

Ullapool High School

Senior Phase

Individual Pathway Planning

Subject Choice Information

2026-2027



Sláinte agus Sunnd
Co-ionannachd

Spéis
Árainneachd
Miann-adhartais
Coimhearsnachd
Sàr-theagasg's ionnsachadh



Wellbeing
Equality

Respect
Environment
Ambition
Community
High quality learning and teaching



SENIOR PHASE

Welcome to our Senior Phase booklet. Within this we hope to help you map out opportunities that will enable you to get to the next step of your life.

THREE YEAR LEARNER JOURNEY

The Senior Phase starts in S4 until the point of exit from school. Every person's pathway is different, and consideration should be given to the following questions when considering courses:

- What are your interests?
- What subjects do you enjoy?
- Where are your strengths?
- What do you want to do when you leave school?
- When are you planning to leave school?
- What career area are you considering?
- What qualifications do you need for your next steps?

Remember there are many ways to get to where you want to be; and there can be ups and downs on the way. The Guidance team, Careers Service and indeed all your teachers are here to help you navigate through the Senior Phase.

SUBJECT CHOICE: KEY DATES

	Parents' Night
S3	28 th January
S4 / S5	11 th March

During the week beginning **9th February**, pupils will have a free choice of courses and asked to give a strong indication of likely subjects for further study, thus allowing the school to draw up a proposed column structure. The process of coursing will then begin on **9th March** with pupils picking from the column choices. Guidance staff will work with all pupils during this period to advise on their option choices.

S3/4/5 pupils will complete their course choices by **27th March**, including any parental appointments and discussions with Guidance which might be necessary.

If pupils or parents would like any additional support with the subject choice process, please contact the relevant Guidance Teacher, in the first instance.

A GUIDE TO THE SENIOR PHASE QUALIFICATIONS

The Senior Phase offers young people the opportunity to extend and deepen their education as they build their portfolio of qualifications which recognises their learning, enables them to continue to develop skills and offers pathways to the next stage – whether that is further or higher education, training or employment.

In the Senior Phase all young people can expect the entitlements set out in Curriculum for Excellence – Building the Curriculum 3: A Framework for Learning and Teaching to be delivered, whatever their individual needs and wherever their learning is taking place. These are:

- a curriculum which is coherent;
- the opportunity to obtain qualifications as well as to continue to develop the attributes and capabilities of the four capacities;
- opportunities to continue to develop skills for learning, skills for life and skills for work with a continuous focus on literacy, numeracy and health and wellbeing;
- personal support to enable them to gain as much as possible from the opportunities that Curriculum for Excellence can provide; and
- support in moving into positive and sustained destinations beyond school.

How does the school decide on what level to present pupils for SQA assessment?

In S4, most learners follow six SCQF Level 4 or Level 5 qualifications with some young people working wholly or partly at SCQF Level 3. For all pupils, the study of English and Mathematics will be expected at the appropriate level plus four other options.

In S5/S6, entry into courses will reflect a pupil's progress and achievement through their SCQF Level 3/4/5 courses in S4.

By the end of S4/5	Will normally lead to the study of
Pass at SCQF Level 3 National 3/ NPA/ SfW	SCQF Level 4- National 4/ National Progression Award (NPA)/ Skills for Work (SfW) courses
Pass at SCQF Level 4 National 4/ NPA/SfW	SCQF Level 5- National 5/ NPA/SfW courses
A to C pass at SCQF Level 5/National 5/ NPA/SfW	SCQF Level 6- Higher/ NPA/ Foundation Apprenticeship (FA) courses
A to C pass at SCQF Level 6 Higher/ NPA/ FA	SCQF Level 7- Advanced Higher Courses (where appropriate)

S6 pupils may also have opportunity to study a SCQF Level 5 or Level 6 in subjects where they have no previous qualifications. A pupil's effort and attainment in other subjects will help inform this decision.

How will these qualifications be assessed?

Senior Phase qualifications (SCQF Level 3, 4, 5, 6 and 7) are certificated by the Scottish Qualifications Authority. SCQF Level 3 and Level 4 qualifications are internally assessed (no final exam) and the standards are checked by the SQA to ensure consistency across Scotland. This is carried out through a process known as 'external verification', where selected pupil assessments will be submitted to a central location to have the standard verified. Pupils will receive a 'Pass' or a 'Fail' for these qualifications.

A number of SCQF Level 5, 6 and 7 qualifications, such as National 5, Higher and Advanced Higher, will be graded by a national assessment in the subject. The outcome of this exam will determine the level of attainment (A, B, C, D or No Award) for that particular subject. Some Level 5, 6 and 7 qualifications, such as National Progression Awards (NPA) and Skills for Work (SfW), are internally assessed (no final exam), subject to external verification by the SQA.

You can find out more on different qualifications via the SQA website:

www.sqa.org.uk/scqf.

Also, via the Scottish Credit and Qualifications Framework SCQF website:

<https://scqf.org.uk/about-the-framework/interactive-framework/>

SCQF Levels	SQA Qualifications			Qualifications of Higher Education Institutions
12				Doctoral Degree
11				Masters Degree, Integrated Masters Degree, Post Graduate Diploma, Post Graduate Certificate
10				Honours Degree, Graduate Diploma, Graduate Certificate
9			Professional Development Award	Bachelors / Ordinary Degree, Graduate Diploma, Graduate Certificate
8		Higher National Diploma		Diploma Of Higher Education
7	Advanced Higher, Awards, Scottish Baccalaureate	Higher National Certificate		Certificate Of Higher Education
6	Higher, Awards, Skills for Work Higher			
5	National 5, Awards, Skills for Work National 5			
4	National 4, Awards, Skills for Work National 4	National Certificate	National Progression Award	
3	National 3, Awards, Skills for Work National 3			
2	National 2, Awards			
1	National 1, Awards			

Do all courses SCQF Level 5 courses progress onto SCQF level 6 and 7 courses?

Not all courses progress to SCQF Level 6 or 7 courses and beyond. This is important to note when choosing your courses and considering your progression options. Please refer to the table on page 12 and the individual subject information and pathway diagrams.

University and college admission requirements are constantly changing, and their admission requirements are altering to take account of the new qualifications. It is, therefore, very important that you look carefully at the entrance requirements needed for your chosen vocation throughout your time at school.

Where to find more information?

Further information on subject courses/curricular pathways can be obtained from:

[Planit : Career Pathways \(planitplus.net\)](http://planitplus.net)

<https://www.npfs.org.uk/>

<https://education.gov.scot/parentzone/curriculum-in-scotland/>

<http://www.myworldofwork.co.uk/>

SENIOR PHASE: EXPECTATIONS

We expect the highest standards from our senior phase pupils. Staff will work really hard to maximise the chances for success for you and we require your commitment to enable that to happen. The school expects you to be a positive part of the school ethos, to act as appropriate role models for younger pupils and to work with staff to achieve your best; in particular, you are responsible for:

- setting yourself challenging, but attainable, targets and not being satisfied with doing just enough to get by
- giving commitment to prepare for and attend classes, to contribute fully, to think about your performance, to ask for help as required and to use feedback from teachers in order to improve
- completing all required homework to the best of your ability
- persevering to achieve your goals, not giving up and taking more responsibility for your own studies

- giving a commitment to establish and maintain good relationships with other students and staff and doing what you can to create an environment which encourages a willingness to learn among students
- embracing the range of experiences which we offer, both curricular and extra-curricular

If you are above school leaving age, then you are making the choice to return to school. In doing so you are agreeing to meet the expectations, as set out above, and to the minimum subject requirement outlined below.

If staff are concerned that you are not making sufficient effort to meet these expectations/requirements, then a meeting will be held to discuss and agree a plan for improvement. This meeting will involve your parent/carer, Guidance Teacher and a member of the Senior Leadership Team.

NUMBER OF SUBJECTS

Please note: Courses will only run where there is sufficient uptake and staffing.

The Minimum requirement for each year group is set out below:

- S4: Pupils in S4 will study 6 subjects including English and Maths. Pupils also study PE and PSE as core.
- S5: Pupils in S5 will study 5 subjects plus PSE. If you are doing less than 3 SCQF Level 6/ Higher qualifications, then you must make 6 choices. Pupils who return in S5 are agreeing to meet this minimum requirement.
- S6: Pupils in S6 will study 5 subjects plus PSE. If you are doing less than 3 SCQF Level 6/ Higher qualifications, then you must make 6 choices. Pupils who return in S6 are agreeing to meet this minimum requirement.

Examples of full timetables are:

2 SCQF Level 6/ H + 4 SCQF Level 4 or 5/ N4/ N5, or
 3 SCQF Level 6/ H + 2 SCQF Level 4 or 5/ N4/ N5, or
 6 x SCQF Level 4 or 5/ N4/N5

Pupils should have full timetables. This can include Work Placements, Classroom Support and Community Projects. S5/S6 pupils are expected, with some support from their Guidance Teacher, to take responsibility for putting these in place. Remaining periods will be dedicated to supervised study. In S6, along with supervised study, pupils have some flexi periods where they have the option of self-study or undertaking another activity.

Timetables will be regularly reviewed to ensure that you are meeting the minimum requirements.

SCQF Level 7 or ADVANCED HIGHERS

Those taking a SCQF Level 7 or Advanced Higher course will study 4 courses. You may choose up to 3 SCQF level 7 or Advanced Highers. Please see the examples below:

Examples of full timetables are:

3 SCQF Level 7/ AH + 1 SCQF Level 6/ H, or
2 SCQF Level 7/ AH + 2 SCQF Level 5 or 6/ H/N5, or
1 SCQF Level 7/ AH + 3 SCQF Level 5 or 6/ H/N5

Pupils who return in S5/6 are agreeing to these minimum requirements.

Please note: Courses will only run where there is sufficient uptake and staffing. The Virtual Academy also offer Advanced Highers courses.

Pupils taking SCQF Level 7 or Advanced Highers should be aware that they will be expected to undertake a workload with a maximum of 1 column equivalent of free study time. Advanced Higher courses will receive a maximum of two periods per week of direct tuition, but pupils are expected to undertake a further 4 periods per week of directed individual study.

It is important to stress that pupils should consider very carefully what is involved in taking on an Advanced Higher course, and that they will be expected to work hard to meet all of the challenges involved and to complete the said course. When young people select their options in S6 it's important that they make a commitment to complete their studies.

WIDER ACHIEVEMENT

As part of the wider curriculum Senior Phase pupils will have the opportunity to participate in wider achievement activities. These include the following:

Powering Future SCQF Level 6

Powering Futures SCQF level 6 accredited school programme allows learners to develop the critical meta-skills that employers are looking for at the same time as gaining an understanding of sustainability and how it can positively impact their future, whatever they do next.

The Challenge Programme is project-based, interdisciplinary learning where learners work in teams to solve real-world industry problems - set by businesses. It is continually assessed through a portfolio of evidence and learners interact with industry through support, mentorship and final presentations.

Powering Futures equips students with real-world sustainability skills, career opportunities, and industry connections, preparing them for a prosperous economy while enhancing schools' impact, innovation, and engagement with future-focused learning.

British Sign Language

Sign Language is a visual means of communicating using gestures, facial expression, and body language.

Within Britain the most common form of Sign Language is called British Sign Language (BSL). BSL has its own grammatical structure and syntax, as a language it is not dependant nor is it strongly related to spoken English. BSL is the preferred language of around 145,000 people within the UK (2011).

After a big campaign BSL was finally recognised by the UK government as an official minority language in 2003.

Learners will develop interpersonal communication skills including empathy, listening, observing and interacting.



Barista Skills SCQF Level 5

Barista skills will develop the knowledge, understanding and technical skills required for the role of a barista.

This covers areas such as the different types of coffees and other beverages typically served by a barista. Setting up, operating, cleaning and closing down specialist equipment is also covered. Learners will have the opportunity to apply their knowledge and skills by preparing and serving different hot and cold beverages and customer service skills.



Level 2 Certificate in Gym Instructing

(equivalent to SCQF level 5)

This course is designed for pupils with an interest in health, fitness and working with people. It develops the knowledge, skills and confidence needed to plan, instruct and support safe and effective gym-based exercise. Pupils will learn in a practical, hands-on environment while gaining an industry-recognised qualification valued within the fitness sector. Please note that the course includes a substantial theory component, supporting pupils to understand anatomy for exercise and the principles of effective exercise programming.

The course is physically active and requires regular participation. Previous experience of gym-based exercise, including free weights, is strongly recommended. The course will involve occasional travel to larger gym facilities, for example in Inverness.

Course content includes:

- Anatomy and physiology for exercise
- Planning and instructing gym-based exercise
- Health, safety and welfare in a fitness environment
- Principles of exercise, fitness and health
- Supporting others to take part in physical activity

Progression:

This qualification can support progression into further fitness qualifications (e.g. Personal Training), employment in the health and fitness industry, or pathways that value confidence, communication and leadership.

Assessment:

Theory (anatomy) exam, worksheets, case studies, practical observations.

Leading Ullapool SCQF Level 5 and 6

This is a compulsory part of the S5/6 curriculum for all pupils at Ullapool High School. The programme provides dedicated time each week for pupils to develop leadership skills through real, meaningful projects that support the life of the school and wider community.

Pupils will choose an area to lead based on their interests and strengths, such as SCQF Ambassadors, Our Ullapool groups, the Gaelic Council, Rights Respecting Schools, health and wellbeing or sport. Through practical teamwork and responsibility, pupils will build confidence, communication and leadership skills, while working towards nationally recognised qualifications including the SQA Leadership Award and Working with Others.

The programme is designed to help pupils stand out in applications, interviews and future pathways beyond school.

