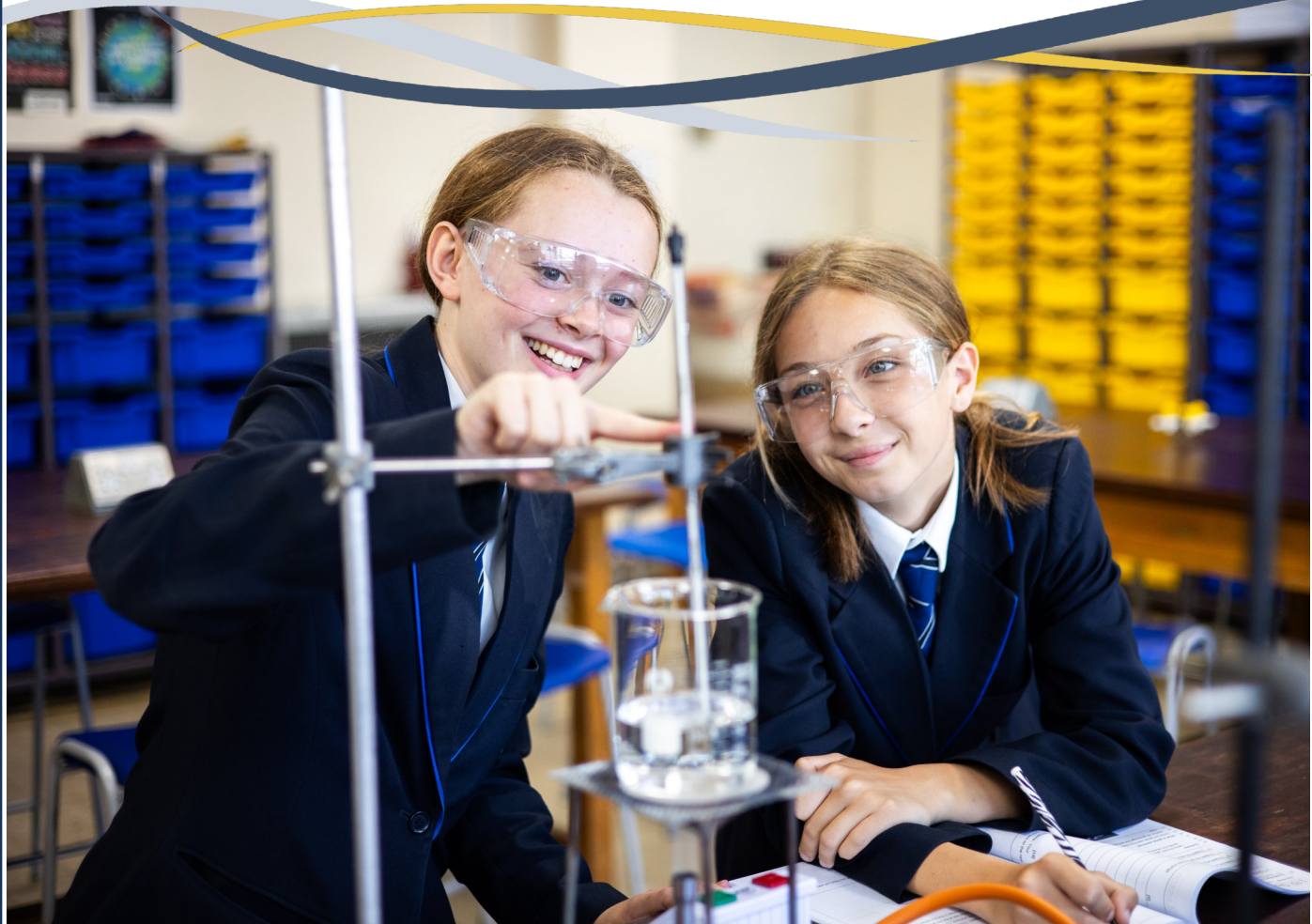




SAINT MARTIN'S  
*Catholic Academy*

# Year 8 Interim Options Booklet 2025-2026





# INDEX

<b>Welcome to our Options Booklet</b>	<b>5</b>
Option Choice Pathways	6
<b>Interim Options Subjects</b>	
Art and Design	8
Business Studies	9
Computer Science	10
Construction	11
Dance	12
Design Technology	13
Drama	14
Enhanced Learning-English, Maths & Science	15
Food Preparation and Nutrition	16
French	17
Health and Social Care	18
Music	19
Physical Education	20
<b>Options Choice Practice Form</b>	<b>23</b>



# Welcome to our Year 8 Interim Options Booklet

This booklet is designed to inform you, as a parent / carer and your child as a Year 8 student, about the courses on offer and the curriculum options available at Saint Martin's from September 2025.

The Options process takes place over two years:

## **Interim Options** (Chosen in Year 8)

In Year 9 all pupils will study *Divinity, English, Maths, Science, History, Geography and a foreign language*.

In addition, pupils will choose three Interim Options Subjects, each one a Foundation Course for GCSE.


## **Final GCSE Options** (Chosen in Year 9)

In Years 10-11 all pupils will study *Divinity, English, Maths and Science*.

At the end of year 9, pupils will choose one or two of their Interim Options to carry on to GCSE level (See the GCSE pathways diagram on the next page).

They will also choose to study History and/or Geography, and most pupils will also study a foreign language.

- *Art and Design*
- *Business Studies*
- *Computer Science*
- *Construction*
- *Dance*
- *Design Technology*
- *Drama*
- *Enhanced Learning-English, Maths & Science\**
- *Food Preparation and Nutrition*
- *French*
- *Health and Social Care*
- *Music*
- *Physical Education*



Students will choose three options from this list.

*\*Enhanced Learning only available in Pathway 3*

It is advised that you read, and study carefully, the information in this booklet, on all of the subjects available, to find out as much as possible about the options which your child may choose. Family involvement is crucial to the process and, along with our staff at school, provides a positive and supportive network for our students.

It is important to consider which subjects will offer the greatest opportunity for success, reflecting strengths, interests and future career pathways. All of the courses offered require determination, dedication and enthusiasm.

There will be an opportunity to speak to subject teachers about your child's progress and to find out more about the courses we offer at our Year 8 Options Evening.

At the back of this booklet there is a Student Options Choice Practice Forms. The final choices made will be submitted via the school website in the coming weeks. Students will receive guidance on this stage of the process nearer the time.

This is a really important time in the development of our Year 8 students' futures. We wish all of you good luck in your choices and, know that, with hard work, persistence, self-confidence and organisation, you will succeed.

# Subjects studied from Year 7 to Year 11

## Year 7 & 8

Pupils will study the full range of subjects.

## Year 9

Pupils will study Divinity, English, Maths, Science, History, Geography and a Foreign Language.

*They will then choose three interim Options Subjects.*

## Year 10 & 11

Pupils will study Divinity, English, Maths, Science, History or Geography and most will study a Foreign Language.

*Pupils also choose an additional one or two GCSEs from their Year 9 choices\**

*\* depending on the pathways below*

## Pathway 1

Most pupils are in this pathway. Pupils in this pathway will follow the English Baccalaureate route:  
They must choose at least **one** Humanities based subject e.g. History and/or Geography  
They must choose at least **one** language e.g. French or Spanish  
Their final choice will be from **one** of the remaining options subjects.

## Pathway 2

Pupils in this pathway must choose **one** Humanities subject e.g. History and/or Geography  
They will then have **two free choices** from the remaining options (a Language is not mandatory within this pathway but can be chosen if deemed a suitable choice by the Languages Department).  
*Only a small number of pupils will be on Pathway 2, this will be decided based on data and the academic needs of the student.*

## Pathway 3

Pupils in this pathway will choose the Extended Learning option (English, Maths & Science).  
They will choose at least **one** of the Vocational option subjects e.g. Health and Social, Travel and Tourism, Construction or Food Preparation and Nutrition.  
Their final choice will be from the remaining options subjects. (A Humanities or Languages subject is not mandatory within this pathway but can be chosen if it is deemed a suitable choice by the respective departments).  
*Only a small number of pupils will be on Pathway 3, this will be decided based on data and the academic needs of the student.*



# Interim Options Subjects



# GCSE Foundation Art & Design

This GCSE foundation course is designed to bring Art and Design to life and to help students develop their artistic skills, improve their knowledge and expand creativity. The possibilities for personal expression are endless and can lead to a range of design based careers such as Illustration, Graphic Design, Web Designer, Fashion, Furniture Designer and many more.

## Benefits of studying Art & Design

Art & Design is both a form of communication and a means of expression for ideas and feelings. Students will build on the knowledge and skills mastered at KS3 to become proficient artists, able to draw and paint realistically and eventually design their own art work with imagination and self-expression. Students will improve their understanding of art history and well as their practical skills, powers of observation and analytical ability.

## The full GCSE Course Outline

### Unit 1: Art and Design Portfolio

For this unit students need to produce a portfolio of work showing their personal response to either a starting point, brief, scenario, or stimulus such as 'Portraits' which will be devised and provided by the Art Department. The portfolio is presented as continuous controlled assessment tasks carried out in year 10.

The course aims to encourage visual and aesthetic awareness through practical skills.

Students will be required to develop the following:

- show a personal response to a given theme
- record from direct observation, and draw with accuracy
- acquire and use the appropriate technical skills in order to communicate well in visual forms
- work independently to organise your time effectively
- select, research, analyse and communicate relevant information
- develop intuitive and imaginative abilities
- show that they are aware of cultural, historical and environmental influences in art

### Unit 2: Art and Design OCR-set Task

For this unit, a number of starting points are provided by the exam board as a terminal task, completed in Year 11. From these, one must be selected, upon which to base their personal response. Students must produce a portfolio of preparatory work such as research, planning and developed ideas to support the creation of a final piece of artwork during the 10 hour supervised sessions.

## Head of Department

Miss E Bray

## Qualification

GCSE

## Examination Board

OCR

## Exam

Art & Design 'Fine Art'

## Assessment

Controlled Assessment 60%

Practical Exam 40%



## Progression

The course is good preparation for progression to A Level in Art and Design and a range of design courses and careers, such as Graphic Design, Textiles and Photography.



# GCSE Foundation Business

In an increasingly dynamic and competitive world, knowledge of business activity is an important part of the survival kit for any modern student. This is an exciting yet demanding course that enables you to explore real business situations and understand the role of the entrepreneur and business in today's diverse society. You will gain an insight into the main areas of business and will analyse many different well-known organisations. You will also be encouraged to think like business men and women in order to participate in realistic problem solving and decision making.

## Benefits of studying Business

- You will become critically aware of current affairs and the cultural diversity of business and society.
- You will acquire knowledge which will support important life decisions such as buying a house; taking out a loan; applying for a credit card or overdraft; and calculating how much tax you will pay.
- It will develop you as a critical and reflective thinker.
- You will develop skills of investigation, analysis and evaluation and the ability to make informed judgements.
- It will equip you with the knowledge required to run your own business.
- It will support the development of your literacy and numeracy skills.
- You will gain an insight into how businesses operate and the psychology of consumer behaviour which influences marketing activity.
- You will understand the impact that ethical and environmental issues have on business and society.
- You will learn how to effectively manage people and change; something that will support any future career whether in Business or not.

## The full GCSE Course Outline

You will study 6 topics over the 3 years, all of which are assessed through 2 written exam papers. Each paper is 1 hour 30 minutes and worth 50% of the qualification.

**Business 1:** Business Activity, Marketing and People

**Business 2:** Operations, Finance and Influences on Business

## Progression

Many students who study Business at GCSE go on to study if further at A Level or equivalent, e.g. BTEC. However, Business is the just the first step on the route to a wide variety of further qualifications. The next stage for some students may be to progress onto an Economics A Level or equivalent. Beyond this, Business students may aspire to degrees and eventual careers in Law, Accountancy, Politics, Journalism, Teaching, Sport/Fashion Management, Sociology and, of course, Business or Economics. Although studying Business is not a guaranteed route into becoming a business owner and making a million, it does equip students with the knowledge required to run their own business and compete in such a dynamic and fast changing world.

## Subject Leader

Mrs R Armishaw

## Qualification

GCSE

## Examination Board

OCR

## Exam

GCSE Business Studies J204

## Assessment

Written Exam 100%



# GCSE Foundation Computer Science

## Why Study Computer Science

Computing and Computer Science have changed all of our lives in ways that were unimaginable only ten years ago. Developments in Artificial Intelligence have led to cars that can almost drive themselves, “chat bots” that are capable of producing works of literature indistinguishable from a human author and helped scientists make huge gains in medicine and medical research.

Developments in technology, whilst creating great opportunity and success for some, have created new ethical and moral dilemmas for the next generation. Who is to ultimately to blame when an automated vehicle crashes? Will there be a time when AI is dangerous or sentient? What if we create the technology to accurately reproduce a human brain? These questions and more will have to be considered and decided upon in coming decades.

Closer to the current day, more and more jobs are being created which require an understanding of computing and associated technologies. As a country, the UK has moved to a “knowledge based economy” meaning fewer and fewer jobs rely on manual skills and more on the ability of a workforce to create and operate new computer based systems. You only need to look at a self service checkout in a supermarket to see this in action.

There is currently a huge shortage of computing literate workers in our country and the demand for employees with programming, development and computer aided design skills is only growing. AI is not going to replace all jobs, but in your working life it will remove the need for some lower paid positions and “entry level” tasks. New jobs will be created to compliment the use of AI and other computer systems and to develop the systems themselves. Therefore, it has never been more important for students to be equipped with a general knowledge of computing, and the technical skills necessary to meet the future demands of the workplace.

## Progression

An understanding of Computing and Computer Science is essential to so many potential career pathways that they are too numerous to list in full. However, some common career and future study paths for Computing students are: Games designer, Computer Science or other relevant degree, Cyber security researcher, Programmer / App designer, Web developer, Digital forensics / police investigation work, A range of technology and networking based apprenticeships. Computer Science GCSE also compliments other career and future studies, such as those wishing to develop an understanding of: Engineering, Product design, Financial services or investment banking, Renewable energy, TV, Film and Media and Medical research and development.

**Subject Leader**  
Mr Davidson

**Qualification**  
GCSE

**Examination Board**  
OCR

**Exam**  
GCSE Computer Science J277

**Assessment**  
2x written exams. No coursework.

## The full GCSE Course Outline

The Computer Science course offers an excellent introduction to many of the main current fields of study in Computing. You will learn about how a computer works, down to the circuit level and how simple logic based on yes or no decisions can be combined to create unimaginably powerful systems.

There are a broad range of topics to study including:

- Networks and how the internet works
- The history of computing and how computers are designed
- Legal, moral and ethical issues surrounding the use of computers
- Logic and number systems
- How data is stored, transmitted and converted from real world form into something a computer can process and understand
- Learning how to break problems down and structure solutions
- Computer programming

There are two exams that assess all topics in the GCSE, both 1 hour and 30 minutes each. There is no coursework element.

# BTEC Foundation Construction

The course aims to broaden your knowledge and understanding of the construction and the built environment. In year 9 it will be combined with the Design Technology Foundation Course.

## Benefits of studying Construction

You will be fully prepared, from the induction, learning about the tools and materials used by carpenters and joiners. You will learn about the potential health and safety hazards associated with carpentry and joinery and carry out risk assessments, all of which are essential skills relevant in today's construction industry.

## The full BTEC Course Outline

The course involves a degree of practical work associated with aspects of the construction industry and you will be required to make a timber frame using a selection of different tools and processes.

You will be taught to :

- Understand the structural performance required for low-rise construction
- Understand the work of the construction industry
- Understand tools , materials and equipment used in carpentry and joinery
- Develop practical skills using safe techniques to produce a timber frame
- Use mathematical techniques to solve construction problems
- Understand the effects of forces and temperature changes on construction materials

Assessments will be carried out through the use of an externally marked examination, assignments and by externally set projects. Some assignments will be set by your teacher/tutor and success criteria can be either pass, merit or distinction.

## Progression

This programme is designed for you to gain a nationally recognised qualification and offer you a choice of career routes into the construction industry.

BTEC Construction shows you have many study skills integral for progression into a high quality apprenticeship, A Levels or other Post 16 pathway including Level 3 BTEC or NVQ's, and into employment. Time management, teamwork and independent study are just a few of the skills you will gain on this popular, engaging and challenging course.

**Head of Department**  
Miss E Bray

**Subject Leader**  
Mr T Del Busso

**Qualification**  
BTEC

**Examination Board**  
Pearsons Edexcel

Year 9 Construction and Design Technology will run as a combined foundation course. The Foundation year teaches a broad range of skills, enabling students to experience disciplines for Construction and Design & Technology before choosing which subject they'd like to continue with in Year 10 and 11. It is a transitional course so ideal for students who are unsure which of the two subjects they should progress onto, or for those who may be considering A levels, Apprenticeships, or other post 16 pathways such as level 3 BTEC or NVQ.

What will I study?

This course is divided into 3 parts and includes:-

- Designing – both Construction and Design and Technology offer opportunities to design for a client and gain understanding of clients' needs and develop skills in responding to design briefs.
- Materials knowledge including timber, metals and polymers. They will also develop their understanding of material manufacturing, use and properties.
- In-demand practical skills used in the construction industry, as well as relevant skills needed in Design and Technology.

# GCSE Foundation

# Dance

GCSE Dance offers performance, choreographic, leadership and analytical opportunities. Students who opt for Dance must enjoy the practical discovery and physical mastery of physical theatre and dance.

## Benefits of studying Dance

GCSE Dance will develop your ability to engage in different types of dance, and to develop your involvement in physical activity as part of a healthy, active lifestyle. You will be able to develop knowledge and understanding of a range of dance styles through the process of performing.

## The full GCSE Course Outline

The GCSE Dance course is split into 3 units. Each unit will require you to focus on a different area of the specification.

### **Performance—30% of GCSE**

Set phrases through solo performance  
(approximately one minute in duration)

Duet / Trio performance (three and a half minutes in duration)

### **Choreography—30% of GCSE**

Solo choreography (two minutes in duration)

Group Choreography with 2 to 5 dancers  
(three minutes in duration)

### **Dance Appreciation—40% of GCSE,**

#### **Written Exam**

Knowledge and understanding of choreographic processes and performing skills, analysing different dance works in hip-hop, ballet, contemporary and physical theatre.

**Head of Department**  
Mr S Issitt

**Subject Leader**  
Mrs C Harris

**Qualification**  
GCSE

**Examination Board**  
AQA

**Exam**  
GCSE Dance 8236

**Assessment**  
Practical 60%  
Theory 40%



## Progression

GCSE Dance helps to develop students creativity and confidence, it also allows them to work collaboratively with their peers. Many GCSE Dance students have gone on to continue their learning in Performing Arts, others have transferred these skills into other career paths such as education, law, events management and many more.



# BTEC Foundation Design Technology

## Benefits of studying Design & Technology

Design & Technology helps students develop the ability to design and make products with creativity and originality, using a range of materials and techniques. It develops students interdisciplinary skills and the capacity for imaginative and innovative thinking. In year 9 it will be combined with the Construction Foundation Course.

## Course Outline

During the course students will study a wide range of materials including papers and boards, timber, metals, polymers and textile fibres and fabrics. They will also develop their understanding of systems, programmable components and mechanisms to support any potential design solutions for the assessed project in Unit 2

Assessment will be as follows:-

### Unit 1: Design and Technology in the 21st Century

#### Written examination: 50% of qualification

A mix of short answer, structured and extended writing questions assessing candidates' knowledge and understanding of one area selected from:

- engineering design
- fashion and textiles
- product design

### Unit 2: Design and make task

#### Non-exam assessment: approximately 30 - 40 hours 50% of qualification

A sustained design and make task, based on a contextual challenge set by the Examination Board, assessing candidates' ability to:

- identify, investigate, analyse and outline design possibilities
- design and make prototypes and evaluate their suitability for purpose

## Progression

Design and Technology links to all other subjects of the curriculum and is a stepping-stone to a whole range of opportunities such as Product Design or more industry-based courses such as Construction or Engineering. Employers in any related industry value this GCSE qualification in Resistant Materials for its grounding of the design process in the technical and theoretical dimensions of the course. The ability to design creatively and produce quality products for specific needs is a much sought after skill in all areas of design and manufacture. Designers and manufacturers influence everything we use on a daily basis and, with technology, this continuously evolves.

## Head of Department

Miss E Bray

## Subject Leader

Mr T Del Busso

## Qualification

GCSE

## Examination Board

WJEC

## Exam

Design and Technology

## Assessment

Practical 50%      Theory 50%

Year 9 Construction and Design Technology will run as a combined foundation course. The Foundation year teaches a broad range of skills, enabling students to experience disciplines for Construction and Design & Technology before choosing which subject they'd like to continue with in Year 10 and 11. It is a transitional course so ideal for students who are unsure which of the two subjects they should progress onto, or for those who may be considering A levels, Apprenticeships, or other post 16 pathways such as level 3 BTEC or NVQ.

What will I study?

This course is divided into 3 parts and includes:-

- Designing – both Construction and Design and Technology offer opportunities to design for a client and gain understanding of clients' needs and develop skills in responding to design briefs.
- Materials knowledge including timber, metals and polymers. They will also develop their understanding of material manufacturing, use and properties.
- In-demand practical skills used in the construction industry, as well as relevant skills needed in Design and Technology.

# GCSE Foundation

# Drama

## Why Study Drama

Saint Martin's redesigned drama curriculum for KS3 takes our students from the origins of theatre in ancient Greece and Rome to the morality plays of the Middle Ages, the Renaissance, and the golden age of Elizabethan theatre. Our new chronological approach from year 7 ensures that students have a thorough grounding in Drama: its history and the exploratory strategies associated with different movements. This is explored in greater depth in the year 9 option. At each stage, techniques, terminology, theory, and practical experience are taught to ensure students have the necessary skills and knowledge to embark upon the GCSE course. From the first lesson of the GCSE course, students will learn about the development of theatre over time, its rich history, and the influence of the practitioners of the past on modern theatre and practice. They will learn about Shakespeare's world and experiment with dramatic conventions of the Jacobean period before moving on to study, and explore through practical approaches, the theatre of the 19th century, the Theatre of Ideas, and the advent of modern theatre that often railed against both the conventions of the past and the political and social oppression at the time of writing.

Drama is all too often side-lined, pigeonholed as a purely practical subject that lacks academic rigour, yet alongside the many opportunities for creativity and experimentation with theatrical styles, forms and techniques through the ages, sits detailed and robust exploration of performance texts (such as *The Lord of the Flies* and *An Inspector Calls*) that perfectly complement the study of English and English Literature GCSE's. With over 70% of drama GCSE marks awarded to written work, it is an excellent choice to accompany English as it not only aids students' understanding of texts but develops and hones their written and vocal expression.

## The full GCSE Course Outline

**Component 1, Devising:** Having studied the conventions, forms, styles of theatre through time and developed their use of performance skills, students will be armed with the knowledge and expertise to develop their own devised performance. The process and evolution of the piece will be documented in individual portfolios that will be marked by teachers and moderated by examiners.

**Component 2, Performance from a Text:** Students will perform two key extracts from *The Lord of the Flies* (a theatrical adaptation of Golding's novel, and one to which he gave his seal of approval). Performances will be assessed by an external examiner.

**Component 3, Theatre Makers in Practice:** For this component, students first study *An Inspector Calls* through the lens of a performer, designer, and director before moving on to watch and evaluate a live theatre performance. Both elements are assessed through a final written exam in Year 11.

## Head of Department

Mrs E Smart

## Subject Leader

Mr M King

## Qualification

GCSE

## Examination Board

Edexcel

## Exam

GCSE Drama 2DR01

## Assessment

**Component 1: 40%**

Devising

**Component 2: 20%**

Performance from text

**Component 3: 40%**

Theatre makers in Practice

## Progression

Communication is at the heart of drama, and our students learn to communicate with confidence via scripted and devised performances, using the vocal and physical performance skills they have learnt to move the hearts and influence the minds of their audience. Shakespeare famously wrote that 'All the world's a stage'. Our aim is for our students to develop the knowledge and confidence that will allow them to play any and many roles, not just in performance spaces but in life. Whilst drama GCSE is an excellent springboard into A Level Drama and performing arts courses, it is also the perfect grounding for the extensive range of professions where communication, presenting and working collaboratively and creatively are important.

# Pathway 3 Compulsory Subject

## Enhanced Learning—English, Maths and Science

### Benefits of studying EL

Any students that do not achieve an English or maths grade 4 by the end of Year 11 will be expected to re-take the GCSE exam until they do (or are over 18 years of age). Hence it is of great importance that those considered at risk of not reaching this vital benchmark obtain additional support in order for them to secure that grade at the earliest possible opportunity (Year 11). As such, these lessons will be mandatory for any student who may struggle to achieve a grade 4.

This course is targeting

- Those who may benefit from additional study time spent on English, Mathematics & Science
- Those who may struggle with the workload of three option choices
- Those who are on course to attain a Grade 4 or below in English, Mathematics and / or Science at GCSE (students who are on course to attain a Grade 4 may benefit from these lessons as they should help ensure that they do actually reach this key, extended benchmark)



### Curriculum/Subject Leader

Mrs E Smart, Mr N Cassidy & Mr J Molloy

### Qualification

To support GCSE English, Mathematics and Science

### Examination Board

See English, Mathematics and Science

### Exam

See English, Mathematics and Science

### Assessment

Assessed in English Language, Mathematics and Science

**Support will be tailored to the needs of the individual student**

### English Language:

To support GCSE English Language (AQA specification).

In these lessons, students will be given specialist teaching and support for their GCSE English qualifications. They will also have additional tuition to support their understanding of the set texts for the Literature component of the exam.

### Mathematics:

The course will target support to help students achieve a GCSE in Mathematics (AQA 8300). The lessons are based on topics from the syllabus, and will allow students the opportunity to:

- Ask additional questions or gain clarification on areas in which they are having difficulty.
- Gain additional practice in the module they are studying at the time.
- Improve their Mathematics in all areas by constant reinforcement of basics/essential knowledge.
- Have access to additional exam practice.

### Science:

Enhanced Learning in Science will target support to help students achieve a GCSE in Science (AQA).

This will involve:

- Additional practise for Maths skills used in Science.
- Improve Scientific knowledge in all areas by constant reinforcement of basics/essential knowledge.

# GCSE Foundation

## Food Preparation and Nutrition

The Food Preparation and Nutrition GCSE is an exciting, interesting and creative course which focuses on nutrition, health, food science alongside development of vital practical cooking life skills. The course will ensure students develop a deep understanding of nutrition, food provenance and the working characteristics of food materials. At the heart of the qualification is a focus on developing high levels of knowledge alongside practical cookery skills and a strong understanding of both nutrition and the science behind food, leading into many potential career fields.

### Benefits of studying Food

Food Preparation and Nutrition will enable students to develop many desirable skills that both employers and universities seek. Primarily students develop their practical cookery skills through making a wide variety of recipes, practicing key culinary techniques alongside developing these skills students will develop their communication, teamwork, problem solving and analytical skills. The course will help students develop an understanding of the future of food, the role it plays within society and how as consumers we have the power to make moral and ethical decisions that can make a difference. Students will need to show that they are able to manage their time, be highly efficient, work continuously on coursework and shows commitment to a rewarding subject, with high success rates.

### The full GCSE Course Outline

You will be assessed in **two units**:

**Unit 1:** Written examination: worth 50% of the qualification. This consists of a **1 hour 45 minute** written exam taken in the summer term of Year 11 on the Principles of Food Preparation and Nutrition. This is broken down into two parts:

- Section A: 20 marks - Multiple choice questions on course content
- Section B: 80 marks - 5 questions varying between long and short answer questions.

### Progression

Food Preparation and Nutrition can be a stepping stone to a number of rewarding careers both directly linked with the food industry or out of the industry completely. It can also help to support applications to a wide range of further education courses such as Food Science, Product Development, Food and Nutrition, Sports Science, Midwifery and Nursing, Medicine, Dietetics, Catering and Hospitality, Food Journalism and PR, Food Styling and Photography, Food Retail, Environmental Health and The Food Standards Agency. It is a good contrast to have alongside other 100% written exam based subjects.

### Head of Department

Miss E Bray

### Subject Leader

Mrs S Robinson

### Qualification

GCSE

### Examination Board

AQA

### Exam

Food Preparation and Nutrition 4545

### Assessment

Exam 50%

Assessment 50%

**Unit 2:** Two Non – exam assessments (NEA's)

- **NEA 1** – Food Investigation Assignment 15%:

Students will conduct experiments on a given brief and write a short report on their understanding of the scientific principles that underpin the preparation and cooking of food. This is completed between September to November of Year 11 as the brief of this assignment won't be released before then.

- **NEA 2** – Food Preparation assessment 35%:

Students will plan, prepare, cook and present a three course menu within 3 hours. A detailed 20 page written portfolio including research, planning, nutritional analysis, costing and evaluations are produced as part of this work. This second piece is completed from November the 1st in Year 11, when the brief is released by the exam board and will take 20 hours of class time to complete. This will include the 3 hour final assessed practical and subsequent evaluation. Students will be encouraged to commit to staying for Intervention support sessions afterschool on a regular basis in Year 11 in order to ensure timely completion of this work to a high standard. Parental support is essential in ensuring attendance at these guided sessions.



# GCSE Foundation French

French is an official language in 27 countries, making it one of the most geographically widespread languages in the world. Opting to study French will allow students the opportunity to better understand and communicate with our nearest European neighbours as well as learning about the culture of French-speaking countries in the wider world.

All students will continue with their study of Spanish in year 9 but students who show an aptitude for languages, or who have compelling reasons to study French, will be able to choose French as an additional language. At the end of year 9, pathway one students can decide whether they wish Spanish or French to be their compulsory language. They may continue with both languages if they wish. Please see Mrs Virgo if you need any further advice.

## Benefits of studying Spanish

Students who have enjoyed learning Spanish at KS3 may wish to consider taking French as an option subject. French is a world language with over 321 million speakers worldwide. The vast range of countries where French is spoken makes understanding the language very useful for those who hope to travel, study or work abroad in the future. As a Romance language, studying French can also help to enhance your understanding of English and Spanish, as well as providing a springboard for the study of other languages in the future.

## Course Outline

Students will develop their language skills in the 4 target areas: Listening, Speaking, Reading and Writing. Topics covered will include:

- My Personal World
- Lifestyle and Wellbeing
- My Neighbourhood
- Media and Technology
- Studying and my Future
- Travel and Tourism

Examinations in Listening, Reading, Speaking and Writing are taken at the end of Year 11.

## Progression

GCSE French offers a suitable progression onto A Level French, and can facilitate the study of other languages in the future, especially at university and beyond. Having any language at GCSE can greatly enhance employability and salary prospects in the future. Many degree courses in a variety of subjects offer the chance to study abroad, the ability to speak another language is obviously advantageous if this is something you are considering.

**Head of Department**  
Mrs V Virgo

**Qualification**  
GCSE

**Examination Board**  
Edexcel

**Exam**  
Edexcel 2Fr01

**Assessment**  
Examinations in Listening, Reading, Writing and Speaking each worth 25% of the total mark.



# Foundation Course

# Health and Social Care

This course will be suitable if you have an interest in health and social care, and how it impacts on people.

## Benefits of studying Health & Social Care

This course actively encourages students to understand various aspects of the health and social care sectors.

It examines issues which affect the nature and quality of human life including an appreciation of equality, diversity and rights.

In studying this course for 3 years, students will have explored the following:

- Investigating and evaluating a range of health care services and organisations.
- Promoting health and wellbeing
- Researching the different work and contributions of various professionals in the health and education sectors.
- Developing communication and interpersonal skills, and self-confidence.
- Becoming more self-reliant and better organised as the course progresses.
- Developing skills to be increasingly more mature and independent at work.

## The Full Exam Course Outline

### Year 9

**Unit R033** Supporting individuals through life events.

**Unit R032** Principles of care in the health and Social Care setting

### Year 10 and Year 11

**Unit R032** Principles of care in the health and Social Care setting.

*and*

**Unit R034** Creative and Therapeutic activities

OR

**Unit R035** Health promotion campaigns.

## Subject Leader

Mrs S Moore

## Qualification

Technical Award

## Examination Board

OCR

## Exam

Level 1/2 Cambridge National Certificate in Health and Social Care

## Assessment

Combination of Written Examination and Internal Assessment



## Progression

This course of study equips students to enter the world of work or to progress into further education to 'A' Level and degree standard. Gaining this qualification demonstrates a range of transferable skills valued by various employers, especially in a career in a health care or social care setting.

# GCSE Foundation Music

## Benefits of studying Music

OCR's Music GCSE provides a contemporary and creative education in Music with an integrated approach to the three main elements – performing, composing and listening. Students are encouraged to be creative and to broaden their musical horizons and understanding, with a variety of Areas of Study. In GCSE music students explore performance and composition with a focus on their own instrument and music choices with the opportunity to explore new instrumental skills. Through the various genres, styles and eras contained in each Areas of Study the course explores musical history, musical styles, performance, composition skills, computer skills and working together collaboratively.

OCR's Music GCSE is designed to cater for, a wide range of interests, instruments, personalities and directions. Students will have the opportunity to explore instruments and Areas of Study depending on their personal preference and ability.

## The full GCSE Course Outline

During the course, students will study a variety of musical activities which will give them a deeper understanding of the mechanics of music and the many ranging genres surrounding it. Time will also be given for students to focus on their own instrument and to develop their solo and ensemble performance skills. For the composition section of the syllabus students can choose to work on a variety of programmes such as Logic Pro or Dorico or compose directly on their instrument.

**Area of Study 1 – My Instrument**

**Area of Study 2 – The Concerto Through Time**

**Area of Study 3 – Rhythms of the World**

**Area of Study 4 – Film Music**

**Area of Study 5 – Conventions of Pop**

**Entry Requirements**

An ability to play an instrument or song is essential. Individual music lessons are advantageous but not mandatory. The OCR GCSE music encourages self-taught students and therefore there is no requirement to read traditional music notation.

## Progression

Music qualifications are highly regarded by Colleges of Further Education and employers alike, as musicians are trained to work methodically and to be self-disciplined. Students may wish to use GCSE Music as a basis for further study; such as AS/A2 Music or a BTEC course based on performing arts. Progression to further study from GCSE will depend upon the number and nature of the grades achieved. Broadly, learners who are awarded mainly grades 3–1 at GCSE could either strengthen their base through further study of qualifications at Level 1 within the National Qualifications Framework or could proceed to Level 2. Learners who are awarded mainly grades 9–4 at GCSE would be well prepared for study at Level 3 within the National Qualifications Framework.

## Head of Department

Mrs L Clarke

## Qualification

GCSE

## Examination Board

OCR

## Exam

Music J536

## Assessment

Integrated Portfolio (30%)

Practical component (30%)

Listening and Appraising (40%)





# GCSE Foundation Physical Education

The GCSE Physical Education course will give students a good understanding of the principles behind physical activity. Students will cover a range of theoretical topics gaining a greater understanding of how to live and maintain a healthy, active lifestyle.

## The full GCSE Course Outline

The course is split into 4 components;

**Component 1:** 1hour 30mins EXAM worth 36% of overall GCSE grade. Topics include anatomy and physiology, movement analysis, physical training and use of data.

**Component 2:** 1hour 15mins EXAM worth 24% of overall GCSE grade. Topics include health, fitness and wellbeing, sports psychology, socio-cultural influences and use of data.

**Component 3:** Practical Performance, moderated on 3 sports, each sport equates to 10% of overall GCSE grade, these can be 2 individual and 1 team or 2 team and 1 individual.

**Component 4:** Coursework worth 10% of overall GCSE grade. The purpose of this component is to assess students' ability in analysing and evaluating performance through a Personal Exercise Programme.

## Are you an ideal candidate for GCSE PE?

The majority of GCSE PE is theory based learning. Students must and have a desire to learn more about the human body in sport and exercise, students will find GCSE Physical Education exciting, informative and stimulating. In order to be successful on this course students will need to:

- Be competent in English, Maths and Science, particularly in Biology.
- Have a good understanding of how the mind & body responds to exercise.
- Compete outside of school in at least one team and individual sport.
- Understand that you will be assessed on practical ability but assessment is heavily weighted towards your theoretical ability to answer extended writing, short answer and multiple-choice questions.

## Head of Department

Mr S Issitt

## Qualification

GCSE

## Examination Board

Edexcel

## Exam

GCSE Physical Education 1PE0

## Assessment

2 Written Exams (60%)

Controlled Practical Assessment (30%)

Personal Exercise Programme (10%)



## Progression

As well as being the ideal preparation for A Level Physical Education course, GCSE PE allows possible progression to related vocational qualifications, such as BTEC Level 3 Sport and Exercise Science. The course develops key and transferable skills that employers are looking for and can lead to a wide variety of employment opportunities. These can include further training in such areas as sports science, psychology, nutrition and coaching.



# Notes

# Notes

# Student Y8 Interim Options Choice Practice Form

Surname:	Legal Surname:
Forename:	Date of Birth:
Gender (Please Circle):    Male    /    Female	Tutor Group:

## Choices....

Choose three options subjects to study in Year 9:

## PRACTICE FORM

### OPTION SUBJECT

Art and Design

Business Studies

Computer Science

Construction / Design Technology

Dance

Drama

Food Preparation and Nutrition

French \*

Health and Social Care

Music

Physical Education

*\* You must speak to Mrs Virgo if you wish to be considered for the French Option. Places will only be offered to suitable candidates.*

Fill in your  
Options Choices below,  
choose **ONE** subject  
for each box.

### OPTIONS CHOICES

1

2

3

### RESERVE CHOICES

1

2

Options will be completed online via the school website: [www.saint-martins.net](http://www.saint-martins.net)  
(in the students section of the drop down menu).

Student Signature:	Parent / Carer Signature:
Tutor Signature:	Parent / Carer Contact Number:

