



**St Cuthbert's  
Catholic High School**

*Live life in all its fullness*

# KS4 OPTIONS BOOKLET

For Year 9 students  
KS4 2026 - 2028

**[stcuthberts.com](http://stcuthberts.com)**

COURAGE | COMMITMENT | COMPASSION | COMMUNITY

# Introduction

## Your child's next steps on their journey with us...

**We are pleased to introduce you to this year's Key Stage 4 Options booklet, which outlines details of the courses offered in Years 10 and 11. Please read it carefully with your child.**

We have responded to Student Voice and extended the range of subjects on offer, creating an ambitious curriculum with a degree of flexibility. This will give students the opportunity to specialise in subjects which they particularly enjoy or in which they excel. We hope that the curriculum will also develop other skills and abilities – physical, social, moral, and cultural.

Students, as you will know, this is a very important time. You need to think very carefully about your choices to ensure that what you study in the next two years suits your needs and aspirations and allows you to achieve the highest possible success in the future and to live life in al

To make an informed choice read this booklet thoroughly, use Unifrog and your bespoke Careers Google Classroom to research, talk to your teachers, as well as your parents and other adults in your family, about your intended choices.

When making your choices, think about where studying those subjects can lead to in terms of courses in the Sixth Form or College, in higher education, and in the world of work.

It is vital that in each of the 3 Option Blocks students choose their first preference and two other reserves.

We try to give students their first choices but limited places in some subjects mean that this may not be possible. Please note that Art and 3D Design cannot be studied together and GCSE PE and Health & Fitness cannot be studied together.

The Google Form Link will be sent out on MyEd after Options Evening and it will close on Monday 2nd March 2026. Any changes after that date will need to be made in writing by parents/carers.

We are delighted to be able to offer a wider range of subjects than ever before. It is an exciting time for Year 9 and the whole school community.

We look forward to seeing you at Options Evening on Thursday 12th February 4-5pm in the Drama Theatre.



**Mr S Holland**  
Headteacher

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# Making the Choice - information for students

As you explore each subject, section by section, you will see a code at the top of the page (it looks like a barcode). This is a QR Code. If you scan the QR Code using your smart phone (you'll need to get a "QR Code Reader" App from your App Store/Play Store), you will be directly taken to a video which will explain what careers each subject could lead to.

## Look out for this



All students will study the following core curriculum:

- **Religious Education**
- **English Language**
- **English Literature**
- **Mathematics**
- **Science**
- **Personal Development and CEIAG**
- **Core PE**

The subject choices are carefully drawn up to try and ensure that every student can follow an ambitious curriculum. However, some subjects have a limit to the places on offer. In the case of a subject being oversubscribed, places will be offered using relevant data on attendance, punctuality, and engagement in learning. It may also be the case that a course may be withdrawn if there are insufficient numbers.

NCFE (Northern Council for Future Education) and BTEC (Business and Technology Education Council) Levels 1 & 2 are equivalent to GCSE (General Certificate of Secondary Education). In some subjects, the decision as to which will be studied will be made by the school but both lead to further studies/employment. It is worth noting that at Post 16 BTEC Nationals are the equivalent to A Levels.

# Tips for Making Good Choices

When considering your pathway choices, you should try to balance the following factors:

- Interest and enjoyment
- Ability and progress
- Sensible combinations that provide a broad, balanced and on the whole academic curriculum

**If you have any concerns/questions, please see your Form Tutor or Head/Assistant Head of Year.**

## Do...

- ✓ Remember that all GCSE, NCFE and BTEC courses are of an equal standard
- ✓ Choose courses you are interested in and which you are likely to enjoy
- ✓ Think about the variety within your curriculum as you select your subjects and try to arrive at a balance which matches your talents
- ✓ Choose courses in which you are likely to achieve success
- ✓ Remember that the courses last for two years - you will not be able to change your mind once you have begun.
- ✓ Pay attention to the method of assessment and choose a subject where you know you can obtain a high level of marks.

- ✓ Find out more about careers you may be interested in. Which qualifications are needed for the different levels of entry? Sometimes this research gives students a goal during the KS4 years.
- ✓ Talk to your parents, your teachers and careers staff. Although they will not want to make the decision for you they will each have an important perspective
- ✓ Try to be realistic in your choices; commitments out of school such as art, drama, music and sport are also important and should complement your academic choices and studies.

## Don't...

- ✗ Choose subjects just because your friends are choosing them.
- ✗ Choose a subject just because you get on well with your teacher. You might well have a different teacher at KS4.

# Core Subject:

# Religious Studies



SCAN ME!

Religious Studies allows students to explore and engage with the big ultimate questions in life e.g. Why are we here? Where did the universe come from? Is human life special and above animal life?

During the GCSE course students have the opportunity to explore how different world views respond to these questions. Throughout our program of study, we examine different Christian perspectives, Jewish and Humanist views. Students are also encouraged to formulate their own carefully considered opinions and judgements about the important moral and theological issues we study. By the end of the course students are able to express the views of others, identify how beliefs have an impact on communities and are also able to support their views and views of others with reasons and evidence. GCSE RS equips our students with the skills of understanding, empathy, reasoning, analysis, good communication and debating.

## Do I need to have certain qualities / skills to do this subject?

GCSE RS is suitable and accessible for all. Students must come to lessons with an open mind and be prepared to be respectful towards the opinions and practices of others. Confidence and a desire to express their own opinions with reasons is desirable. GCSE Religious Studies is a rigorous academic program of study which challenges students to think.

We follow the Eduqas Religious Studies route b course.

## What will I learn?

### Component 1 - Foundational Catholic Theology

90-minute exam, 37.5% of final grade. Topics include:

#### Unit 1 - Origins and Meaning

- Where did the Universe come from?
- How did life begin?
- Is life sacred?
- Is abortion ever right?
- Should we care for others and our planet?

#### Unit 2 - Good and Evil

- Why is there evil in the world?
- What is God like for Christians?
- Is the Christian God to blame for evil and suffering?
- How can we respond to suffering?

## What will I learn? (continued)

### Component 2 – Applied Catholic Theology

90-minute exam, 37.5% of final grade. Topics include:

#### Unit 3 – Life and death

- What happens when we die?
- Why believe in an afterlife?
- Should euthanasia be allowed?
- What gives people comfort when dealing with death?

#### Unit 4 – Sin and forgiveness

- What are the aims of different punishments in society?
- Is the death penalty right?
- Is forgiveness always possible?
- What is the paschal mystery and how does it impact Christians?

### Component 3 – Study of a World Faith - Judaism

60-minute exam, 25% of final grade. Topics include:

#### Unit 5 – Jewish beliefs and teachings

- What do Jewish people believe about God?
- What do Jewish people believe about life after death and the Messiah?
- What does Judaism teach about the sanctity of life?

#### Unit 6 – Jewish practices

- What is prayer like in Judaism?
- What are the different festivals in Judaism?
- What are the laws regarding food in Judaism?
- What are the different rites of passage in Judaism?

## What qualifications will I achieve?

Students will be awarded a single GCSE award.

## How is this qualification assessed?

Students sit three examination papers at the end of year 11.

**Further information available from:** Mrs. McDonagh & Mrs. Johnson

### What can I do with this qualification?

**Further studies at Sixth Form:** AS & A2 Religious Studies in Philosophy, Psychology and Sociology of Religion and Ethics. Any course in Humanities or Social Sciences including: English, History, Sociology, Psychology and Law.

**Careers:** Social work, Police, Teaching, Nurse, Doctor, Midwife, Nursery Nurse, Journalism, Advertising, Media, Civil Service, Accountancy, Law, Care Worker, Youth work, Military forces.

**Core Subject:**

# English Language & English Literature



SCAN ME!

English study engages our students with the world around them. Students have the opportunity to read and write texts that are relevant to their own life experiences as well as exploring a range of literary texts.

## **Do I need to have certain qualities / skills to do this subject?**

We expect our students to:

- Give personal opinions about the texts they read and support those ideas with relevant textual evidence.
- Explain how writers achieve effects in a range of texts.
- Write extended responses in a range of genres and in an interesting and engaging way.
- Display a mature and purposeful attitude to their learning.

## **What will I learn?**

Students will study both English Language and English Literature.

In English Language, students will explore a range of both fiction and non-fiction texts, developing their reading skills to explore how writers use language and structure to convey perspective and meaning. In non-fiction writing, they will learn to develop their skills in how to write for different audiences and purposes, expressing ideas clearly and precisely. They will also develop their creative writing skills, crafting their use of language to create effects for their reader.