Ullapool High School

33 Period Senior Phase 2026-27

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33
S5/6	Choice 1					Choice 2					Choice 3					Choice 4					Choice 5					Study							
																															Study/Wider PSE Achievement		
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33
S4	English					Maths					Choice 3					Choice 4					Choice 5					Choice 6							
																															PSE PE		

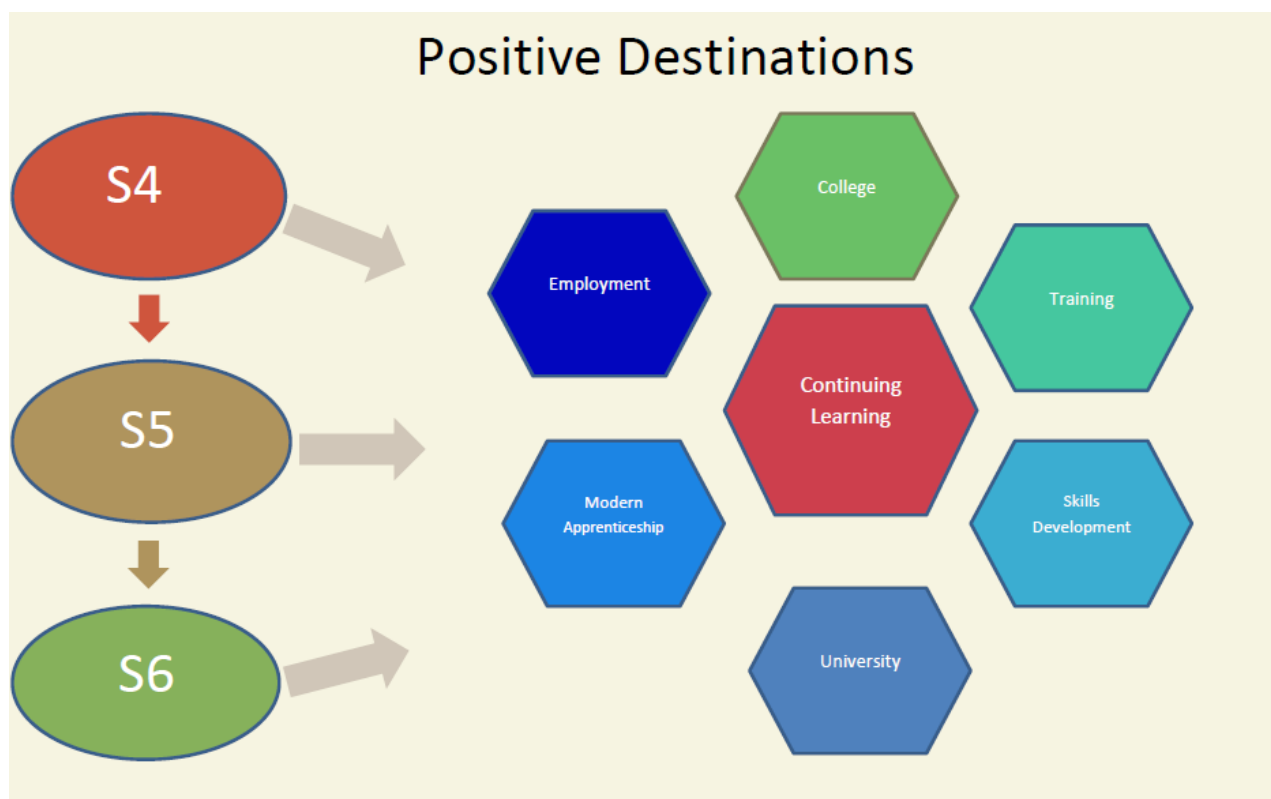
Please refer to the minimum requirements on page 7

Please refer to the course information, including opportunities provided by external providers on page 61 onwards

POST SCHOOL OPTIONS

The main post school options are detailed on the diagram below:

Employment
Further Education (College)
Higher Education (University)
Modern Apprenticeships
Foundation Apprenticeships



SCHOOL LEAVING DATES

The dates on which you may leave school are fixed by law:

- If you are 16 years old before 30 September 2026 you may leave on 31 May 2026.
- If you are 16 years old after 30 September 2026 you must remain in full time education until at least the end of the Christmas term 2026

Christmas Leavers can get a great deal out of their last term at school. There are worthwhile courses at school which will help you gain employment or link into colleges. You may also be able to do other things at school or in the community which will add to your experience and range of skills and qualities.

EDUCATION MAINTENANCE ALLOWANCE

Some pupils who remain in education after the age of 16 may be eligible for the Education Maintenance Allowance (EMA). The allowance of £30 per week and is means tested. Successful applicants must follow an agreed academic/vocational timetable. Please contact the school office or Guidance Teacher for further information.

SENIOR PHASE COURSES AND LEVELS – 2026/27

For information about courses run by external providers, such as the Colleges and Virtual Academy, please refer to page 61 onwards.

We want every young person at Ullapool High School to realise their potential and fulfil their career aspirations. We are committed to continually reviewing our curriculum and looking for creative ways to develop progression pathways for our young people.

SUBJECT	PAGE No	SCQF LEVEL 3 /NAT 3	SCQF LEVEL 4 /NAT 4	SCQF LEVEL 5/NAT 5	SCQF LEVEL 6 / HIGHER	SCQF LEVEL 7 /ADV HIGHER
LANGUAGES & COMMUNICATION						
English	15		√	√	√	√
French	19		√	√	√	√
Gaidhlig	18		√	√	√	
Gaelic Learners	19		√	√	√	
Spanish	19		√	√	√	√
MATHEMATICAL STUDIES						
Mathematics	22		√	√	√	√
SOCIAL & ENVIRONMENTAL STUDIES						
Geography	26		√	√	√	√
History	28		√	√	√	√
Psychology	31			√	√	
SCIENTIFIC STUDIES						
Biology	33		√	√	√	√
Chemistry	35		√	√	√	√
Physics	37		√	√	√	√
Science	39	√	√			
Health Sector	40		√	√		
CREATIVE & AESTHETIC						
Art & Design	42		√	√	√	√
Photography	44		√	√	√	√
Music	46					
TECHNICAL ACTIVITIES & APPLICATIONS						
Design & Manufacture	49		√	√	√	
Graphic Communication	51		√	√	√	
Practical Electronics	53		√			
Practical Woodwork	54		√			
Health & Food Technology	56		√	√	√	
Physical Education	60		√	√	√	
Sport & Recreation	61			√		
External Course Providers	63-70					



English

SCQF Level **Level 4 National 4 and Level 5 National 5**

Entry Our aim is that everyone manages to gain at least National 4, which we have achieved through the last five years. Students work on plays, poems, films and novels through the BGE and write their own stories and essays, to help everyone prepare.

Assessment The work for N4 is internally assessed (no exam) and verified by SQA. There will be questions on reading and listening. There will also be talking and writing assessment task. Students will complete an Added Value Unit, a project comparing two related texts, one of which may be a film or film clip. We also offer National 5 internal units, if students do not wish to sit the exam, where learners will be internally assessed in Creation and Production (Writing and Talking) and also Analysis and Evaluation (Reading and Listening).

We aim that everyone gets the chance to sit National 5 in S4. Learners who wish to achieve the full National 5 course award will produce a writing folio consisting of two pieces - one is Personal/Creative (e.g. a story) and the other Persuasive/Discursive - and sit an external assessment which will involve:

Reading for Understanding, Analysis and Evaluation (one hour): close reading
Critical Reading (one hour and 30 minutes): learners will answer questions on a Scottish author/text they have studied, as well as writing a critical essay on a different text studied over the session – film, poem, play or novel.

Content	National 4- Creation and Production (Writing and Talking), Analysis and Evaluation (Reading and Listening), Added Value Unit (comparing two texts chosen by the student) and a Literacy unit.
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National 5- Creation and Production (Writing and Talking), Analysis and Evaluation (Reading and Listening) and the Folio.

Progression We aim that everyone gets chance to sit the National 4 assessments – and that everyone gets to sit the National 5 exam in S4 if they wish. The BGE work (S1-S3) is structured deliberately in mixed ability classes, working on plays, novels, poems, films and writing, to prepare all students for N5.

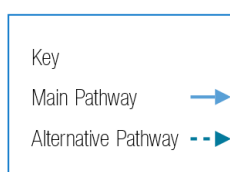
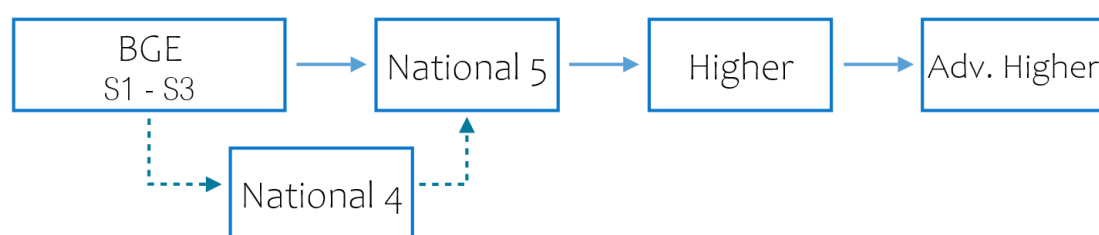
SCQF Level Level 6 Higher

Entry We aim that as many students as possible progress from National 5 to Higher, and generally aim for at least 70% of students to sit Higher. Some students may sit or re-sit National 5 as part of a two-year Higher through S5-6.

Assessment	The Portfolio of Writing is constructed over the course of the session. Learners will have the opportunity to redraft two pieces of work, normally creative fiction and a persuasive or discursive essay. The Portfolio will be submitted to SQA for external marking and is worth 30%. The external examination has two papers: Reading for Understanding, Analysis and Evaluation (RUAЕ) and Critical Reading. In the Reading for UAE paper, learners will answer questions designed to test their understanding, analysis, evaluation, summarising, inferencing, and comparative skills and is worth 30%. The passages will be non-fiction and previously unseen. In the Critical Reading paper, there will be two sections: a section for analysis on one of the Scottish set texts studied in class and a critical essay on a different text studied in class from another genre. The paper is worth 40%.
Content	Higher: Analysis and Evaluation (Reading & Listening), Creation and Production (Writing & Talking) and the Folio
Progression	Learners who successfully complete English Higher may progress to Advanced Higher.
SCQF Level	Level 7 Advanced Higher
Entry	Entry to this course in S6 will generally be for students who have secured a pass at Grade A or B at Higher English.
Assessment	Most of the assessment takes the form of a folio, which is in two sections. One part is creative writing – two pieces written in different genres with no word limit. The other section is a dissertation, compiled throughout the year, on an author or book of the student’s choice. There will also be an exam on unseen literature (poem, play-scene or prose extract) and an essay comparing two texts studied in class.
Content	In recent years we have focussed on the plays of Oscar Wilde for the comparative exam element, and studied wildly different poems, play-scenes and book extracts for the unseen textual analysis. Uptake has been good.
Progression	Advanced Higher prepares students for University courses, specifically in English, Journalism, Film and Drama, but also more general Arts degrees and Law. It is also popular with students who find writing and the study of literary texts enjoyable and stimulating - and who wish to read more widely and develop both their own language skills and their own writing voices.

Skills	English and Drama principally aim to help students acquire skills in talking to one another, in small and big groups, in focussed and functionally important ways. Key social issues are discussed and explored. Further, skills in reading a range of texts are enacted – short, factual texts but also deeper structures in books, films, plays and poems. Writing in different genres is a further key skill which we learn, developing students' own writing voices.
Careers	Law, teaching, advertising, politics, administration, film/tv production, editing, broadcasting and journalism, speech therapy, acting, events management, administration and management, librarianship, digital marketing, public relations, archive work, information services and many more.

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Gaelic and Modern Languages



Gàidhlig (GME)

SCQF Level **Level 4 and 5 National 4 & 5**

Entry Entry is at the discretion of the department but usually open to pupils who have studied the language in S3, although the course may also be suitable for those who have not taken the subject since S2.

Assessment Assessment of the National 4 course is by internally assessed units, subject to SQA verification. The National 5 course is assessed by an external examination covering literature, reading comprehension and listening comprehension which is worth 58% of the final course award, a written assignment worth 17%, and a speaking exam worth 25%.

Content Communication and literacy skills
Understanding, analysis and evaluation
Creation and production of detailed texts in a range of contexts
Knowledge and understanding of language

Progression Learners who successfully complete National 4 may progress to National 5 and those who successfully complete National 5 may progress to study the Higher course.

SCQF Level **Level 6 Higher**

Entry Entry is at the discretion of the department but usually open to pupils who have gained an A or B award at National 5 level.

Assessment Assessment of the course by an external examination covering literature, reading comprehension and listening comprehension which is worth 58% of the final course award, a written assignment worth 17%, and a speaking exam worth 25%.

Content Communication and literacy skills
Understanding, analysis and evaluation
Creation and production of detailed and complex texts in a range of contexts
Knowledge and understanding of language

Progression Learners who successfully complete Higher may progress to Advanced Higher.

SCQF Level Level 7 Advanced Higher

Entry	Entry is at the discretion of the department but usually open to pupils who have studied the language in S3, although the course may also be suitable for those who have not taken the subject since S2.
Assessment	Assessment of the Advanced Higher course is by an external examination covering practical criticism, translation, literature and writing which is worth 74% of the final course award, and a speaking exam worth 26%.
Content	Advanced communication skills Understanding, critical analysis and evaluation Creation of complex and sophisticated spoken language Knowledge and understanding of language
Progression	This course is primarily aimed at pupils who plan to go on to study the language at university or who plan to live and work in the country.

Gaelic (Learners), French, Spanish

SCQF Level Level 4 and 5 National 4 & 5

Entry	Entry is at the discretion of the department but usually open to pupils who have studied the language in S3, although the course may also be suitable for those who have not taken the subject since S2.
Assessment	Assessment of the National 4 course is by internally assessed units, subject to SQA verification. The National 5 course is assessed by an external examination covering reading, listening and writing which is worth 62.5% of the final course award, a written assignment worth 12.5%, and a speaking exam worth 25%.
Content	Various topics may be covered across four contexts. Society: family and friends, leisure, healthy lifestyles, technology, town vs country, environment. Learning: importance of language learning, preparing for exams, different education systems Employability: part time jobs, work experience, future career plans Culture: holidays, cultural events, traditions, media
Progression	Learners who successfully complete National 4 may progress to National 5 and those who successfully complete National 5 may progress to study the Higher course.

SCQF Level Level 6 Higher

Entry Entry is at the discretion of the department but is usually open to pupils who have studied the language successfully at National 5 level, although the course may also be suitable for those who have shown aptitude in other languages.

Assessment The Higher course is assessed by an external examination covering reading, translation, listening and writing which is worth 62.5% of the final course award, a written assignment worth 12.5%, and a speaking exam worth 25%.

Content Various topics may be covered across four contexts.
Society: family and friends, healthy lifestyles, technology, environment, fairtrade, international aid
Learning: importance of language learning, subject choices, further/higher education
Employability: part time jobs, work experience, gap year, future career plans, women in the workplace
Culture: travel, working abroad, cultural events, traditions, media

Progression Learners who successfully complete Higher may progress to Advanced Higher.

SCQF Level Level 7 Advanced Higher

Entry Entry is at the discretion of the department but is usually open to pupils who have gained an A or B pass at Higher level.

