

## S2 into S3 Wider Achievement Options 2024-25

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

Parent/Guardian Signature .....

When Culloden 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.

The following Wider Achievement options are offered to S3 pupils in Session 2024-25. Whether a course runs or not depends on uptake - not all will run. Pupils should identify their **top 3 choices (numbered 1, 2 and 3)** and then complete the online Google Form version by **Friday 19<sup>th</sup> January 2024**. 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. Please note that pupils going into S3 who are successful in their application for a place on the **Duke of Edinburgh Scheme** will have this option instead of their Wider Achievement choice.

| 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. This course would be a good platform for pupils looking to study Level 5 Sport &amp; Fitness in S4.</p> |        |
| 2      | <p><b>PE - Practical Performance Skills through Team Sports</b><br/>                     This course is aimed at pupils who are keen and enthusiastic in all sports. This course would concentrate on developing the skills, techniques and strategies through a number of team sports (indoor and outdoor) to enhance their performance. This course would be a good platform for pupils looking to study National 4/5 PE or the Level 5 NPA in Team Sports in S4.</p>  |        |
| 3      | <p><b>PE - Practical Performance Skills - Dance &amp; Gymnastics</b><br/>                     This course is aimed at pupils who are keen and enthusiastic in creative arts; focussing on dance, gymnastics and the aspects of fitness required within them. This course will concentrate on developing the fitness, skills and techniques through these activities to enhance the pupil's performances. This course would be a good platform for pupils looking to study National 4/5 PE in S4.</p>   |        |
| 4      | <p><b>PE - Mountain Biking Skills</b><br/>                     This course is aimed at pupils who are keen and enthusiastic mountain bikers. This course would concentrate on developing the skills, techniques and fitness required to enhance their performance. It would also look at basic bike maintenance skills. This course would be a good platform for pupils looking to study the Level 4 Bike Maintenance course in S4.</p>  |        |
| 5      | <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>   |        |
| 6      | <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>   |        |

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| 7  | <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>   |  |
| 8  | <p><b>HE - Cookery Skills</b><br/> Pupils are working on the following skills through practical cookery</p> <ul style="list-style-type: none"> <li>• use of 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. Pupils who select this course would be building up a good foundation to go on to take the NPA Level 4 Bakery course or National 5 Hospitality course in S4.</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>  |  |
| 8  | <p><b>Drama - Tech Theatre</b><br/> Looking at lighting, props, sound and stage design in theatre. Learn skills for work as you learn basic skills in all of these areas. There is no requirement to act or perform. All skills will be useful in National 5 Drama.</p>  |  |
| 10 | <p><b>English - Media</b><br/> Have you ever been watching a TV show and it ends on a cliff-hanger; leaving you to anxiously wait until the next episode is released to find out what happens? Or been scrolling through your social media and noticed a news story about your idol; making you question your entire life choices? This is down to the people who work in the media industry! This course is aimed at anyone interested in exploring how and why media is created and its role in everyday life. Through examining a variety of media such as films, TV programmes, newspapers, social media and the radio, you will develop an appreciation of the portrayal of individuals through the media and how the media industry shapes what we watch and read. There will also be the opportunity to gain National level unit awards by the end of the course.</p> |  |
| 11 | <p><b>Computing</b><br/> This course is aimed at pupils who have an interest in how computers work, are able to think logically and have strong numeracy skills. It will cover key areas related to computing including:</p> <ul style="list-style-type: none"> <li>- Computer Systems</li> <li>- Cyber Security</li> <li>- Programming</li> <li>- Web Design</li> </ul> <p>Students will apply computational-thinking skills and develop an understanding of the role and impact of computers in changing and influencing our environment and society.</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 19 JANUARY 2024.**