

# Year 9 Options Booklet 2026



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Helping you choose your KS4 Qualifications



**Cardinal Langley RC High School**



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# Introduction

As you will be aware, we are ready to begin our **Options Programme for 2026**. This programme is designed to guide you in choosing what to study during **Key Stage 4**.

This is an important point in your education as, for the first time in your school life, you will have some choice over what you will study. From now on in your education, you will gradually take more and more responsibility for deciding which routes you will follow. Whilst this can be a daunting time, this booklet and the options process are designed to help you make decisions about your learning. The choices you make now are important so please use all the information and guidance available to you. This includes: information from this booklet, advice from your teachers, and support from home.

## So, what do I do now?

1. Carefully read the pages that follow. They will explain what your curriculum will be and support you in making those crucial choices
2. Complete the electronic options form
3. Ensure you submit your completed electronic form by **Friday 13<sup>th</sup> March 2026**

## Key Dates

1. Student options assembly - in school - Thursday 22<sup>nd</sup> January 2026
2. Final options assemblies - in school - week beginning Monday 2<sup>nd</sup> March 2026
3. Parent / Carer options information evening - in school - Thursday 5<sup>th</sup> March 2026
4. Final submission of options form - electronically - Friday 13<sup>th</sup> March 2026



## What is Key Stage 4?

The curriculum at Key Stage 4 consists of a mixture of core subjects (that everyone has to study) and options subjects (that you choose to study). The options subjects should be chosen according to your strengths and interests. You will be guided through your choices by subject teachers to ensure they are appropriate.

### What are GCSEs and BTEC qualifications?

GCSE stands for General Certificate of Secondary Education. This qualification is important as it is required for future study and employment. Most GCSE subjects include theory work and some include practical work.

BTEC qualifications (for example, Health & Social Care) are work-related courses that have been designed to equip students with skills and knowledge that are important for workplaces.

### Core Subjects: What does everyone do?

All students are taught a core programme of subjects and skills that are statutory for all children aged 14 - 16. These subjects are:

- English Language and English Literature
- Mathematics
- Science
- Religious Education
- Physical Education
- Life Skills

### Options Subjects: What can you choose?

We want our students to be committed to their lessons and so we allow them to choose subjects that suit their strengths and interests. In this booklet you will find information about the optional subjects to help you make your choices. Whilst we make every effort to ensure students are offered their choices, sometimes it is not always possible. This is why we ask you to make reserve choices.



# Some Advice and Tips for Choosing Subjects

## Who decides what you study?

YOU! Ultimately, the options subjects you study is your choice. However, you should seek advice and guidance from your teachers, your parents / carers, and Form Tutor. You could also take advice from older students including those in the Sixth Form.

**Think hard, take advice, then fill in the form!**

## Do:

- Choose subjects you enjoy
- Choose subjects you are successful at
- Choose subjects you may need for a future career or further education
- Find out as much information as possible about a subject before choosing it
- Listen to the advice of others
- Ask questions if you are not sure

## Don't:

- Choose a subject just because your best friend is choosing it
- Choose a subject because you like (or dislike) the teacher this year - you may not have the same teacher next year

## What happens next?

Make sure you complete and submit the electronic options form by **Friday 13<sup>th</sup> March 2026**.

We will then try very hard to give you the choices you have made. However, we cannot always guarantee that every student gets all of their choices. Mostly, this is because:

- The number of pupils able to study certain subjects will have to be limited
- If there is very little demand for a subject, we may have to withdraw it

## Please note:

When you have made your choices and we have checked that we can timetable them, your parents / carers will be sent a form listing these subjects. Once this form has been signed by them, we will be very reluctant to allow you to change a subject.

# Core Subjects

# English Language and English Literature

## What is the course about?

In today's fast-paced information society, it is vital for young people to be confident communicators, skilful readers and effective writers. By studying English, you will develop an understanding of how language works by exploring and analysing a wide range of fiction and non-fiction texts. Using this knowledge, you will have the confidence to be able to choose and adapt what you say and write in different situations, for different audiences and for a range of purposes.

## What skills or personal interests do I need?

Because a qualification in English is so important to enable you to go onto further study and to gain employment, it is vital that you develop the skills that will help you to succeed. Reading a range of fiction and non-fiction texts, as well as writing for a range of different purposes and audiences on a regular basis, will ensure that you improve your literacy skills. This will help you to excel not only in English, but in all of your subjects.

## What will I do and how will I be assessed?

### English Language (x2 external examinations):

What do the papers entail? All texts in the examination will be unseen.

#### Paper 1: Explorations in Creative Reading and Writing

##### What is assessed?

*Section A:* Reading one literature fiction text

*Section B:* Writing descriptive or narrative writing

##### How?

Written exam: 1 hour 45 minutes

80 marks

50% of GCSE

##### What are the types of questions?

*Reading* (40 marks) (25%) - pupils are required to respond to one extended text.

- 1 short form comprehension question (4 marks)
- 1 exploration of language question (8 marks)
- 1 exploration of structure question (8 marks)
- 1 critical engagement response (20 marks)

*Writing* (40 marks) (25%)

- 1 extended writing question (24 marks for content, 16 marks for technical accuracy)

#### Paper 2: Writers' Viewpoints and Perspectives

##### What is assessed?

*Section A:* Reading - 2 non-fiction pieces (one will be pre-1900s)

*Section B:* Writing to explain or argue your view relating to a given statement

##### How?

Written exam: 1 hour 45 minutes

80 marks

50% of GCSE

##### What are the types of questions?

*Reading* (40 marks) (25%)

- 1 multiple choice response (4 marks)
- 1 summary of similarities and differences across two texts (8 marks)
- Exploration of language (12 marks)
- Comparing the views/attitudes of writers (16 marks)

*Writing* (40 marks) (25%)

- 1 extended writing question (24 marks for content, 16 marks for technical accuracy)



## What will I do and how will I be assessed?

### English Literature (x2 external examinations):

#### What do the papers entail?

All assessments are closed book: any stimulus materials required will be provided as part of the assessment.

All assessments are compulsory.

<b>Paper 1: Shakespeare and the 19th-Century Novel</b>	<b>Paper 2: Modern Texts and Poetry</b>
<u>What is assessed?</u> Shakespeare - Macbeth The 19th-century novel - A Christmas Carol	<u>What is assessed?</u> Modern Texts - Blood Brothers Poetry - Love and Relationships cluster Unseen Poetry
<u>How?</u> Written exam: 1 hour 45 minutes 64 marks 40% of GCSE	<u>How?</u> Written exam: 2 hours 15 minutes 96 marks 60% of GCSE
<u>What are the types of questions?</u> <i>Section A</i> - Shakespeare: students will answer one question on Macbeth. They will be required to write in detail about an extract from the play and then write about the play as a whole. <i>Section B</i> - The 19th-century novel: students will answer one question on A Christmas Carol. They will be required to write in detail about an extract from the novel and then the wider text.	<u>What are the types of questions?</u> <i>Section A</i> - Modern Texts: students will answer one essay question from a choice of two on Blood Brothers. <i>Section B</i> - Poetry: students will answer one comparative question on one named poem printed on the paper and one other poem from the Love and Relationships cluster. <i>Section C</i> - Unseen poetry: Students will answer one question on one unseen poem.

## What key skills will I develop on the course?

**Speaking and Listening** - You will have regular opportunities to improve your speaking and listening skills by: working in groups, leading group work, participating in and leading discussions, planning and delivering presentations, and taking on different character roles through drama activities.

**Reading** - You will read and demonstrate your understanding of a variety of poetry, prose, and drama texts. This will include works written before and after 1914, texts from other cultures, a play by Shakespeare, non-fiction texts and media texts. You will also improve your ability to analyse texts on a deeper level and will learn essay writing skills.

**Writing** - You will continue to build on your writing skills and will learn how to craft your writing. Developing voice and creative flair will continue to be a priority for you as a writer. You will continue to learn how to craft and shape your writing to make your work suit the text type, audience and purpose, whilst being actively encouraged to think 'outside the box'. You will regularly write for different purposes including: describe, inform, explain, argue, persuade, advise and to entertain.

### What qualifications could I get?

- One GCSE in English Language
- One GCSE in English Literature

### What can I do afterwards?

All employers, colleges and universities will insist on a good standard in English. However, both courses will help to prepare you for further studies, especially for essay writing subjects at A Level. You can continue to study English at A Level by completing studies towards a qualification in English Language and / or English Literature. You could also go on to University to study English Literature, English Language, Creative Writing, Journalism and Film Studies, to name just a few of the options available.

### Are there any other related career opportunities?

Having a good GCSE in English will ensure that you can move onto further studies or into employment. These are some of the careers where you will be able to use your English qualification:

- Editorial assistant
- English as a foreign language teacher
- Lexicographer
- Magazine journalist
- Newspaper journalist
- Editor
- Primary school teacher
- Secondary school teacher
- Writer



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# Mathematics

## What is the course about?

During Key Stage 4, our students follow either the EDEXCEL or OCR Mathematics qualification dependent upon their ability. Students will be examined in the following areas:

- Number
- Algebra
- Shape, Space and Measure
- Statistics
- Probability

## What skills or personal interests do I need?

- The fundamental skills of working with arithmetic
- An understanding of fractions, decimals, percentages and ratios
- An appreciation of algebraic notation
- The ability to apply maths knowledge successfully to different contexts including every day and real world situations
- Independent thinking and working

## What key subject interests would be useful?

Mathematics is essential in many subjects. It is particularly vital in: physics, geography, economics and business, biology, sports science, chemistry, electronics, art, food technology and resistant materials.

## What will I do and how will I be assessed?

Students will sit three exams at the end of Year 11, one being non-calculator and two being calculator papers. Students will either sit Foundation or Higher Tier according to their ability and will be awarded a grade between 9 and 1.

## What key skills will I develop on the course?

GCSE Mathematics encourages students to develop problem-solving skills and become effective and independent learners. With the focus on applying maths in context, problem-solving, reasoning and the functional elements of maths, students learn to function mathematically in the world.

## What qualifications could I get?

A good GCSE in Mathematics (grades 9 to 4 / 5) is essential to gain access to most colleges and to almost all careers.

**What can I do afterwards?**

Students can go on to study A Level Mathematics or A Level Further Mathematics if they achieve a good enough grade in their GCSE.

Many other A Level courses benefit from achieving a good grade in Mathematics. Examples are:

- Accountancy
- Physics
- Chemistry

**Are there any other related career opportunities?**

A good grade in GCSE Mathematics can lead to many career opportunities. Nearly all Further Education institutions require a minimum of a grade 4 or 5 to enrol.

Medical, financial and engineering careers have a high mathematical content and a top grade is advantageous for students pursuing these.

## Science - Combined Double Award

### What is the course about?

GCSE Combined Science is about how Science affects our lives and the decisions we make. It examines the evidence about issues like mobile phone masts and global warming. It also examines ethical and moral issues like stem cell research. Units taught will cover the following topics:

**Biology** - cell biology, transport systems, health, disease and the development of medicines, coordination and control, photosynthesis, ecosystems, and inheritance, variation and evolution.

**Chemistry** - atomic structure and the periodic table, structure, bonding and the properties of matter, chemical changes, energy changes in chemistry, The rate and extent of chemical change, chemical analysis, chemical and allied industries, and Earth and atmospheric science.

**Physics** - energy, forces, forces & motion, waves in matter, light and electromagnetic waves, electricity, magnetism and electromagnetism, particle model of matter, and atomic structure.

### What skills or personal interests do I need?

Studying GCSE Combined Science will broaden your understanding of the world around you, may allow you to influence and develop accepted scientific knowledge, and will give you the skills needed to approach most matters in a reasoned and analytical manner.

The more you look into science, the more fascinating it becomes. Science is all around us, continuously unfolding and giving us the chance to improve our world's social and economic future. Advances in areas such as communications, food production, health care and transport all depend on fresh knowledge emerging from Science's many disciplines.

Studying Science will enhance your understanding of the world, and contribute to your intellectual and personal development.

Simply an open mind is the only thing that a student needs to study Science at GCSE.

### What key subject interests would be useful?

GCSE Science is a very diverse course and covers many different branches of Science. Any interests that a student may have can be useful when studying such a diverse subject at GCSE.

### What will I do and how will I be assessed?

Separate exams in Biology, Chemistry and Physics are to be taken. All exams are taken at the end of Year 11.

### What key ideas / skills will I develop on the course?

GCSE study in Combined Science provides the foundations for understanding the material world. Scientific understanding is changing our lives and is vital to the world's future prosperity, and all students should be taught essential aspects of the knowledge, methods, processes and uses of science. They should be helped to appreciate how the complex and diverse phenomena of the natural world can be described in terms of a small number of key ideas relating to the sciences which are both inter-linked, and are of universal application. These key ideas / skills include:

- The use of conceptual models and theories to make sense of the observed diversity of natural phenomena.
- The assumption that every effect has one or more cause.
- That change is driven by differences between different objects and systems when they interact.
- That many such interactions occur over a distance and over time without direct contact.
- That science progresses through a cycle of hypothesis, practical experimentation, observation, theory development and review.
- That quantitative analysis is a central element both of many theories and of scientific methods of inquiry.

GCSE specifications in combined award science should enable students to:

- Develop scientific knowledge and conceptual understanding through the specific disciplines of biology, chemistry and physics.
- Develop an understanding of the nature, processes and methods of science, through different types of scientific enquiries that help them to answer scientific questions about the world around them.
- Develop and learn to apply observational, practical, modelling, enquiry and problem-solving skills, both in the laboratory, in the field and in other learning environments.
- Develop their ability to evaluate claims based on science through critical analysis of the methodology, evidence and conclusions, both qualitatively and quantitatively.

Furthermore, the sciences should be studied in ways that help students to develop curiosity about the natural world, insight into how science works, and appreciation of its relevance to their everyday lives. The scope and nature of such study should be broad, coherent, practical and satisfying, and thereby encourage students to be inspired, motivated and challenged by the subject and its achievements.

### What qualification could I get?

A minimum of 2 GCSEs

### What can I do afterwards?

It gives you the knowledge and understanding of science you need to study any of the Sciences in the Sixth Form (A Levels or BTEC) or go into a technical occupation, while keeping your other options open.



### Are there any other related career opportunities?

There are many jobs for which GCSE Science would be useful - way too many jobs to list! Science teaches us to question things, to test things and to not just believe what we hear, this is very important for everyone and every career.

Taking Science will open up a vast variety of career options for your future providing you with skills that will make you very employable. Science makes a positive impact on people's lives. In many cases, Science saves lives. Scientists use their expertise to develop real solutions for real problems. Remedies for many of the challenges that face our world will be developed by researchers who devote their whole lives to the pursuit of Science.

### Please note:

As well as being an option, there will be an opportunity for some students to progress further and study the Sciences separately (3 GCSEs). This will be a decision that is taken towards the end of Year 9 through consultation with class teachers, students and parents. Decisions will be made based on the student's achievement in Science and their enthusiasm for the subject. This will enable some students to gain a more detailed understanding of these subjects (Biology, Chemistry & Physics) which makes the step up to A Level easier. For more information about this route please look in the Separate Science's information in the Options section of this booklet.



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# Core PE

## What is the course about?

Throughout Key Stage 4, PE involves a continuation of the themes studied at Key Stage 3, with three hours dedicated per 2-week cycle throughout Years 10 and 11. Students are given a greater role in deciding which activities to participate in and will still have opportunities to further develop as part of the department's extensive extra-curricular programme.

## What skills or personal interests do I need?

A willingness to get involved and try a range of roles and activities tailored towards the needs of individuals. The PE programme is designed to stretch students at all levels and is geared towards students remaining involved in sport and physical activity for the rest of their lives.

## What key subject interests would be useful?

Any interest in sport or physical activity will enhance a student's experience during PE lessons. A keen interest in experiencing roles such as participant, official or leaders / coaches will enable students to be well placed to engage in a balanced, active healthy lifestyle for many years to come.

## What will I do?

A variety of activities are undertaken including athletics, football, basketball, netball, volleyball, table tennis, badminton, rugby, fitness, rounders, hockey, yoga, dance and cricket. We also educate and emphasise the importance of physical activity as a stress-reliever whilst promoting lifelong participation.

## What key skills will I develop on the course?

Physical Education aims to maximize pupil's development through the medium of physical activity. Through participation in a range of physical activities, the course aims to develop physical competence, promote physical development, and reflect on the value of participation. It aims to develop artistic understanding and help establish self-esteem through the development of physical confidence. It also helps students cope with both success and failure in competitive and co-operative physical activities.

## What qualifications could I get?

Students can use lessons to further enhance practical sports units for vocational courses and gain leadership / officiating experience to enhance GCSE PE practical profiles.

## What can I do afterwards?

Opportunities are available to further develop as part of the school's extra-curricular programme or join a sports team as part of the Sixth Form offer.

**Are there any other related career opportunities?**

This course, alongside a sport specific qualification, provides a route to further study at A Level, BTEC Level 3, as well as a route into career opportunities within the sport and leisure industry.

**Please note:**

This subject is mandatory for every student in Years 10 and 11.



# Religious Education

## What is the course about?

RE is at the very heart of the curriculum. As well as developing your knowledge and understanding of Christianity and Catholicism specifically, you will reflect on what it means to be human, your rights and responsibilities in this world, the meaning and importance of human life, and consider the impact God has on the lives of others in Britain and the wider world today.

## What skills or personal interests do I need?

The RE curriculum we offer requires students to engage verbally and work collaboratively as well as independently. Students need to adopt a robust approach to their learning both in class and at home.

## What key subject interests would be useful?

The content of the RE GCSE syllabus has many cross curricular links such as English, the humanity subjects and social sciences, which, if studied can have a positive impact on the awareness and depth of understanding in RE.

## What will I do and how will I be assessed?

Paper 1: Catholic Christianity	Paper 2: Judaism	Paper 3: Philosophy and Ethics
<u>What is assessed?</u> <ul style="list-style-type: none"> <li>- Beliefs and Teachings</li> <li>- Practices</li> <li>- Sources of Wisdom and Authority</li> <li>- Forms of Expression and Ways of Life</li> </ul>	<u>What is assessed?</u> <ul style="list-style-type: none"> <li>- Beliefs and Teachings</li> <li>- Practices</li> </ul>	<u>What is assessed?</u> <ul style="list-style-type: none"> <li>- Arguments for the Existence of God</li> <li>- Religious Teachings on Relationships and Families in the 21st Century</li> </ul>
<u>How?</u> <ul style="list-style-type: none"> <li>- Written exam: 1 hour 45 minutes</li> <li>- 50% of GCSE</li> </ul>	<u>How?</u> <ul style="list-style-type: none"> <li>- Written exam: 50 minutes</li> <li>- 25% of GCSE</li> </ul>	<u>How?</u> <ul style="list-style-type: none"> <li>- Written exam: 50 minutes</li> <li>- 25% of GCSE</li> </ul>

### What Key Skills will I develop on the course?

- Communication
- Problem solving
- Creative thinking
- Collaborative learning
- Independent learning
- Evaluation
- Research
- Literacy
- Expression

### What qualifications could I get?

Full course GCSE

### What can I do afterwards?

As well as studying compulsory Catholic Religious Studies in Sixth Form, there is the opportunity to study Religious Studies at A Level.

Religious Education helps develop an understanding of spiritual, ethical, social, moral and cultural studies.

### Are there any other related career opportunities?

Possible career routes include (but aren't limited to):

- Law
- Police
- Journalism
- Education
- Religious Life
- Medical
- Charity work
- Social work
- Civil Service
- Archivist / Historian
- Politics
- Public Service



# Options Subjects



# Art & Design

## What is the course about?

GCSE Art and Design is an exciting and challenging practical course that enables students to develop a wide range of creative skills. Students engage with a variety of teaching and learning approaches that support all four assessment objectives. Throughout the course, students take part in a range of educational visits, including trips to the Yorkshire Sculpture Park, galleries in Manchester or Liverpool, and RHS Bridgewater. These experiences allow students to explore sculpture, painting, printmaking and the natural environment, helping to inform and enhance their GCSE coursework.

Results in Art and Design are consistently strong, with over 90% of students achieving a grade 4 or above, and 35% achieving a grade 7 or above. This success is supported through high-quality teaching, specialist staff and structured guidance.

## What skills or personal interests do I need?

You will need an interest in using a range of art techniques and materials, along with a creative mindset and a willingness to challenge yourself. You should be confident taking risks and experimenting with ideas.

As the course involves working to deadlines, you will need good self-management skills and the ability to work independently. Original and exciting outcomes are encouraged, so you should be curious and actively seek inspiration, recognising the creative potential in everyday objects and experiences.

You should also enjoy studying and analysing artworks from a wide range of sources, styles and genres.

## What key subject interests would be useful?

You will have an interest in Art and Design in its broadest sense and enjoy analysing and evaluating images and sculptures. You should be keen to develop new ideas and designs based on research and investigation, and have an imaginative and creative approach to your work.

## What will I do and how will I be assessed?

You will follow a broad and challenging course, and be assessed regularly throughout. Ongoing feedback is provided during lessons, allowing you to refine and improve your work. You will be encouraged to aim high, take pride in your ideas and learning, and produce high-quality outcomes.

**Unit 1:** The course is structured around two major coursework projects, providing a balanced and comprehensive portfolio. Project themes include Sculpture and Landscapes. Coursework accounts for 60% of the final GCSE grade. In Year 11, students complete a mock examination, which includes a 10-hour controlled assessment based on the Landscape project.

**Unit 2:** The final GCSE examination is an externally set assignment released in January. Students complete preparatory work over three to four months, leading to a 10-hour controlled assessment at Easter. This unit accounts for the remaining 40% of the final grade.

### What key skills will I develop on the course?

You will develop practical skills in painting, drawing, ceramics, photography and printmaking. Core artistic skills such as the use of colour, line, tone and texture will be strengthened.

You will learn how to observe artworks closely, analyse visual information and develop a critical understanding of art. The course encourages you to ask questions about the world around you and reflect on what you see and experience, using this to inform and inspire your own work.

You will also develop transferable skills including teamwork, creative thinking, time management and self-motivation.

### What qualifications could I get?

AQA GCSE in Art & Design

### What can I do afterwards?

You could study A Level Art or Photography at Cardinal Langley. You could progress to other post-16 courses in Art and Design, Photography, Textiles, or other related creative subjects. You could use your creative skills as part of an apprentice or on another college course.

### Are there any other related career opportunities?

Studying Art and Design can lead to a wide range of university courses and creative careers. Many students progress into established pathways such as Fine Art, Graphic Design, Illustration or Architecture. Others choose more specialised or alternative routes including Animation, Set Design, Game Art, Fashion and Textile Design, or Art Conservation and Restoration.

Some students pursue careers in related industries through courses in Film Production, Photography, Interior Design, Media, or Theatre and Performance Design. Whatever path is chosen, Art and Design develops highly transferable skills such as creativity, problem-solving and visual communication, which are valued across many professions both within and beyond the creative industries.



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# Business Studies

## What is the course about?

We realise that up to now you have never had the chance to study GCSE Business Studies before, but don't let that put you off. Take a couple of minutes to read the information below about why we think selecting this course could be one of the best decisions you might make.

Our GCSE Business Studies course, taught by Mr Gillespie and Mr Toland, has been one of the most successful of all the GCSEs offered at Cardinal Langley in terms of its results over a number of years, and there aren't many other subject areas in our school who can boast about such sustained success at GCSE. So, if you are serious about doing well in your GCSEs, selecting this option could mean you have a great chance of doing really well when you get your results.

## What skills or personal interests do I need?

Is Business Studies the right choice for you? We hope you think so; we certainly have a great time teaching it! It is important though that you understand that you will:

- Be required in class to read about businesses & sometimes write longer answers to questions about business decisions. Basically, you'll need decent literacy skills to succeed.
- Have to get used to sitting next to someone you might not know. It's our belief from years of experience that you will work better when you have fewer distractions around you!
- Need a good attitude towards doing work in class and regarding homework. To get our great results we insist all our students put in a lot of effort because that's what we do too.

## What key subject interests would be useful?

An interest in businesses and how they work is important.

## What will I do and how will I be assessed?

So, if you do take our course, the final GCSE grade is achieved through two written examination papers - both of which you will take towards the end of Year 11. Don't worry, you'll get plenty of help and support in preparation for these - it's what we are particularly good at!

## What key skills will I develop on the course?

What we do on our two year GCSE course is offer you the opportunity to study the real world of business, finding out along the way why businesses exist and what they do to be successful. So, by the end of the course you'll have learnt about lots of different things to do with business including things like:

- Setting up as a sole trader
- Selling shares
- How you get paid
- Why businesses might sack some of their staff
- How businesses go about convincing us to buy the goods and services they sell.

## What qualifications could I get?

One GCSE in Business Studies.

## What can I do afterwards?

Business Studies has been one of the most popular options at GCSE for students at Cardinal Langley for many years. It is also very popular at A Level with many of our students going on to university to study it at degree level. GCSE Business Studies would be useful if you are also interested in going on to study or work in areas like:

- Accountancy
- Business Management
- Running your Own Business
- Law
- ICT
- Retail Management
- Leisure Management
- The Travel Industry

## Are there any other related career opportunities?

### FANCY SETTING UP YOUR OWN BUSINESS?

One thing we do is help you set up & run your own business if that's something you are interested in! Over the last two years, we've provided over £300 of funding from our budget for students to set up three small businesses. So, if you pick our subject, you could be part of the next group to successfully bid for funding for a business idea!



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# Computing (OCR)

## What is the course about?

This exciting GCSE gives learners the opportunity to investigate and gain an in-depth understanding into how computers work, and how they are used. Learners will no doubt be familiar with the use of computers and other related technology from their other subjects and elsewhere. However, the course will give them an insight into what goes on 'behind the scenes', including computer programming, which many learners find absorbing.

The course will help you to learn about critical thinking, analysis and problem solving. We hope you'll find it a fun and interesting way to develop these skills that can also be transferred to other subjects and even applied in day-to-day life.

This qualification aims to:

- Develop learners' understanding of current and emerging technologies, understanding of how they work and apply this knowledge and understanding in a range of contexts
- Acquire and apply knowledge, some technical skills and an understanding of the use of algorithms in computer programs to solve problems using programming
- Use learners' knowledge and understanding of computer technology to become independent and discerning users of IT, able to make informed decisions about the use and be aware of the implications of different technologies
- Acquire and apply creative and technical skills, knowledge and understanding of IT in a range of contexts
- Develop computer programs to solve problems
- Develop the skills to work collaboratively
- Evaluate the effectiveness of computer programs / solutions and the impact of, and issues related to, the use of computer technology in society

## What skills or personal interests do I need?

This course is suitable for young people who want to explore and investigate how computers work, and how they are used. You are most likely to enjoy the subject if you have a real interest in how computers work, are a logical thinker and enjoy problem solving. This course will be best suited to students working at level 6B and above in Mathematics at Key Stage 3.

The course is designed to:

- Inspire and enthuse learners to become more technology savvy - producers of technology products rather than just consumers.
- Give learners the opportunity to gain a broad understanding and knowledge of computing, with an emphasis on programming and problem solving skills.
- Encourage personal development, motivation and confidence, through practical participation and by giving learners responsibility for their own project.

### What key subject interests would be useful?

- Computing
- Programming
- ICT
- Game and App Design
- Web Design

### What will I do and how will I be assessed?

**Component 01 - Computer Systems** Component 01 focuses on Computer Systems and is similar in style to the old A451 unit. It is an examined unit and makes up 50% of the assessment total.

**Component 02 - Computational Thinking, Algorithms and Programming** Component 02 is a new written exam, focused on computational thinking and algorithms. Students will be tested on the elements of computational thinking and logic. They are principally assessed on their ability to write, correct and improve algorithms. It is an examined unit and makes up 50% of the assessment total.

### What key skills will I develop on the course?

- |                         |                           |
|-------------------------|---------------------------|
| • Programming skills    | • Logical thinking skills |
| • Organisational skills | • Design skills           |
| • Independent learning  | • Team working            |
| • Analytical skills     | • Communication skills    |
| • Problem solving       | • Time management skills  |
| • Creativity skills     |                           |

### What qualifications could I get?

You would achieve a GCSE in Computing with a grade scale ranging from 9 - 1.

### What can I do afterwards?

Students who enjoy Computing at GCSE and are keen to continue can study A Level or other Level 3 Computing courses, such as A Level Computing and ICT and also BTECs in IT and Creative Multimedia.

At university there is a wide range of computer based degrees with options to specialise in areas of particular interest to the student.

Post, or even pre-university, there are a wide variety of lucrative careers involving computing for those with a passion for the subject and a willingness to keep learning. In fact, the growth and evolution of new technologies means in the future there will be lots of jobs that require computing skills that we have not even thought about yet! Computing is a subject that could awaken a passion that could lead anywhere and last a lifetime.



### Are there any other related career opportunities?

Computing is a subject which is becoming more and more central to every type of business. A good foundation in Computing will enable you to follow one of a wide variety of career paths. Well qualified and skilled programmers are in great demand as shown in numerous surveys. Further specialised study can lead to employment in the gaming industries.

A computing qualification is a good basis for work as a:

- Programmer / Developer (Software, Web, Mobile and Game)
- Software Applications Developer
- Software Engineer
- IT Consultant
- Computer Engineer
- Systems Administrator
- Network Manager
- IT Technician
- IT Manager
- Database Administrator
- IT Training Consultant
- Security Specialist

The course is also an excellent preparation if you want to study or work in areas that rely on the skills you'll develop, especially where they are applied to technical problems. These areas include:

- Engineering
- Financial and Resource Management
- Science



# Design & Technology: Textiles

## OR

# Design & Technology: Product Design

### Please note:

Students can opt for **either** course and must identify their chosen specialist route.

### What is the course about?

The GCSE Design & Technology course is designed to inspire and challenge students to think critically, develop practical skills, engage in the iterative design process and develop deep knowledge around the theory of design and manufacturing. GCSE Design and Technology will prepare students to participate confidently and successfully in an increasingly technological world. Students will gain awareness and learn from wider influences on Design and Technology including historical, social, cultural, environmental and economic factors.

Students will get the opportunity to work creatively when designing and making and apply technical and practical expertise. Our GCSE allows students to study core technical and designing and making principles, including a broad range of design processes, materials techniques and equipment. They will also have the opportunity to study specialist technical principles in greater depth.

***Please note: Any student wishing to opt for this course must commit to working in a safe and sensible manner in practical workshops and classrooms at all times.***

### What skills or personal interests do I need?

You should have a keen interest in working practically, problem solving and being creative, expressing your ideas in different ways and an interest in how things are made. You should enjoy working with specialist tools, equipment and machinery which you will be taught how to use correctly and safely.

You should choose this course if:

- You are looking to pursue a creative / technical route post-16
- You enjoy working on practical projects
- You want variety and to learn lots of new skills
- You are not thinking of pursuing a creative route but want to gain the transferrable skills this course has to offer

### What will I do?

In this course you will do a mixture of theory and practical work. In Year 10, you will do a series of projects whereby you will develop knowledge in the areas overleaf and gain experience of different workshop processes. You will begin your NEA in the late summer term and this will progress through to Year 11. Again, there will be a mixture of theory and practical lessons, with some theoretical concepts being taught through practical work.

<b>Core Technical Principles</b>	<b>Specialist Technical Principles</b>	<b>Designing &amp; Making Principles</b>
<ul style="list-style-type: none"> <li>• New and emerging technologies</li> <li>• Energy generation and storage</li> <li>• Developments in new materials</li> <li>• Systems approach to designing</li> <li>• Mechanical devices</li> <li>• Materials and their working properties</li> </ul>	<p><i>(in relation to either Textiles or Timbers, depending on course chosen)</i></p> <ul style="list-style-type: none"> <li>• Selection of materials/components</li> <li>• Forces and stresses</li> <li>• Ecological and social footprint</li> <li>• Using and working with materials</li> <li>• Stock forms, types and sizes</li> <li>• Scales of production</li> <li>• Specialist techniques &amp; processes</li> <li>• Surface treatments and finishes</li> </ul>	<ul style="list-style-type: none"> <li>• Investigation, primary and secondary data</li> <li>• Environmental, social and economic challenge</li> <li>• The work of others</li> <li>• Design strategies</li> <li>• Communication of design ideas</li> <li>• Prototype development</li> <li>• Selection of materials and components</li> <li>• Tolerances</li> <li>• Material management</li> <li>• Specialist tools and equipment</li> <li>• Specialist techniques and processes</li> </ul>

### How will I be assessed?

#### Examination

- 2 hour written exam in the summer of Year 11
- Accounts for 50% of the overall GCSE (100 marks)
  - At least 15% of the exam will assess Maths
  - At least 10% of the exam will assess Science

#### What is Assessed and How?

##### Section A

*(core technical principles)*

20 marks

A mixture of multiple choice and short answer questions assessing a breadth of technical knowledge and understanding

##### Section B

*(specialist technical principles)*

30 marks

Several short answer questions (2-5 marks) and one extended response to assess a more in-depth knowledge of technical principles

##### Section C

*(designing & making principles)*

50 marks

A mixture of short answer and extended response questions

#### NEA (coursework)

- Accounts for 50% of the overall GCSE (100 marks)

This consists of a substantial design and make task taken from a choice of design contexts set by the exam board. Students are required to produce a highly detailed design portfolio and manufacture a prototype of their design. Sections of the portfolio are as follows:

- Identifying and investigating design possibilities
- Producing a design brief and specification
  - Generating design ideas
  - Developing design ideas
  - Realising design ideas
  - Analysing and evaluating

## What can I do afterwards and what careers could this lead to?

These are just some of the careers that this course could lead to:

- *Product Design Engineer* - Creating and developing new products, from initial concept to final production.
- *Industrial Designer* - Designing products, systems, or services that improve the overall user experience and functionality.
- *Graphic Designer* - Creating visual concepts using computer software or by hand to communicate ideas that inspire, inform, and captivate consumers.
- *Architect* - Designing and planning buildings and structures, combining aesthetic considerations with practical functionality.
- *Interior Designer* - Planning and designing interior spaces to enhance the quality of life and culture of the occupants.
- *Automotive Engineer* - Developing and designing vehicles, including cars, motorcycles, and other modes of transportation.
- *Aerospace Engineer* - Designing aircraft, spacecraft, satellites, and other systems related to aviation and space exploration.
- *Mechanical Engineer* - Working on the design, development, and testing of mechanical systems, such as machinery and tools.
- *Electrical Engineer* - Designing and developing electrical systems, components, and devices.
- *Civil Engineer* - Planning, designing, and overseeing the construction of infrastructure projects such as bridges, roads, and buildings.
- *Fashion Designer* - Creating clothing and accessory designs, considering trends, materials, and production techniques.
- *Textile Technologist* - Developing and improving textile products, materials, and manufacturing processes.
- *User Experience (UX) Designer* - Focusing on enhancing the usability and user satisfaction of digital interfaces, such as websites and applications.
- *3D Animator or Modeler* - Creating three-dimensional models and animations for films, video games, and other media.
- *Jewellery Designer* - Designing and creating jewellery pieces using various materials and techniques.
- *Toy Designer* - Developing concepts and designs for toys, considering safety, playability, and market trends.
- *Environmental Designer* - Creating designs that focus on sustainability and environmental considerations, especially in architecture and urban planning.
- *Production Manager* - Overseeing the manufacturing process to ensure efficient and high-quality production of goods.



# Drama: Performing Arts (BTEC)

## What is the course about?

- Creative approaches: Actor and Deviser
- Themed projects where students create and perform
- Script work projects where students bring to life and perform extracts from plays
- Major performance project inspired by a given stimulus
- Working Records that allow students to reflect upon the process and evaluate Drama

## What skills or personal interests do I need?

If you enjoy...

- Expressing yourself in an active and exciting way
- Working in a group
- Contributing your ideas and taking on board those of others
- Exploring ideas by putting yourself in other people's shoes
- Playing many parts in different imaginary situations
- Creating your own drama work
- Looking at plays written by other people

...then BTEC Drama is the ideal subject for you.

## What key subject interests would be useful?

You should be happy to:

- Work with others and to perform.
- Share ideas and take on board others' ideas.
- Watching theatre and analysing the dramatic process

## What will I do and how will I be assessed?

The Award gives you the opportunity to develop specific knowledge and skills in the Performing Arts industry in a practical learning environment. The main focus is on four areas of equal importance, which cover the:

- *Development* of key skills in performing arts, such as reproducing repertoire or responding to stimulus
- *Process* that underpins effective ways of working in the performing arts, such as development of ideas, rehearsal and performance
- *Attitudes* that are considered most important in the performing arts, including personal management and communication
- *Knowledge* that underpins effective use of skills, processes and attitudes in the sector, such as roles, responsibilities, performance disciplines and styles.

## Pearson BTEC Level 1 / 2 Tech Award in Performing Arts

Component Number	Component Title	GLH	Level	How Assessed
1	Exploring the Performing Arts	36	1 / 2	Internal
2	Developing Skills and Techniques in the Performing Arts	36	1 / 2	Internal
3	Performing to a Brief	48	1 / 2	Synoptic External

**What key skills will I develop on the course?**

- Communication
- Improving own learning and performance
- Working in a team
- Confidence
- How to present yourself in public
- Listening to others
- Negotiation
- Creative flair
- Taking risks

**What qualifications could I get?**

BTEC Level 2 Technical Award in Performing Arts

**What can I do afterwards?**

After you have completed BTEC Performing Arts, you can go on to higher levels of study, including: GCE Drama and Theatre Studies at AS and A2 Level, or BTEC Level 3 in Performing Arts.





## Are there any other related career opportunities?

There are so many career opportunities within the arts industry. Here are a few:

- Actor
- Dancer
- Singer
- Make Up Artist
- Teacher - Dance, Singing, Drama, Music
- Costume Designer
- Set Designer
- Lighting Designer
- Director
- Prop Maker
- Location Finder
- Radio Programmer / Writer
- Theatre Technician
- Artistic Director
- Front of House
- Presenter (TV, Cruise, Stage etc)
- Stage School Owner / Teacher
- Special FX's
- Camera Man / Woman
- Caterer
- Computer Graphics / Designer
- Admin
- Matron / Assistant
- Radio Presenter
- Musical Theatre
- PR
- Events Management
- Artist Management
- Promotions
- Choreographer
- Stunt Person
- Musician
- Comedian
- DJ
- Sound Operator
- Acrobat Artist
- Model
- Script Writer

### Even if you don't want to work in the Arts Industry think on this;

"Performance is key to business and good communication is key to performance"

"Employers want the skills that are developed in Drama. They want people who can **think for themselves**, who can **work in a team**, who can **listen to others**, who know how to **create an outcome**. It doesn't matter what product you are producing, the skills are required."

*Georgina Ellinas Head of Learning at Shakespeare's Globe.*



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# Food Preparation & Nutrition

## What is the course about?

GCSE Food Preparation and Nutrition is an exciting and creative course which focuses on the theory of nutrition and food science, and practical cooking skills. This ensures students develop a thorough understanding of nutrition, food provenance and the working characteristics of food materials. At its heart, this qualification focuses on nurturing students' practical cookery skills to give them a strong understanding of nutrition. Food preparation skills are integrated into five core topics:

- Food, Nutrition and Health
- Food Science
- Food Safety
- Food Choice
- Food Provenance

## What key subject interests would be useful?

An interest in Health and Social care, Science or PE would be useful

## What will I do and how will I be assessed?

Lessons will be a combination of theory and practical learning, focussing on the five core topics. Practical lessons will be delivered on a weekly basis and you must commit to providing your own ingredients throughout the duration of the course. You will be required to work safely and hygienically, meeting the high standards of health and safety that are expected of every pupil in the kitchen.

### Examination

- 1 hour 45 minutes in the summer of Year 11
- Accounts for 50% of the overall GCSE (100 marks)

#### What is Assessed?

Each of the five topics listed above will be covered in the exam

### NEA (coursework)

- Accounts for 50% of the overall GCSE (100 marks)
- x2 tasks are carried out:

#### *Task 1: Food Investigation* (30 marks)

Students' understanding of the working characteristics, functional and chemical properties of ingredients. Practical investigations are a compulsory element of this NEA task.

Written or electronic report (1500 - 2000 words) including photographic evidence of the practical investigation.

#### *Task 2: Food Preparation Assessment* (70 marks)

Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food, and application of nutrition related to the chosen task. Students will prepare, cook and present a final menu of three dishes, planning in advance how this will be achieved.

Written or electronic portfolio including photographic evidence of the three final dishes (must be included).

### What key skills will I develop on the course?

- Use of the grill and oven
- Boiling and frying techniques
- Preparing, combining and shaping a range of ingredients
- Liquid based cooking, reduction and emulsion.
- Bakery skills



### What qualifications could I get?

GCSE Food Preparation & Nutrition

### What can I do afterwards?

There are opportunities to progress in nutrition and catering courses with the Food Preparation and Nutrition GCSE which will help further your knowledge and understanding within the subject.

It can also be used to go on to study:

- Catering courses
- Hospitality courses
- Degree in Food and Nutrition
- Degree in Sport and Nutrition

### Are there any other related career opportunities?

The following are just some of the careers that this course could lead to:

- *Chef or Cook* - working in professional kitchens, preparing and cooking food
- *Dietitian* - provide advice on nutrition and diet to promote health
- *Nutritionist* - focus on the science of nutrients and their effects on the body
- *Food Technologist* - develop and improve food products and processes
- *Caterer* - plan and provide food services for events, institutions, or businesses
- *Food Scientist* - conduct research on food products and processes
- *Food Writer or Blogger* - share knowledge and experiences related to food and cooking
- *Food Photographer* - capture appealing images of food for marketing and publications
- *Health Inspector* - ensure food establishments comply with health and safety regulations
- *Product Development Manager* - oversee the creation of new food products
- *Public Health Nutritionist* - promote healthy eating habits and prevent nutrition-related diseases
- *Teaching* - share knowledge as a food and nutrition educator in schools or community programs
- *Menu Planner* - create balanced and appealing menus for restaurants or institutions
- *Quality Assurance Specialist* - ensure food products meet quality standards
- *Hospitality Manager* - manage the overall operations of restaurants, hotels, or catering businesses
- *Food and Beverage Manager* - oversee the food and drink services within a hospitality establishment
- *Food Stylist* - arrange and present food for advertising, TV, or film
- *Recipe Developer* - create and test new recipes for cookbooks, websites, or food companies
- *Event Planner* - specialize in organizing food-related events and catering
- *Community Nutrition Worker* - work in community settings to promote healthy eating habits

# Geography

## What is the course about?

GCSE Geography at Cardinal Langley follows the AQA Specification which allows students to explore how people are involved in the ever-changing world. There is a strong focus on changes caused by natural forces and human processes and the ways in which they interact with each other.



Geography develops a knowledge and understanding of places, people and environments throughout the World. It speaks directly to young people's curiosity, wonder and concern for the world around them. It is a subject that can provide them with the knowledge and competencies they need to understand and contribute to the world they live in. At a time of crisis about the fragile state of life on planet Earth and fears about resources, health, disease, social injustices and human conflict, the distinctive insights about space, place, environment and Earth systems, gained from geography, are essential.

By studying Geography students also discover different societies and cultures, inspiring them to think about their own place in the world, their values and their rights and responsibilities to other people and the environment.

The units of study are as follows:

### **Living with the Physical Environment:**

- The Challenge of Natural Hazards (Tectonics, Weather, and Climate Change)
- Physical Landscapes of the UK (Coasts and Rivers)
- The Living World (Ecosystems, Tropical Rainforests and Hot Deserts)

### **Challenges in the Human Environment:**

- Urban Issues and Challenges (Urbanisation, Rio de Janeiro, Manchester, and Sustainable Settlements)
- The Challenging Economic World (Development, Nigeria and UK)
- Resource Management and Water Management

### **Geographical Skills:**

- Pre Released Material
- Fieldwork

## What skills or personal interests do I need?

Students will benefit from having a natural interest and curiosity in the world around them. Successful Geography students will be inquisitive and analytical and are able to apply knowledge and understanding to specific examples. A good foundation of mathematical and literacy skills helps students in accessing the course whilst a hard-working and industrious nature will assist students in coping with the demands of GCSE Geography.

### What key subject interests would be useful?

A general and keen interest in Geography is usually a key factor in succeeding at GCSE. If you have enjoyed Geography at Key Stage 3 and have a particular interest in all or most of the units listed above then you will most likely gain a lot from studying GCSE Geography.

### What will I do and how will I be assessed?

The course is assessed using exams only and the three exam elements will take place at the end of Year 11.

The three exams are:

**Paper 1 - Living with the Physical Environment:** The Challenge of Natural Hazards; Physical Landscapes of the UK; The Living World. This unit is worth 35% of the overall grade and is assessed with a 1½ hour examination.

**Paper 2 - Challenges in the Human Environment** Urban Issues and Challenges; The Changing Economic World; The Challenge of Resource Management. This unit is worth 35% of the overall grade and is assessed with a 1½ hour examination.

**Paper 3 – Geographical Applications** Issue Evaluation (Pre Released Materials); Fieldwork (Based on students own experience of fieldwork during the course). This unit is worth 30% of the overall grade and is assessed with a 1 hour examination.

### What key skills will I develop on the course?

Geography students develop in many different ways. Literacy, numeracy, ICT, GIS investigation, problem-solving, analysis and enquiry skills are strong features of GCSE Geography and are established and developed in all of our students throughout the course. Other skills that students develop on the course include communicative, independent and team work skills.

### What qualifications could I get?

The final qualification will be one GCSE in Geography.

### What can I do afterwards?

Geography contributes significantly to the development of students as they prepare for adult life and employment.

Geography equips students with skills and attributes that are transferable to many other subject areas. Many students go on to study Geography at A Level then degree level at University but the subject benefits students selecting other subjects to study at A Level and university as well.

Students who enter employment will benefit strongly from a qualification in Geography, regardless of the nature of the work. This is because employers recognise the qualities that Geography qualifications provide for students.

### Are there any other related career opportunities?

Career paths that require a Geography qualification include disciplines such as town planning, environmental science, cartography, meteorology or oceanography.

Employment related to the leisure, recreation and the travel/tourism industry is an obvious route for students with Geography qualifications as well.

However, most students will enter employment where they can use the skills they have developed. The following industries value skills that students with Geography qualifications possess:

- Banking
- Finance
- Marketing
- Architecture
- Journalism
- Law
- Teaching
- IT Analysts
- The Retail Industry
- General Management



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# Health & Social Care (BTEC)

## What is the course about?

The BTEC Tech Award in Health & Social Care is designed to develop knowledge and understanding in the Health & Social Care sectors. This is an extremely popular course because it engages students to take responsibility for their own learning and to develop skills that are essential for the modern-day workplace. We have an excellent reputation for achievement within the department and have had a very high pass rate since the course was introduced. We would like you to come and speak to **Miss Gaffney** if you have any questions about the course. Our current students thoroughly enjoy the fact that it is different to GCSEs and they like the independence that this develops.

## What skills or personal interests do I need?

We have a very supportive department who will help you to achieve your full potential, but it is important that you are motivated to be successful. A lot of the work is independently led and so you have to be interested in researching and have good ICT skills. There are three components - one external exam and two internal exams consisting of electronic reports - so you will need to be organised and able to meet strict deadlines. You will have a lot of opportunities to work in a group so you need to be a team player and enjoy working with other people. It is a different type of course where a lot of new skills will be developed. These might seem a bit daunting at first but the BTEC Tech Award in Health and Social Care will help you to grow in confidence and achieve the best grades possible.

## What key subject interests would be useful?

It would be really useful for you to have an interest in the health and social care sectors, specifically the NHS. There is a lot of variety in the course so it would also be good to have an interest in health and well-being, communication, and the law. It is important that you are keen to understand current affairs and politics, and enjoy reading around the subject area.

## What will I do and how will I be assessed?

The course is made up of a combination of internal and external assessment. You sit one external (written) exam and two internal exams using the computer. Our staff work really hard to make sure that you are prepared for the exams so there will be lots of quizzes and tests to check your knowledge and understanding.



### What key skills will I develop on the course?

- Team working
- Independent research skills
- Working to deadlines
- Presenting information effectively whilst developing your ICT skills

Health and Social Care also will help with your skills in English and Maths and there will be opportunities outside of the classroom to learn as well on the trips that we go on.

### What qualifications could I get?

Once you have completed the course you will get a BTEC Tech Award in Health and Social Care, which is equivalent to one GCSE. However, you will have developed a number of skills throughout the course which are essential to post-16 study. Our students who have studied Health and Social Care at Level 2 find it much easier to study it at Level 3 (post-16) because they have learnt so much from the Tech Award. The skills learnt at Level 2 will also help to prepare you for the type of learning needed for A Levels.

### What can I do afterwards?

What can you not do should be the real question here. The skills developed in Health and Social Care will fully prepare you for continuing with the subject post-16. However, the skills will also help you in the study of A Levels. It is a fantastic course that you will really enjoy but please come and speak to **Miss Gaffney** or **Mrs Smith** if you have any further questions.

### Are there any other related career opportunities?

If continued to Level 3, Health and Social Care can lead to a variety of careers in the NHS and other related sectors. These include: Nursing, Midwifery, Social Work, Teaching and careers working with children and the elderly. There is so much variety within the course that it provides you with a basis to take further training in lots of different and exciting careers.



# History



## What is the course about?

History is full of intrigue, events and experiences. Therefore, students will experience a range of relevant, interesting and engaging topics which raise awareness of the moral, spiritual and cultural aspects of the past and relate them to the world today. This course investigates and analyses key fascinating historical events across countries in the world at different time periods.

History is an exciting and challenging GCSE that requires a great deal of thought and an interest in reading and deconstructing evidence is very important. History will be taught through a variety of sources and books, and you will undertake a great deal of extended writing.

We follow the AQA History course which comprises two papers each with two units (four in total). Students will sit the two exams at the end of the course in Year 11. The structure of the course is as follows:

*Paper 1:* Understanding the modern world helps students to understand key developments and events in modern world history.

*Paper 2:* Shaping the nation enables students to understand key developments and events in the history of Britain.

You will learn about:

### Germany

- Germany and the growth of democracy
- Germany and the Depression
- Experiences of Germans under the Nazis

### Conflict and Tension: the Inter-war Years, 1918-1939

- Peace-making
- The League of Nations and International Peace
- The Origins and Outbreak of the Second World War

### Health and Medicine circa 1000 AD - present

- Nature and Consequences of short and long term developments of medicine and public health in Britain, from the supernatural to the NHS and issues in 21st Century healthcare.

### Norman England c1066 - c1100 (including the Historic Environment)

- This enables students to understand change and continuity across a long sweep of history.
- It is an in-depth study of the arrival of the Normans and the establishment of their rule.
- It focuses on major aspects of Norman rule, considered from economic, religious, political, social and cultural standpoints of this period, and arising contemporary and historical controversies.

### What skills or personal interests do I need?

The examinations for GCSE History place great emphasis upon good standards of reading and writing. The exam requires students to comprehend and analyse sources before answering a set of questions which focus upon students using source detail and knowledge of the period. Furthermore, the examination requires students to be able to write a well organised essay. Therefore good standards of English are required to succeed in GCSE History.

GCSE History is mostly suited to students who have a thirst for acquiring knowledge; an eagerness to develop communication skills through discussion of key issues and events.

You need to be motivated to take on challenging topics and skills. Students who undertake their own research and extra reading are more likely to succeed.

### What key subject interests would be useful?

You need an interest in and enjoyment of history – an inquisitive mind as to why certain things and events happen; a passion for understanding how the past can inform the future. You will have demonstrated an ability to ask relevant questions about the past and have an awareness of how the past has been represented and interpreted.

### What will I do and how will I be assessed?

#### Assessment:

#### **Paper 1: Understanding the Modern World**

- Germany 1890-1945: Democracy and Dictatorship; Conflict and Tension, the Inter-war years, 1918-1939
- *2 hour examination – Knowledge and source based paper.*
- Worth 50% of the GCSE

#### **Paper 2: Britain: Shaping the Nation and The Historic Environment**

- Britain: Health and the People: c1000 to the present day British depth study on Norman England, c1066-c1100, including the historic environment.
- *2 hour examination*
- Worth 50% of the GCSE.

*Specific marks focus on spelling, punctuation and grammar.*

### What key skills will I develop on the course?

- Development of independent thought
- Take responsibility for learning
- Work as a team
- Use of ICT
- Investigating and assessing material
- Condensing facts, ideas and arguments to base conclusions on research
- Synthesising ideas
- Improve critical thinking skills

### What qualifications could I get?

One GCSE in History.

### What can I do afterwards?

History is considered by all Universities as a serious academic subject and many students who opt for it go on to study History at A Level and University. It is highly regarded by the Russell Group Universities.

History contributes significantly to the development of students in preparation of skills required post-GCSE. Employers recognise the qualities that a GCSE in History provides, meaning gaining this qualification can greatly benefit students.

### Are there any other related career opportunities?

The career related opportunities are endless when you study History due to the nature of the skills that are acquired. Some of these include:

- Journalism (television and newspaper)
- Public Relations
- Investment Banker
- Writer and Editor
- Teacher
- University Lecturer
- Researcher
- Press Relations
- Civil Service (Home Office and Foreign Office)
- A career in Law
- A career in the Police
- Archaeology
- Social Work
- Museum Work



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# Information Technology (OCR National)

## What is the course about?

The certificate in IT gives learners the opportunity to develop sector-specific knowledge and skills in a practical learning environment. The main focus is on four areas of equal importance, which cover the following:

- Understand and apply the fundamental principles and concepts of IT, including the use of IT in the digital world, Internet of Everything, data manipulation and Augmented Reality.
- Understand, apply and use IT appropriately and effectively for the purpose and audience develop learning and practical skills that can be applied to real-life contexts and work situations.
- Think creatively, innovatively, analytically, logically and critically develop independence and confidence in using skills that would be relevant to the IT sector and more widely
- Plan, design, create, test and evaluate/review IT solutions and products which are fit for purpose and meeting user/client requirements and apply design and Human Computer Interface (HCI) considerations appropriate for a defined audience.
- Understand the impacts of digital technologies on the individual, organisation and wider society.

This course complements the learning in other GCSE qualifications, such as Design and Technology, Art and Design, and Computer Science, by broadening the application of 'design and make' tasks, working with a set brief, and understanding and learning a variety of IT applications to use in the real world.

## What skills or personal interests do I need?

- Developing Digital and Creative ICT skills further
- Creating and developing new products
- Learning and using new software
- Augmented Reality (AR)
- The use of IT in the digital world
- Principles of human computer interactions
- Cyber-security

## What key subject interests would be useful?

- Computer Science
- Graphics
- Digital Media
- Business Studies

## What will I do and how will I be assessed?

**60% Coursework** - controlled assessment. Work to be completed in class supervised by your class teacher. The work is marked by your teacher and externally moderated.

**40% Exam** - written external exam.

### What key skills will I develop on the course?

- Various design skills, flowcharts, mind maps, visualisation diagrams & wireframe diagrams (used in industry)
- The importance of Human Computer Interface (HCI)
- Data & Testing
- IT in the digital world
- Cybersecurity & legislation, the impact and prevention measures
- Digital communication, the use of various technologies to communicate in business
- The internet of everything
- Learn to use spreadsheets effectively, including data manipulation & creating a Human Computer Interface (HCI)
- Augmented Reality (AR). Design and create an AR prototype.

### What qualifications could I get?

OCR National Technical Award in IT. Graded D\*/D2/M2/P2/D1/M1/P1 (equivalent in level and teaching time to one GCSE at grades 9 - 1).

### What can I do afterwards?

This qualification provides a broad and solid foundation for further study of various aspects of creative computing, such as graphic design, web design, computer games design and interactive media, cybersecurity, Virtual reality / Augmented reality. It supports progress to further study, including:

- A Level Computer Science
- Level 3 BTECs in Creative Media Production
- Level 3 BTECs in IT
- Level 3 Principal Learning in Creative and Media.
- Level 3 Apprenticeships
- T Levels in Digital Production, Design & Development, Digital Support Services, Digital Business Services

It enhances young people's overall digital literacy and gives them a solid foundation for further study and employment.

### Are there any other related career opportunities?

A career in :

- Digital Media
- Game Design / Development
- IT Technician
- Software Engineer / Developer
- Multimedia Resource Developer
- Mobile Phone app developer
- Information technology consultant
- Data Analyst
- Network Technician
- Cybersecurity
- Social Media

# Creative Media Production (BTEC)

## What is the course about?

The Award gives learners the opportunity to develop sector-specific knowledge and skills in a practical learning environment. The main focus is on four areas of equal importance, which cover the following:

- Development of key skills that prove your aptitude in creative media production such as investigating and developing ideas through pre-production, production and post-production of media products .
- Process that underpins effective ways of working in creative media production, such as responding to briefs and feedback, planning and generating ideas .
- Attitudes that are considered most important in creative media production, including personal management and communication .
- Knowledge that underpins effective use of skills, process and attitudes in the sector such as production processes and techniques.

This course complements the learning in other GCSE qualifications, such as Design and Technology, Art and Design, and Computer Science, by broadening the application of 'design and make' tasks, working with a media brief, and understanding and engaging different audiences through making compelling media products.

## What skills or personal interests do I need?

- Developing Digital and Creative ICT skills further
- Creating and developing new products
- Learning and using new software
- Creating and Editing Graphics
- Web design

## What key subject interests would be useful?

- ICT
- Graphics
- Media

## What will I do and how will I be assessed?

**60% Coursework** - controlled assessment. Work to be completed in class supervised by your class teacher. The work is marked by your teacher and externally moderated.

**40% Exam** - This is a 9 hour in-class controlled assessment (in exam conditions) marked by the exam board.



### What key skills will I develop on the course?

- Web Design - how to design and build a website using industry practices and software
- Multimedia - the purpose of multimedia products, their use. Design and build for a specific audience.
- Graphics and Artwork - develop graphics designing skills, learn new software and build knowledge on existing software use.
- Game Making - Design and create a computer game for a specific audience, decode, test and present.
- Organisational Skills - organising your own work for submission to exam board
- Working in a Team - Peer feedback when products are created to enable you to improve and better your grade.
- Independent Learning - Work on your own and motivate yourself to produce coursework to a high standard.

### What qualifications could I get?

BTEC Level 1 / 2 Technical Award in Creative Media Production, graded D\*/D2/M2/P2/D1/M1/P1 (equivalent in level and teaching time to one GCSE at grades 9-1).

### What can I do afterwards?

This qualification provides a broad and solid foundation for further study of various aspects of creative computing, such as graphic design, web design, computer games design and interactive media. It supports progress to further study, including:

- A Level in Media: Communication and Production
- Level 3 BTECs in Creative Media Production
- Level 3 BTECs in IT
- Level 3 Principal Learning in Creative and Media.

It also enhances young people's overall digital literacy and gives them a solid foundation for further study and employment.

### Are there any other related career opportunities?

A career in :

- Media
- Game Design / Development
- Graphic Design
- IT Technician
- Software Developer
- Web Designer
- Software Engineer
- Multimedia Resource Developer / Programmer
- Mobile Phone App Developer
- Information Technology Consultant



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# Modern Foreign Languages

## (French & Spanish)

### What is the course about?

GCSE French and GCSE Spanish offer you the opportunity to build on the skills you have developed during Key Stage Three, with the emphasis placed upon the four key skills of listening, speaking, reading and writing. The course is structured in an identical way in both languages. It is designed to give you language practice for numerous “real life” situations, as well as a good knowledge of the vocabulary and grammar of the language, which you will need for practical communication.

### What skills or personal interests do I need?

You will need to be interested in language and the use of language. You will also need to be highly motivated and willing and able to work independently. You will be expected to learn vocabulary on a regular basis. An interest in English and reading is always beneficial in the study of foreign languages.

### What key subject interests would be useful?

The courses cover a range of relevant and interesting topic areas, including:

#### ***Theme 1: People and Lifestyle***

- Topic 1 - Identity and Relationships With Others
- Topic 2 - Healthy Living and Lifestyle
- Topic 3 - Education and Work

#### ***Theme 2: Popular Culture***

- Topic 1 - Free-time Activities
- Topic 2 - Customs, Festivals and Celebrations
- Topic 3 - Celebrity Culture

#### ***Theme 3: Communication and the World Around Us***

- Topic 1 - Travel and Tourism, including places of interest
- Topic 2 - Media and Technology
- Topic 3 - The Environment and Where People Live

You will also find that your knowledge of English will help you to make progress in your foreign language study. Some students find that maths helps them to spot language patterns and apply grammatical rules. You will be interested in using ICT to help you to improve your skills in a foreign language.

### What will I do and how will I be assessed?

You will work towards developing your skills in the four key areas of listening, speaking, reading and writing throughout the GCSE course. Each of these components is worth 25% of your final grade, and is assessed by an examination during the summer of Year 11.

### What key skills will I develop on the course?

In addition to developing the four key linguistic skills, the course also supports you as you become more independent in your learning. Your self-confidence will improve as you see your learning progress. You will learn how to manage your time effectively in order to meet deadlines and learn vocabulary regularly. You will develop your communication skills and your literacy skills. You will also have opportunities to develop your skills in the use of ICT.

### What qualifications could I get?

AQA GCSE in French: <https://www.aqa.org.uk/subjects/languages/gcse/french-8652>

AQA GCSE in Spanish: <https://www.aqa.org.uk/subjects/languages/gcse/spanish-8692>

***\*Please note: these are the new specifications from September 2024***

### What can I do afterwards?

A GCSE in a foreign language is a qualification which is highly regarded by many employers and further and higher education institutions. A good GCSE grade in French or Spanish would allow you to access the A Level courses in languages. Many skills you acquire are also highly valued in many other subject areas, and in the world of work. Languages can be combined with almost any other subject area at both A Level and at university. Foreign languages are also considered to be facilitating subjects when applying to Russell Group universities.

### Are there any other related career opportunities?

You will find people who have studied foreign languages in almost every employment sector. As well as the more obvious language-based career options, such as teaching, interpreting or translating, linguists work in many areas of international business and commerce, and can be found in sectors as diverse as law, accountancy and engineering. Linguists are welcomed in almost every area of employment, as they have shown that they have developed a wide range of skills, are reflective thinkers and have very strong interpersonal skills.



# Music

## What is the course about?

Music continues to be a mainly practical subject at GCSE and is an extension of the music studied at Key Stage 3. The emphasis is on the learner's ability to perform, compose and listen to music of all styles. The course is designed so that learners of all abilities may participate at their own level using their preferred instrument or their voice. It is vital that they strive to improve the standard of their performance over the two years as this provides the 'backbone' of the course.

## What skills or personal interests do I need?

If you enjoy...

- Listening to a variety of types of music including: popular, classical, film, musical theatre and music from different cultures and traditions.
- Working in a group.
- Performing and practicing on an instrument or voice (free tuition is available in school).
- Performing as part of a group.
- Creating your own music work.

...then GCSE Music is the ideal subject for you.

## What key subject interests would be useful?

You should be happy to

- Have a keen interest in performing and practicing a musical instrument or voice.
- Use a range of technology equipment.
- Share ideas and take on board the ideas of others.
- Participate and perform for one's own enjoyment and in a range of musical activities, concerts and shows.
- Be creative and enjoy involvement in analytical and critical thinking.

## What will I do and how will I be assessed?

<b>Component 1: Performing</b> <ul style="list-style-type: none"> <li>• 30% of GCSE</li> <li>• x1 Solo and x1 Ensemble</li> <li>• Total time = 4-6 minutes</li> <li>• Completed and assessed in school, during Year 11</li> </ul>	<b>Component 2: Composing</b> <ul style="list-style-type: none"> <li>• 30% of GCSE</li> <li>• x2 Compositions</li> <li>• <i>Composition 1</i> - free composition</li> <li>• <i>Composition 2</i> - in response to a brief set by the exam board</li> </ul>
<b>Component 3: Listening Exam</b> <ul style="list-style-type: none"> <li>• 40% of GCSE</li> <li>• 1 hour 15 minutes written exam in May / June of Year 11. Based on 4 areas of study and 2 set pieces.</li> <li>• AoS1 - Musical Forms and Devices; AoS2 - Music for Ensemble; AoS3 - Film Music; AoS4 - Popular Music</li> <li>• <i>Set Work 1</i> - Bach Badinerie, <i>Set Work 2</i> - Africa by Toto</li> </ul>	

### What key skills will I develop on the course?

- Communication
- Ability to play an instrument / sing to a competent level
- Become a creative and analytical thinker
- Improve own learning and performance
- Working with others
- Confidence and positive self-esteem
- How to present yourself in public

Studies have shown that the young people playing an instrument showed greater progress and better academic outcomes than those not playing, with the greatest impact for those playing the longest. The findings are considered in relation to the possible reasons for this, and the implications for education.

### What qualifications could I get?

At the end of the course you will receive a GCSE in Music

### What can I do afterwards?

After you have completed GCSE Music you can go on to higher levels of study.

These include:

- Music at AS and A2 Level
- Music Technology at AS and A2 Level
- Performing Arts

### Are there any other related career opportunities?

The obvious career opportunities in Music are performing, teaching, the recording industry, television and radio. In addition to this, colleges and employers always have a high regard for anyone who has learned to play a musical instrument as it demonstrates commitment and self-discipline. Therefore, for any career, music is always a positive asset. If you have enjoyed playing an instrument / singing, then you have the opportunity to continue and use this skill to help you gain a good GCSE. Music can also provide a leisure activity which may be enjoyed throughout adult life. Here are a few career opportunities within the arts industry:

- Performer / Entertainer in groups, bands, orchestras...
- Conductor
- Teacher in secondary schools
- Musical Director / Arranger / Composer
- Musical Theatre
- DJ
- PR / Events management
- Radio presenter
- Lighting designer
- Singer



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# Physical Education & Sport: GCSE PE and Sports Science (Cambridge National)

## Please Note:

If you opt to study 'Physical Education & Sport', the PE department will use your previous practical and class-based attainment data to ensure you are on the best course to enable you to succeed and achieve to the best of your ability.

Both routes gain equivalent levels of qualification, however, Sports Science contains more coursework-based projects and fewer examinations.

Physical Education and Sport Option Block (teachers use PE practical assessments from Year 9 alongside class-based data in English, Maths and Science)	
GCSE PE	Sports Science (Cambridge National)
<p><i>Physical Factors Affecting Performance</i></p> <p>60 marks (30% of GCSE) 1 hour exam on:</p> <ul style="list-style-type: none"> <li>- Applied anatomy &amp; physiology</li> <li>- Physical training</li> </ul>	<p><i>Reducing the Risk of Sports Injuries &amp; Dealing with Common Medical Conditions</i></p> <p>70 marks 75 minute exam</p>
<p><i>Socio-cultural Issues &amp; Sports Psychology</i></p> <p>60 marks (30% of GCSE) 1 hour exam on:</p> <ul style="list-style-type: none"> <li>- Socio-cultural influences</li> <li>- Sports psychology</li> <li>- Health, fitness and wellbeing</li> </ul>	<p><i>Applying the Principles of Training: Fitness and How it Affects Skill Performance</i></p> <p>In-class assignment on topics such as:</p> <ul style="list-style-type: none"> <li>- Components of fitness</li> <li>- Principles of training</li> <li>- Organising and planning a fitness training programme</li> </ul>
<p><i>Non Exam Assessment</i></p> <p><u>Practical Performance</u> (30% of GCSE) x1 individual sport, x1 team sport and x1 more</p> <p><u>Written Task</u> 20 marks (10% of GCSE) Analyse and evaluate your own sporting performance</p>	<p><i>Nutrition &amp; Sports Performance</i></p> <p>In-class assignment on topics such as:</p> <ul style="list-style-type: none"> <li>- Nutrients needed for a healthy, balanced nutrition plan</li> <li>- How nutrition behaviours can be managed to improve sports performance</li> </ul>

# Physical Education: GCSE

## What is the course about?

Studying GCSE Physical Education will open your eyes to the amazing world of sports performance. Not only will you have the chance to perform in three different sports through the non-exam assessment component, you will also develop wide ranging knowledge into the how and why of physical activity and sport.

The combination of the physical performance and academic challenge provides an exciting opportunity for students. You can perform, and then through the academic study, learn how to improve your performance through the application of the theory.

Physical Education is learned about through a range of different contexts and the impact it has on both ours and other's everyday lives. You will learn the reasons why we do things, why some people out-perform others, mentally and physically. You will also delve into the ethical considerations behind the use of drugs and also gain an understanding of the consequences of inactivity and poor diet.

Through an introduction to all areas of PE, students will receive a well-rounded and full introduction to this fascinating world of PE, physical activity and sport. This GCSE study provides everything needed to move on to further education, higher education, employment or further training.

Students will have the opportunity to develop a wide-ranging set of key skills, including communication using appropriate language, dealing with pressure, split-second decision making, interpreting and analysing data, as well as analysing and evaluating performance so improvements can be made.

## What skills or personal interests do I need?

It is absolutely vital that all students taking GCSE PE are able and committed sportspeople who are **actively involved in a variety of clubs inside and outside of school**. Students that find practical performance difficult will find it tough to access top marks as 30% of the assessment is on practical sporting ability within both team and individual sports.

## What key subject interests would be useful?

Any interest in sport or physical activity will enhance a student's experience during GCSE PE lessons.



## What will I do and how will I be assessed?

### Component 1 - Physical Factors Affecting Performance

**Assessed by examination in Year 11**, this component introduces and explores physical factors which underpin physical activities and sports. Students will start to explore the way in which the parts of the human body work and function during physical activity and physiological adaptations that can occur due to diet and training. They will also develop their knowledge and understanding of the principles of training, why we train in different ways, and how training plans can be made to optimise results. The study of these topics will aid students in the development of both their own practical performance and that of others.

Assessment: 60 marks, 1-hour exam (30%)

### Component 2 - Socio-cultural Issues and Sports Psychology

**Assessed by examination in Year 11**, students will develop their knowledge and understanding of sports psychology theories related to acquiring movement skills and optimising performance. They will be able to reflect on their own learning and performance of physical activities and sports skills to recognise the key psychological concepts affecting performance. Students will develop their knowledge of socio-cultural influences that impact on participation and performance in physical activities and sports. They will also develop their knowledge and understanding of how sport impacts on society. Engagement patterns of different social groups will be understood by learners, along with strategies to promote participation with practical examples. The commercialisation of physical activities and sports will be understood, including the influences of sponsorship and the media.

Students will also develop their knowledge and understanding of ethical and socio-cultural issues in physical activities and sports. Students will develop their knowledge and understanding of the benefits of participating in physical activities and sports to their health, fitness and wellbeing. The physical, emotional and social aspects will be understood as well as the consequences of a sedentary lifestyle.

Assessment: 60 marks, 1-hour exam (30%)

### Component 3 - Performance with Physical Education

Students will be required to undertake two parts within this component:

- Part 1 - Performance of three sports or activities (one team, one individual, and one free choice).
- Part 2 - Performance analysis of a sport or activity project.

Assessment: 80 marks, Non-examined Assessment (40%)

- Part 1 - Performance practical in three activities, equally weighted at 20 marks each (30%)
- Part 2 - Analysing and Evaluating Performance (AEP) - 20 marks (10%)

### What key skills will I develop on the course?

- Develop your knowledge and practical skills in a range of physical activities.
- Examine the effects of exercise and how training can improve performance.
- Find ways to improve your own performance
- Identify ways to develop and maintain a healthy and active lifestyle through participation in physical activity
- Appreciate the benefits of promoting “sport for all”

### What qualifications could I get?

You will achieve a GCSE (grade 9-1) in Physical Education.

### What can I do afterwards?

Students can continue with this subject at A Level or BTEC Level 3 here at Cardinal Langley. Possible University courses include Sports Science, Physiotherapy, Sports Development, Sports Coaching, Sports Psychology, Medicine, PE and School Sport. You could also use this key information to access studies in becoming personal trainers.

### Are there any other related career opportunities?

Careers include:

- Teaching
- Physiotherapist
- Sport Development Officer
- Nutritionist
- Coaching
- Leisure Management
- Doctor
- Police Officer
- Personal Trainer
- Sports Manager
- Sports Photographer
- Chiropractor



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# Physical Education: Sports Science Cambridge National (Level 2)

## What is the course about?

Elite sport has embraced Sports 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 Sports Science offers learners the opportunity to study key areas of sports science including anatomy and physiology linked to fitness, health, injury, and performance. The science of training and application of training principles, and psychology in sport, and sports performance are also studied. The course is a mixture of practical and theoretical lessons, with the main focus being on completing assignments, gradually working towards the qualification.

## What skills or personal interests do I need?

A keen interest in sport is a key requirement as you will be assessed partly in a practical environment. Organisational skills are needed to ensure you are fully prepared for each lesson and gain maximum benefits from the experience. A high level of ability in sport is **not** required for this course so if you are keen to improve your understanding of sport further, then this course will be suitable for you.

## What key subject interests would be useful?

An interest in sport or physical activity will enhance a student's experience during Sports Science lessons. A keen interest in experiencing roles such as participant, official or leaders / coaches will be of benefit to any individuals on the course and there will be opportunities to gain more experience in this key area.

## What will I do and how will I be assessed?

You will study the key aspects of Sports Science. It will equip you with sound specialist knowledge and you will have the opportunity to apply what you learn through a number of practical experiences. This will involve you studying two mandatory units and one optional unit from a choice of two.

### ***R180: Reducing the Risk of Sports Injuries and Dealing with Common Medical Conditions***

This is assessed by an exam. You will prepare as a participant to take part in physical activity in a way that minimises the risk of injuries occurring. It will also prepare you to know how to react to common injuries that can occur during sport, and how to recognise the symptoms of some common medical conditions. Topics include:

- Different factors which influence the risk and severity of injury
- Warm up and cool down routines
- Different types and causes of sports injuries
- Reducing risk, treatment and rehabilitation of sports injuries and medical conditions
- Causes, symptoms and treatment of medical conditions

### ***R181: Applying the Principles of Training: Fitness and How it Affects Skill Performance***

This is assessed by a set assignment. By completing this unit, you will conduct a range of fitness tests, understand what they test and their advantages and disadvantages. You will also learn how to

design, plan and evaluate a fitness training programme. You will interpret the data collected and how best to feed this back. Topics include:

- Components of fitness applied in sport
- Principles of training in sport
- Organising and planning a fitness training programme
- Evaluate own performance in planning and delivering a fitness training programme

### ***R183: Nutrition and Sports Performance***

This is assessed by a set assignment. By completing this unit, you will gain an understanding of healthy, balanced nutrition. The knowledge you gain will be used to produce an appropriate, effective nutrition plan for a performer. Topics include:

- Nutrients needed for a healthy, balanced nutrition plan
- Applying different dietary requirements to varying types of sporting activity
- Developing a balanced nutrition plan for a selected sporting activity
- How nutritional behaviours can be managed to improve sports performance

### **What key skills will I develop on the course?**

The chance to develop different types of skills through class-based and practical means; communication, problem solving, team working, evaluation and analysis, performing under pressure, and formulating written findings from practical investigation are all transferable skills which will be developed and assessed through the course. These skills can be utilised in many other educational and employment settings.

Learners will develop a range of skills through involvement in sport and physical activity in different contexts and roles. They'll also develop their ability to apply theoretical knowledge to practical situations and gain a better understanding of the complexity of different areas of sport and the sports industry. An awareness of different ways to stay involved in sport and physical activity, and of different careers and roles within sport are also looked at.

### **What qualifications could I get?**

You will achieve the Sports Science Cambridge National in Sport Level 2.

### **What can I do afterwards?**

The Cambridge Technical Level 3, BTEC Sport Level 3 are good pathways following this course and for those that earn a Distinction, then A Level PE is an option, as well as entry-level job roles within the sector.

### **Are there any other related career opportunities?**

A range of job opportunities present themselves through sport specific qualifications such as: Personal Trainer, Coaching, Teaching, and Sports Scientist.



# Separate Sciences: Biology, Chemistry & Physics

## What is the course about?

GCSE Separate Sciences are about how Science affects our lives and the decisions we take. It examines the evidence about issues like mobile phone masts and global warming. It also examines many ethical and moral issues like stem cell research.

By taking sciences separately at GCSE level you will cover more content, so you'll be better prepared if you want to take science A Levels. Pupils who take separate GCSE science are also more likely to get higher grades in A Level sciences.

Whatever career you are considering, taking triple science GCSE will set you up well for later life. Employers are crying out for candidates with science-based skills. If you love science, then you should definitely consider the triple award. Everyone does their best in subjects they enjoy. And you might find that there's a certain area of science you excel in.

Many people are put off doing triple science because it seems like a lot of work. If you do the three sciences separately you will still do the six final exams, but 1 hour 45 minutes each, which can sound a bit scary. But if you choose to do double science GCSE and an extra GCSE subject you might end up with an even heavier workload.

## Units taught will cover the following topics:

**Biology:** Cell biology, Organisation, Infection & response, Bioenergetics, Homeostasis & response, Inheritance, variation & evolution, and Ecology.

**Chemistry:** Atomic structure and the periodic table, Bonding, structure, the properties of matter, Quantitative chemistry, Chemical changes, Energy changes, The rate and extent of chemical change, Organic chemistry, Chemical analysis, Chemistry of the atmosphere, and Using resources.

**Physics:** Energy, Electricity, Particle model of matter, Atomic structure, Forces, Waves, Magnetism & electromagnetism, and Space physics.

## What skills or personal interests do I need?

Studying GCSE Separate Sciences will definitely broaden your understanding of the world around you, may allow you to influence and develop accepted scientific knowledge, and will give you the skills needed to approach most matters in a reasoned and analytical manner.

The more you look into science, the more fascinating it becomes. Science is all around us, continuously unfolding and giving us the chance to improve our world's social and economic future. Advances in areas such as communications, food production, health care and transport all depend on fresh knowledge emerging from science's many disciplines.

Studying science will enhance your understanding of the world, and contribute to your intellectual and personal development.

Simply an open mind is the only thing that a student needs to study science at GCSE.

### **What key subject interests would be useful?**

GCSE Science is a very diverse course and covers many different branches of science. Any interests that a student may have can be useful when studying such a diverse subject at GCSE.

### **What will I do and how will I be assessed?**

Separate exams in Biology, Chemistry & Physics are to be taken. All exams are terminal and are taken in the summer of Year 11.

### **What key skills will I develop on the course?**

GCSE study in Separate Science provides the foundations for understanding the material world. Scientific understanding is changing our lives and is vital to the world's future prosperity, and all students should be taught essential aspects of the knowledge, methods, processes and uses of science. They should be helped to appreciate how the complex and diverse phenomena of the natural world can be described in terms of a small number of key ideas relating to the sciences which are both inter-linked, and are of universal application.

These key ideas / skills include:

- The use of conceptual models and theories to make sense of the observed diversity of natural phenomena.
- The assumption that every effect has one or more cause.
- That change is driven by differences between different objects and systems when they interact. That many such interactions occur over a distance and over time without direct contact.
- That science progresses through a cycle of hypothesis, practical experimentation, observation, theory development and review.
- That quantitative analysis is a central element both of many theories and of scientific methods of inquiry.

### **GCSE specifications in Separate Sciences should enable students to:**

- Develop scientific knowledge and conceptual understanding through the clear specific disciplines of biology, chemistry and physics.
- Develop understanding of the nature, processes and methods of science, through different types of scientific enquiries that help them to answer scientific questions about the world around them. Develop and learn to apply observational, practical, modelling, enquiry and problem solving skills, both in the laboratory, in the field and in other learning environments.
- Develop their ability to evaluate claims based on science through critical analysis of the methodology, evidence and conclusions, both qualitatively and quantitatively.



Furthermore, the sciences should be studied in ways that help students to develop curiosity about the natural world, insight into how science works, and appreciation of its relevance to their everyday lives. The scope and nature of such study should be broad, coherent, practical and satisfying, and thereby encourage students to be inspired, motivated and challenged by the subject and its achievements.

### **What qualifications could I get?**

A minimum of 3 GCSEs.

### **What can I do afterwards?**

It gives you the knowledge and understanding of science you need to study any combination of the Sciences in the sixth form (A Levels or BTEC) or go into a technical occupation, while keeping your other options open.

### **Are there any other related career opportunities?**

There are many jobs for which GCSE Science would be very useful - way too many jobs to list! Science teaches us to question things, to test things and to not just believe what we hear, this is very important for everyone and every career.

Taking Separate Sciences will open up a vast variety of career options for your future providing you with skills that will make you very employable. "Science makes a positive impact on people's lives. In many cases, Science saves lives. Scientists use their expertise to develop real solutions for real problems. Remedies for many of the challenges that face our world will be developed by researchers who devote their whole lives to the pursuit of Science."





# Sixth Form

## What we Offer in Sixth Form

Many of the subjects you study at Key Stage 4 can be continued into our Sixth Form, allowing you to build on your strengths and interests. From English Literature and Physics to French and History, we offer a wide range of academic subjects that prepare students for university, apprenticeships and future careers.

Alongside these familiar subjects, students also have the opportunity to study new and exciting courses, such as Psychology and Criminology, which may not have been available earlier in their school journey. Whether you choose a traditional academic pathway or a more applied route, the choice is yours if you decide to stay with us for Sixth Form.

As well as access to a broad and ambitious curriculum, students benefit from excellent pastoral support. Our dedicated team of Form Tutors, specialist subject teachers and Sixth Form Ambassador work closely with students to ensure they feel supported, challenged and confident throughout their Sixth Form journey. We are proud of the strong, positive and caring relationships we build with our students, offering guidance and support every step of the way.

Below are just some of the key reasons why students choose to continue their education at Cardinal Langley RC Sixth Form:

- Strong results across both A Level and vocational courses
- Smaller class sizes, allowing for more individual support and targeted guidance from teachers
- A 2:30pm finish each day, earlier than many local colleges, giving students more time for independent study, part-time work and extra-curricular activities
- A wide range of enrichment opportunities, including Sixth Form socials, trips such as Alton Towers, and participation in the Duke of Edinburgh Award

Choosing Cardinal Langley Sixth Form means choosing a supportive, ambitious and nurturing environment where students are known, valued and prepared for their next steps.

## What do Our Past Students Say About Us?

Our students consistently tell us that Cardinal Langley Sixth Form is a supportive, welcoming and inspiring place to study, where they feel known, valued and encouraged to succeed.

- “I had the best time at Cardinal Langley Sixth Form and I miss it so much. I made some amazing friends and found all the staff to be incredibly supportive throughout my time there.” *Head Girl, Summer 2025*
- “One of the biggest and best things about our Sixth Form is the sense of community. It really does feel like one big family, where everyone supports one another.” *Deputy Head Girl, Summer 2025*
- “My time at Cardinal Langley Sixth Form greatly improved my confidence and independence. The support I received helped make what could have been a stressful time enjoyable and rewarding.” *Head Boy, Summer 2025*
- “Choosing to stay on at Cardinal Langley Sixth Form was the best decision I could have made. It completely changed my view of what Sixth Form could be and helped prepare me for my next steps.” *Deputy Head Boy, Summer 2025*

## Results - 2025

Cardinal Langley's Sixth Form students excelled at A Level and vocational courses with the vast majority moving on to their first choice of university. Academic successes were acknowledged alongside wider achievements such as the Duke of Edinburgh award, charity fundraising and community outreach work. Students' average UCAS point score increased once more, and 42% of students achieved grades A\* - B at A Level with 68% of BTEC grades being Distinction\* or Distinction.

Mr Bridson, Headteacher at Cardinal Langley, said, "On behalf of all staff here at Cardinal Langley, I would like to extend our congratulations to our wonderful students. We are thrilled with this year's A Level and BTEC examination results and our students have shone, yet again, with the majority of students being offered their first choice of destination. The continued determination, ambition and commitment that our students demonstrate is unsurpassable and today's results reflect the focussed effort that they and their teachers and support staff have shown over the last two years."

All of our students have their own success stories, but here are just a few:

- Obesi achieved two A\*s and two Grade As. She was delighted with her amazing results and moved on to the University of Warwick to study Mathematics, Operational Research, Statistics and Economics.
- John achieved two A\*s and a Grade A. He was thrilled to go on to study Aerospace Engineering at the University of Manchester.
- Dhiya achieved a Grade A and three Bs, and went on to study Medicine at Newcastle University.
- Poppy achieved a Distinction\*, a Distinction and a Grade C in her subjects. She now attends Lancaster University, where she is studying Media.

**To find out more about Cardinal Langley RC Sixth Form, following the links below:**

*Welcome to Cardinal Langley RC Sixth Form – Cardinal Langley RC Sixth Form ([clrchs.co.uk](http://clrchs.co.uk))*

*Prospectus – Cardinal Langley RC Sixth Form ([clrchs.co.uk](http://clrchs.co.uk))*



## My Thoughts...

Before you choose your Option Subjects, have a think about these questions:

Which subjects do I enjoy the most?

Which subjects am I good at?

Do I need a certain subject(s) for future study or my chosen career path?

Are there any KS3 subjects I may choose at KS4?

Are there any new subjects I may choose?

Shortlist of choices:

1.....

4.....

2.....

5.....

3.....

6.....

[illegible]

[illegible]





# Cardinal Langley RC High School Mission Statement

*I have come that they may have life and have it to the full. John 1:4*

Living the values of:  
love, respect,  
forgiveness,  
compassion, honesty,  
fairness and  
responsibility, so that  
all feel safe and  
valued.

Promoting high  
expectations and  
excellence in academic  
achievement and in  
everything we do, we  
see it as our duty to  
care and support one  
another.

Striving to recognise  
and respect the  
needs of all, so that  
they may be able  
to place a nation's  
future in our  
hands and feet.

Working with  
the local community  
to ensure that  
the school is a  
positive force.

Ensuring that  
the school is a  
place where  
everyone can  
thrive.

## Cardinal Langley RC High School

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