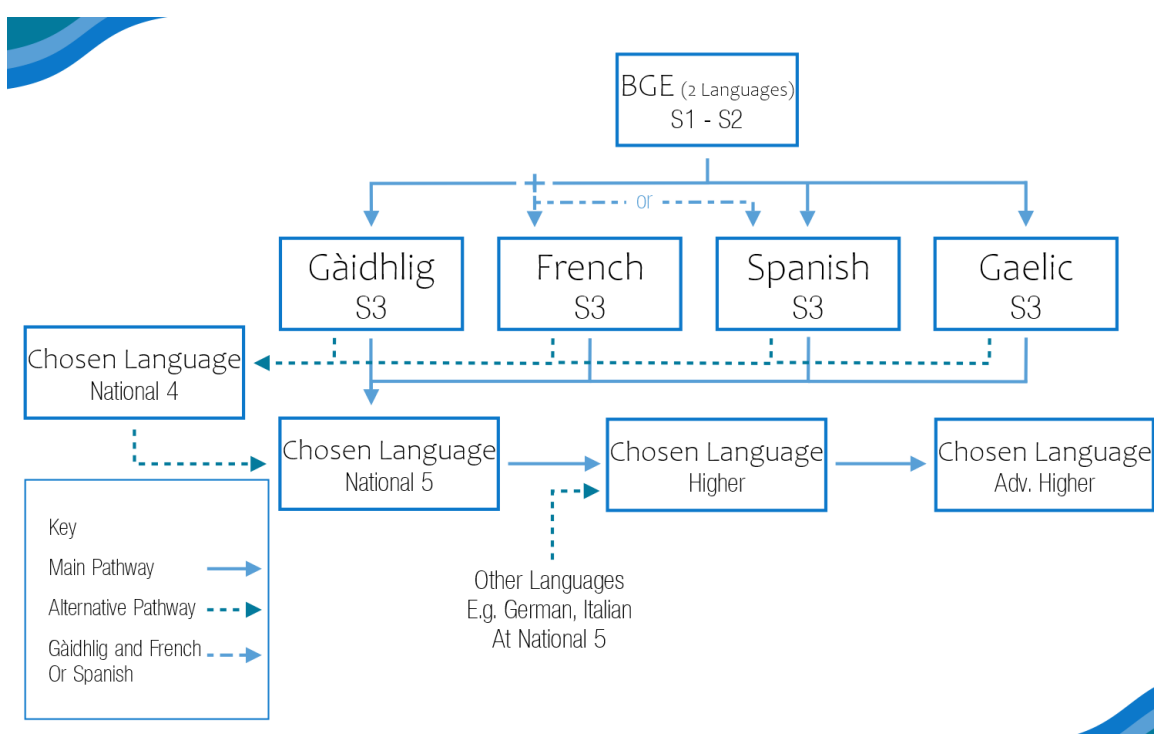
Assessment Assessment of the Advanced Higher course is by an external examination covering reading, translation, listening and writing which is worth 60% of the final course award, a written assignment worth 15%, and a speaking exam worth 25%.

Content Various topics may be covered across four contexts.
Society: modern family structures, impact of the digital age, environmental issues, youth issues
Learning: importance of language learning, advantages and disadvantages of further/higher education, choosing a university/college
Employability: preparing for a job interview, writing a CV, job searching, gap year, equality in the workplace, voluntary work abroad, workers' rights
Culture: immigration, prejudices (racism & sexism), minority languages, mass tourism, pop culture, literature and media, freedom of the press

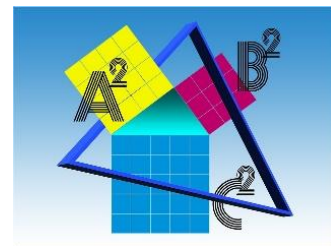
Progression This course is primarily aimed at pupils who plan to go on to study the language at university or who plan to live and work in the country.

Skills	Interpretation of a variety of sources develops thinking skills. Experience contributing to group work and working independently through investigative and critical thinking activities. Research skills including gathering, processing, interpreting and evaluation of information. Progressively develop skills in literacy, numeracy, employability, and citizenship. Develop an understanding of aspects of the contemporary world and development of an open mind and respect for the values, beliefs, and cultures of others.
Careers	Language study can open up the possibility of absolutely any career as it allows you travel and practise your chosen profession in other parts of the world. For those to remain in the UK, language study can lead to careers in the media, international commerce, military and secret services, education and many more.

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Mathematics

SCQF Level **Level 3 National 3 and Level 4 National 4**

Entry Entry to these courses is at the discretion of the department. Pupils should demonstrate a good grounding in BGE level 2 and 3 Mathematics.

Assessment Nationals 3 and 4 are assessed during class time once the pupil deemed ready by their teacher. For each course pupils will sit three unit tests and a final exam. The outcome of the course is subject to SQA verification.

Content Skills, knowledge, understanding and problem-solving skills will be developed in:

- Number – rounding, decimals, percentages, fractions, ratio and time
- Algebra – factorising, substitution, solving equations and sequences
- Geometry – scale factors, Pythagoras' theorem and angle properties
- Trigonometry – using the sine, cosine and tangent ratios
- Statistics – measures of average and spread, probability

Progression Pupils who successfully complete the course may in some cases progress to National 5 Mathematics or National 4/5 Applications of Mathematics

SCQF Level **Level 5 National 5**

Entry Entry is at the discretion of the department. Pupils should demonstrate a good grounding in BGE level 4 Mathematics.

Assessment This course is externally assessed with two external examination papers.

Content Skills, knowledge, understanding and problem-solving skills will be developed in:

- Number – surds, indices, rounding, percentages and fractions
- Algebra – linear and quadratic expressions
- Geometry – 2D and 3D shapes, Pythagoras' theorem and vectors
- Trigonometry – problem solving, equations and graphs
- Statistics – linear models, measures of average and spread

Progression Pupils who attain at least a B grade may progress to Higher Mathematics. Pupils who wish to broaden their knowledge at level 5 may take the National 5 Applications of Mathematics course.

SCQF Level Level 6 Higher

Entry Entry to this course is at the discretion of the department. Pupils should normally be predicted at least a B grade at National 5 Mathematics.

Assessment The course is completely assessed by two external examination papers.

Content Skills, knowledge, understanding and problem-solving skills will be developed in:

- Number – application of all numerical techniques
- Algebra – polynomials, logarithms, sequences
- Geometry – of the circle, straight line, quadratic and cubic; vectors
- Trigonometry – wave function, solving equations, investigating graphs
- Calculus – basic and intermediate differentiation and integration, optimisation
- Statistics – exponential and logarithmic modelling

Progression Pupils who successfully complete the course may progress to Advanced Higher Mathematics and or further study beyond school. Pupils who wish to broaden their knowledge at level 6 may take the Higher Applications of Mathematics course.

SCQF Level Level 7 Advanced Higher

Entry Entry to this course is at the discretion of the department. Pupils should normally be predicted at least a B grade at Higher Mathematics.

Assessment The course is completely assessed by two external examination papers.

Content Skills, knowledge, understanding and problem-solving skills will be developed in:

- Number – matrices, complex numbers
- Algebra – proof, binomial theorem, sequences and series
- Geometry – advanced graphical techniques; lines and planes
- Trigonometry and Calculus – advanced techniques including first and second order differential equations

Progression Pupils who successfully complete Advanced Higher Mathematics may progress to further study in Mathematics, Engineering and Science based disciplines.

Applications of Mathematics

SCQF Level Level 4 National 4 and Level 5 National 5

Entry	Entry to the National 4 and National 5 courses is at the discretion of the department. Pupils should demonstrate a good grounding in BGE level 2 and 3 Mathematics for National 4. For National 5 entry, pupils should have passed either National 4 Mathematics, or National 3 or National 4 Applications of Mathematics.
Assessment	National 4 is assessed during class time once the pupil is deemed ready by the teacher. Pupils will sit three unit tests and a final exam, all verified by an external process. The National 5 course is externally assessed with an examination in May.
Content	Pupils will learn to interpret and understand the mathematical skills to be applied in: • finance • statistics • geometry • measure • numeracy
Progression	Pupils who successfully complete the National 4 course will gain access to many college courses and apprenticeships. In some cases pupils may progress to National 5 Applications of Mathematics, leading to further study in technical and vocational courses.

SCQF Level Level 6 Higher

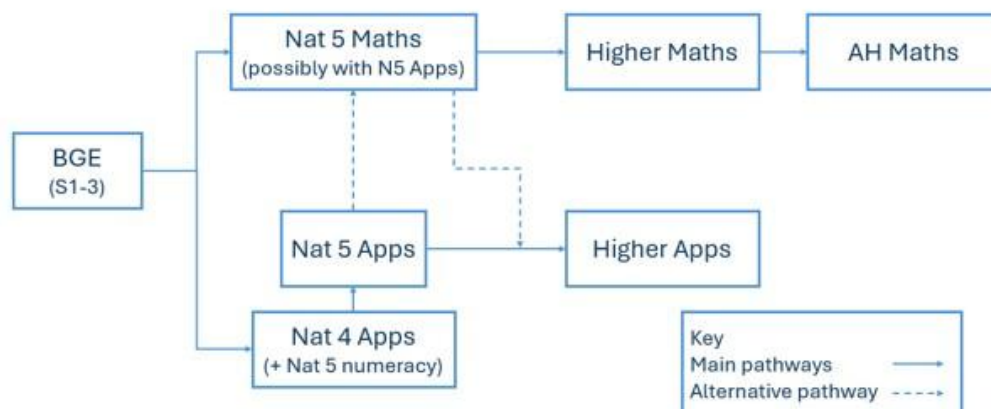
Entry	Entry to this course is at the discretion of the department. Pupils should normally be predicted at least a B grade at National 5 Applications of Mathematics or National 5 Mathematics.
Assessment	The course is assessed by an external examination paper and course project.
Content	Skills, knowledge, understanding and problem-solving skills will be developed in: • Mathematical modelling – with and without computer software • Statistics and probability – including data analytics, correlation and linear regression, and data communication • Finance – Calculating future values, personal finance, savings and insurance, and taxation • Planning and decision making – including project planning, Gantt charts, risk and PERT charts

Progression Pupils who successfully complete the course may progress to further study beyond school.

Skills Learning Mathematics develops logical reasoning, analysis, problem-solving skills, creativity, and the ability to think in abstract ways. It uses a universal language of numbers, symbols and diagrams which allows us to communicate ideas in a concise, unambiguous, and rigorous way.

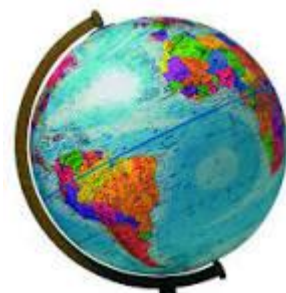
Careers Maths is essential for all jobs, so leads to a huge range of careers: finance and accountancy, finance, medicine, engineering and construction, IT and games development, science, and economics. Those who go on to study Maths further often attract higher salaries and are in high demand.

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Geography



SCQF Level **Level 4 NPA Climate Change and Sustainability and Level 5 National 5**

Entry Entry is at the discretion of the department but usually pupils who have studied Geography in S3, although the course is also suitable for those who have not taken the subject since S2.

Assessment Assessment of the National 5 course is by an external examination (80% of final course award) and the coursework assignment (20% of the final course award). NPA is internally assessed units, subject to SQA verification.

Content Physical Environments: UK context covering river valley, limestone landscapes and weather systems.
Human Environments: wider context covering developed and developing countries with topics such as population, urban and rural geography.
Global Issues: emphasis on global problems and their management focussing on climate change and health.
Assignment: is a practical component in which pupils gather information on a chosen topic then process the information using geographical techniques.

Progression Learners who successfully complete the NPA may progress to National 5 and those who successfully complete National 5 may progress to study the Higher course.

SCQF Level **Level 6 Higher**

Entry Entry is at the discretion of the department but usually pupils who have secured a good pass at National 5, although the course is also suitable for those who have not taken the subject since S2 or S3, provided they have completed Higher courses in other areas.

Assessment Assessment of the course is by an external examination (70% of final course award) and the coursework assignment (30% of the final course award).

Content Physical Environments: topics cover atmosphere, biosphere, lithosphere and hydrosphere.
Human Environments: builds on National 5 knowledge of population, rural and urban geography.
Global Issues: builds on National 5 knowledge of climate change and health.
Assignment: is a practical component in which pupils gather information on a chosen topic then process the information using geographical techniques

Progression	Learners who successfully complete Higher may progress to study the Advanced Higher course.
SCQF Level	Level 7 Advanced Higher and Level 6 Statistics Award
Entry	Entry is at the discretion of the department but usually pupils who have secured an A or B pass in Higher Geography.
Assessment	Assessment of the course is by an external examination (30% of final course award) and the coursework folio (70% of the final course award). Statistics Award assessment is completed in class and assessed internally.
Content	Geographical Skills: range of geographical skills in both field and classroom based activities. Map interpretation, gathering and processing techniques and data handling. Geographical Study: allows pupils to conduct independent research to demonstrate practical use of geographical skills. Geographical Issue: allows pupils to conduct independent research into a current, complex geographical issue of their choice. Statistics Award: develops knowledge, skills and understanding in statistical methods and techniques.
Progression	Suitable for pupils who wish to pursue further or higher education or entering the world of work.

Skills	Interpretation of a variety of sources develops thinking skills. Experience contributing to group work and working independently through investigative and critical thinking activities. Research skills including gathering, processing, interpreting and evaluation of information. Progressively develop skills in literacy, numeracy, employability, and citizenship. Develop an understanding of aspects of the contemporary world and development of an open mind and respect for the values, beliefs, and cultures of others.
Careers	Meteorology, mining, oceanography, ecology, environmental science, surveying, conservation, transport, tourism, civil engineering, town and country planning and many others.

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History



SCQF Level **Level 4 National 4 and level 5 National 5**

Entry Entry is at the discretion of the department but usually pupils who have studied Geography in S3, although the course is also suitable for those who have not taken the subject since S2.

Assessment Assessment of the National 5 course is by an external examination 80% of final course award and the coursework assignment, 20% of the final course award. National 4 is internally assessed units, subject to SQA verification.

Content Scottish Unit – The Era of the Great War. This unit considers why people from Scotland joined up to fight, conditions they experienced and the impact it had on the people at home.

British Unit – The Atlantic Slave Trade. This unit considers how Britain benefited from the trade, how slaves were caught, transported and sold and life on the plantations.

European and World Unit – Hitler and Nazi Germany. A study of the changes in Germany from the Treaty of Versailles to the Second World War.

Assignment- A research-based piece of coursework on a historical issue, in which pupils gather information on a chosen topic then process the information in an extended piece of writing.

Progression Learners who successfully complete National 4 may progress to National 5 and those who successfully complete National 5 may progress to study the Higher course.

SCQF Level **Level 6 Higher**

Entry Entry is at the discretion of the department but usually pupils who have secured a good pass at National 5, although the course is also suitable for those who have not taken the subject since S2 or S3, provided they have completed Higher courses in other areas.

Assessment Assessment of the course is by an external examination, 73% of the final course award and the coursework assignment, 27% of the final course award.

Content Britain 1851-1951 - A study of the development of the United Kingdom into a modern democracy and the development of the role of the state in the welfare of its citizens. Themes of authority, ideology, and rights.

Germany, 1815 – 1939 – A study of the formation and unification of Germany. The impact of World War One and the Treaty of Versailles and the rise of the Nazi Party.

Migration and Empire – A study of the impact of the Empire on Scotland and the impact of Scots on the empire through migration.

