than the bold options	
Reserve choice 1	Any of the above other than the bold options	
Reserve choice 2	Any of the above other than the bold options	

Subject	Level
Art & Design	**S3 Elective**
Photography	**S3 Elective**
Biology	**S3 Elective**
Chemistry	**S3 Elective**
Physics	**S3 Elective**
Environmental Science	**S3 Elective**
Computing Science	**S3 Elective**
Business Management	**S3 Elective**
Construction Craft Skills	**S3 Elective**
Design & Manufacture	**S3 Elective**
English	**S3 Elective**
Media	**S3 Elective**
Geography	**S3 Elective**
History	**S3 Elective**
People and Society	**S3 Elective**
Practical Cookery	**S3 Elective**
Health & Food Technology	**S3 Elective**
Mathematics	**S3 Elective**
French	**S3 Elective**
Spanish	**S3 Elective**
Music	**S3 Elective**
Music Technology	**S3 Elective**
Physical Education	**S3 Elective**
RMPS	**S3 Elective**

Subject Art & Design
Level S3 Elective
Entry Requirement None

Course Outline
Art in S3 allows learners to continue with their Broad General Education in Art and Design at Curriculum Level 4.
In this Course you will have a broad practical experience of art and design and related critical activity. You will have the opportunity to be inspired by experimenting with how you can visually represent their personal thoughts and ideas and create imaginative expressive and design work.
You will experiment with using art and design materials, techniques and/or technology in creative and expressive ways. You will develop your critical thinking skills as you develop and produce your own creative work and develop your understanding of art and design practice.

Course structure and assessment

In addition to developing your Art and Design skills in Expressive, learning about the Design process through completing a 3D body adornment project and learning how to analyse the work of artists and designers, you will complete a unit of Design work which will be assessed at SQA N3 or 4.
There are three course components-

- Expressive coursework
- Design- N3 or 4 Graphics unit and 3D Design coursework
- Art and Design studies

Component description	Assessment conditions	Component Mark	Component mark
Design Activity	In class, overtime, internally assessed	Unit Pass	pass/fail

Skills, Knowledge and Understanding for the course

- communicate personal thoughts, feelings and ideas through the imaginative use of art and design materials, techniques and/or technology
- develop knowledge and understanding of art and design practice
- plan, develop, produce and present creative art and design work
- develop understanding of the social and cultural influences on artists and designers and their work
- develop problem solving, critical thinking and reflective practice skills

Progression

N 4 or 5 Art & Design, NPA Level 5 Photography

Subject Photography NPA Level 4

Level S3 Elective
Entry Requirement None

Course Outline
During this NPA level 4 course, you will develop basic skills, knowledge and understanding in photography. You will learn about creative concepts used by photographers and apply this knowledge and understanding to their own work. The focus of the course is on developing practical creative skills using simple automatic camera functions. Inspired by the work of photographers, you will plan and carry out your own photoshoots. You will develop basic skills in evaluating your photographs and learn how to work with photographic images to make simple enhancements.

Course structure and assessment

Number of components	Component description	Assessment conditions	Component Mark	Component mark
Unit 1	Understanding Photography	In class, overtime, internally assessed	Unit Pass	pass/fail
Unit 2	Photographing People	In class, overtime, internally assessed	Unit Pass	pass/fail
Unit 3	Photographing Places	In class, overtime, internally assessed	Unit Pass	pass/fail
Unit 4	Working with Photographs	In class, overtime, internally assessed	Unit Pass	pass/fail

Skills, Knowledge and Understanding for the course

- Basic understanding of photography terms
- Basic understanding of simple creative concepts used in photography
- Basic understanding of how to create effective images when photographing people and places
- Ability to create simple plans for photographic sessions
- Ability to work safely while carrying out practical photography
- Ability to capture composed and controlled images of people and places
- Ability to identify strengths and areas for improvement in images
- Ability to safely store, organise and work with photographic images to make simple enhancements

Progression

NPA Level 5 Photography

Subject Biology
Level S3 Elective

Course Aims

S3 Biology allows you the opportunity to continue to develop your understanding of the living world while working to achieve the National 4 qualification. It will develop your ability to think analytically, creatively and independently, and to make reasoned evaluations. The course provides opportunities for you to acquire and apply knowledge to evaluate biological issues, assess risk, and make informed decisions, enabling you to develop an informed and ethical view of topical issues. Learners will be able to develop communication, collaborative working and leadership skills, and be able to apply critical thinking in new and unfamiliar contexts to solve problems.

Course Outline

There are three assessed units which make up the course:-

- *Life on Earth* will include the study of distribution of life on Earth; key features of ecosystems; adaptation and natural selection leading to the evolution of species; contribution of behaviour to survival; dependence on ecosystems of human society; techniques used to study populations, communities, ecosystems and the environment.

