

## S2 into S3 Wider Achievement Options 2022-23

Name ..... Register Class .....

Parent/Guardian Signature .....

When Culloeden Academy introduced our new curriculum, one element of it was the opportunity for pupils to undertake courses beyond the traditional curriculum. Through these our learners can gain awards and recognition which should allow them to demonstrate some of the skills and talents that they have and that employers, colleges and universities would want to be aware of.

I am delighted to offer your child the following nine courses and I would ask that they identify their **top 3 choices (numbered 1, 2 and 3)** and then complete the online Google Form version by **Friday 26<sup>th</sup> November**. We hope to place as many pupils as possible in their first choice activity but need you to identify reserve options just in case. Wider Achievement is delivered on 1 block per week.

| Option | Course Description  | Choice |
|--------|---|--------|
| 1      | <p><b>PE - Strength &amp; Conditioning</b><br/>                     This course is aimed at improving personal fitness. Students will develop an understanding of basic strength and conditioning in order to improve their own fitness and performance. The course will cover various different methods of training such as weight training, plyometrics, circuits and many more. Students will gain an insight into how to create a training programme to help improve their performance and fitness levels.</p>  |        |
| 2      | <p><b>PE - Practical Performance Skills</b><br/>                     This course is aimed at pupils who are keen and enthusiastic in all sports. This course would concentrate on developing the skills &amp; techniques and strategies on a number of sports (indoor and outdoor) to enhance their performance.</p>  |        |
| 3      | <p><b>Art and Design - Practical Craft Skills</b><br/>                     This course will be delivered by Art and Design. The course will build skills in applied arts which can be used in the world of work, but also for leisure, health and wellbeing. Using ceramics, textile OR printmaking projects will design, manufacture and make products.</p>  |        |
| 4      | <p><b>Art and Design - Creative Photography</b><br/>                     Come along and have fun with photography through using a camera in an inventive and creative way. You will build your confidence with visual communication that will feed into art and design and photography courses in senior school and build transferable skills. Creating imagery will lead to personalised projects for competitions.</p>  |        |
| 5      | <p><b>Languages - A Taste of Europe</b><br/>                     This is a course aimed at those who love languages and culture and are interested in finding out more about the geography and history of our continent. A study of age appropriate foreign films is included as is a "designing a holiday" project and even some European food tasting! <i>If you are keen to develop research, presentation and teaching skills and enjoy working co-operatively with others, then this may be the option for you.</i></p>  |        |
| 6      | <p><b>HE - Practical Fabric Skills</b><br/>                     What do the following celebrities have in common - Ashley Olson, Ashton Kucher, Kate Middleton and Sarah Jessica Parker? They are avid knitters!<br/>                     This course is aimed at pupils who are keen to improve their practical fabric skills. Whether you just want to learn to knit for the first time, you can come to learn how to make squares for blankets for the babies in Malawi or to make something more elaborate of your own choosing. Pin flair, designing cross stitch cards/pictures or felt work may be more your thing. You may choose these areas of craft work instead.<br/>                     This could be a stress buster in your busy S3 week!</p> |        |

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| 7 | <p><b>HE - Cookery Skills</b><br/> Pupils are working towards the National 4 Hospitality Unit "Cookery Skills, Techniques and Processes". To pass this unit pupils have to show that they can:</p> <ul style="list-style-type: none"> <li>• use cookery skills to prepare ingredients,</li> <li>• follow cookery processes to produce dishes,</li> <li>• present and garnish dishes,</li> <li>• work safely and hygienically.</li> </ul> <p>This course is a practical cookery course where pupils make a variety of sweet and savoury dishes. The only written work is to complete a practical cookery checklist. Good attendance is essential to achieve this unit. This course is a must for pupils who are planning to participate in the Duke of Edinburgh award and are intending to do practical cookery for the skills section.</p> |  |
| 8 | <p><b>Drama - Improvisational Theatre</b><br/> This course will explore the roles and responsibilities as members of an improvisational ensemble. They will:</p> <ul style="list-style-type: none"> <li>• understand and employ a range of performance and acting techniques specific to improvisational theatre.</li> <li>• appreciate and develop narrative structure in preparation for performance.</li> <li>• understand and appreciate a range of planned and spontaneous improvisational practices in multiple settings.</li> </ul> <p>Please note: A willingness to perform is a requirement of this course.</p>  |  |
| 9 | <p><b>Drama/Music - Arts Award</b><br/> This award, offered by Dyslexia Scotland and accredited by Trinity College in London, offers pupils the chance to take part in a creative project and achieve an award. Some options include music, fashion, theatre skills and crafts but anything creative is acceptable. We will work as a class or in small groups to complete our project. This will help develop leadership skills as well as group work skills and confidence. While this is geared towards Dyslexic students the award is open to all pupils.</p>   |  |

**YOU DO NOT NEED TO HAND THIS FORM IN**

**ONCE YOU HAVE USED THIS FORM TO MAKE YOUR CHOICE,  
PLEASE COMPLETE THE GOOGLE FORM VERSION BY FRIDAY 26 NOVEMBER.**