Progression Learners who successfully complete Higher may progress to study the Advanced Higher course.

SCQF Level **Level 7 Advanced Higher**

Entry Entry is at the discretion of the department but usually pupils who have secured an A or B pass in Higher History.

Assessment The external assessment of the course consists of a dissertation, worth 36% of the overall award, and an external examination, worth 64% of the overall grade, which consists of questions requiring essay responses and source based evaluative questions.

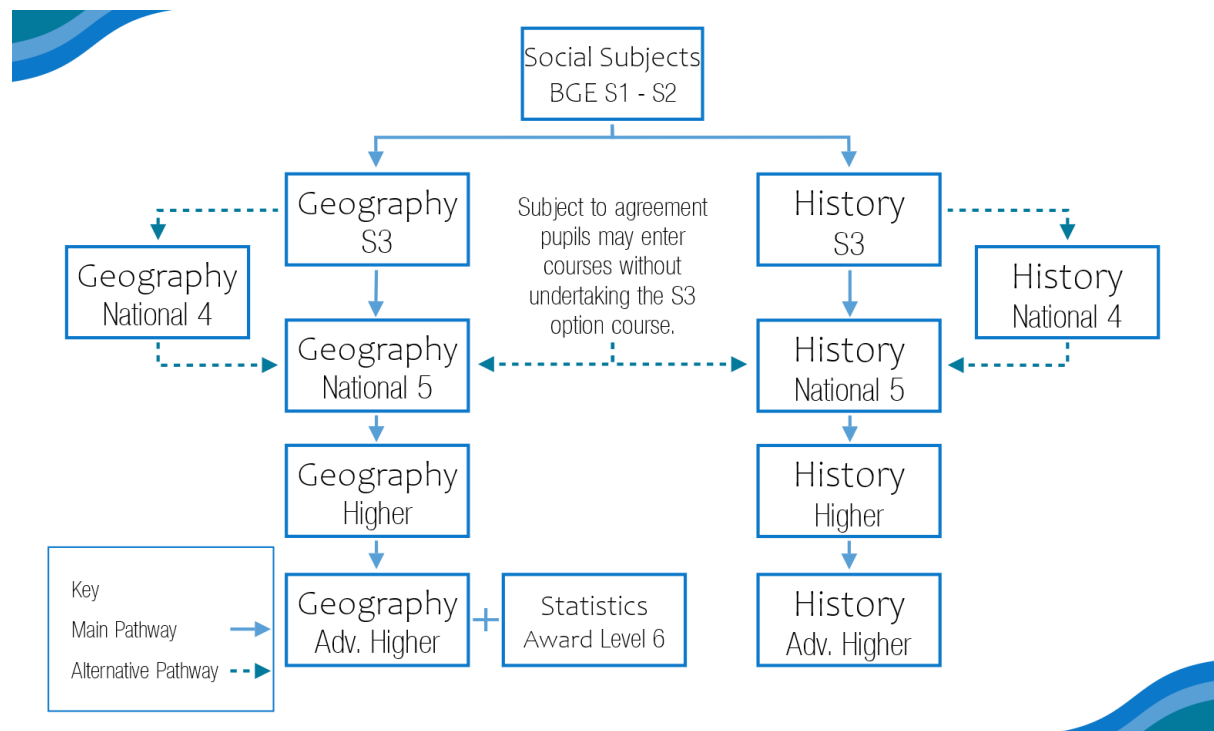
Content Germany: Versailles to the Outbreak of World War II. A study of the changing nature of Germany during the period of instability between the two world wars. Looking at the political, economic and social impacts on the population during this time and the subsequent rise of Hitler.

Progression Suitable for pupils who wish to pursue further or higher education or entering the world of work.

Skills Developing and applying skills, knowledge and understanding across different historical contexts. Evaluation of historical sources and the impact of historical developments and synthesising information in a well-structured manner. Evaluating the factors contributing towards historical developments, and drawing well-reasoned conclusions supported by evidence. Researching and analysing historical information. Progressively develop skills in literacy, employability, and citizenship. Opportunities to develop important attitudes including an open mind and respect for the values, beliefs and cultures of others, openness to new thinking and ideas.

Careers Law, journalism, archaeology, cultural heritage, museum work, publishing, tourism, politics, genealogy, teaching, administration, archive work, civil service, sociology, library work and many others.

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Psychology



SCQF Level **Level 5 National 5**

Entry Entry is at the discretion of the department but usually pupils who have achieved N4 English and are working towards N5 English. National 4 Biology or equivalent qualifications and/or experience prior to starting this course is also helpful.

Assessment Assessment of the National 5 course is by an external examination 70% of final course award and the coursework assignment, 30% of the final course award.

Content **Individual behaviour-** Investigating topics such as sleep and dreams, personality and phobias and learn how these topics can be explained using psychological theories.

Social behaviour- Investigating social psychological topics such as conformity, altruism and non-verbal communication and use relevant concepts and research evidence to explain how the thoughts, feelings and behaviours of individuals are developed through interaction within the social environment.

Research + Assignment- This introduces candidates to the research process, research methods and ethics used in psychology. Candidates will also develop numerical skills and an understanding of psychological terminology which will help them carry out the write up for their Assignment.

Progression Learners who successfully complete National 5 may progress to Higher.

SCQF Level **Level 6 Higher**

Entry Entry is at the discretion of the department but usually pupils who have secured a good pass at National 5 Psychology and also have N5 English, although the course is also suitable for those who have not taken the N5 and have qualifications in similar subjects (speak to Ms MacGregor).

Assessment Assessment of the course is by an examination (67%) and an assignment (33%).

Content **Individual Behaviour** – Sleeps and Dreams, Depression, Memory, Stress
Social Behaviour -Conformity and obedience, prejudice, Social relationships and aggression.

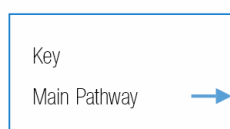
Research and Assignment- The purpose of the assignment is to assess your use of research and communication skills appropriate to psychology. This

assignment requires learners to carry out their own primary research based on a brief provided by SQA and produce a psychological research report.

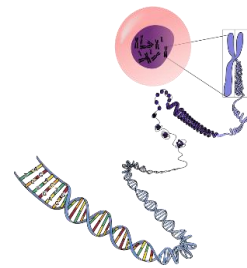
Progression Learners who successfully complete Higher may wish to pursue further or higher education or enter the world of work.

Skills	Candidates develop knowledge and understanding of psychological concepts, theories, and terminology, the ability to use thinking skills when analysing, evaluating and applying knowledge and understanding of psychology, understanding of the role of research evidence in explaining human behaviour, research skills to select, organise, interpret and evaluate information, the ability to plan and carry out psychological research, using appropriate methods and according to ethical and scientific standards, communication and numeracy skills used in psychology
Careers	Applied psychology (education, forensic, clinical, sports, counselling etc). prison services, social services, education, marketing/sales/business, police, counsellor/therapist.

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Biology

SCQF Level **Level 4 National 4 and Level 5 National 5**

Entry Entry is at the discretion of the department, but usually for pupils who have taken Biology in S3, however the course is suitable to those who have not studied Biology since S2.

Assessment Assessment of the National 5 course is by an external examination 80% of final course award and the coursework assignment, 20% of the final course award. National 4 is internally assessed units, subject to SQA verification.

Content Cell Biology – a look at structures within cells and their importance in all living things.

Multicellular Organisms – looking at how cells work together to form larger organisms.

Life on Earth – a look at how organisms interact with their environment.

Assignment – pupils can choose an area of interest and carry out a practical investigation and some research into the background biology.

Progression Learners who successfully complete National 4 may progress to National 5 and those who successfully complete National 5 may progress to study the Higher course.

SCQF Level **Level 6 Higher**

Entry Entry is at the discretion of the department but usually pupils who have secured a good pass at National 5, although the course is also suitable for those who have not taken the subject since S2 or S3, provided they have completed Higher courses in other areas.

Assessment Assessment of the Higher course is by an external examination 80% of final course award and the coursework assignment, 20% of the final course award.

Content DNA and the Genome – a detailed look at how DNA is so important to life on Earth. Focus on its structure, replication, the genetic code, mutations and evolution.

Metabolism and Survival – looking at the biochemistry of metabolic pathways and how organisms adapt to survive in different environments.

Sustainability and Interdependence – a detailed look at photosynthesis and how organisms interact with each other to survive.

Assignment – pupils can choose an area of interest and carry out a practical investigation and some research into the background biology.

Progression Learners who successfully complete Higher may progress to study the Advanced Higher course or other qualifications/ training or jobs in Biology or related areas.

SCQF Level **Level 7 Advanced Higher**

Entry Entry is at the discretion of the department but usually pupils who have secured an A or B pass in Higher Biology.

Assessment Assessment of the Advanced Higher course is by an external examination 75% of final course award and the project, 25% of the final course award.

Content Cells and Proteins – a look at the complex biochemistry of cells.
Organisms and Evolution – a detailed look at the importance of evolution of life on Earth.
Investigative Biology – looking at the scientific cycle.

Progression Suitable for pupils who wish to pursue further or higher education or entering the world of work

Skills Skills developed through studying Biology include; applying knowledge and understanding of Biology to new situations, carrying out and evaluating practical techniques, processing information using calculations, selecting information from a variety of sources, drawing valid conclusions and giving explanations supported by evidence.

Careers Microbiology, biomedical science, medicine, nursing, physiotherapy, marine biology, conservation, veterinary medicine, neuroscience, teaching, botany and many more.

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Chemistry



SCQF Level **Level 4 National 4 and Level 5 National 5**

Entry Entry is at the discretion of the department, but usually for pupils who have taken Chemistry in S3, however the course is suitable to those who have not studied Chemistry since S2.

Assessment Assessment of the National 5 course is by an external examination 80% of final course award and the coursework assignment, 20% of the final course award. National 4 is internally assessed units, subject to SQA verification.

Content Chemical Changes and Structure – looking at how chemicals and materials around us react and combine.

Nature's Chemistry – derivatives of crude oil and how they react, everyday consumer products such as alcohols and carboxylic acids and how they are used.

Chemistry in Society – how different materials and chemicals are used in industry, for example the production and uses of plastics and fertilisers.

Assignment – pupils can choose an area of interest and carry out a practical investigation and some research into the background chemistry.

Progression Learners who successfully complete National 4 may progress to National 5 and those who successfully complete National 5 may progress to study the Higher course.

SCQF Level **Level 6 Higher**

Entry Entry is at the discretion of the department but usually pupils who have secured a good pass at National 5, although the course is also suitable for those who have not taken the subject since S2 or S3, provided they have completed Higher courses in other areas.

Assessment Assessment of the Higher course is by an external examination 80% of final course award and the coursework assignment, 20% of the final course award.

Content Chemical Changes and Structure – a look at bonding and properties of elements in the Periodic Table and compounds formed from these elements.

Nature's Chemistry – a look at structures and reactions of different carbon compounds, such as esters, and how they can be used in everyday fields like cooking and skincare.

Chemistry in Society – a more detailed look at the chemical industry and factors which affect profit, for example equilibrium.

Researching Chemistry – development of experimental skills and the Chemistry Assignment.

Progression Learners who successfully complete Higher may progress to study the Advanced Higher course or other qualifications/ training or jobs in chemistry or related areas.

SCQF Level **Level 7 Advanced Higher**

Entry Entry is at the discretion of the department but usually pupils who have secured an A or B pass in Higher Chemistry.

Assessment Assessment of the Advanced Higher course is by an external examination 75% of final course award and the project, 25% of the final course award.

Content Inorganic Chemistry – a deeper look at atomic structure and the Periodic Table.

Physical Chemistry – an in-depth look at kinetics and chemical equilibria.

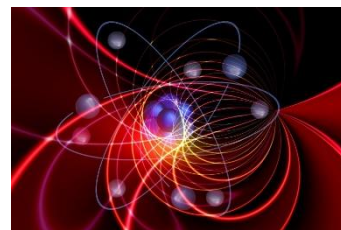
Organic Chemistry and Instrumental Analysis – reactions of carbon compounds and the use of various spectroscopic techniques to identify unknown substances.

Progression Suitable for pupils who wish to pursue further or higher education or entering the world of work

Skills Skills developed through studying Chemistry include; applying knowledge and understanding of Chemistry to new situations, carrying out and evaluating practical techniques, processing information using calculations, selecting information from a variety of sources, drawing valid conclusions and giving explanations supported by evidence.

Careers Brewing and distilling, engineering, dentistry, waste management, medicine, research and development, teaching, forensic science, pharmaceuticals, cosmetic chemistry and many others.

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Physics

SCQF Level **Level 4 National 4 and Level 5 National 5**

Entry Entry is at the discretion of the department, but usually for pupils who have taken Physics in S3, however the course is suitable to those who have not studied Physics since S2.

Assessment Assessment of the National 5 course is by an external examination 80% of final course award and the coursework assignment, 20% of the final course award. National 4 is internally assessed units, subject to SQA verification.

Content Dynamics - how and why objects move.

 Space - our understanding of the universe around us.

 Electricity - practical electrical circuits including electronics.

 Properties of matter - heat energy and the behaviour of gasses.

 Waves - the nature of light and other waves.

 Radiation - nuclear physics and radiation risks.

 Assignment – pupils can choose an area of interest and carry out a practical investigation and some research into the background physics.

Progression Learners who successfully complete National 4 may progress to National 5 and those who successfully complete National 5 may progress to study the Higher course.

SCQF Level **Level 6 Higher**

Entry Entry is at the discretion of the department but usually pupils who have secured a good pass at National 5, although the course is also suitable for those who have not taken the subject since S2 or S3, provided they have completed Higher courses in other areas.

Assessment Assessment of the Higher course is by an external examination 80% of final course award and the coursework assignment, 20% of the final course award.

Content Our Dynamic Universe - deeper understanding of the motion of objects through space, and exploration of cosmology including evidence for the origins of the universe.

 Particles and Waves - learning about the fundamental particles that make up all matter and their connections with the waves that travel through space.

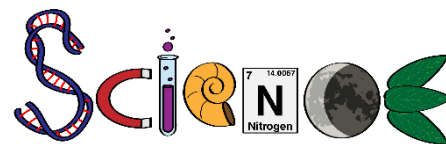
 Electricity - looking at electrical phenomena in more detail, including semi-conductors.

 Researching Physics – an assignment of greater depth and challenge.

Progression	Learners who successfully complete Higher may progress to study the Advanced Higher course or other qualifications/ training or jobs in Chemistry or related areas.
SCQF Level	Level 7 Advanced Higher
Entry	Entry is at the discretion of the department but usually pupils who have secured an A or B pass in Higher Physics.
Assessment	Assessment of the Advanced Higher course is by an external examination 75% of final course award and the project, 25% of the final course award.
Content	Rotational Motion and Astrophysics – dynamics of motion from first principles, including rotation and angular momentum. Astrophysics including the life cycle of stars and an introduction to general relativity. Quanta and Waves – introduction to quantum mechanics, simple harmonic motion and wave propagation. Electromagnetism – electrostatics, magnetism and the speed of light. Units, Prefixes and Uncertainties – a deeper treatment of experimental uncertainties allowing evaluation of the confidence in our measurements.
Progression	Suitable for pupils who wish to pursue further or higher education or entering the world of work.