In English Literature, students will study a range of literary fiction. Texts studied will include a Shakespeare play (Romeo and Juliet), a 19th century novel (A Christmas Carol), a modern contemporary drama text (Blood Brothers) and a selection of poetry. Students will show their understanding of literary heritage whilst exploring meaning and writers' use of literary devices. Students will also develop critical reading skills, making comparisons within and between texts.

## **What qualification will I achieve?**

Students will be awarded two separate GCSEs in English Language and English Literature, accredited by the Examination Board AQA. They will also receive an endorsement for their use of spoken language.

## How is this qualification assessed?

Both English Language and English Literature are externally assessed at the end of the course. The examinations are weighted at 100% of the final grade awarded.

### The English Language course has two examinations:

Paper 1 - Explorations in Creative Reading and Writing (1 hour 45 minutes)

Paper 2 - Writer's Viewpoints and Perspectives (1 hour 45 minutes)

### The English Literature course has two examinations:

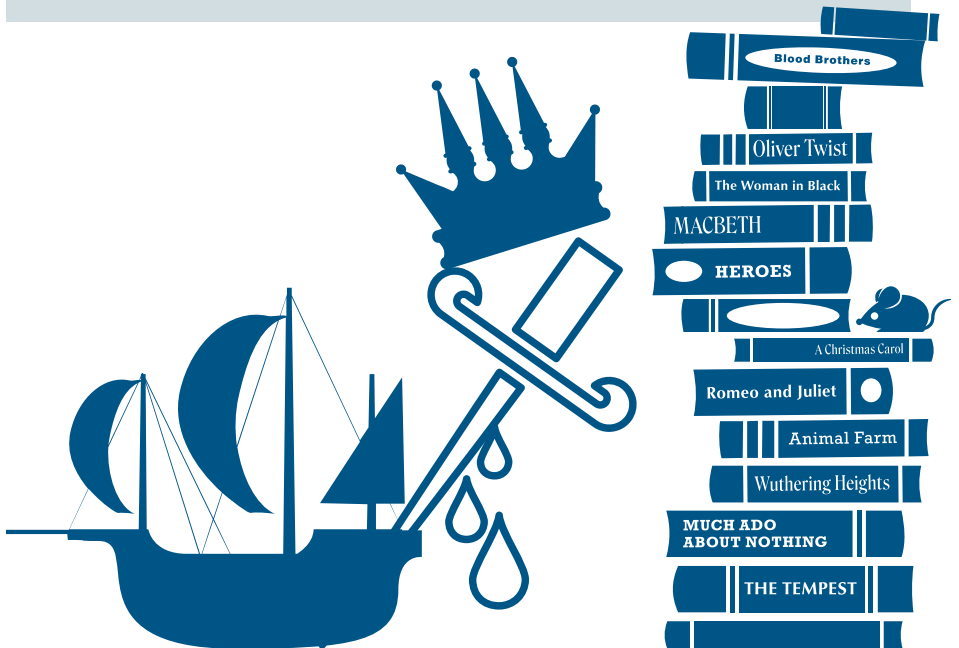
Paper 1 - Shakespeare and the 19th century novel (1 hour 45 minutes)

Paper 2 - Modern Texts and Poetry (2 hours 15 minutes)

**Further information available from:** Mrs. Carney

## What can I do with this qualification?

As you can see, English Language and English Literature study is extensive, opening up many opportunities for future learning and career choices. You could go on to study A Level English Language and Literature which could lead to a wide variety of careers in media, theatre, teaching, journalism, radio broadcasting and advertising. English study really is the world around us.



**Core Subject:**

# Mathematics



SCAN ME!

**Mathematics underpins every one of our lives. In order to use the skills well, we need to practise and become confident in selecting and applying the appropriate operations.**

This can range from measuring and calculating the size of carpet needed for a room, checking the percentage of tax and National Insurance in a pay slip, and even as far as appreciating the beauty in classical architecture, which is reliant on aesthetically pleasing ratios.

Mathematics is often considered as a science, but has also been linked to an art in its beauty and purpose throughout nature. All students will be required to undertake Mathematics at GCSE level, at a tier suitable to their ability. We aim to develop students into capable Mathematicians, giving them the problem-solving skills they require in the world of work.

## **Do I need to have certain qualities / skills to do this subject?**

- To use all opportunities given to enquire and extend mathematical knowledge
- To be able to work in groups or pairs to discuss and solve a problem
- To be able to link differing elements of Mathematics together to solve more complex problems
- To be aware of own strengths and particularly weaknesses, and to be willing to use many of the resources available to independently address these areas

## **What will I learn?**

- Further develop abilities to calculate; to reason logically, algebraically, and geometrically; to solve problems and to handle data
- All students are encouraged to build on prior learning and to develop strong numeracy skills
- When solving problems, students will develop skills in setting out a rational argument
- To approach problems systematically, choosing appropriate techniques for their solution
- To understand the mathematics likely to be encountered in daily adult life
- To experience satisfaction in and enjoyment of his/her mathematical achievement

## What qualifications will I achieve?

Students will be awarded a single GCSE award and will be required for further education courses, accredited by the Examination Board OCR at both Higher and Foundation tiers.

## How is this qualification assessed?

Students will sit 3 exams in total (2 calculator and 1 non-calculator exams). The specification demands a high level of mathematics and will be graded using the grading system (9-1).

Depending on performance, students will be examined at:

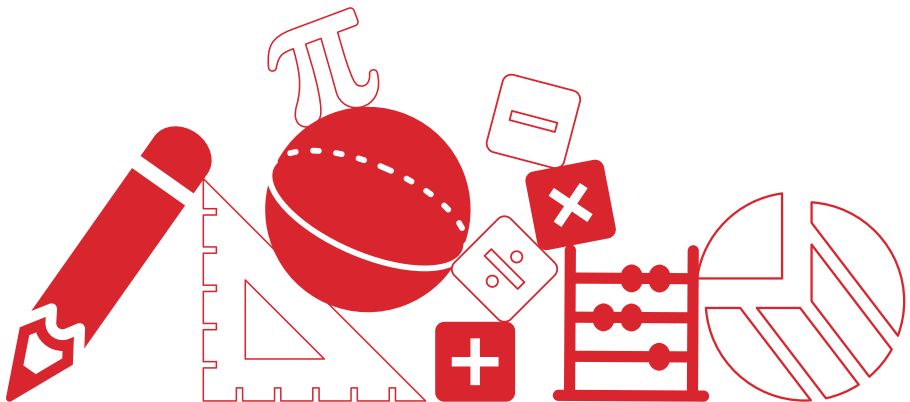
- Foundation Tier - Grades 1 - 5
- Higher Tier - Grades 4 - 9

**Further information available from:** Mrs. Cunliffe

## What can I do with this qualification?

Further studies at Sixth Form: AS & A2 Mathematics, AS & A2 Further Mathematics, International Baccalaureate Mathematics Studies, International Baccalaureate Mathematics HL.

Careers: Statistics, Transport, Engineering, Media, Food, Technology, Graphics, IT, Computer Games, Environment, Medicine, Science, Teaching, Finance ... (and much, much more!)



# Core Subject:

# Science



SCAN ME!

Science is an exciting practical subject that is always changing. As well as learning about our bodies, the world around us and engineering, Science helps our students to solve problems, debate issues and work as a team.

## What will I learn

### Biology

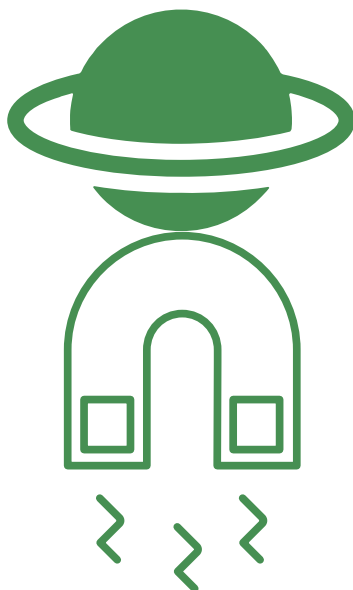
1. Cell biology
2. Organisation
3. Infection and response
4. Bioenergetics
5. Homeostasis and response
6. Inheritance, variation and evolution
7. Ecology

### Chemistry

8. Atomic structure and the periodic table
9. Bonding, structure, and the properties of matter
10. Quantitative chemistry
11. Chemical changes
12. Energy changes
13. The rate and extent of chemical change
14. Organic chemistry
15. Chemical analysis
16. Chemistry of the atmosphere
17. Using resources

### Physics

18. Energy
19. Electricity
20. Particle model of matter
21. Atomic structure
22. Forces
23. Waves
24. Magnetism and electromagnetism



## Do I need to have certain qualities/ skills to do this subject?

- To apply science that we learn in class to the outside world.
- To plan and carry out scientific investigations.
- To interpret data and draw conclusions.
- To evaluate scientific methods.
- To apply literacy and numeracy skills.

