

Pakefield High School

GCSE Options Guide 2024



Options 2024

Dear student,

This is a pivotal point in your time here at Pakefield; the first opportunity in your school life to have a choice about the subjects you can study, and ultimately which qualifications you leave us with at the end of year 11.

Your GCSE qualifications will be the spring-board for your next steps in education and employment so they need to be considered very carefully, and thoughtfully chosen.

We want to make sure you have as much information and guidance as possible to support you in making the right choices. Whilst the school will make every effort to honour your first options choices, occasionally this is not always possible; You may be disappointed if some courses prove to be too popular, or not popular enough to run. It is therefore essential you make reserve choices for the courses you would also be happy to study in the event your first choice can't be granted.

I wish you every success in making, what at times may feel like difficult decisions about your future and I hope this guide, along with the options evening and support from your teachers can go some way to help you make the best possible GCSE choices.

Mr Thompson

Assistant Headteacher—Teaching, Learning and Curriculum

Key Dates (2024)

**Wednesday 17th
January**

Options Information Evening

- **From 5:30pm**

An opportunity to speak to heads of subjects about the structure of the course, to look at resources and the way each course is assessed.

- **At 6:30pm**

Mr Thompson will talk through the options process, to show you where you can get further information about each subject and how to apply.

**Wednesday 7th
February**

Parents Evening will focus on appointments with your teachers in the subjects you are thinking of taking. This will provide an excellent opportunity for you to discuss how you can best prepare for the start of your GCSE choices, or ask any final questions

Friday 9th February

Deadline for the return of provisional options choices. Students who submit their returns beyond this deadline are less likely to have their first choices met.

Individual options allocations will be announced in the summer term.

Pakefield High School reserves the right to make final decisions about a student's option choices, and will discuss alternatives with you if this becomes necessary.

Advice

DO

- ✓ Choose subjects you like/enjoy.
- ✓ Think about your progress in each subject so far.
- ✓ Speak to your teachers and get ALL the information you need before deciding.
- ✓ Think about how the courses will help with your future goals.
- ✓ Make an appointment with our Careers Adviser if you are unsure which courses to take for the career you want to pursue.

DON'T

- ✗ Choose a course just because your friend is doing it.
- ✗ Choose a course because of the teacher.
- ✗ Choose a course because you think it is easy.
- ✗ Choose a course without understanding fully what it involves.

Think carefully, ask for advice and have an idea of the careers you are interested in and what qualifications you need.

Option Blocks (2024)

All students follow our core curriculum. This includes English Language and Literature, Mathematics, Science, PSHE (including core RE) and Core PE (not certified).

Listed below are our option blocks for 2024. Students need to choose one subject from each block. Overall, at least one subject must be from those shaded in blue, although you can pick more if you want to.

Students considering a more academic route should consider following the EBacc pathway. This would mean selected options include a language (French) and a humanities subject (History or Geography).

More information about the Ebacc can be found on the following page.

Triple Science is more demanding than the combined science course, and students will need to pass an assessment before starting the course to ensure they will be able to cope with the demands of it.

BLOCK 1	BLOCK 2	BLOCK 3	BLOCK 4
History	French	History	Design Technology Timbers
Geography	Geography	French	Business
Triple Science	BTEC Performing	Sport Studies	Art
Sport Studies	Creative Media Production	Music	Creative Media Production
Food Preparation and Nutrition	Art	Design Technology Textiles	Philosophy & Ethics

English Baccalaureate (EBacc)

What is the EBACC?

The EBacc is not a qualification in its own right – it's a combination of GCSE subjects, including a language, that offer an important range of knowledge and skills to young people.

EBACC future proofs your prospects

While you may not have decided on your future career path yet, choosing the EBacc at GCSE gives you access to a full range of employment options when you leave Pakefield. If you are thinking of going to university, the EBacc is also recommended by Britain's most prestigious universities.

Languages gives you a competitive edge

Languages are an important part of EBacc. Studying a foreign language can be extremely rewarding and exciting. They provide an insight into other cultures and can open the door to travel and employment opportunities. They can also broaden your horizons, helping you to flourish in new environments.