Skills	Skills developed through studying Physics include; critical and analytical thinking, carrying out and evaluating practical techniques and measurements, processing information using calculations, selecting information from a variety of sources, drawing valid conclusions and giving explanations supported by evidence.
Careers	Aeronautics, astronomy, engineering, electrician, energy industries, finance, data analysis, medical physics, meteorology, research scientist, sound engineering, semiconductor manufacture, software engineering teaching, technician.

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Science

SCQF Level **Level 3 National 3 and Level 4 National 4**

Entry Entry is open to all pupils, regardless of prior Science learning.

Assessment Assessment of the National 3 and National 4 Science courses are internally assessed units, subject to SQA verification.

Content Health – Progression from the S2 Body Systems topic where different body systems are discussed as well as how to monitor health and health conditions.

Fragile Earth – within this unit, pupils have to complete two from the following modules: Energy, Food, Metals or Water.

Applications of Science – how Science is used in our everyday lives, from mobile phones to plastics.

Progression Learners who successfully complete National 4 may choose to progress to a National 4 Level 4 or a National 5 Level 5 in a discrete Science (Biology, Chemistry or Physics) or to National 5 Health Sector.

Skills Apply knowledge and understanding of Science, develop an understanding of Science's role in scientific issues and relevant applications of Science in society and the environment, scientific inquiry and investigative skills, scientific analytical thinking skills, develop the use of technology, equipment and materials safely in practical scientific activities, problem solving skills in a Science context, use and understand scientific literacy in everyday contexts to communicate ideas and issues, develop the knowledge and skills for more advanced learning in sciences

Careers Careers in Science include; laboratory technician, chemist, microbiologist, geologist, veterinarian, computer scientist, environmentalist, biochemist, meteorologist, astronomer, researcher and many more.

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Health Sector Skills for Work

SCQF Level Level 4 National 4 and Level 5 National 5

Entry Entry is open to all pupils, regardless of prior Science learning.

Assessment Assessment of the National 4 and National 5 Health Sector follows a folio approach of internally assessed pieces of work, subject to SQA verification.

Content Introduction to Health Sector – looking at different job roles and provisions within the Health Sector and the Care Values associated with working in those roles.

Life Sciences Industry – the pharmaceutical industry and how different medicines and biomedical devices can be used in patient journeys.

Health and Wellbeing – Risks and hazards associated with working in the Health Sector, infection control and aseptic techniques, as well as research on different health and wellbeing issues and promotion of health.

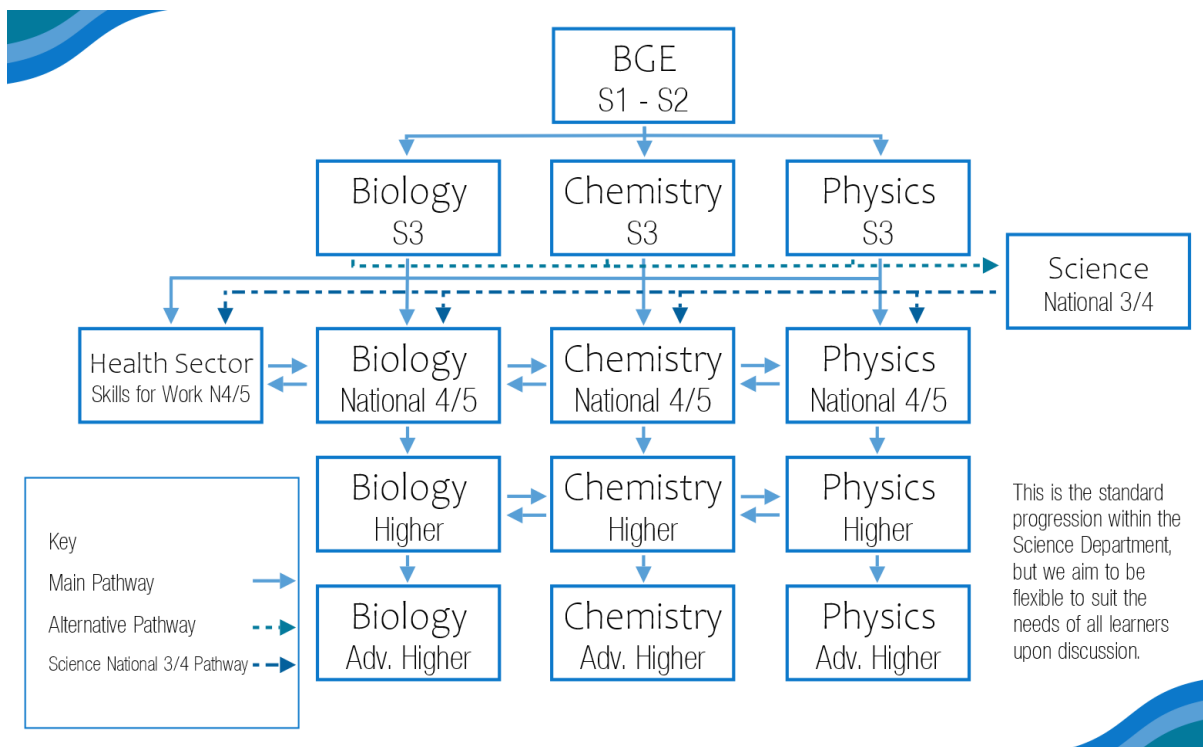
Physiology and Health Awareness – A look at the different systems in our body, with a focus on the cardiovascular system and its disorders and emergency CPR.

Progression Learners who successfully complete National 5 Health Sector may choose to progress to National 5 in a discrete Science (Biology being the most appropriate) or continue with Health and Social Care SCQF Level 6 which is available for part time, online study through the local college.

Skills	Communication, numeracy, information and communication technology, problem solving, working with others, generic skills and attitudes valued by employers, understanding of the workplace and the employee's responsibilities, for example time-keeping, appearance, and customer care, self-evaluation skills, positive attitude to learning, flexible approaches to solving problems, adaptability and positive attitude to change, confidence to set goals, reflect, and learn from experience, specific vocational skills and knowledge
Careers	Careers in the Health Sector include; social care, nursing, midwifery, pharmaceuticals, biomedical and many more.

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Art and Design

SCQF Level **Level 4 National 4 and Level 5 National 5**

Entry Entry is at the discretion of the department but usually pupils who have studied Art & Design in S3, although the course is also suitable for those who have not taken the subject since S2 and who have a special interest in the subject.

Assessment Assessment of the National 5 course is by an external assessment of two folios of coursework (200 marks) and an externally assessed written paper (50 marks). National 4 is internally assessed units, subject to SQA verification.

Content The courses comprise **two** areas of study. The general content of both courses is similar.

Expressive Folio: Pupils plan, research and develop creative expressive work in response to a theme/stimulus. Activities include producing analytical drawings, developing skill in using media and techniques and developing, evaluating and refining ideas towards a final resolved art piece. Pupils develop knowledge and understanding of artists' working practices and the social and cultural and other influences affecting their work and practice. Pupils build skills in critically evaluating artworks.

Design Folio: Pupils plan, research and develop creative design work in response to a design brief. Activities include exploring techniques and materials and developing a range of possible solutions, using the design process of reflecting and evaluating and then producing a final resolved design. Pupils develop knowledge and understanding of designers' working practices the social and cultural and other influences affecting their work and practice. Pupils build skills in critically evaluating design

Progression Learners who successfully complete National 4 may progress to National 5 and those who successfully complete National 5 may progress to study the Higher course.

SCQF Level **Level 6 Higher**

Entry Entry is at the discretion of the department but usually pupils who have secured a good pass at National 5, although the course is also suitable for those who have not taken the subject since S2 or S3, provided they have completed Higher courses in other areas and have an appropriate level of practical skill and genuine interest in the subject.

Assessment Assessment of the course is by an external assessment of coursework folios (200 marks) award and an externally assessed written paper (60 marks).

Content	Expressive Folio: This activity helps learners to develop their personal thoughts and ideas in visual form. In the unit, learners will develop critical understanding of artists' working practices and the social and cultural influences affecting their work. They will produce investigative drawings and studies, develop and refine their expressive ideas and artwork, experimenting with and using a range of materials, techniques and/or technology in 2D and/or 3D formats in response to the stimuli. Design Folio: In this unit learners will plan, research and develop creative design work in response to a design brief. They will develop their creativity, problem solving and critical thinking skills as they consider complex design opportunities, and work to resolve design issues and constraints. In the unit, learners will develop critical understanding of designers' working practices and the social and cultural influences affecting their work. They will develop and refine their design ideas by experimenting with and using a range of materials techniques and/or technology in 2D and/or 3D formats.
Progression	Learners who successfully achieve Higher may progress to study the Advanced Higher course. The possibility exists for pupils to study each folio as a stand-alone unit which will be internally assessed on a pass/fail basis.
SCQF Level	Level 7 Advanced Higher Art and Design (Expressive) <u>OR</u> Level 7 Advanced Higher Art and Design (Design)
Entry	Entry is at the discretion of the department but usually pupils who have secured an A or B pass in Higher Art & Design.
Assessment	Coursework for both courses is externally assessed through submission of a portfolio. Practical coursework is 60%, Contextual Analysis is 30 % and Evaluation is 10%
Content	Advanced Higher Art and Design (Expressive): The course combines investigative and practical learning with knowledge and understanding of expressive art practice. Candidates develop a range of expressive art techniques and creative skills. Candidates select a theme or stimulus for their portfolio. They follow a creative process to develop expressive art ideas and resolve and realise artworks which are influenced by their investigation into art practice. They produce a contextual analysis of a selected artwork by discussing related contexts and analysing their impact on the features of the artwork. Candidates reflect on and evaluate their creative decisions and artwork.

Advanced Higher Art and Design (Design): The course combines investigative and practical learning with knowledge and understanding of design practice. Candidates develop a range of design techniques and creative skills. Candidates select a design brief for their portfolio. They follow a design process to develop design ideas and resolve and realise solutions which are influenced by their investigation into design practice. They produce a contextual analysis of a selected design work by discussing related contexts and analysing their impact on the features of the design work. Candidates reflect on and evaluate their creative decisions and design work.

Progression Suitable for pupils who wish to pursue further or higher education or entering the world of work.

Photography

SCQF Level Level 5 National Progression Award



Entry There are no formal entry requirements for this course. It is suitable for beginners or those with some experience. Pupils looking to join this course should have a keen interest in photography or creative digital media and a willingness to learn.

Assessment Your work will be assessed by your teacher on an ongoing basis throughout the course. Items of work might include:

- Practical work- photographic images, digitally enhanced images
- Written and oral work- evaluating different types of photography
- Projects- planning photography sessions and presenting best work

You must pass all the units including the practical unit to gain the course qualification.

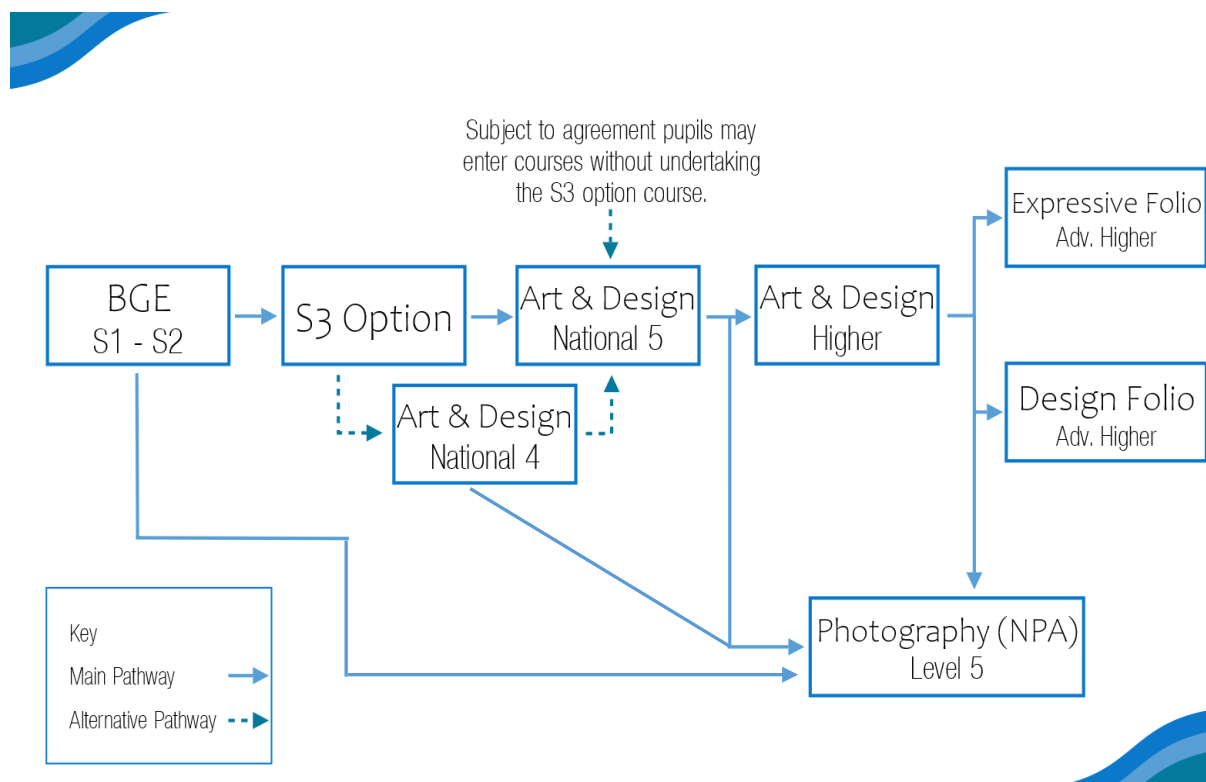
Content The course has 4 compulsory units.

- Understanding Photography
- Photographing People
- Photographing Places
- Working with Photographs

Progression If you complete the course successfully, it may lead to Higher Photography or Photography related college courses or Photography related jobs.

Skills	Ability to identify the expressive and design development potential in their work. Assured and skilled use of a variety of art materials, techniques and/or technology. Applied understanding of art and design work and practice informed by in-depth Investigation and analysis of art and design work and practice. Personal creativity through the development of sustained line(s) of expressive Enquiry and going through a design process. The ability to create compositions, resolved artwork(s) and design solutions in 2D and/or 3D formats. Visual problem solving, planning and evaluation skills. Ability to review, edit and present their work for assessment.
Careers	Architect and environmental designer, graphic designer, game and web-based designer, jeweller, illustrator, textile designer, artist, animator, photographer, sculptor, filmmaker, set designer, interior designer, teacher, fine art curator, art therapist, industrial designer.