## What qualifications will I achieve?

All students will gain 2 GCSEs in Science. Science is accredited by the Examination Board AQA.

## How is this qualification assessed?

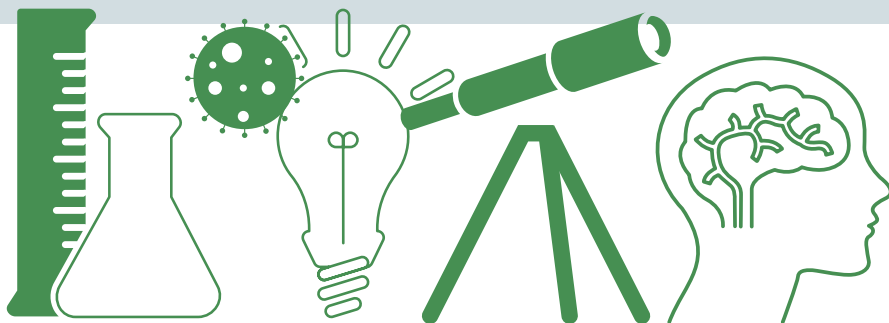
There are six papers: two biology, two chemistry and two physics. Each of the papers will assess knowledge and understanding from distinct topic areas. Each paper lasts 1hr 15 minutes. These are all 70 marks each and contain multiple choice, structured, closed short answer, and open response. Format of exams are subject to change.

**Further information available from:** Mr C. Liptrot

## What can I do with this qualification?

GCSE science will allow you to go onto do A-level Science, diplomas, BTEC and apprenticeships. Science opens up a wide variety of careers including; medicine, engineering, nursing, dentistry, midwifery, teaching, health and social work, forensic science and laboratory in many industries.

Science also provides a good foundation for many trades such as plumbing, electrician work and construction. A good understanding of Science will also help in the personal care sector such as the hair and beauty industry.



**The below are Compulsory Subjects.  
They do not lead to an accredited qualification and students  
will follow these subjects throughout Years 10 and 11.**

**Core Subject:**

## **Core P.E.**

**Core PE will inspire students to succeed and excel through competitive and recreational sport and other physically-demanding activities.**

The high-quality PE ensures there are opportunities for students to become physically confident in a way which supports physical and mental health. PE also provides opportunity to develop other key life values such as communication, respect, resilience and teamwork in an environment proven to increase academic success.



## Core Subject:

# Personal Development and CEIAG

**Personal Development (PD) is a valuable part of school life and is firmly embedded across the curriculum.**

Students are encouraged to adopt a Growth Mindset and embrace challenges to strive to be the best they can. Students learn a wide range of life skills which are vital for their next steps, as well as to understand the risks and challenges life presents and aims to provide students with a range of approaches to deal with these, thus enabling them to feel confident and resilient. We strive to provide the best education for our students and PD is also embedded within the Catholic Ethos and in the way we continually look after each other as staff and students inside and outside lesson time.

Careers education, information, advice and guidance (CEIAG) plays a vital part in the preparation of students for the opportunities, responsibilities and experiences that come from adult life. Its central concern is preparing students for the choices, changes and transitions affecting their future education, training and life as adult members of society.

CEIAG forms an important part of the School's Personal Development programme. Students experience a range of careers activities including: the annual Employer's Marketplace, visits to local employers and further/higher education establishments and careers exhibitions, presentations from the uniformed services, career workshops and opportunities to meet representatives from the world of work.

Across Years 10 & 11, all students will have the opportunity to have a session with the Careers Connect Advisor with career action planning linked to possible progression routes. Students in Year 7-9 will also receive help and guidance from the Careers Connect Advisor as appropriate. The Careers Connect Advisor is also present at some Parents' Evenings, Careers Events and in school each week on a Tuesday and Wednesday and provides a drop in for all students at lunchtime on these days.

## Option Choice Subject:

# GCSE Art



SCAN ME!

As well as actually producing art work, you will also be required to show that you are knowledgeable of other artists and other cultures, which will involve research and preparatory work outside of lesson time.

### Do I need to have certain qualities/skills to do this subject?

- It is vital that you have an interest in Art if you choose it at Key Stage 4.
- The final grades awarded in Year 11 will take account of the work that you have done over the whole of the 2-year course, and therefore a commitment is required from the outset. The coursework in Year 10 and at the start of Year 11 is intended to give insight into the skills and processes and facilities that are available in the school.

This includes 3D printing, 2D Design for laser cutting. You will then demonstrate the Art skills that you have learnt by addressing a 4 month, externally set assignment. This starts in January in Year 11 and finishes just after Easter. You will have more lessons each week and students are expected to be independently active.

### What will I learn

This depends very much on your intentions and response.

- Develop ideas informed by the work of other Artists; both historical and contemporary, architecture, designers and different cultures
- Explore the use of a range of media including paint, drawing, photography, sculpture, 2D design
- How to record ideas and observations from areas of interest that will enable you to personalise and develop your ideas

The direction your work will take will be determined as the course develops and individual strengths and weaknesses become more apparent.

To develop techniques, a number of professional materials will be called upon. All the practical work must be set against the traditions and history of the subject and so there will be much to learn about Art, as well as actually producing Art.

## Does this lead to a qualification?

The Key Stage 4 Art course is a GCSE award accredited by the Examination Board AQA. All work will be graded from 9 - 1, there are no 'stepped' papers.

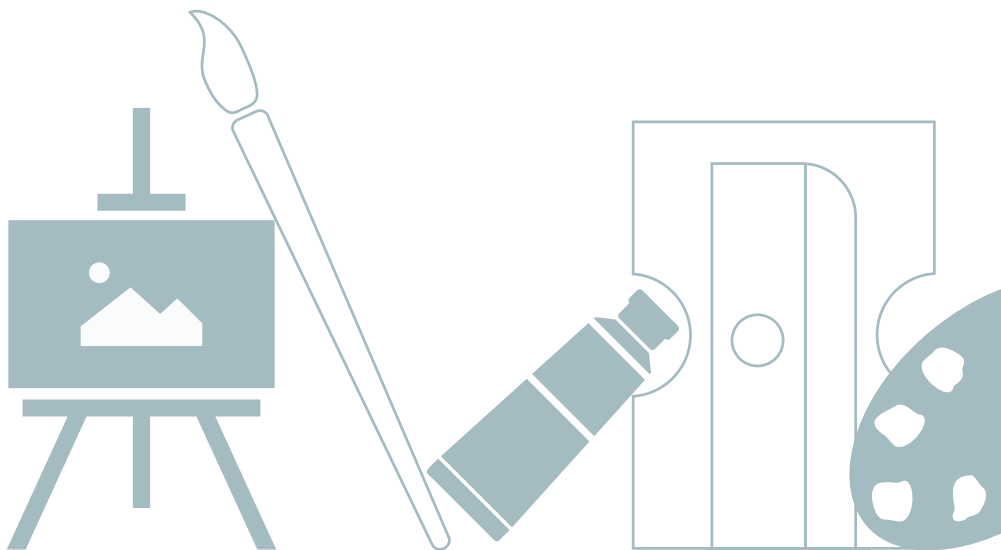
## How is this qualification assessed?

The GCSE is assessed by way of an exhibition of work at the end of the course where coursework projects must be displayed, as well as an examination piece. The examination piece is valued at 40% of the final mark, coursework making up the other 60%.

**Further information available from:** Mr Kersey-Brown and Ms Alhadad

## What can I do with this qualification?

Further studies at Sixth Form: AS/A2 Level Art and Design, Foundation Art courses  
Careers: Photography, Illustration (books and magazines), Animation (cartoons/films), Teaching - Nursery, Primary and Secondary, Architecture, Interior Design, Theatre Design and Management, Film and Video production, Product Design, Graphic Design, Fashion/Textile Design and Jewellery Design, Industrial Design, Ceramics, Graphic illustration/Magazine layout.



# Option Choice Subject:

# GCSE Graphic Communication



SCAN ME!

As well as actually producing art work, you will also be required to show that you are knowledgeable of other artists, designers and other cultures, which will involve research and preparatory work outside of lesson time.

## Do I need to have certain qualities/skills to do this subject?

- It is vital that you have an interest in Graphics and Design if you choose it at Key Stage 4.
- The final grades awarded in Year 11 will take account of the work that you have done over the whole of the 2-year course, and therefore a commitment is required from the outset. The coursework in Year 10 and at the start of Year 11 is intended to give insight into the skills and processes and facilities that are available in the school. This includes 3D printing, 2D Design for laser cutting. You will then demonstrate the Art skills that you have learnt by addressing a 4 month, externally set assignment. This starts in January in Year 11 and finishes just after Easter. You will have more lessons each week and students are expected to be independently active.

## What will I learn

This depends very much on your intentions and response.

- Photoshop, illustrator and other software packages
- Typography and use of fonts and lettering
- Photography
- Drawing, painting and other techniques to explore and develop ideas

The direction your work will take will be determined as the course develops and individual strengths and weaknesses become more apparent.

To develop techniques, a number of professional materials will be called upon. All the practical work must be set against the traditions and history of the subject and so there will be much to learn about Graphic Design, as well as actually working to a brief.

## Does this lead to a qualification?

The Key Stage 4 Art course is a GCSE award accredited by the Examination Board AQA. All grades are available to all candidates, there are no 'stepped' papers.

## How is this qualification assessed?

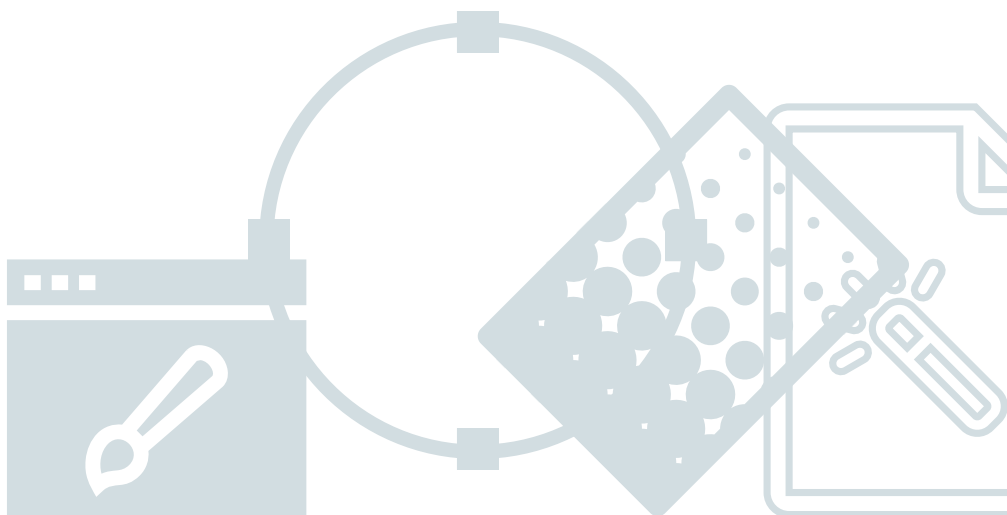
The GCSE is assessed by way of an exhibition of work at the end of the course where coursework projects must be displayed, as well as an examination piece. The examination piece is valued at **40%** of the final mark, coursework making up the other **60%**.

**Further information available from:** Mr Kersey-Brown or Ms Alhadad

### What can I do with this qualification?

**Further studies at Sixth Form:** AS/A2 Level Graphics, photography or Art and Design. Also this will give you a good grounding in Art Foundations courses where a number of Art disciplines are taken.

**Careers:** Photography, Illustration (books and magazines), Animation (cartoons/films), Game Design, Teaching - Nursery, Primary and Secondary, Architecture, Interior Design, Theatre Design and Management, Film and Video production, Product Design, Graphic Design, Fashion/Textile Design and Jewellery Design, Industrial Design, Ceramics, Graphic illustration/ Magazine layout.



# Option Choice Subject:

# GCSE Business Studies



SCAN ME!

GCSE Business will equip you with skills and confidence to explore how different business situations affect business decisions. You will investigate business activities from small enterprises to large multinationals and businesses operating in local, national and global business contexts.

## Do I need to have certain qualities/skills to do this subject?

- mathematical skills
- presentation skills and report writing
- adaptability, flexibility and resilience
- planning and decision-making capabilities
- understanding how businesses function

## What will I learn

- Business Ownerships, including the different ways to set up a business, from being a sole trader to becoming a PLC.
- Marketing, including advertising, development of products and setting the best price.
- Recruitment, including how businesses select the right candidate and keep staff motivation through both financial and non-financial methods.
- Business Operations, including how the products we purchase can be produced using different production methods, to working with suppliers to ensure the quality of goods and services reflect the price consumers pay.
- Finance, which looks at how businesses make a profit and the documents they would use to analyse financial data for both current success and future planning.

## What qualification will I achieve?

Students will be awarded a single GCSE accredited by Edexcel.

## How is this qualification assessed?

The course is made up of two units, both of which are assessed externally. Both papers will use real life business case studies for students to analyse and apply within their responses.

- Business 1 Examination: 1 hour 30 minutes – 80 marks – 50%
- Business 2 Examination: 1 hour 30 minutes – 80 marks – 50%

**Further information available from:** Mrs Freeman

## What can I do with this qualification?

**Further studies at Sixth Form:** AS & A-level Business Studies, Level 3 Qualification in Business.

**Careers:** Business Administration, HR Manager, Project Management, Banking, Sales Product Management, Financial Manager, Financial Advisor, Accountant, Management Consultant, Social Media Manager, Lawyer, Business Studies Teacher.



**Option Choice Subject:**

# **BTEC Level 2 Tech Award in Creative Media Production**



**SCAN ME!**

Developed in consultation with employees, BTEC Creative Media Production helps develop skills required to work in today's digital world. This Level 2 applied vocational qualification is equivalent to a GCSE.

## **Do I need to have certain qualities/skills to do this subject?**

- This course is great for hands-on learners who want to get straight in and 'make'.
- Beneficial for learners with a creative instinct who may be interested in Art or D&T and are looking for a course which combines skills from each in a client and customer-driven creative sector.

## **What will I learn**

The qualification is the same size and level as a GCSE. It is aimed at those who may be interested in pursuing a career in creative media production. The qualification helps you to explore the sector by undertaking practical media projects.

## **Course outline**

- investigate different media products, such as audio/moving image, publishing and interactive design, considering their style, design, audience, and context
- explore creative media production processes and practices by generating ideas, and planning production and post-production processes
- develop digital media production skills and techniques.

## What qualification will I achieve?

Students will be awarded a Level 2 qualification accredited by the Examination Board Pearson (Edexcel) and is equivalent to one GCSE.

## How is this qualification assessed?

The qualification is 60% internally assessed coursework and 40% externally assessed controlled assessment.

**Further information available from:** Mrs Freeman

## What can I do with this qualification?

**Further studies at Sixth Form:** BTEC National in Creative Media; BTEC National in ICT/Computing. Both are versatile subjects which provide opportunities in the majority of career choices.

**Careers:** Journalism, Web Designer, Computer Games Developer, Computer Programmer, Animation, Media Production, Graphic Designer, Project Manager.



Option Choice Subject:

# Construction & the Built Environment



SCAN ME!

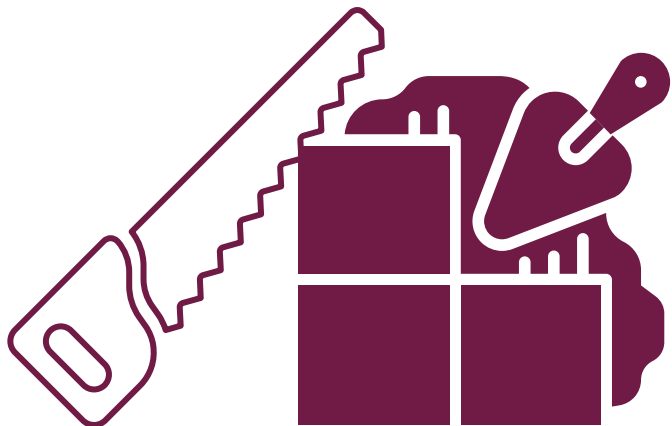
In this subject, students can develop skills and explore the world of Constructing the Built Environment. This is a fantastic opportunity to learn about this rapidly growing sector.