- *Cell Biology* including cell structure; cell processes such as enzyme catalysed reactions, photosynthesis and respiration; the therapeutic application of cells; the uses of microbes and the biological basis of inheritance.

- *Multicellular organisms* will include cells in organisms; control and communication, reproduction; the need for transport in plants and animals; digestion and health.

Homework

Homework assignments are issued once per fortnight and substantial revision is required for the unit assessments.

Progression

Successful completion of the course allows progression into National 5 Biology or National 5 Laboratory Science in S4.

Subject Chemistry
Level S3 Elective

Chemistry is the study of the materials which make up the earth, the atmosphere or anything living here. Chemistry is not only a fascinating subject in its own right but it also underpins many other areas of science – e.g. biological sciences, medical sciences and geography

A Chemistry qualification can also be a useful entry into other non-scientific careers since success in Chemistry will show you have the ability to communicate, to be numerate as well as being able to reason clearly and problem-solve.

S3 Chemistry course allows you the opportunity to continue to develop your understanding of the key chemical concepts while working to achieve the National 4 qualification.

This will be done using a variety of approaches, including investigation and problem solving. If you are studying this subject you will apply these skills in the chemical contexts of each of the three units (described below) and will research issues, apply scientific skills and communicate information in ways which will develop your skills of scientific literacy and numeracy.

There are 3 assessed units which make up each of the course: -

1. **Chemical Changes and Structure**
   You will develop your understanding of chemical changes and the structure of atoms, elements and compounds. You will investigate, through experimentation, the chemistry of acids and bases. You will apply the knowledge and skills to environmental issues
2. **Nature's Chemistry**
   You will build on your understanding of natural resources and associated products to gain knowledge and develop skills. You will apply these skills when considering ethical and environmental implications of the application of chemical knowledge to fuelling a modern society and providing consumer products.
3. **Chemistry in Society**
   You will be introduced to important chemical concepts and apply skills while considering the applications of Chemistry in society and our lives. You will also consider the environmental and ethical implications of aspects of Chemistry in society.

Homework
Homework assignments are issued once per fortnight and substantial revision is required for the unit assessments.

Progression
Successful completion of the course allows progression into National 5 Chemistry or National 5 Laboratory Science in S4.

Subject Physics
Level S3 Elective

Course Aims

S3 Physics allows you the opportunity to continue to develop your understanding of key physics concepts while working to achieve the National 4 qualification. You will engage in a wide range of investigative tasks, which will allow you to develop important skills, to become creative, inventive and enterprising, in a world where the skills and knowledge developed by physics are needed across all sectors of society.

The course continues the broad general Science education allowing learners to understand and investigate the world in an engaging and enjoyable way. It develops an ability to think analytically, creatively and independently, and to make reasoned evaluations. The course provides opportunities to acquire and apply knowledge, to evaluate environmental and scientific issues, to consider risk, and to make informed decisions.

Course Outline

There are three assessed units which make up the course. Each unit contains exploration of the following concepts giving appropriate progression to National Qualification levels:-

1. Electricity and Energy explores electrical circuits heat energy, the particulate nature of matter, and applications of electrical energy transfer.

2. Waves and Radiations covers the physics of waves, nuclear radioactivity and their applications.

3. Dynamics and Space includes study of how forces affect motion, energy transformation calculations, and cosmology.

Homework

Homework assignments are issued once per fortnight and substantial revision is required for the unit assessments.

Progression

Successful completion of the course allows progression into National 5 Physics or National 5 Laboratory Science in S4.

Subject Environmental Science
Level S3 Elective

Course Aims

This course is recommended for those learners who have not yet attained Level 3 in Science. It gives you the opportunity to complete this level by building the knowledge and skills needed for progression to National 4. Environmental Science encompasses elements of Biology and Chemistry while looking to future sustainability. Throughout the course learners will research issues, apply scientific skills and communicate information related to their findings, which will develop scientific literacy and numeracy. Working collaboratively you will develop your scientific inquiry through experiments and practical investigation.

Course Outline

There are three units which make up the course:-

1. *Living Environment* covering the key areas of interdependence; adaptation for survival; the impact of population growth and natural hazards on biodiversity; the nitrogen cycle and the environmental impact of fertilisers.

2. *Earth's resources* includes key areas on the responsible use and conservation of non-renewable and renewable resources; the formation and use of fossil fuels; the derivation and uses of materials derived from crude oil; the risks and benefits of different energy sources, including those produced from plants; the carbon cycle and processes involved in maintaining the balance of gases in the air, and the causes and implications of changes in the balance.

3. *Sustainability* explores the sustainability of key natural resources and possible implications for human activity, the interaction between humans and the environment and the impact of human activity on an area, the role of agriculture in the production of food and raw material and its environmental impacts and sustainability, society's energy needs, and the impact of developments in transport infrastructure in a selected area and development of sustainable systems.

Progression
Depending on your performance in S3 and 4 you may be presented for National 3 or 4 Environmental Science in S4.

Subject Business Management
Level S3 Elective
Entry Requirement None

Course Outline

The purpose of the Course is to develop an understanding of the way in which businesses operate in the current dynamic, changing, competitive and economic environments, and to encourage enterprising attitudes. A main feature of this Course is the development of enterprise and employability skills; learners will gain a better understanding of the personal qualities and attributes required of people involved in business. This will be facilitated through activities which demonstrate understanding of risk taking and decision making, thereby enabling learners to cope more easily in our rapidly changing business environments. The knowledge gained of financial and economic situations, through a business context, can be applied to personal living so that learners can manage their own personal financial affairs with confidence, and gain a better understanding of the impact of economic issues on their lives.

Course structure and assessment

Number of components	Component description	Assessment conditions	Component Mark
Unit 1	Business in action	In class	Pass/ Fail
Unit 2	Influences on Business	In class	Pass/ Fail
AVU	Business Assignment	In class	Pass/ Fail

Skills, Knowledge and Understanding for the course

- Knowledge and understanding of business concepts in a range of contexts
- Awareness of the processes and procedures businesses use to ensure customers' needs are met
- Enterprising skills, and adopt enterprising attributes, by participating in practical activities in realistic business situations
- Financial awareness through a business context
- An insight into the impact of the economy on businesses and our daily lives, thus gaining economic awareness

Progression

N4/N5 Business Management

Subject	Computing Science
Level	S3 Elective
Entry Requirement	None

Course Outline

Computing science is vital to everyday life — socially, technologically and economically; it shapes the world in which we live and its future. Computing is embedded in the world around us, from systems and devices in our homes and places of work, to how we access education, entertainment, transportation and communication. Understanding computational processes and thinking is also vital to many other fields, including science, economics, business and industry. While many learners will want to become computing professionals, all will benefit from the development of these foundational skills and the underpinning knowledge necessary to meet the needs of society today and for the future.

Course structure and assessment

In S3 you will cover the following areas of work:

- Computer systems
- Database design and development
- Web design and development

You will complete the remainder of the course along with the Software design and development unit in S4.

Assessment
Skills and Knowledge are assessed through practical tasks and class tests.

Skills, Knowledge and Understanding for the course

The aims of the Course are to enable learners to:

- Introduce and develop aspects of computational thinking across a range of contemporary contexts
- Develop knowledge and understanding of key facts and ideas in computing science
- Apply skills and knowledge in analysis, design, implementation and testing to a range of digital solutions
- Communicate computing concepts clearly and concisely using appropriate terminology
- Develop an understanding of the impact of computing science in changing and influencing our environment and society

Progression

National 5 Computing

Subject	Construction Crafts Skills
Level	S3 Elective
Entry Requirement	None

Course Outline

The NPA in Construction Craft and Technician at SCQF level 4 is designed to provide opportunities to experience a variety of construction disciplines. The qualification is delivered within the context of the Construction Industry. You will investigate a range of professions within the construction sector and research technician roles and responsibilities. This will give you a wider understanding of professions within that sector. You will investigate customer care within the construction sector and will learn how to deal with and resolve any issues that may arise. The importance of health and safety within the construction sector will also be investigated.

Course structure and assessment

3 Units are covered in S3:

- Carpentry and joinery
- Understanding industry
- Self and work

In S4 you will complete the final units:

- Brick laying
- Construction operatives (Slab work and concrete casting)

All work is assessed internally on a pass/fail basis.

Skills, Knowledge and Understanding for the course

The course will;

- Give the technical knowledge, skills and understanding associated with a range of craft and technician skills in construction at this level.
- Develop an awareness that health and safety issues are central to the world of work, and in particular to the construction industry.
- Support you to develop and apply practical, technical and communication skills as a foundation for future learning and progression.
- Encourage you to develop a positive attitude to waste minimisation and environmental issues.
- Encourage you to apply their knowledge and understanding of construction by using skills of evaluation and problem solving in a vocational context.
- prepare you for further learning opportunities, study and training for employment in Construction and the Built Environment sectors and related occupations.

Progression

N5 Practical Woodworking

Subject	Design & Manufacture
Level	S3 Elective
Entry Requirement	None

Course Outline

The Course is broad, providing opportunities for learners to develop practical/design skills, as well as gaining knowledge and understanding of design, and materials and manufacturing processes. During the course you will work through a series of design and make tasks whilst also building your knowledge of materials, processes and the factors that influence the design of common products.