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Music

SCQF Level **Level 4 National 4 and Level 5 National 5**

Entry Entry is at the discretion of the department but usually pupils who have studied Music in S3, although the course may be possible for those who have not taken the subject since S2 if they have continued to pursue music out with the classroom.

Assessment At National 5 level, **performing** is assessed by a visiting examiner in February/March. Each instrument is 25%, with performing making up 50% of the final course award. **Listening skills** are assessed by a question paper/audio - 35%. The **composing** assignment is sent to SQA for marking – 15%. National 4 is internally assessed units, subject to SQA verification.

Content **Performing** - Pupils must perform on two instruments (or one instrument and voice) at a level of Grade 2 (N4)/ Grade 3 (N5) or above. Pupils will be expected to use their own time as well as class time to develop their skills in these areas. **Listening** – Learning about music and musical concepts from a wide variety of styles and contexts. This requires continuous independent study including use of revision websites. There is also a literacy element. **Assignment** – Composing one piece of music and a review.

Progression Learners who successfully complete National 4 may progress to National 5 and those who successfully complete National 5 may progress to study the Higher course.

SCQF Level **Level 6 Higher**

Entry Entry is at the discretion of the department but usually pupils who have secured a good pass at National 5.

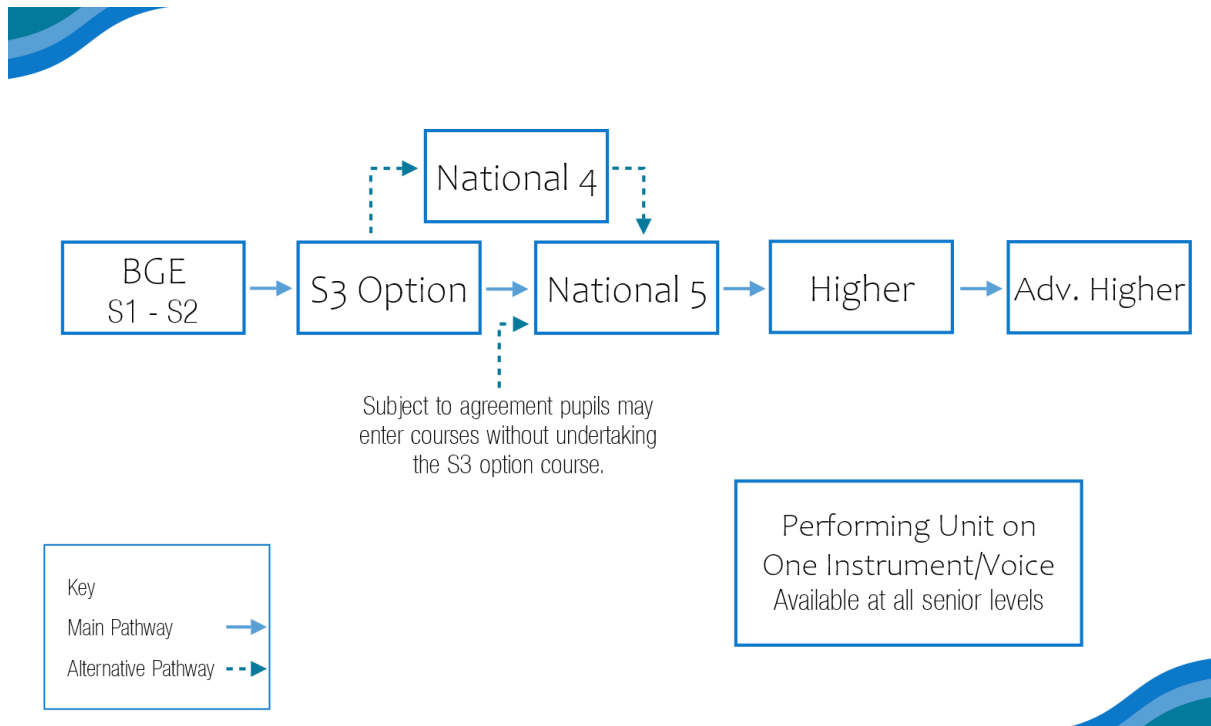
Assessment **Performing** is assessed by a visiting examiner in February/March. Each instrument is 25%, with performing making up 50% of the final course award. **Listening skills** are assessed by a question paper/audio - 35%. The **composing** assignment is sent to SQA for marking – 15%.

Content The Higher course further develops the elements from National 5. **Performing** - Pupils must perform on two instruments (or one instrument And voice) at a level of Grade 4 or above. Pupils will be expected to use their own time as well as class time to develop their skills in these areas. **Listening** – Learning about music and musical concepts from a wide variety of styles and contexts. This requires continuous independent study including use of revision websites. There is an increased literacy element compared to National 5. **Assignment** – Composing one piece of music and a review.

Progression	Learners who successfully complete Higher may progress to study the Advanced Higher course.
SCQF Level	Level 7 Advanced Higher
Entry	Entry is at the discretion of the department but usually pupils who have secured a good pass at Higher Music.
Assessment	Performing is assessed by a visiting examiner in April/May. Each instrument is 25%, with performing making up 50% of the final course award. Listening skills are assessed by a question paper/audio - 35%. The assignment (composing/analysis) is sent to SQA for marking – 15%.
Content	The AH course further develops the elements from Higher with more self-directed study. Performing - Pupils must perform on two instruments (or one instrument and voice) at a level of Grade 5 or above. At Advanced Higher level there is a composition portfolio option instead of the 2nd instrument. Pupils will be expected to use their own time as well as class time to develop their skills in these areas. Listening – Learning about music and musical concepts from a wide variety of styles and contexts. This requires continuous independent study including use of revision websites. There is increased literacy compared to Higher. Assignment – Composing one piece of music and a review, and an analysis of a chosen piece of music.
Progression	Learners who successfully complete Advanced Higher course may wish to continue to study music at college or university.

Skills	Health and wellbeing : personal learning skills – identifying personal strengths, areas for improvement and next steps for learning, as well as self-reflection. Thinking skills: applying – applying music skills and knowledge to realise the composer’s intention for the piece, to compose in creative ways and to do listening activities. Thinking skills: analysing and evaluating own and other’s work with composition and performance activities. Creating skills: developing original musical ideas and performing in solo and/or group settings.
Careers	Acoustics, music therapy, music journalism, arts administration, radio broadcasting, sound technology, DJing, composing (films, games etc.), music recording, music publishing, musical instrument technology, teaching, performing, conducting, audio engineering, sound operations, artist management... and many more!

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Design and Manufacture



SCQF Level **Level 4 National 4 and Level 5 National 5**

Entry Entry is at the discretion of the department but usually pupils who have studied Graphics, Design and Manufacture in S3, although the course may also be suitable for those who have not taken the subject since S2.

Assessment Assessment of the **National 5** course is by an external examination and the completion of an SQA set Design and manufacture coursework assignment. **National 4** is internally assessed units, subject to SQA verification.

Content **Design** -This aspect of the course covers the product design process from brief to resolved design proposals, including specification. It helps learners develop skills in initiating, developing, articulating, and communicating design proposals. It allows them to develop an appreciation of the design/make/test process and the importance of evaluating and resolving design proposals on an ongoing basis. It allows them to develop an appreciation of design concepts and the various factors that influence the design of products.
Manufacture -This aspect of the course covers the product design process from design proposals to prototype or product. It helps learners to 'close the design loop' by manufacturing their design ideas. It allows learners to develop practical skills that are invaluable in the design/make/test process. It helps them gain an appreciation of the properties and uses of materials as well as a range of manufacturing processes and techniques. It allows them to evaluate, refine and resolve design and manufacturing solutions.
Through the study of the two above areas learners will gain knowledge and understanding of design and manufacturing technologies and how these impact on our environment and society.

Progression Learners who successfully complete National 4 may progress to National 5 and those who gain good awards at National 5 may progress to study the Higher course.

SCQF Level **Level 6 Higher**

Entry Entry is at the discretion of the department but usually pupils who have secured a good pass at National 5. Pupils who have secured good grades in Higher Art and Design or Higher Graphic Communication may gain entry after discussion with staff.

Assessment Assessment of the Higher course is by an external examination and the completion of an SQA set coursework assignment worth.

Content **Design and Manufacture: Design**

This area of study covers the processes of product design from brief to resolved design proposals and specification. It helps learners develop skills in initiating, developing, articulating, and communicating design proposals for products. It allows them to gain skills and experience in evaluating design proposals in order to refine, improve and resolve them. It allows them to develop an appreciation of design concepts and the various factors that influence the design and manufacture of products.

Design and Manufacture: Materials and Manufacturing

This area of study covers the processes of product design from design proposals to prototype. It allows learners to gain skills in planning and making models and prototypes. It helps learners to 'close the design loop' by manufacturing a set of design ideas. It allows them to develop an appreciation of manufacturing practicalities. It allows them to strengthen an appreciation of the various factors that influence the design and manufacture of products. It allows learner to consider the manufacturing techniques and processes that would apply to a design proposal in an industrial/commercial context.

Progression Suitable for pupils who wish to pursue further or higher education or entering the world of work

Skills The following provides a broad overview of the subject skills, knowledge and understanding developed in the course:

- analysing information
- idea-generation techniques
- design factors
- graphic techniques
- modelling techniques
- planning techniques
- evaluation techniques
- tools, materials, and processes
- manufacturing techniques
- knowledge and understanding of commercial manufacture
- knowledge and understanding of the impact of a range of design and manufacturing technologies on our environment and society

Careers Architecture, industrial design, engineering, product design, building technology, construction crafts, furniture design, metalworking, plumbing, woodworking, computer aided manufacture, manufacturing technology, fabrication and welding.

Graphic Communication



SCQF Level **Level 4 National 4 and Level 5 National 5**

Entry Entry is at the discretion of the department but usually pupils who have studied Graphics, Design and Manufacture in S3, although the course may also be suitable for those who have not taken the subject since S2.

Assessment Assessment of the **National 5** course is by an external examination and the completion of an SQA set coursework assignment. **National 4** is internally assessed units, subject to SQA verification.

Content **2D Graphic Communication-** This aspect of the course helps learners develop their creativity and skills within a 2D graphic communication context. It will allow learners to initiate, develop and communicate ideas using graphic techniques in straightforward and familiar contexts. In addition, learners will develop their skills in some less familiar or new contexts. Learners will develop 2D graphic spatial awareness.

3D and Pictorial Graphic Communication- This aspect of the course helps learners develop their creativity and skills within a 3D and pictorial graphic communication context. Again, it will allow learners to initiate, develop and communicate ideas using graphic techniques in straightforward and familiar contexts. In addition, learners will have opportunities to develop their skills in some less familiar or new contexts. Learners will develop 3D graphic spatial awareness. In both areas, learners will develop an understanding of how graphic communication technologies impact on our environment and society.

Progression Learners who successfully complete National 4 may progress to National 5 and those who gain good awards at National 5 may progress to study the Higher course.

SCQF Level **Level 6 Higher**

Entry Entry is at the discretion of the department but usually pupils who have secured a good pass at National 5. Pupils who have secured good grades in Higher Art and Design or Higher Design and Manufacture may gain entry after discussion with staff.

Assessment Assessment of the Higher course is by an external examination, 60%, and the completion of an SQA set coursework assignment worth 40%.

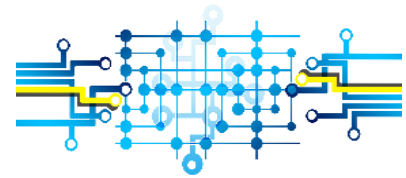
Content **2D Graphic Communication-** This area of study helps learners to develop their creativity and presentation skills within a 2D graphic communication context. It will allow learners to initiate, plan, develop and communicate

ideas graphically using two-dimensional graphic techniques. Learners will develop a number of skills and attributes within a 2D graphic communication context, including spatial awareness, visual literacy, and the ability to interpret given drawings, diagrams, and other graphics. Learners will evaluate the effectiveness of their own and given graphic communications to meet their purpose.

3D and Pictorial Graphic Communication - This area of study helps learners to develop their creativity and presentation skills within a 3D and pictorial graphic communication context. It will allow learners to initiate, plan, develop and communicate ideas graphically using three-dimensional graphic techniques. Learners will develop a number of skills and attributes within a 3D graphic communication context, including spatial awareness, visual literacy, and the ability to interpret given drawings, diagrams, and other graphics. Learners will evaluate the effectiveness of their own and given graphic communications to meet their purpose. Across this work learners will develop an understanding of how graphic communication, as an activity and graphic technologies by their use, impact on our environment and society.

Progression Suitable for pupils who wish to pursue further or higher education or entering the world of work.

Skills	Subject skills, knowledge and understanding developed in the course are: • replicating basic, familiar and some new graphic forms in 2D, 3D and pictorials • initiating and producing simple preliminary, production and promotional graphics • initiating and producing simple informational graphics in straightforward • visual literacy by interpreting simple but unfamiliar graphic communications • spatial awareness in straightforward but unfamiliar 2D, 3D and pictorial graphic situations • using standard graphic communication equipment, software, and materials effectively • applying design skills, including creativity, when developing solutions • the ability to take initiative in evaluating work • knowledge of graphic communication standards, protocols, and conventions; a range of computer-aided graphics techniques and practices; colour, illustration, and presentation techniques; the impact of graphic communication technologies on our environment and society
Careers	Advertising, architecture, construction, desktop publishing, engineering, illustration, marketing, print design, surveying, animation, computer aided design, civil engineering, digital design, graphic design, exhibition design, multimedia design, product design, web design.



Practical Electronics

SCQF Level **Level 4 National 4 (S5/6)**

Entry Entry is at the discretion of the department but usually pupils who have studied Physics at National 5 or Higher

Assessment Students will undertake a series of set tasks which must be completed successfully to gain the unit awards. In order to achieve the course award at National 4 pupils will draw on the knowledge and skills gained through the completion of the units to successfully solve an electronics problem brief. This task requires pupils, working independently, to analyse the problem and develop computer simulation solutions before developing and building completed circuits.

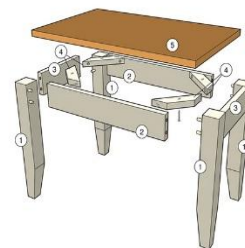
Content Description of Practical Electronics Units – Circuit Design; Circuit Simulation; Circuit Construction
In undertaking these units students will:

- Learn key electrical concepts and gain knowledge of electronic components.
- Analyse electronic circuits and design solutions to solve electronic problems.
- Explore issues relating electronics to society and the environment.
- Use computer simulation software to construct and test simple electronic circuits.
- Assemble a range of simple electronic circuits using permanent and non-permanent methods.
- Learn practical wiring and assembly techniques and basic testing and fault-finding processes.

