

Which options  
shall I take?



**ST HILDA'S**  
CE HIGH SCHOOL

WISDOM  
HOPE  
COMMUNITY  
DIGNITY  
EQUALITY  
DIVERSITY

*Options*2025

# Options2025

## The KS4 Curriculum

This booklet is designed to provide you with information about the core curriculum (the subjects you have to take) and to help you make your option choices. It is important that you take time to think everything through very carefully. You will be supported through this process by a sequence of events that are designed to help you make the best possible decisions for you as an individual.

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## Key Dates

Thursday 6<sup>th</sup> March: Options Guidance Assembly in school for students.


Thursday 6<sup>th</sup> March: Options Evening 4.30 - 7.15pm

Friday 21<sup>st</sup> March: Taster Day for options subjects including a UCAS, employment and apprenticeship session.

Monday 24<sup>th</sup> March: deadline for electronic submission of option choice forms.

Wednesday 23<sup>rd</sup> April: Guidance Interview with a member of Senior Leadership Team to discuss option choices.

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## Qualifications at KS4

**GCSEs** are courses that rely on formal qualifications at the end of Key Stage 4. Some may also contain classwork that is completed in exam-like conditions called controlled assessment.


**BTECs** and **Cambridge National Certificates** are the equivalent level to GCSE and they are assessed by a combination of controlled assessment and, to a lesser extent, examinations. They are ideal if you are hardworking and would like to balance the number of exams you take at the end of Year 11 with work completed over Key Stage 4.

## What else should I consider when making my option choices?

The **English Baccalaureate** is a performance measure introduced by the government to promote breadth of academic study. It is designed to ensure that students are prepared for a university education. To achieve the EBacc, students must attain pass grades in English, Maths, Science, a Modern Foreign Language and either History or Geography. You are advised to include History or Geography and one Modern Foreign Language in your choices to put you in the best possible position for progression from St Hilda's College into work or to university.

However, the mix of the EBacc subject may not be suitable for all students depending on their career aspirations. We will discuss pathways and subjects in great detail with you at the one-to-one guidance interviews.

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## Changes to GCSEs

GCSEs have been graded on the new scale from 9 (highest grade) to 1 (lowest grade) since 2018.

New Scale	Approximate equivalent grades
9	A* plus
8	A*
7	A
6	B plus
5 STRONG PASS	C plus/B minus
4 STANDARD PASS	C
3	D
2	E
1	F/G

Grade 4 is the benchmark for you to progress most to further education courses and careers.

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## St Hilda's College


The majority of our students successfully progress on to St Hilda's College, provided they meet the entry requirement of 5 GCSEs at Grade 4 or above. Last year our College students had a 100% pass rate at A Level and BTEC, with most students progressing on to their first choice of university.

Some subjects will have a higher entry requirement and it is important that students work hard from the start of their courses to ensure they achieve their potential in all of their subjects.

For further information, please visit our new website at [www.sthildacollege.co.uk](http://www.sthildacollege.co.uk)

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# How do I choose?

## Try to choose subjects...

- That you think you will enjoy and feel you are good at.
- That you may need for future education and/or your career.
- That you are most likely to work enthusiastically in and succeed at.
- That provide a balance and variety. By keeping a balance at this stage, you will not restrict future options.
- Talk to parent(s)/carer(s), subject teachers, careers staff and students who are in year 9-11 and are studying the particular subject.
- DO read the subject details in this booklet carefully and ask if you need to know more.
- DO opt for a balanced choice of subjects to keep future careers and study options open.
- DO be realistic about your ability – do not choose subjects you may find too hard or too easy.
- DON'T choose a subject just because you like a particular teacher (or avoid a subject because you dislike a teacher) - it is likely you will have a different teacher next year.
- DON'T choose a subject just because your friends are choosing it. You are deciding about your future and your friends may not be in the same group as you.
- DON'T be misled by the title of a subject into thinking you need it for a career.


## Useful Websites

<http://www.ucas.ac.uk/> - what courses are you interested in at university?  
What GCSE grades and which subjects do you need?

<https://russellgroup.ac.uk/> - The Russell Group represents 24 leading UK universities, read their FAQ to find about the requirements for GCSE Modern Foreign Language

<http://www.apprenticeships.org.uk/> - what are apprenticeships?

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## Core subjects

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## PSHE

**In PSHE, we are committed to contributing to our school vision –**

We are the St Hilda's family, with Jesus Christ as our **cornerstone** building on foundations of **wisdom**, **hope**, **community**, **dignity** and **equality**, we nurture and support one another to be our very best. We rejoice in our **diversity** and celebrate our many achievements.

Our PSHE curriculum aims to prepare our pupils exceptionally well for life beyond the school. At St Hilda's CE School, our values wisdom, hope, community, dignity and equality are at the heart of everything we do and this is evident in our PSHE curriculum, which is themed around these values. At St Hilda's, our personal, social and health education (PSHE) curriculum brings together citizenship with personal well-being, whilst promoting fundamental British values.

PSHE is taught in discreet lessons led by the form tutor and it also underpins all activities, assemblies, educational visits and extra-curricular clubs. It is intended that we will offer a cohesive whole-school approach, which enables our children to become healthy, independent and responsible members of society.

**What is studied?**

### KS4 PSHE Learning Journey (Year 10 and 11)

**Cornerstone Curriculum** (wider personal development curriculum):

Form tutors follow Cornerstone Curriculum bulletin with PSHE tasks including 'Picture News'.

Assemblies and follow up form activities are based on PSHE related themes throughout the year including Black History Month, WPD, Stephen Lawrence, Hate Crime.

Diversity Champions hold meetings throughout the year and inform Cornerstone Curriculum, form activities and assemblies: e.g. One Love, BHM, Chinese New Year, Community Iftar.

Diversity Week July 2024 – different theme each year but related to Protected Characteristics.

St Hilda's reads – incorporated into PSHE curriculum e.g. 'Small things like these'.

**Powerful Knowledge:** (interwoven not only with each other, but with Cornerstone Curriculum including careers and worship).