Course structure and assessment

During S3, learners will continue to work through CfE outcomes and experiences at the third and fourth levels through design and make activities, design folio and graphic exercises and study of technology and the impact it has on society and the environment. At an appropriate point in S3, learners will begin to work on the National 4/5 Design and Manufacture course.

National 4
At National 4 level all three units are assessed internally and externally verified by the SQA. Pupils will achieve either a Pass or Fail on their certificate.

National 5
At National 5 practical work is assessed internally and design and knowledge work are assessed externally. The arrangements for external assessment are as follows;

Design Assignment	100 marks
Question paper	80 marks

Skills, Knowledge and Understanding for the course

- Applying knowledge and understanding of design factors to design solutions
- Applying a range of graphic techniques to show design thinking and ideas
- Ability to refine ideas working towards their final solution, including sketching, modelling and testing.
- To create plans for manufacture
- Use a wide range of tools, materials, and processes to manufacture their final outcomes
- Develop knowledge and understanding of commercial manufacture
- Develop knowledge and understanding of the impact of a range of design and manufacturing technologies on our environment and society

Progression

N5 Design and Manufacture, N5 Practical Woodworking

Subject	English
Level	S3 Elective
Entry Requirement	None

Course Outline

English in S3 allows you to continue your Broad General Education in the subject at levels 3 and 4. You will continue to develop your skills in reading, writing, talking and listening through a range of activities and studying a variety of texts including poetry, prose, drama and film. The course is intended to prepare you for National 5 English in S4: all English students are given the opportunity to follow the National 5 English course in S4, so S3 is a time for developing and consolidating the skills you will need for that course.

Course structure and assessment

You will study a range of units, leading to a number of different assessed outcomes:

- reading or listening tests where you demonstrate your ability to understand and analyse written or spoken texts
- complete pieces of writing in different genres (e.g. creative, personal, discursive)
- critical essays on texts you have studied
- presentations

Skills, Knowledge and Understanding for the course

- Listen, talk, read and write, as appropriate to purpose, audience and context
- Understand, analyse and evaluate texts, as appropriate to purpose and audience in the contexts of literature, language and media
- Create and produce texts, as appropriate to purpose, audience and context
- Plan and research, integrating and applying language skills as appropriate to purpose, audience and context
- Apply knowledge of language

Progression

National 5 English

Subject	Media
Level	S3 Elective
Entry Requirement	None

Course Outline

The study of Media is the study of all the forms of communication we use in our everyday lives. Media in S3 is divided equally between analysis and creation. You will learn how films, TV shows, and adverts are made; you will learn how to analyse them – to understand the ways they try to make us think and feel. You will also learn about how these texts reflect society and how they shape our ideas. You will study a wide range of media texts, including films, adverts, and TV shows. You will also learn to make your own media texts – planning and making short films and adverts. The S3 Media course is designed to prepare you for National 5 Media, and most students who take Media into S4 go on to achieve National 5.

Course structure and assessment

You will work through a number of units studying films, advertising and TV, and will be assessed on your ability to analyse the texts you have studied, and to reflect on what you have learned from the process of making your own texts.

Skills, Knowledge and Understanding for the course

- Analysing and creating media content as appropriate to purpose, audience and context
- Knowledge and understanding of the key aspects of media literacy as appropriate to content
- Knowledge and understanding of the role of media within society
- Knowledge and understanding of how to plan and research when creating media content as appropriate to purpose, audience and context
- Evaluation skills

Progression

National 5 Media

Subject Geography
Level S3 Elective
Entry Requirement None

Course Outline

Geography looks in depth at our Earth and the natural processes that have helped to form it. Geography also looks at how humans live on the Earth and the reasons why we are facing environmental changes. The skills that Geographers will develop are: building up factual knowledge, making connections between events, developing good literacy and numeracy skills, and most importantly, having a good understanding of the world around you. Employers like Geography students because the depth and breadth of the subject makes them very adaptable in the modern workplace,

Course structure and assessment

Number of components	Component description	Assessment conditions	Component Mark	Component percentage
Component 1	8 units covering Human, Physical, Global	In class over time	Pass/fail	50%
Component 2	Assignment Investigating current geographical topics	In class over time	Pass/fail	50%

Skills, Knowledge and Understanding for the course

- Focusing on the two types of questions DESCRIBE and EXPLAIN.
- Understanding connections between the physical and human components of the course.
- An appreciation of the human impact both in the rural landscape and in the urban landscape
- The physical environment and the process that shape our landscape
- Identifying Physical and human features on a variety of maps
- Using grid reference to locate features on a map.

Progression

N5 Geography

Subject History
Level S3 Elective
Entry Requirement None

Course Outline

History is all about questions. If you are always wondering why did that happen? Who said that? When did that change? History is the subject for you
History makes us. That's why you'll find it so exciting. Without stories of the past much of what we do would be empty: you've already begun to learn how history fills our lives from films and computer games to fashion and the news.