Skills After completion of these units pupils will have developed skills in circuit analysis and problem solving, circuit design, safe use of tools and equipment, and evaluation of electronic solutions. Course activities also provide opportunities to enhance generic skills in planning and organising, working independently and in teams, critical thinking and decision making, research, communication and self- and peer-evaluation, in a technological context.

Careers Electrician, electronics engineer, field service technician, security systems installer, media engineer, electrical engineer, control and instrument engineer, electronics technician, railway signalling engineer.

Practical Woodwork



SCQF Level

Level 4 National 4

Entry

Entry is at the discretion of the department but usually pupils who have completed the Graphics, Design and Manufacture in S3. The course may also be suitable for those who have not taken the subject since S2.

Assessment

Students will undertake a series of woodworking tasks which must be completed successfully to gain the unit awards.

- **Flat Frame Construction**
- **Carcass Construction**
- **Machining and Finishing**

In order to achieve the full course award at National 4, pupils will draw on the knowledge and skills gained through the completion of these units to complete a wooden product consisting of a minimum of five component parts, preparing these, assembling, fitting, fixing and finishing. The task will be sufficiently open and flexible to allow for personalisation and choice will be assessed using SQA criteria.

Content

Pupils will develop skills in measuring and marking out timber sections, sheet materials and safe working practices in a workshop environment. Practical creativity, numeracy, problem-solving skills and sustainability issues will also be covered and assessed.

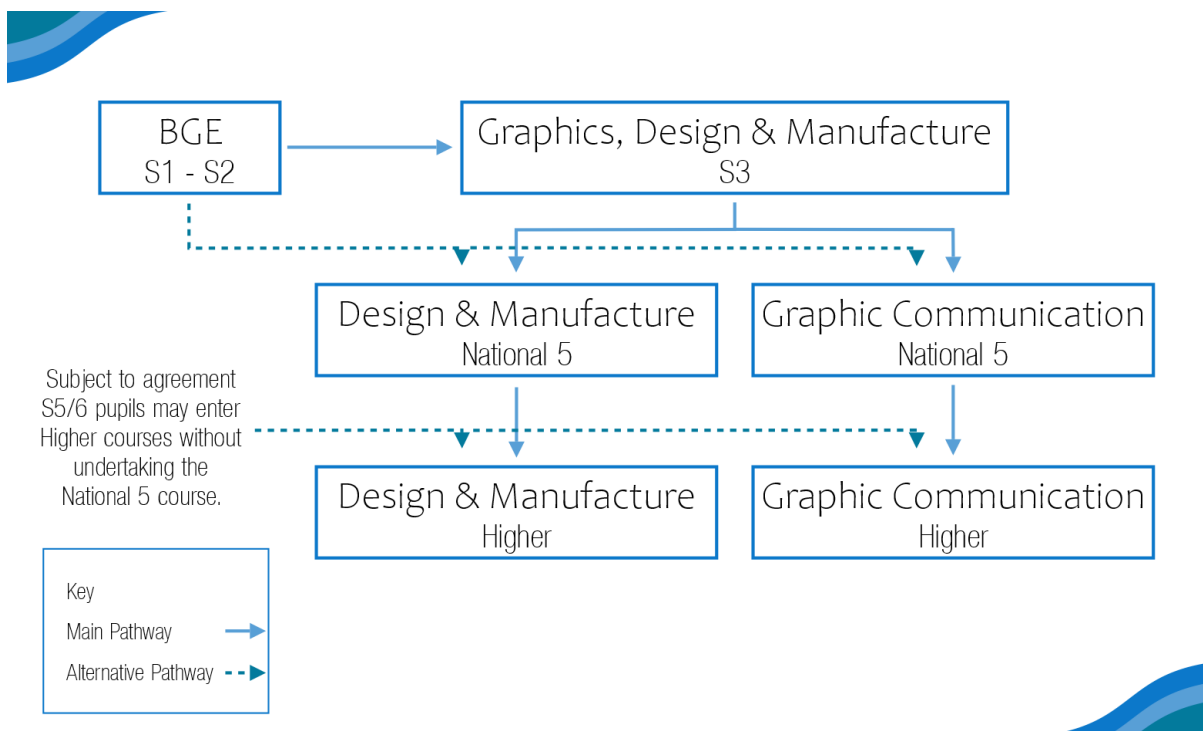
- Develop skills in the use of woodworking tools and in the preparation and production of basic flat-frame woodworking joints and assemblies.
- Read and follow simple woodworking drawings or diagrams.
- Preparation and production of basic woodworking joints and assemblies suitable for use in carcass construction.
- Working with manufactured board or with frames and panels.
- Using common machine and power tools.
- Surface preparations and finishing techniques.

Skills

Pupils will gain a range of practical woodworking skills and to use a variety of tools, equipment and materials. Pupils will develop thinking, numeracy, employability, enterprise and citizenship skills. Skills in woodworking techniques, measuring and marking out timber sections and sheet materials, safe working practices in the workshop, practical creativity and problem-solving skills. Knowledge of sustainability issues in a practical woodworking context

Careers

Apprenticeships and/or training in practical technology and related fields including: Joinery, Construction, Manufacturing, Engineering, Craft, Theatre. (Stage production), Visual arts.



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Health and Food Technology



SCQF Level **Level 4 National 4 and level 5 National 5**

Entry Entry is at the discretion of the department, usually pupils who have taken Home Economics in S3, although the course is also suitable for those who have not taken the subject since S2.

Assessment Assessment of National 5 is by an **external examination** and an **assignment**. The examination and assignment are each worth 60 marks. National 4 award comprises internally assessed units which are subject to SQA verification.

Content **Food for Health** – includes the relationship between diet and health, nutrition, diet related diseases/conditions and their impact on health, dietary and health needs of specific individuals/groups, selecting and using appropriate ingredients and cooking methods to meet specific requirements.

Food Product Development – includes the functional properties of ingredients, the stages of food product development, the development and sensory testing of food products.

Contemporary Food Issues – includes factors affecting food choice, contemporary food issues, food related technological developments, how consumers can use this information to make informed choices and the roles of different organisations that protect consumer interests.

Assignment - this is carried out in class time and involves the pupils developing a food product to meet the needs of a design brief. They carry out sensory testing on the product and evaluate it with reference to their research and the brief.

Progression Pupils who successfully complete National 4 may progress to National 5. Pupils who successfully complete National 5 may progress to Higher.

SCQF Level **Level 6 Higher**

Entry Entry is at the discretion of the department, usually pupils who have secured a good pass at National 5. It is also suitable for those who have not taken the subject since S2/3 provided they have completed Higher courses in other areas.

Assessment Assessment comprises an external examination (60 marks) and an assignment (60 marks)

- Content** Course content is similar to National 5 but enables pupils to further develop and apply their knowledge and understanding of
- the relationship between health, food and nutrition, research a range of issues which affect consumer choice of food.
 - the stages involved in developing a food product.
 - the functional properties of a range of ingredients in food, and their uses in developing food products.

Assignment - this is carried out in class time and involves the pupils developing a food product to meet the needs of a design brief. They carry out sensory testing on the product and evaluate it with reference to their research and the brief.

Skills	Practical food preparation and cooking skills cooperative and independent working planning resource management budgeting literacy and numeracy research skills ability to apply theoretical knowledge and understanding to real life situations time management
Careers	Home economist, home economics teacher, primary teacher, dietitian , hotel management, consumer services, product development, nutritionist, food stylist, retail, food science, environmental health, care worker, nurse and many more.

Practical Cookery



SCQF Level **Level 4 National 4 and Level 5 National 5**

Entry Entry is at the discretion of the department, usually pupils who have taken Home Economics in S3, although the course is also suitable for those who have not taken the subject since S2.

Assessment Assessment of National 5 is by means of an **external exam** (25% of Course award), an **assignment** and a **practical assessment**.
The Assignment (up to 1hr 45 mins) involves the planning for the Practical Activity (3-course meal to be prepared and cooked in 2hrs 30 mins).
The examination and the assignment are externally assessed with the Practical Activity being internally assessed and subject to SQA verification.
Assessment of National 4 is by means of internally assessed units and the planning of a 2-course meal which is then to be prepared and cooked within 1hr 30 mins.

Content **Cookery Skills, Techniques, and Processes** - developing knowledge and understanding of a range of cookery skills, food preparation techniques and cookery processes. Pupils will demonstrate their knowledge and understanding when following recipes to successfully produce a range of dishes whilst working safely and hygienically.

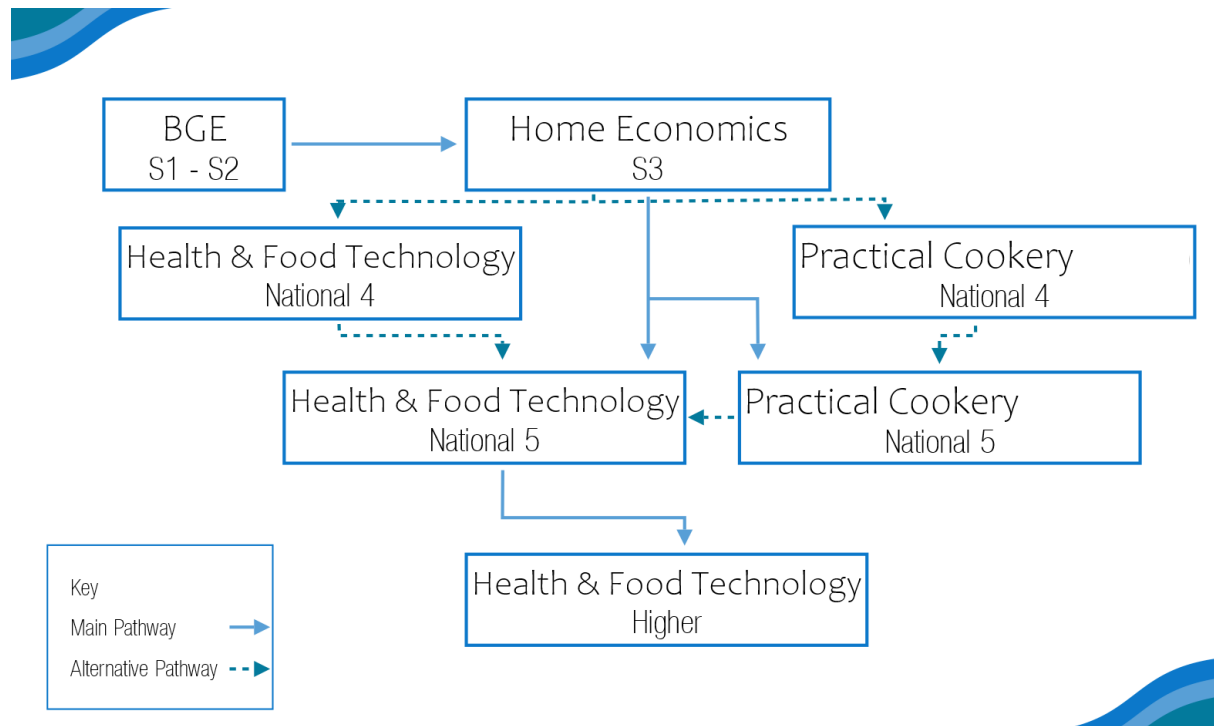
Understanding and Using Ingredients - identifying ingredients and their characteristics, safe and appropriate storage methods, current dietary advice and the importance of sustainability. This knowledge will be put into practice by creating a range of dishes, demonstrating garnishing/decorating techniques, safe and hygienic working practices)

Organisational Skills for Cooking – pupils will be able to select and follow recipes to produce a two or three-course meal (selecting and costing recipes, producing and implementing a time plan, preparing and evaluating dishes and working safely and hygienically)

Progression Pupils who successfully complete National 4 may progress to National 5 Practical cookery and/or National 4 or 5 Health and Food Technology.

Skills	Practical food preparation and cooking skills , ability to work safely and hygienically, independent and team working, resource management, time management, budgeting, creativity, organisational skills, literacy numeracy, employability, adaptability.
Careers	Catering, hospitality, chef, cook, baker, hotel management, travel and tourism, retail, food stylist, media and more

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Physical Education



SCQF Level **Level 4 National 4 and Level 5 National 5**

Entry The level of entry is at the discretion of the department, but all pupils will be able to access one level or the other.

Assessment National 5: Performance in two activities (50%) and Portfolio (50%)
National 4: Performance and Added Value Unit
It is also possible for learners to achieve a single unit.

Content The two course units (Performance and Factors Impacting on Performance) are taught concurrently. Pupils have the opportunity to learn about the mental/emotional/social/physical factors and how they impact on performance at the same time as developing their performance in several activities.

Progression Learners who successfully complete National 4 may progress to National 5 and those who successfully complete National 5 may progress to study the Higher course.

SCQF Level **Level 6 Higher**

Entry Entry is at the discretion of the department but pupils who have secured a good pass at National 5, as well as pupils who would have had they taken the subject in S4, are those who are best equipped for the course.

Assessment Performance in two activities (50%) and external examination (50%)

Content The two course units (Performance and Factors Impacting on Performance) are taught concurrently. Pupils have the opportunity to further learn about the impact on performance of mental/emotional/social/physical factors at the same time as learning about the approaches that can develop their performance. This is done through several activities.

Skills Movement, performance skills, planning, goal-setting, monitoring, evaluating, analysing, justifying.

Careers Sports science, teaching, physiotherapy, coaching, professional sportsperson

Sport and Recreation



SCQF Level **Level 5 National 5**

Entry The level of entry is at the discretion of the department, and as part of the employability nature of the course prospective candidates go through an interview process ahead of starting the course.

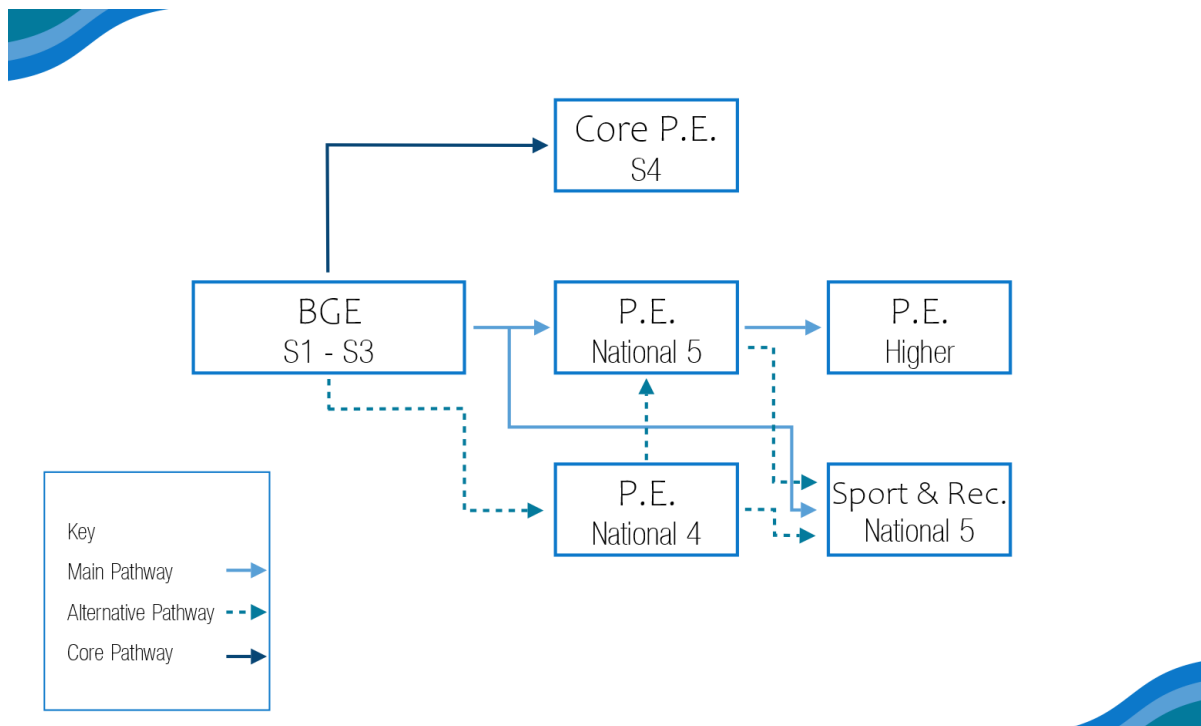
Assessment All learning outcomes in each of the four course units need to be achieved, and all four units need to be achieved for the course to be passed. Individual units can be achieved.

Content The Units that comprise the National 5 Sport and Recreation course are as follows: -

- **Assist with Activity Sessions**
Candidates, under supervision, prepare for a series for activity sessions and deliver part of each session.
- **Assist with Fitness Programming**
Candidates, under supervision, take a number of 'clients' through fitness testing, training programs, and re-tests.
- **Assist with Daily Centre Duties**
Candidates undertake several regular duties that are relevant to the sporting life of the school, and they also attend a 'shift' at our partners Lochbroom Leisure.
- **Employment Opportunities in the Sport and Recreation Industry**
Candidates research employment opportunities and produce a career plan that maps out how they can get there.

Skills	Planning, reviewing, evaluating, people skills, employability skills.
Careers	PE teacher, sports coach, leisure attendant, lifeguard, fitness instructor, personal trainer, leisure manager.

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External Course Providers

School-College Partnership Courses

Why are schools and colleges working together?

Inverness College UHI and North West and Hebrides College UHI work closely with Ullapool High School to:

- Provide additional curriculum subjects
- Provide opportunities to gain qualifications on work-related subjects
- Create clear progression routes from school to college and university
- Provide the skills and experience that employers value

A wide range of courses are offered, and your choice of course will decide where you study – some courses are studied in school accessing college lecturers, some are blended or virtual and some require attendance at a college centre on a Friday morning and will therefore involve some travel.

Pupils should be aware that applying for a Friday college course will involve them missing one period per week of their classes which may limit their attainment in these subjects.

Please note that pupils in S4 are encouraged to wait until S5/S6 before applying for a school link course unless they are planning on leaving at the end of S4.

What's the difference between Blended, Virtual and Online study?

You will see some of the courses described as being “**Virtual**” or “**Online**”. These study methods enable larger numbers of pupils to study individual subjects that may not otherwise have been available for small classes.

Online: Access all of your learning and assessments via Brightspace or Google classrooms using a mixture of self-directed study and online discussion boards.

Face to Face: Attend timetabled classes at college or your school for all learning and assessments.

Blended: Attend timetabled classes at college, your school or online for some of your learning and assessments. Also access online Brightspace or Google classrooms for self-directed study.

Virtual: Attend timetabled classes for all learning and assessments via Brightspace or Google classrooms. This is aligned to the Highland Council virtual school's timetable.

Courses are offered in a range of subject areas and qualifications including:

Business and Hospitality
Computing and Creative Digital Skills
Creative Industries
Engineering Technology

Care, Health and Wellbeing
Construction, Environmental and Maritime
Education and Applied Sciences
Humanities and Social Sciences

All courses indicate the SCQF level they are offered at, ranging from 4 through to 7. The qualifications cover Skills for Work, National Progression Awards, Higher, National 5, Foundation Apprenticeships and Degree Modules.

You should make your choices based on subject preference after discussions with your Guidance teacher, they will also be able to advise which courses are available to Ullapool High School. Details of the courses can be found on the college websites:

<https://www.inverness.uhi.ac.uk/schools/>

<https://www.nwh.uhi.ac.uk/en/schools/>

Foundation Apprenticeships at Sabhal Mòr Ostaig (SMO)

Foundation Apprenticeship courses on offer at SMO are Children & Young People and Creative and Digital Media. These successful courses are suitable for any fluent Gàidhlig student who would like to learn in a workplace environment to develop practical skills and in-depth subject knowledge. They are particularly suited to students in S5, to be studied over the course of two years. They can also be completed within one year by students in S6, if there is enough flexibility in the timetable to allow work and placements to be completed. We meet every Wednesday on Google Classroom or Teams (CYP Period 2, CDM Period 4).

<https://www.smo.uhi.ac.uk/>

If considering this option, you should discuss first with your Guidance teacher.

Eden Court

Eden Court also delivers qualification courses for SCQF Level 6 Higher Drama, SCQF Level 6 Higher Dance, and SCQF Level 5 National 5 Drama. Please speak to your Guidance teacher for more information or click on the link below as these courses involve study on Friday afternoon's, school holidays and some weekends.

<https://eden-court.co.uk/get-involved/qualifications>

National 5 Dance

Eden Court is delighted to offer SQA National 5 Dance, with the potential to progress to Higher Dance the following year. Candidates studying at Eden Court benefit from training in a professional dance studio with highly trained and experienced tutors. They will also receive at least one workshop from a visiting company and attend at least one performance at the theatre. They will benefit from access to costumes and props from Eden Court Engagement's own wardrobe for their choreography assessment. The course will finish with a performance for family and friends.

This course is suitable for candidates with limited dance experience, but who are keen to develop their technique and choreographic skills. Candidates must be studying or completed

successfully National 4 English. Candidates will study alongside Higher Dance candidates every Friday afternoon during term time plus intensive sessions during holidays and in-service days (please check provisional course dates).

Assessment for this course is in 3 parts:

Performance: One solo dance, tutor choreographed, 1.5-2 minutes long, most likely in Jazz or Contemporary. Candidates are assessed on technique and performance skills (35% of final mark).

Practical activity: The practical activity is in two parts. Candidates create a piece of choreography in any style. This must be a duet, 1.5 – 2 minutes long. They are then required to present a choreography review, evaluating their own choreography (combined = 45% of final mark).

Written paper: A 1 hour written exam in 3 sections which covers evaluation of personal performance, knowledge and understanding of one dance style and evaluation of one piece of professional choreography (20% of final mark).

Higher Dance

Eden Court is delighted to offer SQA Higher Dance. Candidates studying at Eden Court benefit from training in a professional dance studio with highly trained and experienced tutors. They will also receive at least one workshop from a visiting company and attend at least one performance at the theatre. They will benefit from access to costumes and props from Eden Court Engagement's own wardrobe for their choreography assessment. The course will finish with a performance for family and friends.

This course is suitable for candidates with dance experience and /or have completed National 5 Dance or equivalent. Candidates must be studying or successfully completed National 5 English. It is particularly relevant to students who wish to pursue further training or a career in dance. Candidates will study alongside National 5 Dance candidates every Friday afternoon during term time plus intensive sessions during holidays and in-service days (please check provisional course dates).

Assessment for this course is in 3 parts:

Performance: Candidates will perform 2 solo dances in contrasting styles, 1.5-2 minutes each, most likely Jazz and Contemporary. Candidates are assessed on technique and performance (40% of final mark).

Practical activity: The practical activity is in two parts. Candidates create a piece of choreography in any style. This can be a solo or for a group of 3 or more dancers, 2-3 minutes long. They are then required to present a choreography review, evaluating their own choreography (combined = 30% of final mark).

Written paper: A 2 hour written exam in 2 sections which covers origins and history of one dance style, knowledge and understanding of two contrasting dance styles, safe dance practice, self-evaluation and an influential choreographer. Section 2 is based on the study of a piece of professional choreography (30% of final mark).

Higher Drama

Higher Drama provides exciting opportunities to learn skills in staging and analysing dramatic texts; exploring voice, movement and characterisation. Set assignments will take

the form of learning lines, scripting a scene, researching key topics, planning a rehearsal and writing a review. Students will study Acting.

Final assessments are divided into a practical exam hosted with us in the OneTouch Theatre, demonstration of your skills in acting, and a written exam at your school involving the analysis of our chosen text and productions seen during the course.

The course prepares you for further education and a potential career in theatre. It will deepen your knowledge, understanding and skills in theatre.

Students must be well-motivated and able to commit to attendance at all sessions in Inverness on the agreed dates, including intensive blocks during school holidays.

You must have completed your fourth year of secondary school and passed National 5 English by the time you start this course. Some performance experience is desirable but students do not need to have taken National 5 Drama to apply. Although you don't have to pursue a career in performance to enjoy the course, a real interest in theatre is essential.

Assessment for this course is in two parts.

Performance: The performance allows candidates to draw on, extend and apply the skills, knowledge and understanding they have learned during the course. The performance assesses candidates' preparation and performance of a two textual extracts from a full-length play that is different from the one studied for the written exam. You will also have to write a Preparation for Performance that explains your acting process. (60% of final mark).

Written Paper: A 2 hour written exam in two sections. In section one, candidates must write about a selected text (from a prescribed list) and answer one extended response question from a choice of six, to demonstrate knowledge and understanding, contextual analysis and performance concepts which show how the text could be communicated to an audience through performance. In section two, candidates answer one extended-response question from a choice of two on, a performance they have seen. The focus of the questions requires candidates to respond on a minimum of two of the following production areas: choice and use of the performance space, director's intentions and effectiveness, acting and development of characters, design concepts and their effectiveness (40% of final mark).

E-Sgoil

e-Sgoil, Scotland's national e-Learning service, helps schools widen curricular choice and improve equity of access to qualifications, delivering live online teaching and learning to children and young people all across Scotland using a bank of teachers employed directly and a network of trusted Partners.

They offer a range of full-year, certificated courses that learners anywhere in Scotland can access. These courses are taught via live, online lessons by our GTCS registered teachers, by further education lecturers or other approved educators e.g. accredited training officers who deliver Foundation Apprenticeships.

If considering this option, you should discuss first with your Guidance teacher.

Full details of the courses available can be found at [Online Courses 2026-27 | e-Sgoil](#).

Highland Virtual Academy

Below gives details of this sessions Highland Virtual Academy courses that were available in session 2025/26. Courses and times for session 2026/27 are not yet confirmed but information will be available before pupils make any final choices. There may be other online courses at Higher and National 5 also available, this will also be finalised before any pupil final choices.

SCQF LEVEL 7	COURSE
Advanced Higher	Chemistry
	Physics
	Maths

Please note:

Depending on the nature of the course, not all periods may be required for direct face-to-face teaching.

Please be aware that the HVA does not cover the practical element of a course (sciences) and this needs to be completed by the base school.

AH Maths runs with 4/5 face-to-face teaching periods

AH Chemistry runs with 4 face-to-face teaching periods

AH Physics runs with 4 face-to-face teaching periods

Once applications have been submitted, they will be processed, and places allocated. There must be a minimum of 10 pupils enrolled in the course for it to run

Pupils work independently through work on google classroom when not involved in direct teaching. Pupils can contact their tutor at any time for support and guidance. All the courses are delivered using G Suite with Google Meet as the face-to-face part of the delivery.

If considering this option, you should discuss first with your Guidance teacher.

Young Applicants in Schools Scheme (YASS) – The Open University

YASS is available to S6 students only and the courses are pitched at SCQF level 7 or Advanced Higher level.

YASS enables pupils to stretch themselves academically without the need for them to enter a traditional university early or wait until they leave school for their first experience of Higher Education. It also allows motivated pupils to gain experience of a more independent style of learning which will stand them in good stead when they continue their degree level studies – particularly in competitive subjects like medicine or law.

YASS is a unique opportunity for students to experience learning at university level and develop their study and independent research skills. As well as enabling them to take the first step towards an Open University degree qualification, it also helps them develop an impressive academic portfolio which will differentiate them from other students when it comes to applying to other universities at a time of increased competition.

Open University modules provide an opportunity for students to deepen their existing knowledge or try a completely different subject. Students taking arts subjects at Higher or Advanced Higher level might like to study Maths or Science to broaden their skills for example. Alternatively, they might opt for an Open University module which relates closely to their Higher or Advanced Higher level subjects – improving their knowledge and helping them to approach topics in a different way.

Full course and assessment information can be accessed at:

<https://www5.open.ac.uk/scotland/study/courses-schools-and-early-learning/young-applicants-schools-scheme/yass-what-can-i-study>

If considering this option, you should discuss first with your Guidance teacher.

Virtual Learning Academy

For pupils entering S5 and S6 the Virtual learning Academy offers two Foundation Apprenticeships:

Foundation Apprenticeship in Business Skills (SCQF Level 6)

This qualification provides an excellent introduction for pupils interested in finding out more about careers in business. It is relevant to every industry so very transferrable skills. It is a Higher SCQF Level 6 without an exam. It is accepted as entry for college and university as 1 or 2 Highers at A pass. Perfect for a career as: an administrator, project assistant, receptionist, human resources officer and progress to office manager plus many more. How you will learn: Remote online sessions; Online e-learning modules; Tutorials from business specialists; Remote or local work experience.

Foundation Apprenticeship in Creative & Digital Media (SCQF Level 6)

This qualification provides an excellent introduction for pupils interested in digital media applications. We work with local film provider DP Digital Media to provide specialist knowledge and skills. It is a Higher SCQF Level 6 without an exam. It is accepted as entry for college and university as 1 or 2 Highers at A pass. Perfect for a career in: Film making. Digital marketing, gaming, visual arts, social media, graphic design or many more. How you will learn: Remote online sessions; Online e-learning modules; Tutorials from specialists in Digital Media; Remote or local work experience.

Find out more on the link below:

<https://vla.scot/foundation-app/>

If considering this option, you should discuss first with your Guidance teacher.

SRUC Schools Courses

These courses provide a pathway from school to college/university level education in subject areas focused on land-based industries, from veterinary and equine studies to food production and horticulture.

They have flexible delivery methods and a clear progression route from college and university to modern apprenticeships and employment.

Learn more about our courses for schools and how to apply below.

<https://www.sruc.ac.uk/study-with-us/study-options/courses-for-schools/>

If considering this option, you should discuss first with your Guidance teacher. Most of these courses are delivered online, although some may have some in person commitment in Aberdeen.

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