**RSHE:** relationships including LGBTQ, sex education, physical health, mental health.

**Other elements of PSHE:** wider safety, understanding of technology and media, development of character (confidence and resilience).

**Citizenship:** British values, inclusion + equality of opportunity, wider opportunities.

**SMSC:** (Spiritual, Moral, Social and Cultural development) across the wider curriculum.

**Metacognition** to help pupils access wider curriculum.

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**CIEAG** (Careers, Information, Education, Advice and Guidance) – delivered as part of cornerstone curriculum and drop-down days.

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## **Year 10**

### **Topic 1 RSHE / Safety - What can stop you from achieving your goals? (gangs).**

L1 What can stop your goals?

L2 Gangs

L3 Gangs

Knowledge checker set as homework

### **Topic 2 Metacognition**

### **Topic 3 Citizenship - What does Community mean?**

L1 What is the history of democracy?

L2 What is the role of the Monarch?

L3 How are laws made and how do I vote?

Knowledge checker set as homework

### **Topic 4 RSHE / Safety – What is sexual harassment?**

L1 What is a Healthy Relationship? (re-cap protected characteristics and Hate Crime)

L2 What is Sexual Harassment?

L3 Are you living an insta life? (girls and boys)

Knowledge checker set as homework

### **Topic 5 What is a family?**

L1 Contraception

L2 Unintended pregnancy

L3 STIs


### **Topic 6 What are Human Rights?**

L1 Introduction / what are human rights?

L2 What is prejudice and discrimination?

L3 What is poverty?

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# GCSE English Language

## Exam Board: AQA

### What will I study?

GCSE English language assess students on high-quality, challenging texts from the 19th, 20th and 21st centuries. You will study a range of non-fiction and fiction texts to explore how writers have used language to communicate their purpose, as well as formulating your own opinions on the writers' ideas. You will also write creatively, producing short stories, and writing non-fiction pieces such as speeches, articles and letters.

### How will I be assessed?

This is a linear course, assessed with two exams in year 11, worth 100%.

- Component 1: 20th Century Literature Reading and Creative Prose Writing; 1h 45 minutes written exam; 50% of qualification.
- Component 2: 19th and 21st Century Non-fiction Reading and Transactional/Persuasive Writing; 2 hour written exam; 50% of qualification.
- Component 3: an individual speech (unweighted) Awarded as a Pass/ Merit/ Distinction.


### How can I progress?

The writing skills you'll develop through this course will serve you, not only in further education, but also throughout your adult lives. The subject is a great springboard into Media, Law, English Language and Theatre Studies A-levels.

## St Hilda's Extra Snippet

**Developing skills in English Language will help you to become an informed citizen who can formulate your own ideas about the world around you.**

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# GCSE English Literature

## Exam Board: AQA

### What will I study?

During this course, you will study a wide range of texts, formulating personal and evaluative ideas about a range of characters. You'll study how the writer has shaped your response as you explore an Inspector challenging the class system, an old miser learning how to be morally good, power and conflict poetry, love and relationships and much more! You will study:

- A Shakespeare text (Romeo and Juliet).
- Post-1914 Prose/Drama (An Inspector Calls).
- Poetry from 1789 to the present day – your teacher will give you an anthology of 15 poems from the exam board.
- 19th Century Prose (A Christmas Carol).
- Unseen Poetry from the 20th/21st Century.

### How will I be assessed?

This is a linear course, assessed with an exam in year 11, worth 100%. There is no coursework.

#### Component 1: Shakespeare and A Christmas Carol

Written examination: 1 hour 45 minutes; 40% of qualification

#### Component 2: An Inspector Calls, Anthology Poetry (Power and Conflict) and Unseen Poetry

Written examination: 2 hours and 15 minutes 60% of qualification


### How can I progress?

The subject is great preparation for Media, Sociology, Theatre Studies, Psychology and Law at A-level.

## St Hilda's Extra Snippet

**GCSE English Literature will teach you to empathise with people, understand their motivations and evaluate the consequences of their actions. You will engage with sophisticated concepts.**

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# GCSE Mathematics

## Exam Board: EDEXCEL

### What will I study?

GCSE Mathematics is divided into six main domains: Number; Algebra; Ratio, Proportion and rates of change; Geometry and measures; Probability and Statistics.

Alongside developing their knowledge of the curriculum content students also continue to develop their confidence, understanding and a broad range of mathematical skills. Students are encouraged to think and communicate mathematically, in clearly written, spoken and graphical forms.

Problem solving skills are developed to enable students to apply their mathematical knowledge and ability in a wide variety of situations across all subjects. Students will develop an appreciation of the interdependence of the different branches of mathematics, and of its place and use in society.

At GCSE we aim to build a firm foundation from which to study mathematics further.

### How will I be assessed?

All six curriculum areas are assessed via three external examinations at the end of year 11. There is no coursework element to the course therefore these exams make up 100% of the assessment. Paper 1 is a non-calculator assessment whereas a calculator is allowed for Papers 2 and 3. All papers are 90 minutes in duration and contribute equally to the overall grade. There are two tiers available: Foundation Tier, with grades 1-5 available; and Higher Tier, with grades 4-9 available. Students sit all three exams at the same tier.

### How can I progress?


From GCSE Maths you can progress on to A Levels in Maths and Further Maths. You will also use your Maths skills in other qualifications, for example Sciences, Business and Psychology.

## St Hilda's Extra Snippet

**GCSE Maths is required for most careers and courses.**

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## Core PE

### Exam Board: N/A

#### What will I study?

The PE department aim to offer a wide range of physical activities and sports across the academic year. Although we continue to offer a breadth of sports and activities covered in Key Stage 3, we add opportunities for students to learn new key skills.

Activities that your child will have the opportunity to participate are separated into three categories: invasion games, net/wall games and fitness. Here is a list of the activities on offer:

Football	Basketball	Netball	Hockey
Rounders	Trampolining	Health and Fitness	Cricket
Badminton	Dodgeball	Handball	Softball
Athletics	Table Tennis		

We make use of all the sports facilities we have, and the activity on offer depends on which space each lesson will be in. Classes rotate each half term around the facilities and this allows us to provide the widest possible range of activities to every class.

#### How will I be assessed?

You will be assessed as a performer, coach or an official. Alongside your practical performance in these roles we massively take into consideration your attitude to learning, teamwork and communication.

#### How can I progress?

You can use the skills that you have been developing in KS3 and transfer them to new or unfamiliar sports. You will also improve and develop more advanced skills in those activities in which you have more experience in. You can progress further by taking part in any of the numerous extra-curricular activities offered by the Physical Education Department.

### St Hilda's Extra Snippet

For more information, please see a PE teacher!

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# GCSE Religious Studies AQA A (Full Course)

## Exam Board: AQA

### What will I study?

The course is comprised of eight units split into two distinct sections.

#### Section 1 – A study of religious beliefs, teachings and practices.

Christianity – Beliefs & teachings

Christianity – Practices Islam – Beliefs & teachings Islam - Practices

#### Section 2 – A thematic study of ethical and philosophical issues.

Religion, crime & punishment

Religion, peace & conflict

Religion & life

Religion, human rights and social justice

### How will I be assessed?

2 x 1hour 45 minute written examinations at the end of year 11. There is no coursework.

### How can I progress?

Religious Studies is the fastest growing subject in schools and universities. The knowledge and critical thinking skills gained in this demanding curriculum area are of value in many different fields and looked on favourably by universities and employers. Many students go onto study A Level Philosophy & Ethics and some continue their study onto degree level.


#### Typical employers include:

- National and local government, Schools, colleges and universities;
- Charities, voluntary and not-for-profit organisations;
- Social services and other caring professions;
- The church and other religious organisations;
- Financial and legal firms; National Health Service;
- PR, advertising, sales and marketing companies;
- Libraries, charities, museums, television companies and publishing houses.

## St Hilda's Extra Snippet

Please speak to Mrs Martin for more information.

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# GCSE Sciences

## Exam Board: AQA

### What will I study?

We follow the AQA specification where all students will study Biology, Chemistry and Physics with three specialist teachers. All students will study and complete a minimum of two GCSE grades in Science. This takes the form of GCSE Combined Science Trilogy, where the performance of the student in Biology, Chemistry and Physics is 'combined' together in order to award a GCSE worth two grades.

Students can also choose, within the option block process, to study 'Separate Sciences'. This involves completing extra work, extending the content covered, and this will award three GCSEs in the individual subject disciplines of Biology, Chemistry and Physics. This is explained in more detail in the Separate Science section of the option block booklet.

Biology Topics	Chemistry Topics	Physics Topics
Cell biology	Atomic Structure and the Periodic Table	Energy
Organisation	Bonding and the Structure of Matter	Electricity
Infection and Response	Quantitative Chemistry	Particle Model
Biogenetics	Chemical and Energy Changes	Atomic Structure
Homeostasis and Response	Rates of Reaction and Organic Chemistry	Forces
Inheritance, Variation and Evolution	Chemical Analysis and Using Resources	Waves
Ecology	Chemistry of the Atmosphere	Electromagnetism

### How will I be assessed?

There is no longer a controlled assessment element; this has been replaced with a set of key required practicals that students must complete throughout the course. There will be questions on these required practicals on the exam papers.

There will be six exam papers sat in total, two within each individual subject. In GCSE Combined Science Trilogy there are 6 papers, each lasting 1 hour 15 minutes and marked out of 70. Students can be entered at either Higher Tier (Grades 4-9) or Foundation Tier (Grades 1-5). Combined Science Trilogy will have a 17 point grading scale for the two GCSE grades from 9-9, 9-8 down through to 2-1, 1-1.

### How can I progress?

We offer a selection of courses at KS5: Biology, Chemistry, Physics, Health and Social Care BTEC, Applied Science BTEC. Combined Science students have no barrier to progressing onto A-Level course in the sciences, as long as entry requirements are met.

## St Hilda's Extra Snippet

Qualifications in Science open the door to a wide range of careers.

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# Option subjects

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# GCSE Ancient History

## Exam Board: OCR

### Why choose this course?

Ancient History provides you with the opportunity to find out more about where our origins, culture, traditions come from. Ancient History will help you to understand the deep rooted issues, conflicts and changes which helped to shape the modern world. Ancient History will help you to think more critically about the world and encourages you to debate and express your opinions. Ancient History is a core facilitating subject for the prestigious 'Russell Group' universities.

### What will I study?

You will study four different units:

- **Unit 1 - Period Study: The Persian Empire, 559-465BC** - This is a compulsory period study focusing on the Persian Empire under Cyrus the Great, Cambyses II, Darius I and Xerxes I. We will look at this dynamic civilization and how they created an empire, its expansion, construction projects and the resistance they faced from the Greeks.
- **Unit 2 - Depth Study: Alexander the Great, 356-323BC** - Alexander the Great had travelled across and conquered most of the known world by the age of 32. We will look at his early life, expeditions and main battle.
- **Unit 3 - Period Study: The Foundation of Rome: From Kingship to Republic 753 - 440BC** - This is a compulsory period study focusing on the kings starting with Romulus, the legendary founder of Rome who is supposed to have created Rome's basic structure. This included dividing the city into two orders: patricians and plebeians. You will explore the early history of the Republic and how Rome fought to remain independent.
- **Unit 4 - Depth Study: Cleopatra: Rome and Egypt, 69 - 30BC** - As the last active ruler of Egypt, we will look at Cleopatra, her influence on Roman politics at a pivotal time and the impact of her relationships with Julius Caesar and Mark Antony.

### How will I be assessed?

- Paper 1 is a 2 hour written paper on Greece and Persia. Section 1 is on the Persian Empire and section 2 is on Alexander the Great. The paper is worth 50% of your total GCSE grade.
- Paper 2 is a 2 hour written paper on Rome and its neighbours. Section 1 is on the Foundations of Rome and section 2 is on Cleopatra. The paper is worth 50% of your total GCSE grade.

### How can I progress?

Ancient History is a respected GCSE which you can use as a spring board for A level. If you chose to go to university you can study Ancient History, History, Archaeology, Law, Journalism, teaching and Business. Ancient History can open many doors in the job market e.g. Museum work, research, marketing, finance, human resources due to the transferrable skills that the subject provides.

## St Hilda's Extra Snippet

The Greeks made massive strides in science, medicine and maths; for example, the thinker Aristotle came up with the idea that the earth was a globe. Join us in Ancient History for other interesting facts that are relevant to understanding our world today.

Which options shall I take?



# GCSE Art and Design

## Exam Board: Eduqas

### Why choose this course?

If you enjoy your Art and Design lessons and want to develop and improve your skills, then this course is for you. Art compliments many other subjects due to the wealth of transferrable skills you will develop and offers you an alternative way of working to create variety in your curriculum. GCSE Art and Design could start you on the pathway towards a job in the creative industries which are now worth £71.4 billion per year to the UK economy.

### What will I study?

You will explore a wide variety of creative skills including photography, drawing, painting, printmaking, textiles, sculpture, digital image manipulation and more. Gallery trips and research tasks will give you the opportunity to study the work of artists, designers and cultures. Researching their techniques and experiences will help inspire your own work and develop your contextual understanding and skills of critical analysis. You will develop your skills in visual communication by exploring and expressing your own ideas and opinions using a range of techniques and materials. You will reflect on your own work and progress. We will support you to build your confidence in working independently to create innovative artwork.

### How will I be assessed?

GCSE Art and Design is 60% coursework. Your work during lesson time and homework tasks will create a portfolio that will be assessed on:

- Contextual Understanding
- Creative Making
- Reflective recording
- Personal presentation

The Externally Set Assignment involves a 12-week project followed by a 10-hour exam set over a number of days. During the exam you will independently create a piece of work for your chosen project.

### How can I progress?

GCSE Art and Design, prepares you for Art and Design A Level.

## St Hilda's Extra Snippet

**Art and Design “enables students to think creatively and critically, to solve problems and to make a difference for the better. It gives them the opportunity to become creative, innovative, enterprising and capable of leadership to equip them for their future lives as workers and citizens.” (nfer.ac.uk).**

Which options shall I take?

# GCSE Business

## Exam Board: OCR

### Why choose this subject?

GCSE Business will show students how business activities affect everyday life. Students will discover that business influences most decisions that are made in society. This subject is relevant for the students and will enhance their understanding of politics, economics and the business world.

### What will I study?

The OCR GCSE in Business allows students to investigate the following areas:

- The role of business enterprise and entrepreneurship
- Marketing
- Human Resources
- Finance
- The economic climate

### How will I be assessed?

There will be two examinations at the end of the course:

**Paper One** - Business activity, marketing and people - 1 hour 30 minutes

**Paper Two** – Operations, finance and influence on business - 1 hour 30 minutes


### How can I progress?

The course is perfect preparation for A levels and a wide variety of jobs. Students will be able to continue their studies in the sixth form.

## St Hilda's Extra Snippet

**You are influenced by business every single second of the day.**

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# GCSE Computer Science

## Exam Board: Edexcel

### Why choose this subject?

GCSE Computer Science provides an exciting, practical focus on real-life programming, developing skills relevant to the future. This course is an engaging qualification that equips students with the knowledge and practical skills to thrive in the fast-changing world of computer science. Its approach includes innovative, practical onscreen assessment to ensure all students develop the computational skills they need for an exciting digital future beyond the classroom.

### What will I study?

To become proficient computer scientists, it is essential that students have knowledge and understanding of the field's fundamental principles and concepts. Learning to program is also a core component of this course. You will learn to become competent at designing, reading, writing and debugging programs and applying those skills to solve real problems and produce readable, robust programs. Throughout your GCSE Computer Science course you will study:

**Topic 1: Computational thinking** - understand what algorithms are, what they are used for and how they work; learn to follow, amend and write algorithms; construct truth tables.

**Topic 2: Data** - understand binary, data representation, data storage and compression.

**Topic 3: Computers** - understand hardware and software components of computer systems and characteristics of programming languages.

**Topic 4: Networks** - understand computer networks and network security.

**Topic 5: Issues and impact** - awareness of emerging trends in computing technologies, and the impact of computing on individuals, society and the environment, including ethical, legal and ownership issues.

**Topic 6: Problem solving with programming (python).**

### How will I be assessed?

Paper 1 is a 1 hour 30 min written examination assessing Topics 1 to 5. Paper 2 is a 2-hour practical on-screen programming examination in which students design, write, test and refine programs to solve problems. Paper 1 and 2 are both equally weighted at 50% of the qualification.

### How can I progress?

GCSE Computer Science is the ideal preparation for further A level study and/or the Cambridge Technical in IT course that we offer at KS5. Future careers include: cyber security analyst, game designer, software engineer, forensic computer analyst.

## St Hilda's Extra Snippet

**"Teaching young people to code early on can build skills and confidence and energize the classroom with learning-by-doing opportunities. Whether we're fighting climate change or going to space, everything is moved forward by computers, and we don't have enough people who can code."** – Richard Branson.

Which options shall I take?

# Creative iMedia (Level 2)

## Exam Board: OCR

### Why choose this subject?

The Cambridge Nationals in Creative iMedia course will give you the skills to explore the latest developments in digital media and apply them to real-life contexts and work situations. It encourages you to understand and apply the fundamental principles and concepts of digital media including factors that influence product design, use of media codes and conventions, pre-production planning techniques, legal issues and creation/publication/distribution considerations.

### What will I study?

The Cambridge National in Creative iMedia is media sector focused (film, television, web development, app development and gaming) and has IT at its heart.

### You will cover three units of study:

**R093:** Creative iMedia in the Media Industry. In this unit you will learn about the media industry, digital media products, how they are planned and the media codes used to convey meaning, create impact and engage audiences.

**R094:** Visual identity and digital graphics. In this unit you will learn how to develop visual identities for clients and use graphic design to create original digital graphics to engage target audiences.

**R097:** Interactive digital media. In this unit you will learn how to plan, create and review interactive digital media products.

### How will I be assessed?

**Unit R093:** Creative iMedia in the Media Industry is assessed via a written examination which you will take at the end of Year 11.

The other units are coursework units and are assessed throughout the course in Years 10 and 11.

### How can I progress?

The Creative iMedia course is the perfect preparation for study on the Cambridge Technicals in IT Level 3 course at St Hilda's College. Future careers can include roles in Media and Broadcasting, Digital Production Design and Development or Web Design and Development.

## St Hilda's Extra Snippet

**Do you want to work in the exciting world of digital content, or develop skills used in the media industry? If so, this is the course for you!**

Which options shall I take?

# GCSE Design & Technology

## Exam Board: AQA

### Why choose this subject?

If you are creative and enjoy problem solving, GCSE D&T is the course for you. D&T provides a balance of both academic and practical study and is recognised worldwide as a qualification of value.

### What will I study?

Students will learn how the design process works, about the properties of different materials and how to apply them to real life situations. Students will have access to the latest in technology, with the newly equipped workshop including new machine tools such as our Laser Cutter and 3D Printer. Students will be trained on the latest in 3D Modelling software, as used in industry.

### How will I be assessed?

Students will complete two units, with each representing 50% of the overall grade. One is assessed by an end of course examination, and the other is non-exam assessed coursework.

#### Exam Unit

What's assessed:      Core technical principles  
                                  Specialist technical principles  
                                  Designing and making principles.

How it's assessed:    Written exam: 2 hours  
                                  100 marks  
                                  50% of GCSE

#### Non-exam assessment

What's assessed:      Practical application of: Core technical principles  
    Specialist technical principles  
    Designing and making principles

### How can I progress?

Students of D&T often go on to have successful careers in all aspects of Engineering, Product Design, Graphic Design, Fashion Design, Digital and Traditional Marketing, to name but a few. Skills acquired in D&T are transferable to many different career paths.

## St Hilda's Extra Snippet

Recent figures showed that **75% of engineers working for the James Dyson Company studied D&T at GCSE level; proof that this subject provides solid foundations to take into the world of work!**

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# GCSE Drama

## Exam Board: AQA

### Why choose this course?

GCSE Drama is a diverse and exciting course for students who can perform well across different disciplines (both practical and written). In addition, it offers the chance to complete a coursework style element that allows for redrafting and development. This provides students with the chance to engage in and develop work that is wholly their own, encouraging leadership and communication. Students who study Drama develop a strong affinity for the theatre and appreciation for the Arts sector overall.

### What will I study?

The course for AQA Drama is both engaging and challenging. Students will study, and develop a clear understanding of, the Arts Sector, and we regularly visit the theatre. We explore approaches to Drama in both scripted and devised performances including the influence of various practitioners on performance. There are also options for students who prefer to pursue stagecraft - light, sound, costume or stage design.

### How will I be assessed?

**Component 1: Understanding Drama** - Written Examination (40%)

Exploring and analysing both the creation of live theatre in performance and a set text.

**Component 2: Devising Drama** - Practical Performance with Devising Log (40%)

Development of an original piece of drama based on an initial stimulus with an accompanying log explaining your process and decisions.

**Component 3: Texts in Practice** - Practical Examination (20%)

Performance of two extracts from a contemporary scripted play.

### How can I progress?

Drama is an excellent gateway to a range of A Level subjects, offering opportunities for self-discipline and an appreciation of working to deadlines alongside rigorous academic understanding. St Hilda's also offers A Level Drama and Theatre Studies for those hoping to continue their studies in the Arts Sector.

## St Hilda's Extra Snippet

Almost 2m people are now employed in the UK's creative organisations.

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# GCSE Geography

## Exam Board: OCR B

### Why choose this subject?

GCSE Geography will show students how every aspect of the world is interconnected and how everything affects everything else. It is a subject of Knowledge, Skills and Understanding, which prepares students for the world of work, developing a sense of the 'bigger picture'. The broad range of study provides something for everyone, including great residential fieldwork opportunities. Geography focusses on understanding and finding solutions to current issues which span the globe, such as climate change and migration. It is a core facilitating subject for the prestigious 'Russell Group' universities. Physical Geography strongly links with Science, Maths and Geology. Human geography complements Economics, Arts and other Humanities.

### What will I study?

- Global Hazards (Hurricanes, Drought, Earthquakes and Volcanoes)
- Climate Change
- Landscapes - Coasts and Rivers
- Ecosystems - Tropical Rainforests and Polar Regions
- Urban Populations
- Global Development
- Changes in the UK in the 21<sup>st</sup> Century
- Resources - Food, Energy and Health
- Fieldwork Skills – there will be a 3-day residential field course to the Lake District to investigate River Hydrology, Landscape Management at Glenderaterra Beck and Urban Inequalities in Carlisle

### How will I be assessed?

Paper 1 - Our Natural world (Physical Geography) 1h15

Paper 2 - People and Society (Human Geography) 1h15

Paper 3 - Geographical Exploration (Synoptic paper, including Fieldwork and Skills) 1h30

### How can I progress?

The course is perfect preparation for A levels and a wide variety of jobs. Students will be able to continue their studies in St Hilda's College.

**Careers** - *Geographers find a huge variety of opportunities and have some of the best graduate employment rates in diverse fields including: Banking, Insurance, Accountancy, Investment, Law, Medicine, Media, Economic development, Surveying, Architecture, Civil Service, Charity and NGOs, Cartography, Environmental Consultancy and Coastal/River engineering.*

## St Hilda's Extra Snippet

**The world is your only home. Don't you think you should know how it works?**

Which options shall I take?

# GCSE German

## Exam Board: AQA

### What will I study?

#### 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

### How will I be assessed?

You are either entered for Foundation (Grades 1 - 5) or Higher (Grades 4 - 9).

Within each tier of examination there are final examinations in each of the following skills:

1. Listening
2. Reading
3. Speaking
4. Writing

### How can I progress?

Typical careers with German include: management, travel and hospitality, media, advertising, PR, publishing, marketing, translation, teaching, business and finance, sales, law, accountancy, and diplomacy.

## St Hilda's Extra Snippet

Germany has the largest economy in the EU.

Which options  
shall I take?



# BTEC Level 2 Tech Award in Health and Social Care

## Exam Board: Edexcel

### Why choose this subject?

BTEC Level 1/2 Tech Award in Health and Social Care aims to provide an overview of the sector.

It is for learners who are interested in learning about the health and social care, as part of a balanced study programme.

### What will I study?

Component	Component title	How assessed	% grade overall
1	Human Lifespan Development	Internal	30%
2	Health and Social Care Services and Values	Internal	30%
3	Health and Wellbeing	Synoptic External	40%

### How will I be assessed?

Components 1 and 2 are assessed through internal assessment. Internal assessment for these components has been designed to relate to achievement of application of the conceptual underpinning for the sector through realistic tasks and activities. This style of assessment promotes deep learning through ensuring the connection between knowledge and practice.

### There is one external assessment:

Component 3, which provides the main synoptic assessment for the qualification. Component 3 builds directly on Components 1 and 2 and enables learning to be brought together and related to a real-life situation.

### How can I progress?

You can study BTEC Level 3 Health and Social Care, which prepares learners to enter employment or an apprenticeship, or to move on to higher education by studying a degree in aspects of health or social care.

## St Hilda's Extra Snippet

The course offers students the opportunity to follow a vocational type course in the Health and Social Care sector.

Which options shall I take?

# GCSE History

## Exam Board: Edexcel

### Why choose this course?

"Make the lie big, make it simple, keep saying it and eventually they will believe it." Adolf Hitler.  
Why were so many people willing to listen to Hitler? GCSE History helps you to ask and evaluate important questions. History helps you to think critically about the world, analyse information and construct an argument. It encourages you to debate and express your opinions in a structured way. This is an invaluable skill both for work and study at university.

### What will I study?

You will study four different units:

1. Medicine in Britain, c1250 - present AND The Western Front 1914-1918
2. a. Anglo-Saxon and Norman England, c1060-1088  
b. The Cold War, 1941-91
3. Weimar and Nazi Germany, 1918-39

### How will I be assessed?

Each unit will be assessed in the form of a written exam.

1. Medicine is worth 30% of your final mark. This paper will consist of source questions and knowledge questions including a 16 mark essay.
2. Anglo-Saxon & Norman England and The Cold War are worth 40% of your final mark.
3. Weimar and Nazi Germany make up the final 30%. The paper will have questions on interpretation.

### How can I progress?

You will develop all of the skills taught at KS3. You will be able to turn your PEE paragraphs into PEEJ! J means judgement. You will be expected to judge the importance of factors / events in helping change to come about. Many GCSE students study History at A Level and go on to university to study History, Archaeology, Law, Journalism and Business. History is a core facilitating subject for the prestigious 'Russell Group' universities.

## St Hilda's Extra Snippet

**The most important job in Henry VIII's court was groom of the stool!**  
**Helping Henry go to the toilet gave you power and influence!**

Which options  
shall I take?

# Vocational Award Level 2

## Hospitality and Catering

Exam Board: WJEC

### Why choose this subject?

If you are creative and enjoy the practical aspects of cooking, Hospitality and Catering is the course for you. Hospitality and Catering provides a balance of the theoretical understanding of the Hospitality Industry as well as the practical cooking skills necessary for professional life in a kitchen!

### What will I study?

#### Unit 1: The Hospitality and Catering Industry

- 1.1 Hospitality and catering provision
- 1.2 How hospitality and catering providers operate
- 1.3 Health and safety in hospitality and catering
- 1.4 Food safety in hospitality and catering

#### Unit 2: Hospitality and Catering in Action

- 2.1 The importance of nutrition
- 2.2 Menu planning
- 2.3 The skills and techniques of preparation, cooking and presentation of dishes
- 2.4 Evaluating cooking skills

Topics include the environment in which hospitality and catering providers operate, how hospitality and catering provisions operate, how hospitality and catering provision meets health and safety requirements, how food can cause ill health and will be able to propose a hospitality and catering provision to meet specific requirements.

### How will I be assessed?

Unit 1: The hospitality and catering industry

Written examination: 1 hour 20 minutes - 80 marks

40% of qualification

Unit 2: Hospitality and catering in action

Controlled assessment: approximately 12 hours - 120 marks

60% of qualification

### How can I progress?

This provides routes into industry and onto further study both at university and apprenticeships at all levels. It is highly rated as it provides students with high level practical cooking skills in real life contexts.

### St Hilda's Extra Snippet

Please speak to Ms Button for more information about this exciting course or any of our pupils in years 10 or 11.

Which options shall I take?

# GCSE Music

## Exam Board: Eduqas

### Why choose this course?

This course is perfect for anyone who loves creating and listening to music. The majority of the course is practical, and allows you to develop your own skills and interests.

### What will I study?

- **Performing** - You will work on your chosen instrument or voice, as an individual and in groups. You should aim to be working on grade 3/4 material by year 11.
- **Composing** - You will create two compositions. For the first composition you will have complete freedom to choose the style, and instruments used. For the second you will choose from a number of challenges the exam board give.
- **Appraising** - Learning to listen in detail to music, understanding how it has been put together. You will study pieces including 'Africa' by Toto and 'Badinerie' by Bach as well as studying Film/Video Game Music, Rock and Popular Music, Musical Theatre, Jazz, Classical and Romantic Music.

### How will I be assessed?

- **Performing** - worth 30% - A solo performance and an ensemble performance. These are recorded, internally marked and externally moderated.
- **Composing** - worth 30% - Two compositions, at least 3 minutes in total. These are recorded and written up, and then internally marked and externally moderated.
- **Appraising** - worth 40% - A listening exam at the end of the course.

### How can I progress?

This course an excellent step towards a job in the UK's £90 billion Creative Industries. It leads nicely to further study at A Level or BTEC. Music is well regarded by employers who know that musicians are creative, disciplined, and able to work well independently or in a group. St Hilda's is pleased to offer A Level music to further your studies.

## St Hilda's Extra Snippet

Please speak to Mrs McCann for more information or any of our GCSE pupils in year 10/11.

Which options shall I take?

# GCSE Physical Education

## Exam Board: OCR

### Why choose this course?

GCSE Physical Education is a varied and engaging course that will be of interest to students who enjoy all aspects of Physical Education in school or take part in sport regularly outside of school. The content of the course has been designed to allow you to study Physical Education in an academic setting, allowing you to critically analyse and evaluate physical performance and apply your experience of practical activities in developing your knowledge and understanding of Physical Education. The course allows you to explore a range of activities in the role of a performer, including both team and individual activities.

### What will I study?

The content of the course is divided into three components. Each component is further sub divided into topic areas and the detailed content associated with those topics.

#### Component 1: Physical factors affecting performance (Classroom/theory based teaching)

- Applied anatomy and physiology: Systems of the body including; skeletal, muscular, cardiovascular and respiratory. Movement analysis and the effects of exercise on body systems
- Physical training: Components of fitness, methods of training, preventing injuries

#### Component 2: Socio-cultural issues and sport psychology (Classroom/theory based teaching)

- Socio-cultural influences: Drugs in sport, Ethics in sport, Violence in sport, Media and sponsorship in sport
- Sports Psychology: Classification of skill, Goal setting, Mental preparation, Types of feedback
- Health, fitness and well-being: Diet and nutrition, physical/emotional and social reasons

#### Component 3: Performance in Physical Education (Practical and coursework task)

- Practical performance of **three** activities taken from the two approved lists:
  - One from the 'individual' list
  - One from the 'team' list - An additional activity from either the individual or team list
- Coursework: Written assessed piece that analyses and evaluates your performance in a chosen sport from the two approved lists

### How will I be assessed?

60% of the course is assessed via two exams at the end of the year 11. 30% of the course is assessed practically via three different sports (team sport, individual sport and either a sport or individual sport). It is highly recommended that you participate in one of these activities regularly outside of school and another sport inside of school. 10% of the course is assessed via a piece of coursework. You will analyse a sports performance of your choice and create an action plan which aims to improve this performance.

### What happens in lessons and what skills will I need?

Lessons are split into theory and practical. In your practical lessons you will cover 4 main sports of badminton, football, netball and athletics. Your theory lessons will be classroom based preparing you for the exams you will sit at the end of year 11. This course requires you to have ability across 3 sports - you must have a team sport, individual sport and a second sport that is either team or individual. You need to be competing in competition in your chosen sports these can be in school or outside. The ability to also apply theory knowledge to exam questions that cover a wide range of sporting context.

## St Hilda's Extra Snippet

Please speak to one of the PE staff for more information.

Which options shall I take?

# Cambridge National Sport Science

## Exam Board: OCR

### Why choose this course?

The Cambridge National Sport Science course gives learners the opportunity to develop sector-specific applied knowledge and skills through realistic vocational contexts. They will explore the different training methods and principles of training, as well as studying nutrition in relation to sport. Building on this, they will look at individuals' differing needs, to gain an understanding of how to plan training activities and diet plans. They will then apply their knowledge and skills to planning a sports activity programme for an individual. Sport Science provides a practical and accessible pathway, allowing students to apply theoretical knowledge in real world situations, making it ideal for those interested in pursuing studies or careers in the sports industry.

Successful completion of this course opens up progression to A Levels or the study of a vocational qualification at Level 3, such as a BTEC National in Sport, which we offer in St Hilda's College.

### What will I study and how will it be assessed?

#### Unit R042: Applying the principles of training

Learners will explore the different principles of training using scenario-based examples. They will develop knowledge of the components of fitness and apply them to two sports of their choice. They will also research different methods of training and develop a training programme after identifying strengths and weaknesses of athletes.

30%. Internal Assessment. Externally moderated.

#### R045: Sports nutrition

Learners will explore the components of a balanced diet and link this with sporting situations. They will develop knowledge of dehydration, overeating and undereating and begin to link these two scenarios. Learners will produce their own two-week diet programme setting out clear aims with calories, hydration and protein content clearly tracked.

30% Internal Assessment. Externally moderated.

#### Unit R180: Reducing the risk of sports injuries and dealing with common medical conditions

Learners will be introduced to and develop an understanding of the intrinsic and extrinsic factors affecting injuries. They will develop knowledge of psychological and physiological reasons for warmups and cool downs and learn how to identify and treat different types of injuries and illnesses.

40%. External exam. Externally marked.

### What happens in lessons and what skills will I need?

Lessons are split into theory, coursework and practical. In your practical lessons, you will cover a range of different sports including badminton, football, basketball and athletics. This course requires you to have one main sport that you have knowledge about although the sport will not be assessed using practical ability. Your theory lessons will be classroom based preparing you for the exam you will complete, and scenarios set by the exam board. In theory lessons, you are required to apply a wide range of sporting contexts to the theoretical knowledge learnt.

## St Hilda's Extra Snippet

Please speak to one of the PE staff for more information.

Which options shall I take?

# GCSE Psychology

## Exam Board: EDEXCEL

### Why choose this course?

Psychology is the study of both the mind and behaviour. It will help to improve and develop a range of skills from verbal communication to critical analysis within written work. It will teach you to recognise two sides of an argument, to form a discussion and to think outside of the box.

### Will I enjoy it?

Within Psychology, we employ a variety of different activities, teaching styles and resources that cater for all of our students. We deliver a mixture of topic areas that students can relate to and are interested in, and we guide students into developing and expanding their own thoughts and ideas. You will need a good memory as there are a lot of facts to recall. In addition, you will need to have good basic maths skills (10% of GCSE exam) and have good English skills to succeed at this subject.

### What will I study?

The topic areas that you may cover at GCSE level include:

Topic 1: Development – How do you develop?

Topic 2: Memory – How does your memory work?

Topic 3: Psychological problems – How would psychological problems affect you?

Topic 4: The brain and neuropsychology – How does your brain affect you?

Topic 5: Social influence – How do others affect you?

Topic 6: Criminal psychology – Why do people become criminals?

Topic 7: Sleep and dreaming – Why do we sleep and dream?

Topic 8: Research methods – How do you carry out psychological research?

### How will I be assessed?

The course is 100% exam based and the students will take 2 exams at the end of Year 11.

Paper 1 = 1hr 45mins    Paper 2 = 1hr 20 minutes

### How can I progress?

You can continue to study Psychology further at A Level and then at Degree Level. Psychology is widely used today and can be found in almost all fields of education and employment.

Visit: <https://careers.bps.org.uk/> for info on specific Psychology careers.

## St Hilda's Extra Snippet

**"After doing psychology for half a century, my passion for all of it is greater than ever" - Zimbardo**

Which options shall I take?

# GCSE Biology, GCSE Chemistry and GCSE Physics (**Separate Sciences**)

## Exam Board: AQA

### Why choose this course?

If science is a passion for you, or if understanding the world around you is important, then choosing separate sciences allows you to access the widest curriculum at GCSE. Separate Sciences will increase your number of science GCSEs from two to three, and give you the best possible preparation for any potential science-based A-Levels.

### What will I study?

You will study all the content mentioned within the Science page at the front of this booklet, as this forms the core of your studies. This will be expanded upon in the extra lessons you gain through the option block. Some of these extra topics include: the structure of the eye and the brain, cloning and the kidneys (within the Biology section), nanoparticles, reactions of alkenes, alcohol and flame tests (within the Chemistry section) and static electricity and an entire unit on Space (within the Physics section).

### How will I be assessed?

There is no longer a controlled assessment element; this has been replaced with a set of key required practicals that students must complete throughout the course. There will be questions on these required practicals on the exam papers.

There will be six exam papers sat in total, two within each individual subject. In Separate Sciences each paper will last 1 hour 45 minutes and will be marked out of 100. Students can be entered at either Higher Tier (Grades 4-9) or Foundation Tier (Grades 1-5). The two exams within Biology combine to give an overall mark out of 200, and from this a grade is awarded for GCSE Biology.

The same pattern follows for GCSE Chemistry and GCSE Physics.

This means that students will be awarded three 'separate' independent grades for each of the three subject disciplines within Science.

### How can I progress?

We offer a selection of courses at KS5: Biology, Chemistry, Physics, Health and Social Care BTEC, Applied Science BTEC.

## St Hilda's Extra Snippet

**"There are in fact two things, science and opinion; the former begets knowledge, the latter ignorance." Hippocrates 400 C.E.**

Which options  
shall I take?



# GCSE Sociology

## Exam Board: AQA

### Why choose this course?

GCSE Sociology aims to provide the student with an understanding of society and also how people's behaviour is affected by society. Students will draw on their own experiences when studying this subject. Sociology is a relevant and dynamic subject, students must have an interest in the world around them and be prepared to voice opinions.

### What will I study?

The AQA GCSE in Sociology allows students to investigate the following areas:

- The sociological approach
- Social structures, social processes and social issues
- Families
- Education
- Crime and deviance
- Social stratification
- Sociological research methods

### How will I be assessed?

There will be two examinations (50% each) at the end of the course:

**Paper one:** The sociology of families and education - 1 hour 45 minutes

**Paper two:** The sociology of crime and deviance and social stratification - 1 hour 45 minutes

### How can I progress?


The course is perfect preparation for A levels and a wide variety of jobs. Students will be able to continue their studies in the sixth form.

## St Hilda's Extra Snippet

**Sociology is the subject for you if you want to know what is really going on in society today.**

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Which options  
shall I take?



# GCSE Spanish

## Exam Board: AQA

### What will I study?

The course is split into themes and each theme contains 3 topics.

#### 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.

### How will I be assessed?

You are either entered for Foundation (Grades 1 - 5) or Higher (Grades 4 - 9).

Within each tier of examination, there are final examinations in each of the following skills:

1. Listening
2. Reading
3. Speaking
4. Writing


### How can I progress?

Typical careers with Spanish include management, travel and hospitality, media, advertising, PR, publishing, marketing; translation, teaching, business and finance.

## St Hilda's Extra Snippet

¡Español es estupendo!

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Which options  
shall I take?

## Study Support

Exam Board: N/A.

At St Hilda's CE School, our values wisdom, hope, community, dignity and equality are at the heart of everything we do. Our expectations and standards are high. We want the very best for each of our students, irrespective of their starting points.


Our curriculum gives every student the opportunity to make outstanding progress and removes any potential barriers to learning. Students at St Hilda's do not follow a pre-decided pathway. Each student is an individual, without limits and deserves a high-quality curriculum.

We want our students to leave with knowledge and skills which will not only create excellent life opportunities but will also prepare them exceptionally well for life beyond the school. As part of our KS4 options, we offer Prince's Trust, which helps young people to develop skills in key curriculum areas, preparing them to succeed in whatever they choose to do next. This will be offered to students on a 1:1 basis and through discussions with our SENDCo, Ms Franks and/or Mrs Hester, during our meetings to discuss options and future aspirations of our individual students.

### St Hilda's Extra Snippet

**This course is by invitation only.**

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Which options shall I take?



**ST HILDA'S**  
CE HIGH SCHOOL

WISDOM  
HOPE  
COMMUNITY  
DIGNITY  
EQUALITY  
DIVERSITY

**St Hilda's CE High School**

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**Mrs J Code**

BA (Hons), NPQH, FCCT  
Headteacher

Which options  
shall I take?