If you find languages difficult, don't forget that you have been studying them for much less time than other subjects and, while it can be a challenge, learning a language will greatly enhance future opportunities.

What's more, we know that employers value languages, as they are increasingly important to make sure we can compete in the global market. Because of this, languages are increasingly becoming a requirement for many graduate schemes.

Taking the EBacc will fill 2 options choices: one must be either Geography or History, and the other must be French.

What careers could this course lead to?

- ♦ Every career needs English!
- ♦ Lawyer
- ♦ Politician
- ♦ Publisher

What skills will I learn?

- ♦ How to analyse and deduce information from texts
- ♦ How to create engaging pieces of writing
- ♦ How to write for different audiences and purposes

What will I learn?

English is a core subject. This means you must study GCSE English Language & Literature - you will receive two GCSEs for English!

The courses focus on writing for different audiences and in different contexts, as well as reading both classic and modern novels, plays and poems. You will need to interpret a wide range of texts and be creative in your writing. You will also use your communication skills when performing and presenting during speaking and listening tasks.

You will be provided with a rich and engaging experience, and be supported with access to ICT software, audio and video input and performances by local theatre groups.

English is a vital subject and is taken very seriously by colleges, universities and employers. We will put you on the right track!



What skills/knowledge do I need?

English forms part of the core curriculum offered to all students. A knowledge of current affairs and enjoyment of reading helps!

How will I be assessed?

AQA GCSE English Language and

AQA GCSE English Literature

These courses will be assessed by 100% examination. There are four exams in total for English.

We will assess your child regularly and run mock exams to ensure progress is being made.

Speaking & Listening

This is now a separate qualification. It is not a GCSE, but it is statutory to enter.

What qualifications will I achieve?

AQA GCSE English Literature

AQA GCSE English Language

Speaking & Listening qualification



What careers could this course lead to?

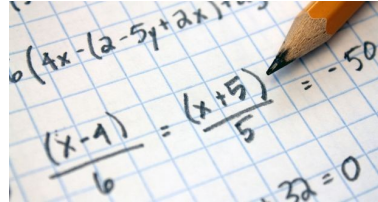
- ♦ University education in any subject
- ♦ Teacher
- ♦ Apprenticeships e.g. car mechanic
- ♦ Accountant
- ♦ Banker
- ♦ Engineering

What skills will I learn?

- ♦ The ability to solve number problems in a variety of contexts
- ♦ To organise your work and to think logically
- ♦ To make sense of data for a variety of audiences
- ♦ To have a working level of numeracy

What will I learn?

All students at Pakefield will begin the two year GCSE course in year 10, building on the key knowledge and skills taught at KS3, in particular in year 9. The course is examined at the end of Year 11. There are five key areas of maths covered: number, algebra, geometry and measure, statistics and probability and ratio and proportion. Our pupils will gain the knowledge and skills to be able to make connections between these areas of maths so they can go on to solve problems, both abstract and in context.



There are two tiers of entry for the AQA GCSE: Foundation and Higher. You will study a program that covers the areas of Mathematics listed above according to your ability but the final decision on your tier of entry will be made in year 11.

What skills/knowledge do I need?

Mathematics forms part of the core curriculum offered to all pupils.

How will I be assessed?

The assessment will be based on three written examination papers - Paper 1 is non-calculator and Papers 2 and 3 are calculator based.

We will assess your child regularly with topic assessments and past papers. Pupils will also sit mock exams in year 11.

What qualification will I achieve?

AQA GCSE in Mathematics



What careers could this course lead to?

Science provides students with analytical, mathematical and practical skills; it requires students to evaluate, and ask questions of the world around them.

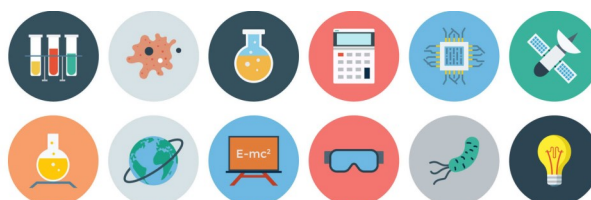
- ♦ Biology, Chemistry or Physics A Levels
- ♦ Sport and Exercise Science
- ♦ Animal Care
- ♦ Electrician and Construction

Careers:

Studying science can lead to a plethora of careers including: pharmacology, surgeon/GP, dentistry, nursing, midwifery, astronomy, engineering, teaching, forensics, healthcare, geneticist and environmental

What will I study?

Through combined science students will study biology, chemistry and physics and will gain two science GCSEs as a result. The course covers aspects from cells and atoms to understanding motors, digestion and how we use Earth's resources. Students will carry out a series of required practical activities to develop the use of scientific apparatus and the ability to evaluate results and techniques.



To do well you need to:

- Read widely about science in the news, including recent developments.
- Evaluate recent scientific studies based on sample sizes and evidence.
- Have the ability to ask questions of the world around you.
- Understand the importance of practical skills.
- Work independently on aspects of the course that are more challenging.

How will I be assessed?

Subject	Length of Exam	% of GCSE	Topics
Biology	1 hour 15 minutes	16.7	Cell biology, organisation, infection and response, and bioenergetics.
Biology	1 hour 15 minutes	16.7	Homeostasis and response, inheritance, variation and evolution, and ecology.
Chemistry	1 hour 15 minutes	16.7	Atomic structure and the periodic table, structure and bonding, quantitative chemistry, chemical changes and energy changes.
Chemistry	1 hour 15 minutes	16.7	Rates, organic chemistry, chemical analysis, the atmosphere and using resources.
Physics	1 hour 15 minutes	16.7	Energy, electricity, particle model and matter, and radioactivity.
Physics	1 hour 15 minutes	16.7	Forces, waves, and magnetism and electromagnetism.

What careers could this course lead to?

Triple science is well suited to students who are passionate about science and are considering further academic study beyond GCSE such as A-levels in Biology, Chemistry and Physics.

Careers:

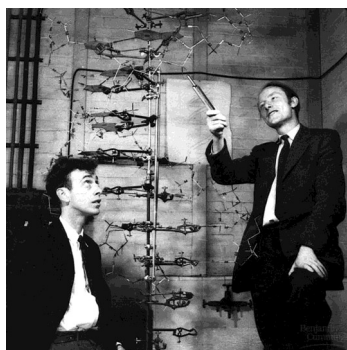
Science can lead to a plethora of careers including:

- pharmacology,
- surgeon/GP,
- dentistry,
- nursing,
- midwifery,
- Astronomy,
- engineering,
- teaching,
- forensics, and
- Healthcare.

What will I study?

Students will obtain 3 GCSEs in biology, chemistry and physics. The course covers all areas included in combined science with additional content including: microbiology in biology; analytical techniques in chemistry; and electromagnetism and space in physics. Students will carry out a series of required practical activities, developing use of scientific apparatus and the ability to evaluate results and techniques.

This is a demanding course and students who choose Triple Science will need to sit an assessment in Year 9 to make sure they will be successful at GCSE level. Students will be required to confidently apply mathematical skills across all 3 sciences and be dedicated to independent study. Students are not prevented from accessing science A-Levels if they do not choose or have not been invited to study triple science.



To do well you need to:

- Read widely about science in the news, including recent developments.
- Evaluate recent scientific studies based on sample sizes and evidence.
- Be able to use mathematical skills in a scientific context.
- Understand the importance of practical skills.
- Work independently on aspects of the course that are more challenging.

How will I be assessed?

Subject	Length of Exam	% of GCSE	Topics
Biology	1 hour 45 minutes	50	Cell biology, organisation, infection and response, and bioenergetics.
Biology	1 hour 45 minutes	50	Homeostasis and response, inheritance, variation and evolution, and ecology.
Chemistry	1 hour 45 minutes	50	Atomic structure and the periodic table, structure and bonding, qualitative chemistry, chemical changes and
Chemistry	1 hour 45 minutes	50	Rates, organic chemistry, chemical analysis, the atmosphere and using resources.
Physics	1 hour 45 minutes	50	Energy, electricity, particle model and matter, and radioactivity.
Physics	1 hour 45 minutes	50	Forces, waves, magnetism and electromagnetism and space

What careers could this course lead to?

- ♦ Weather forecaster
- ