

Fowey River Academy

Windmill - Fowey - Cornwall - PL231HE



GUIDED CHOICES 2019



Dear Student, Parent/Carer

You are at an exciting point in your education career and we are delighted to provide you with this year's Guided Choices booklet.

At Fowey River Academy, we believe in providing you with a broad and balanced curriculum and, with this in mind, this year's 'offer' is full of exciting, creative and stimulating courses.

We call it Guided Choices because we are committed to providing you with help and advice to make your selections. At the Guided Choices evening your teachers, post-16 college staff and career advisors are all on hand to assist you with this process. Do ask questions; please don't make hasty or ill-thought-out decisions.

Our advice is to think slowly and carefully.

We encourage you to keep your choices broad because the world is changing all the time. Traditional jobs and professions have to adapt to new technologies and skills, while brand new industries are created in the 'blink of an eye'. Therefore it is often prudent not to specialise too soon.

Employment prospects are always changing, leading to a daunting but exciting period in life. It is important to be sufficiently flexible so that you can learn new skills and re-train when necessary throughout your working life.

Remember that very few Year 9's know what career they want to do, this is usual and completely normal!

To help you make your choices, each subject has written a brief factsheet of the course you will study. We hope that you find this information useful and helpful.

Team FRA



Online Resources to Support Guided Choices 2019

Watch the videos and/or read the article below which focus on choices at 14



- <https://icould.com/videos/choices-at-14/>
- <https://icould.com/watch-career-videos/by-subject/>
- <https://icould.com/article/choosing-your-gcse-options/>



Career Pilot for students in the southwest has useful information on student choices at 13 / 14 and how GCSE choices can affect their future. It also illustrates routes to different job sectors and career tools to help.

- <https://www.careerpilot.org.uk/information/your-choices-at-14>



Information on choosing option choices for students considering university from the leading 24 universities in the UK. Lots of useful information on careers with an A-Z directory of careers in the Job Profiles section explaining what the career involves and qualifications needed

- <https://nationalcareersservice.direct.gov.uk/>



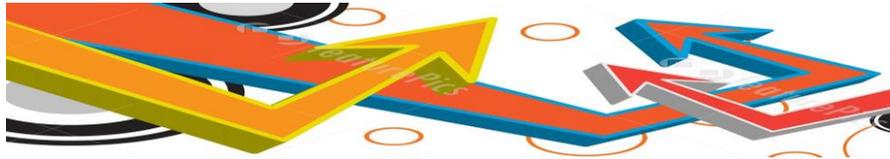
Informative resources and support for students considering an apprenticeship.

- <https://amazingapprenticeships.com>



Also check out entry requirements for degree courses to ensure course choices are suitable

- <https://www.russellgroup.ac.uk/media/5686/informed-choices-2018-1-6th-edition-final.pdf>



Subject: English Language Further Information: Mrs H Morgan

Exam Board	AQA
Number of Exams	2 exams: 1hr 45mins
Useful Websites	<ul style="list-style-type: none"> • Fowey River Academy Firefly • https://revisionworld.com/a2-level-level-revision/english-language-gcse-level/english-language-gcse-past-papers/aqa-gcse-english-language-past-papers • https://getrevising.co.uk/resources/level/gcse/subjects/english • www.pobble365.com • www.senecalearning.com



Online Revision Resources: YouTube: Mr Bruff, Mr Crawford English, Stacey Reay

Description and Useful information for Success

The English Language GCSE will ensure you can read fluently and write effectively. You will be able to demonstrate a confident control of Standard English and write grammatically correct sentences whilst using figurative language and analysing texts. You will learn how to read for precise meaning by understanding the way writers craft their use of language. You will also be able to respond to texts, precisely selecting material to illustrate your points in your response as well as writing your own thoughtfully crafted fiction and non-fiction for the exams.

We encourage pupils to read a wide range of texts written between the nineteenth and twenty-first century in preparation for the range of texts they will be asked to assess in the exam.

How will I be assessed?

1. Exam - Paper 1: Explorations in Creative Reading and Writing - 50%
 - Section A: Reading - one literature fiction text
 - Section B: Writing - descriptive or narrative writing
2. Exam - Paper 2: Writers' Viewpoints and Perspectives - 50%
 - Section A: Reading - one non-fiction text and one literary non-fiction text
 - Section B: Writing - writing to present a viewpoint
3. Non-examination Assessment: Spoken Language

Career Opportunities

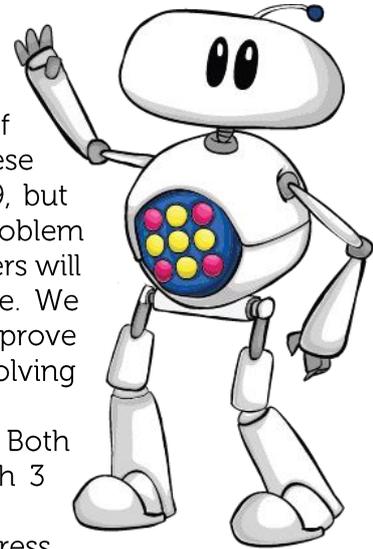
Essential for all careers, whether focusing on speaking, reading, writing or a combination of all three. A sound and skilled command of the English language is a passport to success in all spheres of life.



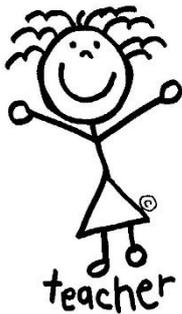
Subject: Mathematics Further information: Mrs Miller

Mathematics Examination Board: AQA
Course Specification Number: AQA 8300

Course Description: GCSE Mathematics is a varied course covering lots of different topics within the wider descriptions of number, algebra, geometry, ratio and statistics. Many of these topics will have been introduced already in Years 7, 8 and 9, but there will also be new topics introduced at GCSE level. Good problem solving skills are essential for success in this course and teachers will work with you to develop your skills in this area over time. We encourage group discussion and collaboration in order to improve your mathematical confidence alongside your problem solving skills.



You will be studying either the Higher or Foundation course. Both consist of 100% examination at the end of the course, with 3 papers (One Non-calculator and two Calculator papers). You need to achieve a grade 4 or above in GCSE Maths to progress to most college courses or apprenticeships.

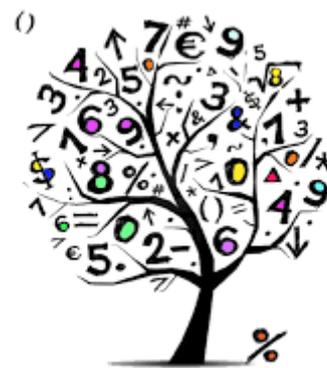
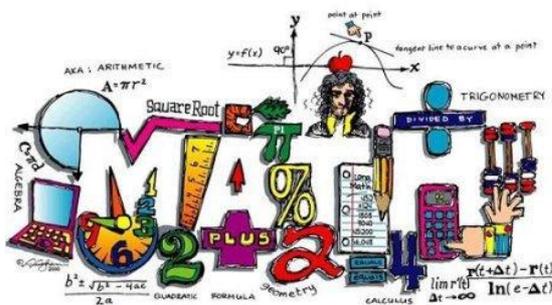


Beyond school life: Achieving grade 4 or above in this course gains you access to many college courses and is also desired by employers. Some courses may require a grade 5 or 6 (e.g. A Level Sciences). Students who achieve a grade 6 or higher could continue their study of the subject at A Level where a range of different mathematical routes are available. Careers in lots of areas rely on good mathematical skills, particularly business, finance, engineering and technology. If you do not achieve a grade 4 you will need to re-take this qualification once you have left school.

Useful websites: There are many excellent websites that complement the maths course. Please use Firefly to view lessons, catch up or revise from these as required. <https://www.mymaths.co.uk/> is used to support the learning within the classroom, alongside <https://corbettmaths.com/> and the pixlmaths app.

Pixlmaths app login:
School ID: FW1008
User ID: surnamefirstinitial
Password: forename
login!

Mymaths login:
Username: fowey
Password: diameter
Ask your classroom teacher for your personal login!





Subject: Science

Further information: L Osborne

All students in Year 10 will begin the Separate Sciences (or Triple Science) course. As assessments are completed during the year, students will either continue with the Separate Sciences course or follow the Combined Science course.



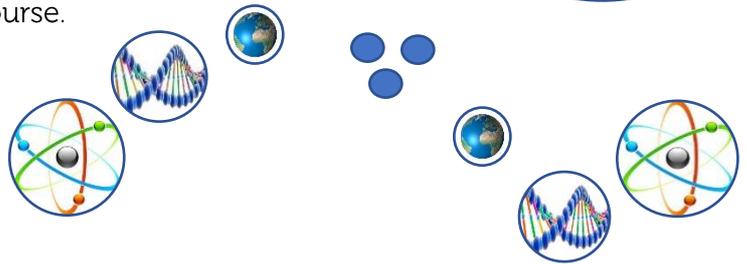
The content of both courses are the same with the Separate Science course having additional topics to increase it to 3 GCSEs.

See below for more details about each course.

Combined Science - Trilogy

Examination Board: AQA

Course specification Number: 8464



Course Description:

Combined Science is a double award course which means that students will achieve 2 science GCSEs at the end of year 11. Students will cover a range of topic content from Biology, Chemistry and Physics. They will also complete 24 required practical investigations which will be assessed in the terminal exams in year 11. This is the science course taken by approximately 75% of secondary students

Where will the course take me?

Students who complete combined science can opt for a broad range of A level subjects and can study A level sciences. Progression routes to a Science degree do exist through the level 3 BTEC Science course.

Separate Sciences

Examination Board: AQA

Course specification Numbers

GCSE Biology 8461

GCSE Chemistry 8462

GCSE Physics 8463



Course Description: Triple Science is course which means that students will achieve 3 separate science GCSEs at the end of year 11. Students will cover a range of topic content from Biology, Chemistry and Physics. They will also complete 28 required practical investigations which will be assessed in the terminal exams in year 11.

Where will the course take me?

Students who complete the three separate sciences can opt for a broad range of A level subjects and can study A level science. Progression routes to a Science degree do exist through the level 3 BTEC Science course.



Subject: Art and Design

Further Information: Ms Stanton

AQA
Course
Subject Leader: Ms Stanton
Head of Faculty: Ms Stanton

Course Description

Art and Design is a course that will allow you to explore a wide range of materials and build your skills. You will practice and refine your observational drawing so that you can create beautiful and accurate work.

Presentation is key in a sketchbook and you will learn how to construct a portfolio of work that has a good narrative and a clear, personal message. Photography is a key part of the course and you will use first hand images to develop your ideas.

Are you ready to make, draw, paint, print beautiful work?



MAKE PAINT CREATE

Where will this course take you?

Taking this course will demonstrate that you are independent, committed and resilient when faced with challenges. With this in mind, an Art and Design GCSE qualification will prepare you to take on A-Level and Level 3 courses including Fine Art, Film Studies, Graphic Design, Fashion, Animation, Video Game Design and Architecture.

This course will demonstrate that you can take an idea and explore its potential. You will develop resilience and explore lots of different avenues before finding a style that works.

You will not settle for anything other than beautiful work and that will demonstrate huge personal pride in your work and a good eye for detail.

Foundation Art and Design courses
Bachelor/Masters degrees in Fine Art, Illustration, Fashion Design, Sculpture, Photography, Painting conservation

DRAW DRAW
DRAW DRAW
DRAW DRAW
DRAW DRAW
DRAW DRAW
DRAW DRAW
DRAW DRAW

ART & DESIGN

You will be a critical thinker

You refine and improve your work

You will show commitment and maturity



Subject: Photography

Further Information: Ms Stanton

AQA

Course Number 8210

Subject Lead: Ms Stanton

Head of Faculty: Ms Stanton

Course Description

Photography is an art based course that will allow you to build technical camera skills, set up camera shoots and manipulate images using both digital and traditional processes.

You will research and be inspired by a wide range of artists who use photography for different reasons:

Do you want to explore fashion?

Do you want to comment on social issues?

Do you want to capture our beautiful landscape?

Throughout the course you will plan, set up and direct shoots; you will learn to edit images to a professional standard; you will learn and analyse photographic technique so that you can critically analyse techniques and recognise how an image has been put together. How will your photographs capture our world?

PICTURE THIS

CAPTURE
CAPTURE

Where will this course take you?

Following this course, you will be able to pursue Level 3 and A Level Photography courses as well as courses in Fine Art, Graphic Design, Film Studies and Digital Media courses.

Through Photography at FRA, you will demonstrate that you can analyse and use technical and artistic processes through thoughtful research and experimentation

You will become specialists

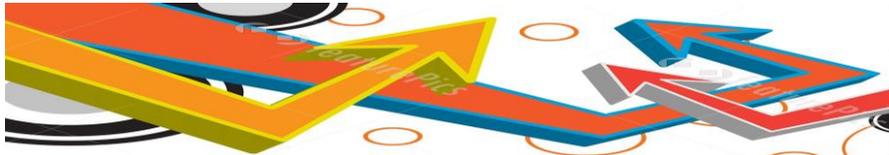
You will creatively solve problems

You will develop technical skills

You will improve

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Subject: Graphic Communications

Further information: Ms Stanton

AQA
Course number
Subject Lead: Ms Stanton
Head of Faculty: Ms Stanton

Course Description

Graphics Communications is a course that explores the world of visual language. Design is all around us. How can image and text be used to send a message with a single glance? What could the image below be making a comment on?

You will use artists and designers to inspire your own graphic communication portfolio, using drawing, printing, Photoshop, typography design, collage and photography. Once refining your skills, you will develop a series of high quality designs that create a cohesive brand identity. What do you have to say?

You will have independence

You will creatively develop ideas

You will be resilient and improve

You will publish work with a message

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Where will it take you?

Following on from this course, you could pursue Graphic Design, Art and Design, Fine Art, Media Studies and many other creative courses at A-Level/Level 3.

This course will demonstrate that you can follow a design brief and creatively explore and develop a line of enquiry.

Foundation Level Fine Art courses
Bachelors/Masters Degree in Graphic/Visual Communications, Illustration, Publishing, Journalism, Editing, Photography, Fine Art

CREATE CREATE
CREATE CREATE
CREATE CREATE
CREATE CREATE
CREATE CREATE
CREATE CREATE
CREATE CREATE

WE DESIGN HERE



Subject: Catering

Further Information: Mr McKinniss



Course Outline: OCR GCSE in Food Preparation and Nutrition

The course provides opportunities for students to develop knowledge of nutrition, balanced diets for different stages in life and the social, economic and political issues of food sources. This knowledge is then able to be applied to building dishes and menu's to suit the needs of individuals. The curriculum will also cover legal aspects of producing food that are needed in the hospitality industry.

Areas of study include:

- The Catering Industry
- Job roles, employment opportunities and relevant training
- Healthy, Safety & Hygiene
- Food Preparation, Cooking and Presentation
- Nutrition and Menu Planning
- Costing and Portion Control
- Specialist Equipment

It allows all of **Year 10** to gain knowledge understanding and refine skills.

Year 11 will then be 3 assessment elements.

1. An investigation - non examined released September
2. A practical released November
3. Written exam

Typical Activities

The course is a combination of research, design, reflection and the development of cooking skills to produce dishes. Dishes cooked will be for a specific portion and costed as a professional would in a development kitchen. Students will need to build a portfolio of evidence, which will include photographic evidence of them demonstrating all the skills required in the specification.

Reasons For Choosing This Subject



The hospitality and food industries are two of the biggest employers worldwide. This course gives learners a sound basis from which to proceed on to various catering and hospitality courses. If you enjoy working with food and are prepared to work hard in both written and practical lessons then this is the course for you.

How parents/carers can help

Parents and carers can encourage their child/children to be as actively involved in food preparation at home as is possible. Taking an interest in the many food related and television programmes, watching and discussing them with your child/children can also be useful. Support will be vital in helping to organise practical ingredients for all required lessons and ensuring that resources provided by the department are looked after and used appropriately.

Where will the course take me? The Food and Hospitality industry is one of the largest in the world. Recent studies have shown that there are currently 10,000 vacancies for Chefs in the UK. There is also a skill shortage for supervisory and managerial positions in hotels and restaurants.



Subject: Citizenship Studies

Further Information: Miss Renfree

Citizenship Studies

Examination Board: AQA Course Specification Number: 8100

Course Description: The course is divided into four sections:

- Life in Modern Britain
- Rights and Responsibilities
- Politics and Participation
- Active Citizenship.



Through these you will consider what is going on in the world- real situations on a local and global scale. You learn how to present your views and the views of others on various issues. You will also research, plan and carry out your own chosen Citizenship Action- when you have the opportunity to make a real difference.

Where will the course take me?

Through the course you will develop a greater understanding of the world. It encourages community involvement and it teaches about the power you have as an individual in society. You develop the skills of working individually and with others to bring about change. It supports any career path that involves working with others and benefits from understanding the world and how it is structured.

Responsible Citizenship



Want to find out more?

Click the link below to see more on the examination board website

www.aqa.org.uk/subjects/citizenship/gcse/citizenship-studies-8100



Subject: Drama

Further Information: Ms S Mottart

GCSE Drama

Examination Board: Eduqas

Course Description

The course combines both practical and written elements. Students can be examined as either an actor or a designer (lighting, set, sound or costume).

The course will explore all aspects of Drama - as a performer, director and designer. GCSE Drama is taught in a creative and practical way whilst linking with professional practitioners and current live theatre events.



Unit 1 (40%) Students create a devised performance in a group, based upon a set stimulus, which is performed before an examiner. This is supported with a portfolio of evidence. A written evaluation of the work is completed under controlled conditions.

Unit 2 (20%) Students perform or design two extracts from the same scripted play, which they perform in front of an examiner.

Unit 3 (40%) Written exam. Students answer questions on a studied text and complete a live theatre review.

You do not need lots of Drama experience to start this course but will need a willingness to try out ideas, good attendance and an ability to work well in a team.

Where will the course take me?

Drama GCSE offers a direct route way to Level 3 creative subjects including Drama, Dance, Musical Theatre and the design pathways. It provides a stepping stone into the varied careers within the performance industries. In addition, GCSE Drama develops transferable skills which will make you highly employable such as public speaking, team skills and having empathy with others. These skills are valued in a range of careers including education, business or social work.





Subject: Geography

Further Information: Miss Hatfull

Geography Examination Board: AQA

Course Specification Number: 8035

Course Description:



Geography tackles the big issues that shape the lives of every person on the planet with the GCSE investigating some of the most important questions that we face from climate change to the economic world. It is an academic course that will challenge your skillset as you critically link environmental, economic and social issues.

Living with the physical environment

The challenge of natural hazards, The living world, Physical landscapes in the UK (rivers and coasts).

Challenges in the human environment

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

Geographical applications

Issue evaluation (decision making about a contemporary issue from a pre-released booklet), Fieldwork.

Where will the course take me?

- A Level Geography, Geology, Environmental Science
- Bachelor/Masters Degrees in geography based subjects including Climate Science, Sustainable Development, Environmental Management, Geography, Geology.
- **Want to find out more?** [Course Website](#)

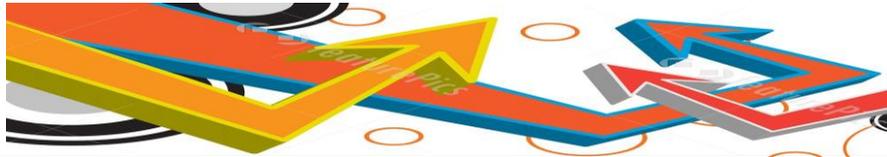
Click the button to see more on the AQA website



The link below gives an overview of the AQA Geography GCSE specification.

<https://www.aqa.org.uk/subjects/geography/gcse/geography-8035>

For further information please contact: shatfull@fracademy.org



Subject: History

Further Information: Mr Bayes

GCSE History will help you understand how the world you live in was shaped, and make you consider today's society in a different way.

History teaches us to ask two very important questions: why and how. This is key to sharpening your critical thinking abilities, which combine analysis, research, essay writing and communication skills to help you to solve problems and form arguments for debate.

Historians look at all the available evidence and come to conclusions, a lot like a good detective, which helps them learn to be organised and manage information. .

Exam Board Edexcel

About the course

To do well in this subject, students will be expected to be focused inside and outside of the classroom and undertake independent research to develop their understanding. The department has a wide range of support and revision materials available to help access the course. In Year 9, students have had tasters of the content studied at GCSE and will have experienced exam questions that are used as part of this course. A variety of teaching techniques are used at GCSE, from traditional styles to role play and simulation. At present, the course starts with the Medicine unit, followed by Germany, Superpower Relations and finishing with the Anglo-Saxon Norman England unit.

Assessment Edexcel GCSE (9–1) History Programme of study

<p>Paper 1: Thematic study and historical environment Medicine in Britain, c1250–present and The British sector of the Western Front, 1914–18: injuries, treatment and the trenches. Written examination: 1 hour and 15 minutes 30% of the qualification 52 marks (16 for the historic environment, 36 for the thematic study)</p>	<p>Paper 2: Period study and British depth study Superpower relations and the Cold War, 1941–91, Anglo-Saxon and Norman England, c1060–88 Written examination: 1 hour and 45 minutes 40% of the qualification 64 marks (32 for the period study and 32 for the British depth study)</p>	<p>Paper 3: Modern depth study Weimar and Nazi Germany, 1918–39. Written examination: 1 hour and 20 minutes 30% of the qualification 52 marks</p> 
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Career Opportunities: Employers and universities regard History qualifications very highly – GCSE History may just be your ticket to a better future. A History GCSE is a valuable asset if you are considering a career in the **media, marketing, law, journalism, architecture, teaching, archaeology and politics**, among other varied careers, because you will demonstrate an ability to think independently.



Subject: Modern Foreign Languages

Further Information: Miss E Bennett

GCSE French/ German/ Spanish

Examination Board: AQA

Head of Faculty: E. Bennett

Course Description:

The GCSE course is split into three topics, relevant to the world today;

- Identity and Culture
- Local, National International and global areas of interest
- Current and future study and employment



Where will the course take me?

• Administrator in the European Union • Bilingual Secretary • Civil Service • Diplomatic Service • Flight Attendant • Holiday Courier • Interpreter • Language Teacher • Marketing Executive in Multinational Company • Resort Representative • Sales Executive in Multinational Company • Teacher - English as a Foreign Language • Translator • University Lecturer

Why should I learn a language?

Watch this short video to find out more: <https://youtu.be/cOMlOuOPjFU>

Click the link to see more on the examination board website:

<http://www.aqa.org.uk/subjects/languages/gcse/french-8658>

<https://www.aqa.org.uk/subjects/languages/gcse/spanish-8698>

<https://www.aqa.org.uk/subjects/languages/gcse/german-8668>

Did you know?

German is often required in engineering firms such as BMW, Audi and Siemens. We also have a huge number of German-speaking tourists each year that visit Cornwall. Local businesses will really look favourably upon your application if you can talk to their customers in their own language. Not everybody speaks English! German students have decreased year on year across the UK so if you speak German, you will have a real advantage over other candidates when you come to apply for jobs, particularly in tourism, engineering or digital technology.



Spanish is, of course, a very useful language to speak in the tourism industry. Perhaps you are into Art and would like to study this in the future- did you know that you can take a year out and study in Spain? Many of the world's great artists were from Spain. We should definitely not forget that the majority of South America speaks Spanish so perhaps you should dust off your dancing shoes and head to Colombia to learn to Salsa dance, in the original language.

French- traditionally very useful if you wanted to work in the food sector, French is also very helpful if you want to work in medicine as the world-renowned organisation Médecins sans Frontières is French. A vast part of Africa is French-speaking so whether you are interested in voluntary work, travel, food or would like to understand more about the "culture of enlightenment", French is the language for you.

For further information please contact: ebennett@fracademy.org



Subject: BTEC Music/Music Technology Further Information: Ms Quigley

BTEC Music Unit 1: The Music Industry
 BTEC Music Unit 2: Making a Musical Product 2 other Units

Why choose BTEC Music/Music Technology?

Do you enjoy listening to music?

Do you enjoy performing music?

Do you enjoy creating your own music?

BTEC Music is a creative and practical subject that will help you to develop:

- Self-confidence through performing to others
- Team-working skills by performing and creating music with others
- Creative skills through composing music encourages the importance of evaluation and refinement



Did you enjoy creating your own music and remixes using the iPads?

In BTEC Music you will use iPads and the iMacs to create your own music using GarageBand and Logic Pro and other software applications.

We will publish your work professionally and will have regular visits from external professionals to help you with your work.

Course Outline:

Unit 1: The Music Industry	Unit 2: Making a Music	Product 2 other Units
In this unit, you will learn the basics of the music industry and why it is important. You will learn how the different parts within it work and how this can prepare you for a possible career in music. Some questions are multiple choice and are all based on what you learn in class.	Group work preparing to make a CD or concert. Your practical work will be represented here and you have a chance to make links with the music industry from a real life perspective.	Other units: 3. Introducing Live Sound Internal 4. Introducing Music Composition Internal 5. Introducing Music Performance Internal 6. Introducing Music Recording Internal 7. Introducing Music Sequencing Internal 9. Introducing Choral Studies Internal 10. Introducing Music Theory Internal These options will be agreed with your teacher depending on your skills.

Forms of Assessment:

Unit 1:	Unit 2:	Other Units
<ul style="list-style-type: none"> • 25% • 50 marks • Written paper • 1 hours 	<ul style="list-style-type: none"> • 25% • Coursework. • Recordings and photos. 	<ul style="list-style-type: none"> • 25% each • Coursework. • Recordings and photos.

Where will the course take me?

BTEC Music Level 3. A qualification in BTEC Music is suitable for careers in a vast range of areas of the music industry depending on your focus of skills. Jobs include Musician, Composer, Manager, Conductor, Producer and many more.



Subject: GCSE Music

Further Information: Ms Quigley

Unit	Unit title	Method of Assessment	First Assessment	Weighting	Structure of Assessment
1	Performing music	Internally assessed/externally moderated	Spring 2020	30%	Two performances
2	Composing music	Internally assessed/externally moderated	Spring 2020	30%	Two compositions
3	Music - Listening & appraising	External	Summer 2020	40%	Written Paper with CD

It is essential that you learn how to play a musical instrument/voice as part of this course and pursue lessons either in or out of school.

Unit 1 – Solo performing

“A solo performance is considered to be a piece in which the student’s part is undoubted and plays a significant or leading role.”

Unit 1 – Ensemble performing

“An ensemble performance is considered a performance with one or more people where each part is different (not for example someone singing with piano accompaniment)”.

Composing music - Coursework

The total duration of the Unit 2 submission should be 2 – 4 mins (i.e. the combined length of both compositions)

2 compositions sequenced on Cubasis or Sibelius

Each composition is linked to a different AoS and to a set brief

No requirement to write about compositions

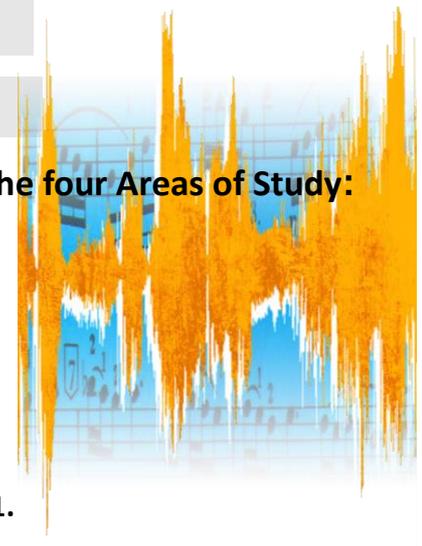
Unit 3 – Music Listening & Appraising

This unit is based on the four Areas of Study:

- ♪ AOS 1:Vocal Music
- ♪ AOS 2:Instrumental Music
- ♪ AOS 3: Music for Stage and Screen
- ♪ AOS 4: Fusion Music

Each AOS has two set works.

You are assessed on your understanding through the listening exam in year 11.





Subject: PE

Further Information: Mr G Randall

AQA GCSE PE

Who Is This Course For?

This course is suitable for students aiming to develop mastery in a number of different physical activities, and so it is essential that students are already competing regularly and competitively for the school or beyond in at least 2 of the practical activities prior to starting the course.

Physical Education allows you to develop a wide range of personal skills through the involvement in Physical Activity, and there is a cross-curricular link with Science, English and Maths.



Assessment

Paper 1: The human body and movement in physical activity and sport.

Written exam: 1 hour 15 minutes (78 marks) 30% of GCSE

Paper 2: Socio-cultural influences and well-being in physical activity and sport.

Written exam: 1 hour 15 minutes (78 marks) 30% of GCSE

(Each paper has a combination of multiple choice, short answer and two long answer questions.)

Non-exam assessment: Practical performance in physical activity and sport
Practical performance in 3 different physical activities in the role of player/performer (one in a team activity, one in an individual activity and a third either in a team or in an individual activity. (75 marks) 30% of GCSE

Analysis and Evaluation: A written piece of coursework based on strengths and weaknesses of a practical performance in one of the chosen activity areas. Highlighting how the performance could be improved. (25marks) 10% of GCSE

What Will You Learn?

Applied anatomy and physiology
Movement analysis
Physical training
Use of data
Sports psychology
Socio-cultural influences
Health, fitness and well-being



Where will the course take me?

This course can lead on to many sport related pathways some of which include Professional sportsman, Exercise physiologist, Fitness centre manager, Personal trainer, Secondary school teacher, Sports administrator, Sports coach, Sports development officer, Sports therapist.



Subject: Sports Science

Further Information: Mrs S Smith

SPORTS SCIENCE – Level 2 Cambridge National (GCSE equivalent)

About the Course:

Elite sport has embraced sport science disciplines wholeheartedly in the past few decades, moving from a perspective which assumed the primacy of natural talent in producing outstanding performance, to one which considers every minute detail of an athlete's training programme, rest time, environment and psychology in the pursuit of excellence. The Cambridge National in Sport Science offers learners the opportunity to study key areas of sport science:

R041: Reducing the risk of sports injuries

Students learn how to prepare participants to take part in physical activity so that they minimise the risk of injuries. They also learn how to respond to common sporting injuries and how to recognise the symptoms of some common medical conditions.

R042: Applying principles of training

Students develop knowledge and understanding of the principles of training and how to keep performers in peak physical condition. They apply practical skills in fitness testing and in designing bespoke training programmes to suit individual requirements.

R043: The body's response to physical activity

Students explore how the body changes and responds to physical activity. They develop knowledge and understanding of the musculoskeletal and cardio-respiratory systems and some of the changes that occur in response to physical activity, both short term and long term.

R044: Sport psychology

Students look at some of the key elements of sport psychology and the strategies and techniques used to help sports performers maintain an effective balance between being relaxed and focused when performing under pressure.

How it is assessed:

Each unit is worth 25% of your overall grade. One of the units is assessed through an external exam, often sat in the first year of the course. The other three units are internally assessed through a variety of tasks and scenarios.

Link to exam board website:

<https://www.ocr.org.uk/qualifications/cambridge-nationals/sport-science-level-1-2-j802-j812/>

<https://www.ocr.org.uk/Images/82412-specification.pdf>

Where will the course take me?

This course can lead on to many sport related pathways some of which include Professional sportsman, Exercise physiologist, Fitness centre manager, Personal trainer, Secondary school teacher, Sports administrator, Sports coach, Sports development officer, Sports therapist.



Subject: RE

Further Information: Miss Hatfull

RE GCSE will cover a range of the major world's religions, as well as contemporary ethical themes.

You will be challenged with questions about belief, values, meaning, purpose and truth, enabling you to develop your own attitudes towards religious issues.

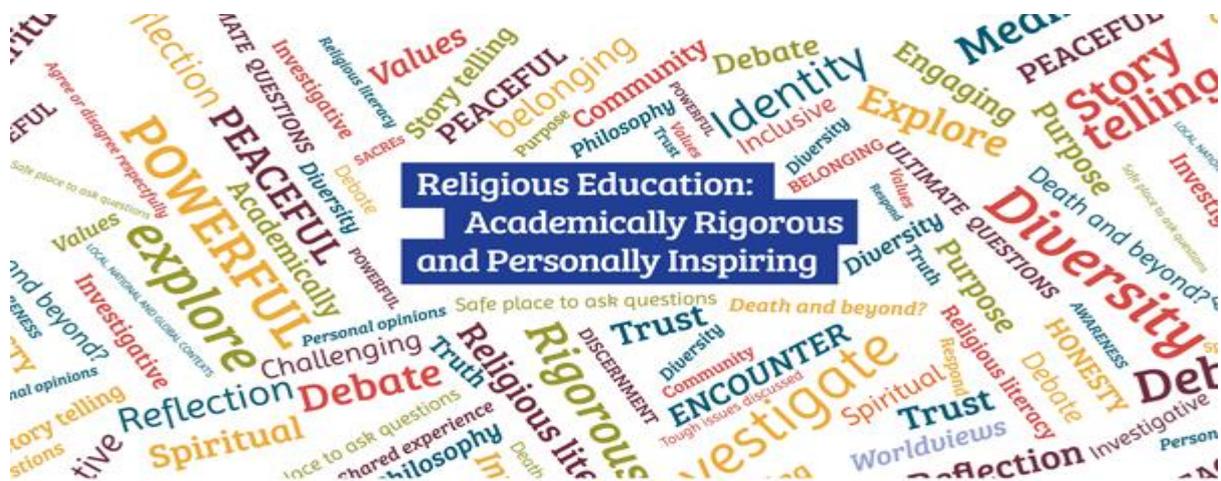
You will also gain an appreciation of how religion, philosophy and ethics form the basis of our culture. You will develop analytical and critical thinking skills, and the ability to work with abstract ideas, leadership and research skills.

What will I be studying?

- Christian beliefs and practices
- Religion, Peace and Conflict
- Religion, Crime and Punishment
- Religion, human rights and social justice
- Religion and life
- Buddhist beliefs and practices

Anything else I need to know? In the Humanities Faculty we work hard to ensure that we provide interesting and exciting lessons for students of all learning styles. Our lessons include written work, discussion, role play debate, photo-shoots, video, filming, and a huge range of other activities to make the course and the lessons exciting and enjoyable.

However, there are certain skills that will help you to get the most out of your RS GCSE. The course is best suited to students who are willing to discuss their ideas and share their opinions. If you get actively involved the activities, then you will get the most out of your lessons and homework.





Subject: iAchieve

Further Information: Mr Walmisley



PEARSON BTEC LEVEL 1/2 TECH
AWARD IN DIGITAL INFORMATION
TECHNOLOGY (603/2740/6)

VOCATIONAL QUALIFICATIONS ONLINE

Learners work across three Components in this brand new technical award, covering, user interface design principles, project planning, data interpretation, and effective digital working practices.

Technical information: Assessment: 2 internal assessments, 1 synoptic external assessment

- Guided learning hours: 120 + 90 minute external assessment

What's included?

- An easy-to-use online learning platform that houses everything you need to deliver the course in one place
- Teaching and learning materials that are mapped directly to the specification, covering the entire course, and providing a framework for delivery
- Full coverage of course content broken down into 'sessions' to help with planning
- Starter activities, group activities, plenaries, homework tasks
- Mini assessments for learning in the form of online quizzes
- Practice assessments

NCFE CACHE LEVEL 2 TECHNICAL AWARD IN CHILD DEVELOPMENT AND CARE (603/3293/1)

Learners will work across three Units covering a range of child development topics – including childcare settings, patterns of holistic development, care routines and transitions.

Technical information: Assessment: two externally set, internally marked assessment tasks, one synoptic external assessment. Guided learning hours: 125

What's included?

- An easy-to-use online learning platform that houses everything you need to deliver the course in one place
- Teaching and learning materials that are mapped directly to the specification, covering the entire course, and providing a framework for delivery
- Full coverage of course content broken down into 'sessions' to help with planning
- Starter activities, group activities, plenaries, homework tasks
- Mini assessments for learning in the form of online quizzes
- Practice assessments

