



The
Portsmouth Academy

KS4 CURRICULUM BOOKLET

CURRENT YEAR 8

GCSEs in the summer of 2022

Pathway – Aspire

Options Blocks

History	History	History	History
Geography	Geography	Geography	Geography
PE	Art	Art	Art
Drama	PE	Music	Food & Nutrition
Dance	RE	Food & Nutrition	Design & Technology
Enhanced English	Enhanced English	Design & Technology	RE
		RE	(Spanish)

Students are expected to choose one subject from each block in line with the requirements of the pathway (eg Enhanced English, Geography or History and 2 other choices). In some individual cases, Spanish may be considered.

These blocks are in development and are possibly subject to some change.

Dear Year 8 Student,

It has come to the time when you must start to think about your future and the kinds of subjects you would like to study during Key Stage 4 (KS4). You will study for 8 or more Level 2 qualifications. There are some GCSEs that you will have to study. These are;

- Mathematics
- English Language and English Literature
- Science (Double Award)
- Geography or History
- Enhanced English

You may choose 2 other qualifications to study from the following list;

- Art
- Dance
- Design and Technology
- Drama
- Food and Nutrition
- Geography
- History
- Music
- PE
- RE

This booklet is designed to give you lots of information about all of these subjects. Please read it carefully once you have attended the Options evening on **28th February** and have asked your subject teachers lots of questions. All the key dates for your diary are listed below.

28 th February 2019	Year 8 Options Evening	You have been invited to come and discuss subjects with your teachers and your parents.
25 th March 2019	Year 8 Options process opens	Forms to be filled in online.
26 th April 2019	Year 8 choices deadline	All choices submitted online by this date.
10 th May 2019	Year 8 Students informed of their GCSE Options	Your parents and you will receive a letter to inform you of the subjects you will study at GCSE.

Best wishes,



Miss N Sheppard
Principal

MATHEMATICS (GCSE)

CONTACT: **Mr de Caen** EMAIL: A.deCaen@TSATrust.org.uk

HOW WILL I BE ASSESSED?

All students are expected to complete GCSE Mathematics. You will be entered for the Edexcel Linear GCSE with exams being held at the end of Year 11. Problem solving questions are included within each exam, assessing the ability to use Mathematics in real life situations.

Approximately half of the course is number based. There are three examinations (2 calculator and 1 non-calculator), each taking one hour and 30 minutes.

You will also get the opportunity to partake in extra-curricular activities such as the UK Maths Challenge and Number Day.

WHAT WILL I DO IN LESSONS?

You will study Number, Algebra, Ratio and Proportions, Geometry and Measures and Statistics and Probability through a variety of learning methods. You will be taught problem solving skills in Maths.

The topics will be taught in a range of styles including, group work, investigation, skills, discussion and ICT.

Links will be made to other curriculum areas and everyday applications of Maths skills.

WHAT ELSE DO I NEED TO CONSIDER?

You will need to have a scientific calculator, ruler, protractor and compasses of your own to bring to every lesson. Every student will be expected to work hard in lessons and support classwork weekly homework tasks. Students can expect to learn up to 15 topics each year.

WHAT DO STUDENTS THINK OF THE SUBJECT?

"It's hard work but enjoyable."

"I find it interesting because we work in a variety of ways which helps us to understand the work. We also work on a range of different activities including practical work on the computers."

ENGLISH (2 x GCSE)

CONTACT: Ms Fraser EMAIL: C.Fraser@TSATrust.org.uk

WHAT IS THE SUBJECT ABOUT?

English Language is about showing how well you can speak, listen, read and write. English Literature allows you to show that you enjoy novels, poetry, and plays, and understand how writers use language to affect your feelings.

HOW WILL I BE ASSESSED?

AQA English Language and English Literature

ENGLISH LANGUAGE

Assessments

You will be expected to read a text for the first time and be able to write about it.

Paper 1: Explorations in Creative Reading and Writing - 50% of GCSE

Written exam: 1 hour 45 minutes (80 marks)

- **Section A Reading:** one literature fiction text (40 Marks)
- **Section B Writing:** descriptive or narrative writing (24 marks for content, 16 marks for accuracy)

Paper 2: Writers' Viewpoints and Perspectives - 50% of GCSE

Written exam: 1 hour 45 minutes (80 marks)

- **Section A Reading:** one non-fiction text and one literary non-fiction text (40 marks)
- **Section B: Writing:** writing to present a viewpoint (24 marks for content, 16 marks for accuracy)

ENGLISH LITERATURE

Assessments

You will be expected to remember the literature that you have studied (you will not be able to bring a copy of the text with you).

Paper 1: Shakespeare and the 19th-century novel - 40% of GCSE

Written exam 1 hour 45 minutes (64 marks)

Section A Shakespeare: students will be required to write in detail about an extract from Shakespeare's *Macbeth* and the play as a whole.
Section B The 19th-century novel: students will be required to write in detail about an extract from Dickens' *A Christmas Carol* and the novel as a whole.

Paper 2: Modern texts and poetry - 60% of GCSE

Written exam: 2 hour 15 minute (96 marks)

Section A Modern texts: students will answer one essay question from a choice of two on Priestley's *An Inspector Calls*.
Section B Poetry: students will answer one comparative question on one named poem printed on the paper and one other poem from their chosen anthology cluster.
Section C Unseen poetry: students will answer one question on one unseen poem and one comparative question.

WHAT WILL I DO IN LESSONS?

You will practise writing about articles, poetry and also writing articles and descriptions of your own. You will prepare talks and listen to your friends giving talks.

WHAT ELSE DO I NEED TO CONSIDER?

You will develop your habit of reading for enjoyment, and writing to express your feelings and responses.

WHAT DO STUDENTS THINK OF THE SUBJECT?

"We get to share our ideas about texts"
"It's about your own feelings and interpretation"
"I really enjoy the creative writing"

SCIENCE (2 or 3 x GCSE)

CONTACT:

Mrs Gough

EMAIL:

K.Gough@TSATrust.org.uk

WHAT IS THE SUBJECT ABOUT?

Science is about finding out how the physical, chemical and living world works. It is also about how humans affect the world through our use of scientific discoveries.

HOW WILL I BE ASSESSED?

Your science course will lead to a double award or three GCSE qualifications (AQA Trilogy or Separate Sciences). Your examinations will involve separate papers for Biology, Chemistry and Physics.

Trilogy (Double award)

There are six papers: two biology, two chemistry and two physics. Each of the papers will assess knowledge and understanding from distinct topic areas.

Each written exam is:

- 1 hour 15 minutes
- Either Foundation and Higher Tier
- Out of 70 marks
- Worth 16.7% of the GCSE

Separate Sciences

For each separate GCSE (Biology, Chemistry and Physics) there are two papers. Each of the papers will assess knowledge and understanding from distinct topic areas.

Each written exam is:

- 1 hour 45 minutes
- Either Foundation and Higher Tier
- Out of 100 marks
- Worth 50% of the GCSE

WHAT WILL I DO IN LESSONS?

You will complete the GCSE course content in Year 9 and 10; this will be made up of separate Biology, Chemistry and Physics modules with a focus on fact recall and understanding. In Year 11, you will study these subjects in greater depth with time for extensive revision and exam practice.

You will increase your understanding of the development of scientific ideas and how the application of science affects our lives. You will also complete the desired practicals as identified by the exam board..

WHAT ELSE DO I NEED TO CONSIDER?

You will develop many habits of excellence including collecting data through all the senses, striving for excellence and questioning/posing problems.

You will also need to apply your IT skills when data-logging, modelling and communicating information.

WHAT DO STUDENTS THINK OF THE SUBJECT?

“Practical work is fun”

“It’s great studying how the world works”

“We’re always doing something different”

ENHANCED ENGLISH

CONTACT: **Ms Fraser** EMAIL: **C.Fraser@TSATrust.org.uk**

WHAT IS THE SUBJECT ABOUT?

Enhanced English provides pupils with additional English lessons that will support them with their GCSE studies.

The subject focuses on providing pupils with an enhanced understanding of the key Literature texts that they will be examined on for their GCSEs. Additionally, pupils will be taught key Language skills, such as writing for differing purposes with good technical accuracy, to ensure that they can fully achieve their potential in the English.

HOW WILL I BE ASSESSED?

Enhanced English is not formally assessed as an independent subject, all formal assessment will take place via your usual English mock and final exams. Additionally, as with all English lessons, you will be assessed in class fortnightly using exam style questions and tasks.

WHAT WILL I DO IN LESSONS?

Lessons will provide numerous exciting opportunities to enhance your understanding of the key Literature texts of study. Lessons will normally consist of reading, discussion, debate and analysis of Literature extracts, as well as other important components such as; characters, plots and themes.

WHAT ELSE DO I NEED TO CONSIDER?

It is important to consider the benefits Enhanced English can have on your overall success in your English studies. Pupils participating should relish the opportunity to explore key texts in great detail through the forum of discussion and group work.

WHAT DO STUDENTS THINK OF THE SUBJECT?

Students participating have enjoyed the subject and agree that it has greatly enhanced their understanding of English. Almost all students asked, agreed that attending Enhanced English has improved their confidence when sitting English exams.

GCSE ART

CONTACT: **Ms Sanderson** EMAIL: **B.Sanderson@TSATrust.org.uk**

WHAT IS THE SUBJECT ABOUT?

This course offers you the opportunity to work in a wide range of activities - drawing, painting, graphic design, ceramics, sculpture, print making and photography. It is a practical subject which lets you express yourself, use your imagination, develop design skills and an understanding of the work of other artists.

HOW WILL I BE ASSESSED?

Coursework completed from Year 9 until February in Year 11 will count for 60% of your final GCSE grade. You will start final exam preparation until May, when you will create a final piece over two days. This preparation and final piece will make up the final 40% of your GCSE grade. Every piece of work produced in class or at home contributes to your final grade.

WHAT WILL I DO IN LESSONS?



As a GCSE art student you will learn to develop the skills to explore, create and communicate your own ideas. You will use habits of excellence to assist you through a creative journey as you develop the confidence to produce personal responses to a range of themes.

You will develop skills in painting, drawing, 3D and printing. You will explore the work of artists and creative industries.

WHAT ELSE DO I NEED TO CONSIDER?

You will need to develop a commitment to the subject and be able to work independently on your coursework at home, as well as in lessons. You will need to attend after school interventions. You will need to be able to take your own photographs to support your studies. You are required to purchase an A3 sketchbook in order to complete coursework. Art packs are available.

WHAT DO STUDENTS THINK OF THE SUBJECT?

"I love the freedom we are given with our work. You can respond to the themes in your own personal way"

"You have the freedom to develop your imagination and creative ideas to their full potential."

"I have learnt to look at the world in a creative way, full of inspiration and ideas."

LEVEL 2 VOCATIONAL AWARD DANCE

CONTACT: **Mrs Parker** EMAIL: **R.Parker@TSATrust.org.uk**

WHAT IS THE SUBJECT ABOUT?

Level 2 vocational dance is a course for students who love and have a passion for performing, choreographing and to understand what it is like to be a performer.

HOW WILL I BE ASSESSED?

Dance follows the RSL specification and mainly looks at the style contemporary.
50% of your final grade will be part of an external assessment and 50% of your final grade is an internal assessment. Both of these have a practical and a written element.
You will be assessed in either solo or group work depending on the assessments chosen for the class.

WHAT WILL I DO IN LESSONS?

You will have both theory and practical lessons. Theory lessons will be based in a classroom or computer room getting an understanding of what skills are needed for both performance and choreography. We will also analyse professional works to see what makes a good performance. In your practical lessons you will learn: various styles of dance with a main focus on contemporary dance, how to dance safely and correctly, what to wear as a dancer, as well as how to choreograph dances and how to perform to an audience. You will work both independently as well as in groups and with the teacher.

WHAT ELSE DO I NEED TO CONSIDER?

You will benefit from attending extra-curricular clubs including Rock Challenge.
You might need to take part in rehearsals both at lunch time and after school when approaching assessments.
You will be expected to take part in shows for the school.
You might need to attend evening shows to support your learning.

WHAT DO STUDENTS THINK OF THE SUBJECT?

"I enjoy dance as it is a way to express yourself without using words."
"It is really fun and you learn lots of different things."
"Dance is a very different subject where you can express your feelings."
"Fun, enjoyable, amazing"

LEVEL 2 VOCATIONAL AWARD DRAMA

CONTACT: **Miss Hart** EMAIL: **S.Hart@TSATrust.org.uk**

WHAT IS THE SUBJECT ABOUT?

Level 2 vocational drama is a course for students who love and have a passion for performing, exploring the dramatic work of others and to understand what it is like to be a performer.

HOW WILL I BE ASSESSED?

Drama follows the RSL specification and will focus on the performance of a variety of texts. 50% of your final grade will be part of an external assessment and 50% of your final grade is an internal assessment. Both of these have a practical and a written element. Please note the external assessment will involve a performance to an external examiner. You will be assessed in either solo or group work depending on the assessments chosen for the class.

WHAT WILL I DO IN LESSONS?

You will have both theory and practical lessons. Theory lessons will be based in a classroom or computer room getting an understanding of what skills are needed for a dramatic performance. We will also analyse professional works to see what makes a good performance. In your practical lessons you will learn: a variety of dramatic skills, explore how to devise a piece of drama, how to create a character within a performance and how to perform to an audience. You will work both independently as well as in groups and with the teacher.

WHAT ELSE DO I NEED TO CONSIDER?

You will be expected to attend extra-curricular clubs including the school production. You might need to take part in rehearsals both at lunch time and after school when approaching assessments. You will be expected to take part in shows for the school. You might need to attend evening shows to support your learning.

WHAT DO STUDENTS THINK OF THE SUBJECT?

"It's great getting to practice what I learn through the school production."
"I didn't think I would find the theory interesting but it really helped me to improve my performance."
"Drama is so enjoyable because I get an opportunity to express myself."

GCSE DESIGN & TECHNOLOGY

CONTACT: **Mrs Russell** EMAIL: A.Russell@TSATrust.org.uk

WHAT IS THE SUBJECT ABOUT?

Design and Technology will enable you to understand and apply iterative design processes through which you explore, create and evaluate a range of outcomes. You will be able to use creativity and imagination to design and make functional prototypes that solve real and relevant problems, considering your own and others' needs, wants and values.

Design and Technology will provide opportunities for you to apply knowledge from other disciplines, including mathematics, science, art and design, computing and the humanities.

What does the course involve?

- Several mini projects to develop knowledge, skills and understanding across a range of material disciplines including graphics products (papers and board), wood, plastics, smart and modern materials and textiles.
- A substantial design and make task that involves investigating, designing, making, analysing and evaluating a project of your choice. Your portfolio and prototype will be assessed by your teachers and moderated by the exam board.

Further Study/Employment Prospects

Design and Technology provides you with the skills that employers and Further Education course providers seek from applicants in the UK and the rest of the world.

- solving problems with creative and innovative strategies.
- being logical and pragmatic, interested in the process necessary for an idea/concept to become a product.
- being conscious of global social, cultural and environmental issues in relation to Design and Technology.
- attention to detail, numeracy and high levels of computer literacy.
- being effective communicators, capable of team working and able to take on responsibility.

HOW WILL I BE ASSESSED?

The qualification consists of a substantial design and make task undertaken in year 11 and a 2 Hour Written Examination.

WHAT WILL I DO IN LESSONS?

Initial lessons will focus on building core skills and knowledge of drawing, design principles and an understanding of materials and processes. Students will then be able to apply and develop these skills through design and make project such as lighting design, board game design, speaker projects, architectural design and exploration of other materials including textiles, plastics and smart materials.

WHAT ELSE DO I NEED TO CONSIDER?

Design Technology subjects are highly rated by employers, colleges and universities.

Ask yourself the following:

- Do I like to be creative and practical?
- Do I strive for accuracy?
- Am I a flexible thinker?

GCSE FOOD AND NUTRITION

CONTACT: **Mrs Russell** EMAIL: **A.Russell@TSATrust.org.uk**

WHAT IS THE SUBJECT ABOUT?

This qualification is designed for students with an interest in nutrition, food and cooking. Food Preparation and Nutrition equips learners with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. It encourages learners to cook, enables them to make informed decisions about food and nutrition and allows them to acquire knowledge in order to be able to feed themselves and others affordably and nutritiously, now and later in life.

HOW WILL I BE ASSESSED?

The qualification consists of two internally assessed pieces of coursework including a scientific investigation, a practical exam and written work. It culminates in a 2 hour written exam which is externally assessed.

WHAT WILL I DO IN LESSONS?

- Learn safe cooking skills by planning, preparing and cooking a variety of ingredients and dishes whilst using different cooking techniques and equipment.
- Develop knowledge and understanding of the functional properties and chemical characteristics of food as well as a sound knowledge of the nutritional content of food and drinks.
- Explore the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health.
- Explore the economic, environmental, ethical and socio-cultural influences on food availability, production processes, diet and health choices.
- Develop knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food.
- Explore a range of ingredients and processes from different culinary traditions (traditional British and international) to inspire new ideas or modify existing recipes

WHAT ELSE DO I NEED TO CONSIDER?

You will need to provide your own ingredients every week and get them to and from school. This will cost an average of £4 a week.

- You need to be good at cooking.
- You need to enjoy learning about food as well as making it.
- You need to be interested in the theory of food, science of food and cookery and be prepared to complete extended written evidence to support your practical work.
- You need to be prepared to go on outside visits and to conduct research in different food establishments.
- You have to cook a variety of interesting dishes including some things which may be unfamiliar to you.
- You must be prepared to try a wide range of foods in lessons such as fresh fish, curry, fruit, raw vegetables, salad dressings and vegetarian foods.
- This subject is particularly useful if you want to study Nutrition, Science, Catering and Hospitality or have an interest in Catering as a career.

GCSE GEOGRAPHY

CONTACT:

Miss French

EMAIL:

K.French@TSATrust.org.uk

WHAT IS THE SUBJECT ABOUT?

Geography is relevant and current. Every day it is visible in the news that geographical patterns, processes and issues are shaping the 21st Century. Geography would therefore appeal to you if you are eager to achieve, with an enquiring mind and a broad general knowledge. The skills a Geography student develops include: enquiring, manipulating data, statistics and using visual resources such as maps and photographs. It therefore appeals to colleges, universities and employers, to whom a student with a Geography GCSE has amply demonstrated a range of skills, knowledge and understanding.

"Geography is the subject which holds the key to our future" - Michael Palin

HOW WILL I BE ASSESSED?

The current exam board is AQA and you will sit three exam papers at the end of Year 11. Paper 1 (Living with the physical environment) and Paper 2 (Challenges in the human environment) are both worth 35% of the GCSE. Paper 3 (Geographical applications) is worth 30% of the GCSE and assesses fieldwork, geographical skills and applying geographical knowledge to a real world issue.

WHAT WILL I DO IN LESSONS?

As Geography encompasses the world, its topics are diverse. The GCSE course chosen will lead you through six areas of study:

- Living with the physical environment: The challenge of natural hazards (tectonic hazards, weather hazards, climate change); The living world (ecosystems, tropical rainforests, cold environments); and Physical landscapes of the UK (costal and glacial landscapes)
- Living in the human environment: Urban issues and challenges (cities, urban living); The changing economic world (world development, industry, UK economy); and The challenge of resource management (food, water, energy)

As with the subject, Geography lessons are dynamic and engaging. There is a balance between delivering factual information through multimedia, discussion based tasks, individual research and then application to exam technique. Geography lessons aim to meet both the requirements of the exam specification but also equip students as global citizens.

WHAT ELSE DO I NEED TO CONSIDER?

An interest in Geography is vital. You will need to broaden your general knowledge and vocabulary to succeed at GCSE. You also need an excellent memory due to the large number of facts needed for exams. Geographers should always be enquiring into current affairs and reading beyond the classroom teaching. You will be required to read complicated texts (the exam and textbook have a reading age of 16!) and also work with numbers, graphs and statistics. You should be an active learner and will need to take responsibility for completing independent homework, revisiting your notes and revising on a regular basis to be fully prepared for exams.

WHAT DO STUDENTS THINK OF THE SUBJECT?

"I think geography is very important, it really helps you explain what is going on in the news."

"It's helped me to think about other peoples' points of view and make decisions."

GCSE HISTORY

CONTACT: **Miss Hudson** EMAIL: **L.Hudson@TSATrust.org.uk**

WHAT IS THE SUBJECT ABOUT?

Never has it been more vital to study History. To see how important events happen, and the consequences that they cause. To look for patterns occurring, and how influential people can effect everyday decisions made by populations. History is about explaining key events from the past and making judgments about the impact that these had on people and places.

A key focus is working with historical sources such as speeches, photographs, political cartoons and historian's interpretations, to assess their content, usefulness and reliability.

“If you don't know history then you don't know anything.
You are a leaf that doesn't know it is part of a tree.”
Michael Crichton.

HOW WILL I BE ASSESSED?

You will have four written examinations which each make up 25% of the overall grade. The examinations will cover a range of skills such as the analysis and evaluation of historical sources and interpretations, demonstration of knowledge and understanding of the key characteristics and characteristics of the periods studied, and the ability to make judgments about the validity of different historical interpretations.

WHAT WILL I DO IN LESSONS?

History at GCSE covers a range of units, including a requirement to study 40% British history. The units of we will cover are as follows :

1. USA: A Nation of Contrasts 1910-1929 (Race Issues, Boom and Bust, Changes to Entertainment)
2. The development of Germany 1919-1991 (Germany's political development which includes the rise of Hitler and the division of Germany and the consequences of this. This course also looks at the social side of life in Germany throughout this period and how people were affected by their leaders.)
3. The Elizabethan Age 1558 – 1603 (The reign of Queen Elizabeth I, the Spanish Armada, The Golden Age of Culture).
4. Changes in health and medicine, c.500 to the present day (Developments in health and medicine from the dark ages to the present day).

WHAT ELSE DO I NEED TO CONSIDER?

An interest in History is vital. Historians should have enquiring minds and so the ability question the past is key. You should enjoy reading and be prepared to study large texts. You should aim to always be an active learner and take responsibility for revisiting your notes on a regular basis. Your history teacher will always put in 100%; we expect the same from our students.

WHAT DO STUDENTS THINK OF THE SUBJECT?

“History influences life today and that is why it is so important.”
“History helps you to gain a better understanding of other subjects.”

LEVEL 2 VOCATIONAL AWARD MUSIC

CONTACT: **Mrs Scott** EMAIL: D.Scott@TSATrust.org.uk

WHAT IS THE SUBJECT ABOUT?

The Music course is designed to train you to be a confident performer or composer. We all listen to music every day and this course will develop your understanding of how music is created and how to create and perform it yourself.

HOW WILL I BE ASSESSED?

You will complete three units.

Unit 201ta MUSICAL KNOWLEDGE (20%, internally assessed core unit) – you will study different musical styles and the distinctive traits that create them. You will compare two contrasting musical styles and present your findings.

Unit 202ta LIVE MUSIC PERFORMANCE (40%, externally assessed core unit) – you will prepare an 8-12 minute set to perform to your peers. You will be given a brief to meet e.g. 'Conflict and Peace'.

Unit 204ta INSTRUMENTAL STUDY (40%, internally assessed optional unit) – you will focus developing your skills as a musician and a performer on an instrument of your choice. You will learn a variety of different music and will perform regularly – to the class and to a wider audience in school concerts.

WHAT WILL I DO IN LESSONS?

Most lessons will be practical and you will sing and play musical instruments. You will learn how to practice properly and will work on your own and in groups. You will continue to learn about music theory which will support your practical work.

You will get to meet and interview professional musicians to learn from people who make a living out of performing and composing music.

During Year 9 you will be able to try out different instruments and complete solo and group performances as well as composing music.

WHAT ELSE DO I NEED TO CONSIDER?

This course builds on the musical skills that you have gained during Years 7 and 8. It is best if you can play a musical instrument or are a confident singer although you don't have to be having lessons.

You don't need to be able to read music as you will learn this skill in Year 9.

We will enhance your learning in lessons by attending local concerts and productions outside school.

You will be expected to participate in school concerts and music clubs

In order to gain the most from this course you need to be interested in music of all genres and be willing to explore music that you may never have heard before.

You will be expected to work independently both in and out of class and to commit to regular practice at home.

WHAT DO STUDENTS THINK OF THE SUBJECT?

"It is nice to have freedom in the choice of music that we play. It is not all classical"

"The practical work is more enjoyable. There is an opportunity for everyone to participate. We hardly ever sit at desks!"

LEVEL 1/2 VOCATIONAL CERTIFICATE IN HEALTH & FITNESS

CONTACT: **Mr Emery** EMAIL: D.Emery@TSATrust.org.uk

WHAT IS THE SUBJECT ABOUT?

The Health & Fitness course is designed to train you to be confident in all areas of exercise and sport. In this course you will develop an understanding of how exercise is carried out and how to apply key principles in a range of sporting scenarios.

HOW WILL I BE ASSESSED?

You will complete two units:

Unit 1 – Externally set and marked written examination, worth 40% of final grade.

You will develop your knowledge and understanding of:

- The key body systems
- How the body responds to exercise, both short and long term
- Different components of fitness and methods of training

Unit 2 – Externally set and internally marked synoptic project, worth 60% of final grade.

You will develop your knowledge and understanding of:

- The impact of lifestyle on health and fitness
- How to test different components of fitness
- Analysing fitness data and setting appropriate targets
- Planning fitness programmes to improve specific components of fitness

There will also be an externally assessed exam.

WHAT WILL I DO IN LESSONS?

Work independently through guided research and completion of set tasks.

Explore technical procedures to test fitness and monitor health.

Develop understanding of the human anatomy and how we can develop health and wellbeing.

WHAT ELSE DO I NEED TO CONSIDER?

You will benefit greatly from attending extra-curricular clubs and school matches. You will learn to understand the discipline needed to practice and train effectively.

The focus of the course lies within the theoretical application of the subject knowledge.

A passion and interest in sport and fitness is essential.

WHAT DO STUDENTS THINK OF THE SUBJECT?

“It’s fun!”

“You get to do activities that you don’t usually do.”

“I’ve been pushed to my full potential.”

“You learn lots of new skills.”

“You learn about all the muscles in the body.”

GCSE RELIGION, PHILOSOPHY AND ETHICS

CONTACT: **Mrs Begum** EMAIL: **S.Begum@TSATrust.org.uk**

WHAT IS THE SUBJECT ABOUT?

At GCSE level Religious Education is about real life issues and understanding human experiences. The course focuses on moral, religious and social issues and encourages you to develop your own views and ideas on each topic.

HOW WILL I BE ASSESSED?

You will have three written examination papers at the end of Year 11. There is no coursework element or controlled assessment. Results in RE are consistently high, with 98% of students achieving A* - C in 2017.

WHAT WILL I DO IN LESSONS?

Throughout Years 9 to 11 you will study a variety of moral issues and ethical questions. You will study these issues from both a Christian perspective and a Muslim perspective, as well as from a non-religious perspective. There will be an emphasis on the concept of 'belief', both religious and non-religious belief and 50% of the course will focus on philosophical and ethical questions about life. You will be encouraged to develop and promote your own views on all the issues we study.

The Units of study are:

- Issues of relationships
- Issues of life and death
- Issues of good and evil
- Issues of human rights
- Christian beliefs, practices & teachings
- Muslim beliefs, practices & teachings

You will have the opportunity to discuss and debate a variety of issues and carry out individual research. You will be encouraged to develop good Habits of Excellence such as the habit of empathy and understanding and opportunities to think about your thinking (metacognition).

WHAT ELSE DO I NEED TO CONSIDER?

You need to be prepared to listen to others and to accept that other people may think differently from you. You must be prepared to complete a variety of written tasks, including extended pieces of writing, which show analysis and evaluation. You must be prepared to write extended essays regularly which show that you understand both religious and humanist views.

WHAT DO STUDENTS THINK OF THE SUBJECT?

"I love being able to express my opinion in class discussion."

"You learn a lot about real life issues such as euthanasia, prejudice and war."

"You are always encouraged to see different points of view. "

"It helps you to think about what is important in life."

"I enjoy discussing serious issues and thinking about what it all means to me."