## Do I need to have certain qualities/skills to do this subject?

- You will need a good understanding of numeracy, literacy & enterprise.
- A willingness to engage in both practical activities and classroom-based theory.

## What will I learn

- All students will develop a range of practical skills in bricklaying, joinery and tiling. These skills are developed hands on in a real-life setting. For example, the purpose-built brickyard will enable students to learn the skill of bricklaying using the exact materials and equipment they would use in industry with the workshop offering a setting for joinery and tiling.
- Students will also look at the wider roles within construction in a classroom-based theory environment, develop an awareness of the health and safety implications of working in the profession and how buildings are designed and built.
- To develop a range of skills in practical and theory; both through applied learning that will be useful in the workplace and future learning.
- Practical use of numeracy in action in the workplace.



## What qualification will I achieve?

You will achieve a WJEC vocational qualification.

## How is this qualification assessed?

Students will undertake 2 modules:

1. Introduction to the built environment - this module is assessed externally and completed via a 1 hour 30 minutes online examination.
2. Constructing the Built Environment - this module is assessed internally via a controlled assessment and are submitted for external moderation.

**Further information available from:** Mr Jones

## What can I do with this qualification?

**Further studies:** Level 3 Construction, Bricklaying.

**Careers:** Project manager, building surveyor, quantity surveyor, builder, architect.

**Apprenticeships and Degree Courses are also available in a wide range of similar areas.**



## Option Choice Subject:

# GCSE Drama



SCAN ME!

An interest and curiosity in all aspects of Drama and performance work is expected. As part of the GCSE course, you will be expected to create, perform and respond to a range of performance.

### Do I need to have certain qualities/skills to do this subject?

Work, including scripted, improvised and devised Drama.

- A willingness to watch live theatre in a variety of venues
- The ability to work in a group situation
- The ability to follow and give direction
- The ability to think independently and creatively
- The ability to perform in front of a live audience
- An excellent attendance record
- The ability to learn lines

### What will I learn

- To create meaningful drama
- To practice and employ drama techniques
- To become a confident, capable performer
- To analyse and evaluate both professional work and the work of your group
- Development of vital personal & interpersonal skills for all areas of your life

### What qualification will I achieve?

Students will be awarded a single GCSE qualification accredited by the Examination Board AQA.



## How is this qualification assessed?

The subject content for GCSE Drama is divided into three components.

### Component 1: Understanding drama (written)

- Written exam: 1 hour and 45 minutes
- 80 marks
- 40% of GCSE

### Component 2: Devising drama (practical and written)

- Devising log (60 marks)
- Devised performance (20 marks)
- 80 marks in total
- 40% of GCSE

### Component 3: Texts in practice (practical)

- Performance of Extract 1 (20 marks) and Extract 2 (20 marks)
- 40 marks in total
- 20% of GCSE

**NB** ALL practical work is group work, so if you don't have an excellent attendance record, this qualification is not for you. An internal audition may be required to assess your appropriateness for this GCSE.

**Further information available from:** Ms Anderson

### What can I do with this qualification?

**Further studies at Sixth Form:** AS & A2 Performance Studies or Theatre Studies. BTEC Level 3 Diplomas in either Music, Acting or Dance.

**Careers:** Acting, Music, Media, TV, Sound Recording, Lighting Technician, Journalism, Arts Administration, Education, Theatre Management.

The skills developed in Drama also benefit members of other professions such as Teachers, Lawyers and Managers who regularly have to demonstrate confidence and creativity when speaking in front of others, giving presentations or solving problems.

# Option Choice Subject: GCSE Food Preparation and Nutrition



SCAN ME!

There are many opportunities within the food industry and this course will give you an insight into the varied careers available

## Do I need to have certain qualities/skills to do this subject?

Good interpersonal skills, time management, organised, ability to problem solve, creative or artistic nature, and be able to work hygienically and safely in a kitchen.

## What will I learn

- Food Preparation and Cooking
- Nutrition and Health
- Food Science
- Food Safety
- Food Choice

You will learn how to make a large variety of savoury and sweet products throughout Year 10 to build up the skills needed for Year 11.

## What qualification will I achieve?

You will study AQA GCSE Food Preparation and Nutrition. The course is run by the AQA examination board and is graded 9 to 1. The content of the course is set by AQA.



## How is this qualification assessed?

### The written exam

Theoretical knowledge of food preparation and nutrition from Sections 1 to 5.

- Written exam: 1 hour 45 minutes
- 100 marks
- 50% of GCSE

### Non-exam assessment (NEA)

In Year 11 you will complete NEA 1, a food based scientific experiment worth 15% of your GCSE. This is released on September 1st by AQA and is 1500 - 2000 words.

On November 1st NEA 2 is released and pupils have a choice of three topics to research and produce food products for. Seven food products have to be assessed (three products have to be made in a 3-hour examination).

NEA 2 write up is 20 pages of A4 and all together NEA 2 is worth 35% of the total GCSE.

The task is set by the exam board and will ask you to find a suitable solution by demonstrating knowledge and understanding of a range of preparation and cooking techniques, diet and nutrition, menu planning and presentation of dishes.

**NB:** This course is delivered through a mixture of theory and practical lessons which include making food products and food science experiments that investigate the function of ingredients.

**Further information available from:** Mrs Holden-Locke

### What can I do with this qualification?

**Further studies at Sixth Form:** Level 3 Diploma in Food Science and Nutrition, Apprenticeships.

**Careers:** Food microbiologist, Nutritional Scientist, Dietician, Food Stylist, Farming, Food manufacturing, Product developer, Sports nutrition, Chef, Environmental health officer, Teacher University: Nutrition, Health, Dietetics, Food Science, Food manufacture, Environmental health

# Option Choice Subject:

# AQA GCSE Geography



SCAN ME!

The Geography GCSE course builds upon prior knowledge from the topics and skills studied in KS3.

## Do I need to have certain qualities/skills to do this subject?

### Analytical Skills

- Critical Thinking: The ability to evaluate complex problems and consider different perspectives.
- Data Interpretation: Skills to analyse maps, graphs, and statistics to draw meaningful conclusions.

### Observation and Research Skills

- Fieldwork Techniques: Conducting surveys, taking measurements, and recording observations in physical and urban settings.

### Communication Skills

- Written Communication: Expressing ideas clearly through structured answers in exams.
- Visualisation: Effectively using maps, diagrams, and charts to represent data and convey information.

### Mathematical Skills

- Numerical skills, graph interpretation & statistical analysis.

## What will I learn?

### Paper 1

Living with the physical environment

- The challenge of natural hazards
- Physical landscapes in the UK
- The living world
- Geographical skills

### Paper 2

Challenges in the human environment

- Urban issues and challenges
- The changing economic world
- The challenge of resource management

### Paper 3

Geographical applications

- Issue evaluation
- Fieldwork

## What qualification will I achieve?

This AQA GCSE course is graded Level 1-9. On completion you will be awarded a single GCSE qualification accredited by the Examination Board AQA.

## How is this qualification assessed?

**Paper 1:** Living with the physical environment is a written exam for 1 hour 30 minutes. The paper is out of 88 marks. It is worth 35% of the pupil's GCSE.

**Further information available from:** Miss Langan

### What can I do with this qualification?

**Further studies at Sixth Form:** AS & A2 Level Geography, International Baccalaureate.

**Careers:** Advertising, Banking, Meteorology, Architecture, Law, Sport and Recreation, Environmental Health, Tourism, Volcanologist, Conservation, Civil Engineering, Town Planning, Education.

Employers and universities value geography for its broad, interdisciplinary approach.

**Studying Geography** opens doors to careers in environmental management, urban planning, business, and international relations. In a world where understanding sustainability and global interconnectivity is increasingly vital, geography students are uniquely positioned to lead. Due to its physical and human elements, Geography is considered as both a scientific and humanities subject at university.



**Option Choice Subject:**

# **NCFE CACHE Level 1/2 Technical Award in Child Development and Care in the Early Years**



Childcare provides the opportunity to gain vocational qualifications in the childcare sector. It will be of interest to students who are considering a career of working with children in an education, health or social work environment. It includes the knowledge and understanding of childcare and well-being necessary for working with children in a variety of different settings including schools, nurseries and private provisions.

The qualification is equivalent to a GCSE qualification.

## **Do I need to have certain qualities/skills to do this subject?**

Childcare is a linear qualification and students will have to apply their knowledge to their non-exam assessment (NEA) and their examined assessment (EA) towards the end of Y11.

### **Students will need:**

- Comprehensive note taking skills, taking pride in their work and presentation
- Good reading and extended writing skills
- Good organisation skills
- The ability to find your own information and conduct research
- To be able to think for yourself and work independently
- Determination and the ability to remain motivated in order to complete tasks
- Excellent time management

## **What qualification will I achieve?**

You will study AQA GCSE Food Preparation and Nutrition. The course is run by the AQA examination board and is graded 9 to 1. The content of the course is set by AQA.

## What will I learn

Students will be introduced to childcare starting with conception, birth and how to care for the developing child. We will also focus on the different areas of development and how we can support the child by providing age and stage appropriate activities. Students will also research the Early Years Foundation Stage curriculum that children aged 0-5 years typically follow.

During Year 10 and 11 learners will study for the NCFE/CACHE Level 2 Technical Award in Childcare in the Early Years which involves the following topics:

- Child Development
- Factors that influence the child's development
- Care routines, play and activities to support the child
- Early Years provision
- Legislation, policies and procedures in the Early Years
- Expectations of the Early Years practitioner
- Roles and responsibilities within Early Years settings
- The importance of observations in Early Years childcare
- Planning in Early Years childcare

## How is this qualification assessed?

**50% - coursework** – externally set, internally marked and externally moderated.

**50% - written exam** – externally set and externally moderated

**Further information available from:** Mrs Taylor

## What can I do with this qualification?

Learners can progress on to level 2 or 3 courses in Early Years, Childhood education, Health and Social Care; T Levels in similar subjects and Apprenticeships.

**Careers could include:** teaching, youth work, nursery nurse, social work, NHS roles, and many more.



# Option Choice Subject:

## GCSE History



SCAN ME!

This academic and rewarding course aims to encourage young learners to analyse and evaluate Historical events and individuals. The course is recognised as being one of the most challenging GCSE subjects and is highly regarded by colleges, universities and employers.

### Do I need to have certain qualities/skills to do this subject?

By following the specification, learners aim to achieve a number of key objectives:

- To develop their interest in and enthusiasm for history and an understanding of its intrinsic value and significance.
- To acquire an understanding of different identities, including their own, within a society and an appreciation of social, cultural, religious and ethnic diversity.
- To build on their understanding of the past and the diversity of human experience through experiencing a broad and balanced course of study.
- To improve as effective, independent and resilient learners and as critical and reflective thinkers through a process of historical enquiry.

### What will I learn

The WJEC Eduqas History qualification consists of four written papers, with a requirement to study a historical site as part of the Thematic Study. Topics covered are as followed:

#### America in Contrast, 1910-1929

- Causes of the Wall Street Crash
- Prohibition and gangsters
- The KKK and racism
- The roaring 20's

#### The Reign of Elizabeth I

- Lifestyles and fashion of the rich and poor in Tudor England
- Tudor society
- The Spanish Armada
- The treat from Mary Queen of Scots
- Religious and political issues

#### Entertainment and Leisure in Britain, c.500- present day

- Development of entertainment from medieval times to the present day
- Development in sports and leisure from medieval times to the present day

#### The Development of Germany, 1919-1991

- Hitler's rise to power
- WWII
- The division of Germany
- The Cold War
- The fall of the Berlin Wall

Students will have the opportunity to participate in extra-curricular activities. At GCSE, students have visited Auschwitz Concentration Camp in Poland, London, and the WWI Battlefields in France and Belgium.

### **What qualification will I achieve?**

Students will be awarded a single GCSE qualification accredited by the Examination Board WJEC Eduqas.

### **How is this qualification assessed?**

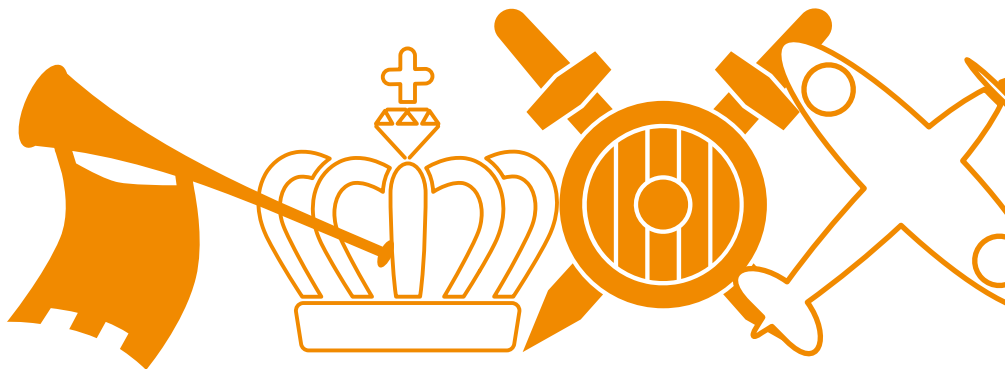
Four examinations with grades 9-1 awarded.

**Further information available from:** Mrs Brown.

### **What can I do with this qualification?**

**Further studies at Sixth Form:** AS & A2 Level History, International Baccalaureate.

**Careers:** With their analytical, writing, debate and detective skills, students will be primed for a huge choice of careers in law, politics, public sector, business, marketing, journalism, economics, teaching, academia, insurance, social research, archaeology and curation (museums, galleries, archives and libraries).



Option Choice Subject:

# BTEC Tech Award in Music Practice Level 2



SCAN ME!

An interest and curiosity in all aspects of music is expected. As part of the BTEC course you will be expected to compose, perform and become proficient in using music technology.

## Do I need to have certain qualities/skills to do this subject?

- The skills to play an instrument
- A willingness to learn how to use new technology and software
- The ability to create and compose using technology
- The ability to work independently and creatively

## What will I learn

- How the music industry works
- How a music product is planned, created and distributed
- Performance and composition skills

## What qualification will I achieve?

This is a single BTEC level 2 or 1 qualification accredited by the Examination Board Pearson. It is the equivalent to a single GCSE.



## How is this qualification assessed?

The subject content for BTEC Music is divided into three components.

### Component 1: Exploring Music Products and Styles

**A** Demonstrate an understanding of styles of music.

**B** Apply understanding of the use of techniques to create music.

### Component 2: Musical Skills Development

**A** Demonstrate professional and commercial skills for the music industry.

**B** Apply development processes for music skills and techniques.

### Component 3: Responding to a Music Brief

**AO1** Understand how to respond to a music brief.

**AO2** Select and apply musical skills in response to a music brief.

**AO3** Present a final musical product in response to a music brief.

**AO4** Comment on the creative process and outcome in response to a music brief.

The three components focus on the assessment of applied knowledge, skills and practices. These are all essential to developing a basis for progression and therefore learners need to achieve a mark in all components, to achieve a grade the qualification. This course is 100% coursework, so attendance is vital.

**Further information available from:** Mrs Dixon

### What can I do with this qualification?

**Further studies at Sixth Form:** A-level Music and Music Technology, BTEC Level 3 Music and Music Technology, BTEC Level 3 Performing Arts.

**Careers:** Musician, Music Producer, Film Composer, Studio Technician, Recording Operator, Audio/Recording Engineer, Radio Engineer, Digital Media, Sound Design, Video Editing, Advertising, Mixing, Mastering, Music Education and many others. Also, the option to teach privately in your own time.

**All skills learnt in music subjects are highly transferable and you will develop resilience, independence and creative thinking.**

# Option Choice Subject:

# GCSE Physical Education



SCAN ME!

If you opt to take PE in KS4, the PE department will guide your choice as to whether you should take GCSE PE or BTEC Tech Award in Sport. This will be based on prior attainment, interests, data, suitability, tracking levels and practical ability.

## Encourages a holistic understanding of PE

Students will receive a well-rounded and full introduction to the world of PE, sport and sport science by developing an understanding of how the mind and body works in relation to performance in physical activity.

## **Do I need to have certain qualities/skills to do this subject?**

- To be physically active and enjoy participating in sports
- To obey rules and understand Fair Play
- To be willing to learn about the anatomy of the body and how it works with exercise
- To understand the principles behind training and various training methods
- The practical element of the course is essential and you will cover lots of sports to be assessed on 3
- You will also be required to select one of these sports to analyse and look into in more depth

## **What will I learn**

- How to perform advanced skills in a wide range of team and individual sports
- How to improve performance in these sports
- How to respond to instructions and obey safety regulations at all times
- The anatomy behind why successful sporting athletes are so successful
- The reasons why people take part in exercise and how we train for specific sports
- How to plan a 6-week training programme to improve in a selected sport
- How to observe and analyse performance in a selected sport

## What qualification will I achieve?

Students will be awarded a single GCSE qualification accredited by the Examination Board Edexcel.

## How is this qualification assessed?

- **Component 1:** Fitness and Body Systems 36%
- **Component 2:** Health and Performance 24%
- **Component 3:** Practical Performance 30%
- **Component 4:** Personal Exercise Programme 10%

**Further information available from:** Mr Mearns or any member of PE staff

## What can I do with this qualification?

**Further studies at Sixth Form:** AS & A2 PE, BTEC National Sport, BTEC National Public Services.

**Careers:** PE Teacher, Sports Coach, Sports Development Officer, Nutritionist, Physiotherapist, Sports Journalist, Outdoor Adventure leader, Sports Marketing/Event Management, Armed Forces, Sports Analyst. Sport remains one of the top 10 fastest growing industries and a £20bn+ industry in the UK.



## Option Choice Subject:

# GCSE Spanish



SCAN ME!

Use of language is a key part of our everyday lives and as countries across the world have become multi-national, having an ability to speak a second language is a real advantage. This is a multi-skilled subject with emphasis on listening, speaking, reading, and writing tasks. You will study a variety of topics over the two years which will develop and extend your vocabulary and grammar from KS3. An interest in foreign travel and diverse cultures would also be advantageous.

### **Do I need to have certain qualities/skills to do this subject?**

- The course you have followed in Years 7 - 9 has prepared you to study Spanish at GCSE.
- To succeed at GCSE Spanish, you will need to have a strong determination to do well and an ability to remember vocabulary and grammatical structures
- Additionally, an interest in foreign culture would be beneficial
- 25% of the overall grade comes from your ability to speak Spanish, so you must be prepared to use Spanish when communicating verbally. It is likely that you will complete the Speaking exam with your class teacher, not an external examiner, which should make you more at ease.

### **What will I learn**

- You will continue to develop an understanding of the spoken and written forms of the language, and the ability to communicate effectively in a foreign language in a variety of situations.
- You will continue to develop knowledge of grammar and of the communities where the language is spoken.
- You will continue to develop your understanding of a variety of interesting cultures and traditions related to the language and the countries in which it is spoken.

## What qualification will I achieve?

You will study a GCSE Course at Higher or Foundation tier in Spanish. The Examination Board is Edexcel.

## How is this qualification assessed?

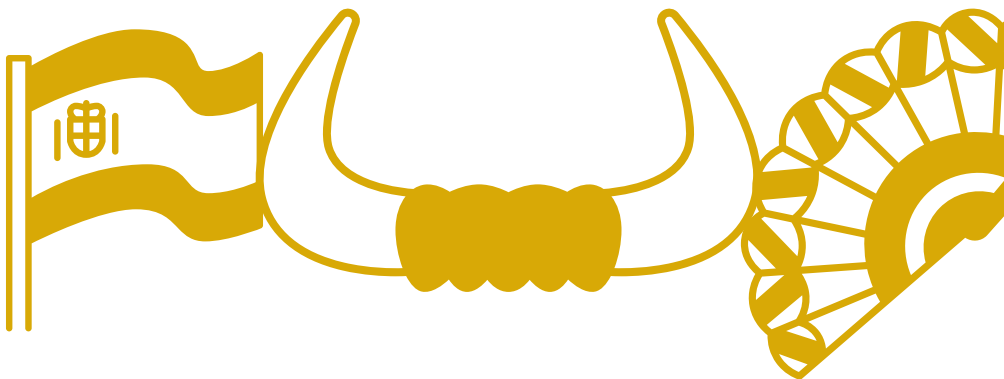
The 4 skills areas are assessed at the end of your 2 years studying the language. Each skill area (listening, speaking, writing, and reading) is worth 25% of your overall final grade. New to 2024, the Spanish GCSE has made some slight changes that better suit you, the candidate. All the questions and instructions on the GCSE papers will be given in English, making it more accessible to the student.

**Further information available from:** Mrs Hudson (Curriculum Leader), Mrs Jones and Mrs Barrett are all able to help you or discuss the course with you in more detail.

## What can I do with this qualification?

**Further studies at Sixth Form:** A Level subjects or International Baccalaureate. If you are planning on going to university, it's worth noting that some of the Russell Group Universities require their applicants to have a GCSE in Modern Languages.

**Careers:** There are a range of opportunities that could offer themselves as a result of studying languages, including: Banking, Commerce, Tourism, Leisure, Teaching, Law, Industry, Retail, Engineering, and Media.



# Option Choice Subject: GCSE Triple Science



SCAN ME!

Choosing Triple Science at GCSE is a great opportunity for students who have a keen interest in science and want to develop a deeper understanding of the subject. Studying Biology, Chemistry, and Physics separately allows students to explore each discipline in greater detail, building strong foundations for further study and careers in science-related fields such as medicine, engineering, and environmental science.

## Do I need to have certain qualities/skills to do this subject?

Triple Science not only provides an academic challenge but also equips students with valuable skills such as critical thinking, problem-solving, and analytical reasoning. These skills are highly sought after by universities and employers alike. Additionally, having three separate science GCSEs can provide a competitive edge when applying for A-level courses or apprenticeships, demonstrating dedication and a strong work ethic.

### 1. Strong Work Ethic

Triple Science covers a lot of content across Biology, Chemistry, and Physics, so students need to be dedicated, organized, and willing to put in consistent effort both in class and during independent study.

### 2. Good Time Management

Balancing the demands of three separate sciences alongside other GCSE subjects requires effective time management skills to keep up with coursework, homework, and revision.

### 3. Analytical and Critical Thinking

Science involves interpreting data, drawing conclusions, and solving complex problems. Being able to think critically and approach problems logically is essential.

### 4. Curiosity and Interest in Science

A genuine curiosity about how the world works and an enthusiasm for scientific discovery can make studying Triple Science more enjoyable and engaging.

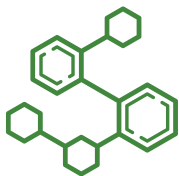
### 5. Strong Mathematical Skills

Physics and Chemistry, in particular, require confidence in handling numbers, formulas, and calculations. Students should be comfortable with applying mathematical concepts to solve scientific problems.

## What will I learn

### Biology

1. Cell biology
2. Organisation
3. Infection and response
4. Bioenergetics
5. Homeostasis and response
6. Inheritance, variation and evolution
7. Ecology
8. Key ideas

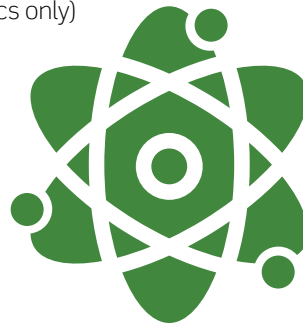


### Chemistry

1. Atomic structure and the periodic table
2. Bonding, structure, and the properties of matter
3. Quantitative chemistry
4. Chemical changes
5. Energy changes
6. The rate and extent of chemical change
7. Organic chemistry
8. Chemical analysis
9. Chemistry of the atmosphere
10. Using resources
11. Key ideas

### Physics

1. Energy
2. Electricity
3. Particle model of matter
4. Atomic structure
5. Forces
6. Waves
7. Magnetism and electromagnetism
8. Space physics (physics only)



## What qualification will I achieve?

We follow the AQA separate science qualification and each student will receive a GCSE grade in each discipline.

## How is this qualification assessed?

Each discipline will have 2 assessments, which are 6 exams in total. Each exam lasts 1hr 45 minutes.

**Further information available from:** Mr C. Liptrot.

## What can I do with this qualification?

Studying Triple Science at GCSE opens the door to a wide range of exciting and rewarding careers in science, technology, engineering, and mathematics (STEM) fields.

The knowledge and skills gained from Biology, Chemistry, and Physics can lead to careers in: Healthcare professionals, Engineering, Environmental and Earth Sciences, Scientific Research and Development, Technology and IT, Space and Astronomy, Education and Science Communication and Food and Agricultural Science.

## Option Choice Subject:

# AQA GCSE Sociology



SCAN ME!

GCSE Sociology explores the structure of society and the ways people live, behave, and interact. Students examine key social institutions—such as the family, education, crime, and media—and learn how these shape our experiences and opportunities.

The course encourages critical thinking, debate, and curiosity about social issues such as inequality, culture, identity, and social change. Through real world examples and sociological theories, pupils develop an understanding of how society works and why people behave the way they do.

### Do I need to have certain qualities/skills to do this subject?

You do not need any prior knowledge of Sociology, but the following qualities will help you succeed:

- Curiosity about people, society, and current issues
- Critical thinking and a willingness to question assumptions
- Good communication skills—written and verbal
- An open mind when considering different viewpoints
- Interest in debates about fairness, inequality, and social behaviour
- Basic literacy skills to read texts, interpret information, and write structured answers

### What will I learn

GCSE Sociology covers a range of fascinating topics, including:

#### Families

- The role and purpose of the family
- How family life has changed over time
- Different types of family structures

#### Education

- Why we go to school
- How education affects life chances
- Differences in achievement between social groups

#### Crime and Deviance

- Why people commit crime
- How society defines criminal behaviour
- Patterns and trends in crime



## What will I learn? (continued)

### Social Stratification

- Inequality in society
- Class, gender, ethnicity, and their impact on opportunities
- Power, wealth, and status

### Research Methods

- How sociologists carry out investigations
- Surveys, interviews, observations, and data analysis

## What qualification will I achieve?

You will gain a GCSE in Sociology accredited by AQA.

## How is this qualification assessed?

The course is assessed through two written exam papers at the end of Year 11.

### Paper 1: Sociology of Families and Education

- Written exam: 1 hour 45 minutes
- Covers Families, Education, and Research Methods
- Worth 50% of the overall GCSE

### Paper 2: Sociology of Crime and Deviance & Social Stratification

- Written exam: 1 hour 45 minutes
- Covers Crime, Social Stratification, and Research Methods
- Worth 50% of the overall GCSE

**Further information available from:** Mrs Loftus

## What can I do with this qualification?

GCSE Sociology is valuable for further study and a wide range of careers.

It supports progression to:

- A Levels: Sociology, Psychology, Criminology, Law, Politics
- Vocational courses: Health & Social Care, Public Services, Childcare
- Apprenticeships: Policing, Youth Work, Education Support, Social Care

**Careers:** Teaching & education, Social work, Criminology & policing, Law & legal service, Journalism & media, Youth and community work, Human resources, Public administration.

## Option Choice Subject:

# GCSE 3D Design



SCAN ME!

This new option focuses on designing and making 3D products such as jewellery, sculptures, and functional items. The course blends traditional technology skills with creative design, similar to projects offered in other schools including lighting, homeware, and wearable products.

### **Do I need to have certain qualities/skills to do this subject?**

Students choosing this subject at Key Stage 4 should have a strong interest in creativity and practical making. Final grades are based on work completed over the full two-year course, so commitment from the outset is essential.

In Year 10 and early Year 11, students develop core skills and learn to use a range of facilities, including 3D printing, 2D design, and electronics. These skills are then applied in a four-month externally set assignment in Year 11, where students have more lesson time and are expected to work independently.

### **What will I learn**

This depends very much on your intentions and response.

- Develop ideas informed by the work of other Artists; both historical and contemporary, architecture, designers and different cultures
- Explore the use of a range of media including paint, drawing, photography, sculpture, 2D design
- How to record ideas and observations from areas of interest that will enable you to personalise and develop your ideas.

## Does this lead to a qualification?

As the course progresses, the direction of each student's work will develop in response to their individual strengths and areas for improvement. Students will build confidence by learning and applying a range of professional materials, tools, and techniques. Practical work will be informed by the study of designers, makers, and the development of 3D design, ensuring students understand both how products are made and why design decisions are taken, alongside producing high-quality 3D outcomes.

The Key Stage 4 Art course is a GCSE award accredited by the Examination Board AQA. All work will be graded from 9 - 1, there are no 'stepped' papers.

## How is this qualification assessed?

The GCSE is assessed by way of an exhibition of work at the end of the course where coursework projects must be displayed, as well as an examination piece. The examination piece is valued at **40%** of the final mark, coursework making up the other **60%**.

## What can I do with this qualification?

**Further studies at Sixth Form:** AS/A2 Level Art and Design, Foundation Art courses.

**Careers:** Photography, Illustration (books and magazines), Animation (cartoons/films), Teaching – Nursery, Primary and Secondary, Architecture, Interior Design, Theatre Design and Management, Film and Video production, Product Design, Graphic Design, Fashion/Textile Design and Jewellery Design, Industrial Design, Ceramics, Graphic illustration/Magazine layout.



Option Choice Subject:

# NCFE Level 1/2 Technical Award in Health and Fitness



SCAN ME!

This qualification is designed for students who have an interest in health, fitness, exercise and wellbeing and may be considering future pathways into sport, fitness, leisure, health or uniformed services. It is a vocational qualification equivalent to a GCSE, combining theory knowledge with applied, real-world contexts. It is suitable for students who enjoy PE but prefer a less performance-heavy route than GCSE PE.

## Do I need to have certain qualities/skills to do this subject?

Students choosing NCFE Health and Fitness should:

- Have an interest in physical activity, health and fitness
- Be willing to learn about the human body and how it responds to exercise
- Be organised, able to work independently and able to complete coursework to deadlines
- Show good levels of commitment, motivation and attendance

## What will I learn

- Health, fitness and wellbeing
- Components of fitness and how they are measured
- Principles of training and exercise methods
- Anatomy and physiology related to physical activity
- Planning and reviewing fitness programmes
- Lifestyle factors affecting health and performance



## What qualification will I achieve?

Students will achieve the NCFE Level 1/2 Technical Award in Health and Fitness, which is: equivalent to one GCSE. It is graded at Level 1 or Level 2 Pass, Merit or Distinction and is recognised by colleges, training providers and employers.

## How is this qualification assessed?

- 50% Non-Exam Assessment (coursework) – externally set, internally assessed and externally moderated.
- 50% Written examination – externally set and externally marked (1 hour 30 minutes)

There is no practical performance assessment.

**Further information available from:** PE Department.

## What can I do with this qualification?

- BTEC Level 3 Sport
- BTEC Health & Social Care
- Uniformed Public Services
- Sport, fitness or health-related courses and apprenticeships

**Careers:** Fitness Instructor, Personal Trainer, Leisure Centre Assistant, Health Promotion Officer. Uniformed Services, Youth work and wellbeing roles, Sports Coach.



# KS4 Options- Making your choices

The Year 9 Options Evening on Thursday 12th February 4-5pm will provide an opportunity for you to discuss these Options in more detail. Subject leaders will be set up in the Drama Theatre for parents, carers and students to circulate and ask for any further clarification about the KS4 courses. In addition, we have the local colleges and Career Connect attending to support the decision-making process.

It is important to note that your child's first choices may not be possible for a variety of reasons. We will do our very best to give pupils the subjects they want but we cannot guarantee them. Please note that places will not be allocated on a 'first come, first served' basis.

Below is the list of Option Blocks available. You will be asked to choose a first choice and two different reserve choices in each of the Option Blocks, X, Y and Z. You will receive a link on MyEd to complete the form and you will be sent an instant email of the responses you have chosen with your child. This form can be edited until it is locked on **Monday 2nd March**. After this point, changes will need to be made in writing by parents explaining the request to change. No changes will be made in September.

## Option X

Geography  
History  
Spanish  
Triple Science

## Option Y

Art  
Business Studies  
Child Development  
Construction  
3D Design\*  
Food  
History  
Health & Fitness\*  
Music  
PE  
Spanish

## Option Z

Art\*  
Child Development  
Construction  
Creative Media  
Drama  
Food  
Geography  
PE\*  
Sociology

\*3D Design & Art cannot **both** be studied.

\* PE & Health and Fitness cannot **both** be studied.

**The Google Form link will be sent out on MyEd after Options Evening on Thursday 12th February and it will be locked on Monday 2nd March 2026.**





# Live life in all its fullness

John 10:10



St Cuthbert's  
Catholic High School  
*Live life in all its fullness*

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