What will I study on the National 4 course?

The course comprises three units:

- **The Atlantic Slave Trade, 1770–1807 –** A study of the nature of the British Atlantic slave trade in the late eighteenth century, changing attitudes towards it in Britain and the pressures that led to its abolition, illustrating the themes of rights, exploitation and culture.
- **The Era of the Great War, 1900–1928** – A Study of Scots in the First World War.. This topic considers the impact of technology on the soldiers on the Western Front. It also considers the way in which the war changed life for people at home as the war began to impact on every aspect of life both during and after the war
- **Hitler and Nazi Germany, 1919–39 –** A study of attempts to establish democracy in Weimar Germany, the reasons for its collapse and the nature of the Nazi State.

Number of components	Component description	Assessment conditions	Component Mark	Component percentage
Component 1	3 Units	Internally assessed	Pass/fail	50%
Component 2	Assignment	In class, marked internally.	Pass/fail	50%

Skills, Knowledge and Understanding for the course

- Skills of critical thinking.
- Analyse and construct coherent arguments.
- Analyse and understand a range of different sources of information.
- Develop literacy skills as you answer a range of different question stems.
- Develops skills of evaluation and comparison.
- Use skills of explaining and analysing historical events and drawing reasoned conclusions.

Progression

N5 History

Subject People and Society and Forest and Outdoor Learning Award (FOLA)
Level S3 Elective
Entry Requirement None

Course Outline

The two courses will run across the year. The course allows pupils to develop investigative skills, comparison skills and decision making skills, these include:

- Active and independent learning by setting personal targets, reviewing and reflecting on progress and deciding next steps; self and peer evaluation
- A blend of classroom approaches including whole class, small group or one to one discussions; direct interactive teaching; fieldwork, visits or trips; application of skills and knowledge to real-life situations
- Collaborative learning: in groups to encourage teamwork; with learners in other curricular areas and professionals to reinforce and transfer skills
- Space for personalisation and choice
- Embedding literacy and numeracy skills: information-handling; presenting findings; evaluating; talking, listening, reading, writing; using IT; gathering data.

What will I study on the National 4 course?
People and Society

- The exact content of the course will depend on the options that the pupils choose. Topics that have been studied in the past have included: Edinburgh from past to present, gun crime in America, China,

Number of components	Component description	Assessment conditions	Component Mark	Component percentage
Component 1	3 Units	Internally assessed units	Pass/fail	50%
Component 2	Assignment	In class and marked internally.	Pass/fail	50%

FOLA

- This course will mainly be based outdoors. It comprises four parts (Conservation, species identification, tools used in the forest and making tools).

Skills, Knowledge and Understanding for both courses

- Skills of critical thinking.
- Analyse and understand a range of different sources of information.
- Develops skills of evaluation and comparison.
- Use skills of explaining and analysing a topic.
- Team work

Progression N4 or N5 in another Social Subject

Subject	Practical Cookery
Level	S3 Elective
Entry Requirement	None

Course Outline

This course is practical and experiential in nature, you will have a chance to continue developing your broad general education in the Home Economics curriculum. You will learn more in depth about hygiene and safety through the REHIS Elementary Food Hygiene course this will allow you to gain an understanding of the need to follow safe and hygienic practices in many cookery contexts. The course will give you a chance to learn more about healthy diets and how they affect different people at different stages in life.

You will develop a range of cookery skills and food preparation techniques, as well as learning about sustainability and contemporary food issues.

Course structure and assessment

There are three units in this course

REHIS – you will be working towards a nationally recognised elementary certificate of hygiene and safety, worth 1 SCQF point at level 5. The certificate is valid for 3 years and included in the course fee.

Food and Health – you will be learning more in depth about food, nutrients and how they affect the human body. Learn how to amend recipes to make them healthier.

Understanding ingredients – This unit explores ingredients and how they work together.

Homework

Homework are assigned for the REHIS test as weekly google classroom quiz for the duration of the unit delivery.

During the year homework will be assigned for any piece of work that will not be completed in class.

Progression

Depending upon your performance in S3 you may be presented for National 3, 4 or 5 Practical Cookery in S4.

Subject	Health and Food Technology
Level	S3 Elective
Entry Requirement	None

Course Outline

This course is practical and experiential in nature, you will have a chance to continue developing your broad general education in the Home Economics curriculum. You will learn more in depth about hygiene and safety through the REHIS Elementary Food Hygiene course this will allow you to gain an understanding of the need to follow safe and hygienic practices in many cookery contexts. The course will give you a chance to learn more about healthy diets and how they affect different people at different stages in life. You will also get a chance to develop a range of cookery skills and food preparation techniques, as well as learning about sustainability and contemporary food issues.

Course structure and assessment

There are three units in this course

REHIS – you will be working towards a nationally recognised elementary certificate of hygiene and safety, worth 1 SCQF point at level 5. The certificate is valid for 3 years and included in the course fee.

Food and Health – you will be learning more in depth about food, nutrients and how they affect the human body. Learn how to amend recipes to make them healthier.

Contemporary food issues – You will learn and discuss the reasons behind consumer choices, how they are influenced by a variety of factors. Look at supermarket trends and learn how to design and make new food products.

Homework

Homework are assigned for the REHIS test as weekly google classroom quiz for the duration of the unit delivery.

During the year homework will be assigned for any piece of work that will not be completed in class.

Progression

Depending upon your performance in S3 you may be presented for National 3, 4 or 5 Health and Food Technology in S4.

Subject	Mathematics
Level	S3 Elective
Entry Requirement	None

All pupils are required to study Mathematics at this stage and will follow on from the BGE level they have been working on. They will initially be placed in a class to work through one of the following courses based on their S2 attainment.

Course Outlines

National 3 Applications of Mathematics
Many of the skills in this course are similar to the BGE outcomes, giving pupils more time to get to grips with and master them before moving on. It will be split into 3 Units:

- Manage Money and Data
- Space and Measure
- Numeracy

Pupils will gain knowledge and build up skills in areas required to deal with real life situations. The focus goes beyond learning the basics to concentrate on how mathematics can be applied in everyday life and involves practice in multiple contexts.
Each of these Units will be formally assessed in class. Pupils will gain a National 3 Numeracy Qualification by passing the Numeracy Unit but must pass all three Unit Assessments to gain a National 3 Applications of Mathematics Qualification.
Possible Progression: National 4 Numeracy or possibly National 4 Mathematics or National 4 Applications of Mathematics depending on progress.

National 4 Mathematics
This will again follow on from the BGE levels completed in S2 and will consist of 4 Units:

- Expressions and Formulae
- Relationships
- N4 Numeracy
- Added Value Unit

Pupils will build up knowledge in Algebra; Geometry; Trigonometry and Statistics at a basic level. They will be required to master a set of skills and be able to use them in solving mathematical problems.
Each Unit will be assessed in class. A pupil will gain a National 4 Numeracy Qualification by passing the Numeracy Unit but must pass all four Unit Assessments to gain a National 4 Mathematics Qualification.
Possible Progression: National 5 Numeracy before moving to start the Units of National 5 Mathematics. This may, if good progress is made, lead on to the complete National 5 Course in S5.

National 5 Mathematics
This course is more demanding and pupils are allocated to classes based on the stage they reached in S2 along with their S2 attainment. It will consist of 3 Units, one on each of:

- Expressions and Formulae
- Relationships
- Applications

Pupils will build up knowledge in Algebra; Geometry; Trigonometry and Statistics at a more advanced level. They will be required to master a wider set of skills and be able to use them in solving more complex mathematical problems.
National 5 Numeracy will be assessed in class and a pupil must pass this internal Assessment to gain a National 5 Numeracy Qualification.
National 5 Mathematics will be externally assessed by a formal SQA exam in May of S4. Pupils must pass this exam to gain a National 5 Mathematics Qualification.
Possible Progression: N5 / Higher

Subject	French
Level	S3 Elective
Entry Requirement	None

Course Outline

In an increasingly globalised society, the demand for foreign language speakers has never been higher. More and more businesses are expanding worldwide - which increases opportunities for foreign language speakers! Furthermore, for all pupils thinking of university study, a modern language can provide you with an advantage, and is a prerequisite in some courses. French is a fast-growing, global language which is spoken across 5 continents. Through the study of French, you will gain cultural awareness and have the opportunity to enhance your understanding and enjoyment of Francophone cultures as well as your own. You will gain insights into other ways of thinking and other views of the world, and therefore develop a much richer understanding of active citizenship.

Skills, Knowledge and Understanding for the course

The S3 French course provides you with the opportunity to develop your skills in reading, listening, talking and writing, in order to understand and use French.

In S3, we aim to complete assessments in the four skills at National 3 level. You will study topics across the contexts of Society and Culture.

You will explore a variety of topics relevant to your own lives and interests, such as:

- Family, friends and relationships
- Leisure interests, TV and film
- Your home and local area

You will also explore aspects of French culture through the study of film, music and other aspects such as food and drink. You will also develop your skills in a range of realistic contexts such as ordering food and drink, asking for directions and making travel plans.

Examples of the types of activities you may undertake include the following:

- Creating a review of a French film you have studied
- Promoting Scotland as a tourist destination
- Writing a letter in French to a French penpal in our twin town

It should be noted that the S3 French course will include elements of the National 4 and 5 courses, to ensure that pupils completing qualifications in S4 are fully prepared for the final exam.

Progression

National 4 or 5 French

Subject	Spanish
Level	S3 Elective
Entry Requirement	None

Course Outline

In all corners of the globe, people have become increasingly aware of the growing presence and importance of Spanish. With over 400 million speakers, Spanish is now the world's third most widely spoken language. It is not only the official language of Spain, but also of much of Latin America, one of the biggest emerging markets. Spanish is set to be one of the dominant languages of the future. In an increasingly globalised world, foreign language speakers are in demand as never before. For students considering university study, a modern language can provide you with an advantage, and indeed is a prerequisite in some courses. Through the study of Spanish, you will gain cultural awareness and have the opportunity to enhance your understanding and enjoyment of Spanish-speaking cultures as well as your own. You will gain insights into other ways of thinking and other views of the world, and therefore develop a much richer understanding of active citizenship.

Skills, Knowledge and Understanding for the course

The S3 Spanish course provides you with the opportunity to develop your skills in reading, listening, talking and writing, in order to understand and use Spanish.

As Spanish will be a new subject for many learners, some may find the pace of learning somewhat faster than you have been used to in French. We aim to complete assessments in the four skills at National 3 level.

You will explore a variety of topics relevant to your own lives and interests, across the four contexts of Society, Learning, Employability and Culture. Possible activities may include:

- Researching a Spanish speaking country
- Creating a podcast to talk about your leisure interests
- Promoting your local area as a tourist destination

You will explore aspects of Spanish culture through the study of film, music and other aspects such as food and drink. You will also develop your skills in a range of realistic contexts such as ordering food and drink, asking for directions and making travel plans.

It should be noted that the S3 Spanish course will include elements of the National 4 and 5 courses, to ensure that pupils completing qualifications in S4 are fully prepared for the final exam.

Progression

National 4 or 5 Spanish

Subject Music
Level S3 Elective
Entry Requirement None

Course Outline

Choosing to study music in S3 is not only about training young musicians for a career in music, it is about developing wider skills and interests, and gaining a life-long appreciation of and interest in music. Through the course you will develop skills in performing on two instruments, creating your own music and listening to and learning about music from different styles and cultures. You will play music both by yourself and in groups, have access to music technology to create, and also research music using chromebooks. This course allows you to be the master of your own learning as the course will be structured around your interests.

Course structure and assessment

You will undertake blocks of project work lasting between 4-6 weeks which will develop your skills in the different components of music. This could be a group performance where you work with others and choose a song to learn and perform together. Another project will be based around composing where you could learn about songwriting, or how to use technology to create your own music.

Our assessment will be mainly on an ongoing basis and we will have regular discussions with you about your progress and review course work. The course will help to develop all the skills you need to proceed on to an N4/5 course in S4.

Skills, Knowledge and Understanding for the course

- Creativity - Through group performance activities and music composing involves pursuing an interest, problem solving, using imagination.
- Resilience – developed through the challenges of learning and performing on an instrument. As a skills subject, practising takes work, time and effort.
- Independent learning – Working on individual, interest led research work, learning an instrument
- Leadership – Learning music as part of a group builds strong leadership, communication and teamwork skills.
- Skills in listening to music
- Knowledge and understanding of music styles, concepts, notation signs and symbols
- Creativity and problem solving through composing original music reviewing the creative process and evaluating own composing
- Communicating thoughts, ideas and feelings

Progression

National 5 Music
National 4/5 Music Technology

Subject Music Technology
Level S3 Elective
Entry Requirement None

Course Outline

Technology is at the heart of the music industry. This exciting, dynamic and creative course provides learners with a great foundation in a range of aspects of music technology and its application. Technology is changing the way music is created and sound is produced. The skills developed through studying music technology can be used everywhere from home recordings to film production studios.. Throughout the course you will learn to use a range of different technologies used in music and music production. We will work through mini projects to learn about:

- Audio Editing/podcasting
- Loops and Sampling
- Audio Recording using microphones
- Mixing Music
- Audio for Film

Course structure and assessment
You will undertake blocks of project work lasting between 4-6 weeks which will develop your skills in the different components of music technology. This could be editing an audio book, making a podcast, designing your own synthesiser or recording audio for a film clip.

Our assessment will be mainly on an ongoing basis and we will have regular discussions with you about your progress and review course work. The course will help to develop all the skills you need to proceed on to an N4/5 course in S4.

Skills, Knowledge and Understanding for the course

- Creativity through problem solving and experimenting with sounds
- Independent Learning through each project.
- Resilience through developing skills and troubleshooting
- Confidence in using computer software and hardware.
- Decision Making and critical listening skills
- Communication Skills through group activities
- Wider technology Skills such as sequencing
- Data Management through learning to manage and organise files and folders and working methodically
- Knowledge and understanding of 20th and 21st century styles and genres of music, and how this relates to the development of music technology.

Progression

N5 Music Technology

Subject	Physical Education
Level	S3 Elective
Entry Requirement	None

Course Outline

This course will provide the opportunity to build movement and performance skills, improve aspects of fitness and maximise active participation and enjoyment by engaging in physical activities. It will help to develop the skills, knowledge and understanding required to perform effectively in a range of physical activities, and will enhance students' physical wellbeing. Students will work both independently and cooperatively to develop thinking and interpersonal skills through a range of activities such as; swimming, handball, fitness, athletics, badminton, touch rugby, volleyball and hockey.

The S3 elective course will be a preparatory year for National 4/5 PE and students who choose this course will begin to look at some of the knowledge, skills and terminology used in National PE courses, providing them with a strong foundation in Factors Impacting on Performance, Methods of Data Collection and Monitoring and Evaluation.

Students will be expected to complete homework on a regular basis. This homework will generally be given and submitted electronically via google classroom.

Skills, Knowledge and Understanding for the course

- Demonstrating movement and performance skills safely in straightforward performance contexts
- Demonstrating knowledge of factors that impact on performance
- Developing knowledge of approaches to enhance personal performance
- Monitoring, recording and reflecting on performance development
- Decision-making and problem-solving in straightforward performance contexts
- Organisational skills in preparing for, and during, physical activities

Progression

National 4/5 Physical Education

Subject	RMPS
Level	S3 Elective
Entry Requirement	None

Course Outline

RMPS has three areas of study which are:

World Religion – You will study religion and its impact, relevance and significance through studying the key beliefs and practices found in one religion. The religion you will study is Islam where you will develop critical thinking skills whilst studying the beliefs and practices of Muslims around the world.

Morality and Belief – You will study moral issues and their background, implications and responses through studying Morality, Medicine and the Human Body. This area looks at the moral issues surrounding using embryos for research, and questions such as if humans should be allowed to end their lives early through euthanasia or assisted dying.

Religious and Philosophical Questions – You will study the issues raised by religious and philosophical questions, their implications and responses by studying the debate surrounding Origins. In this area you will learn about the origins of the universe and life from a scientific point of view, and compare that to where religious people believe life and the universe came from.

Skills, Knowledge and Understanding for the course

- Researching and using information to present findings about elements of religious, moral and philosophical topics or issues
- Describing the meaning and context of sources related to world religions
- Expressing views about contemporary moral questions and responses
- Describing religious and philosophical questions and responses
- Factual knowledge and understanding of the impact and significance of religion today through studying some beliefs, practices and sources found within one religion and the contribution these make to the lives of followers
- Knowledge and understanding of contemporary moral issues and responses
- Knowledge and understanding of religious and philosophical questions and responses

Progression

National 3, National 4 or National 5 RMPS
National 4 or National 5 in a literacy based subject

The Careers Adviser

The Careers Adviser for Penicuik High School is **Caroline Steele**.

If pupils want to help themselves to find out more about different career opportunities, they should register on the My World of Work website www.myworldofwork.co.uk.
As a starting point they can use the **About Me** and **My Strengths** tools to help identify areas of study or employment that may suit them. The website has lots of useful advice on applications, CV's, interviews, college and university. For help using the website, they can check with the Careers Adviser or their Guidance Teacher.

If pupils have used these resources and still feel undecided or need more help, they can speak with their Guidance Teacher who may refer them to **Caroline Steele** for a face to face interview. The school Guidance Team may also refer pupils who they feel need extra support with planning ahead.

All pupils can attend the Careers Drop-In Sessions, which are held in the guidance base. These are run on most Wednesday and Thursday lunchtimes during term time. No appointment is needed for these, just pop along.

Caroline will also attend relevant Parents' Evenings to answer any questions parents and pupils may have about subject choice and career options.

When not in school, the Careers Adviser can be contacted at: caroline.steele@sds.co.uk

After S4 there are several options open to pupils:

- Staying on at school – this involves choosing relevant subjects for S5 and S6 and requires careful consideration. Careers Advisers can discuss career ideas and help pupils choose appropriate subjects.

- Many pupils will be aiming to enter Higher Education after completing S5/S6. Careers Advisers can give advice on the range of courses offered by universities and colleges and discuss entry requirements and graduate destinations.

- Going to college – Careers Advisers can provide advice on courses, entry requirements and possible progression routes.

- Training – Careers Advisers can give information about Employability Fund Training programmes, Modern Apprenticeship, Graduate Apprenticeship programmes and other training programmes including vocational qualifications and training allowances.

- Entering employment – Careers Advisers can raise awareness of local labour market opportunities and discuss the qualifications, skills and personal qualities required. Help can also be given with employability skills such as writing CV's, completing application forms and interview technique.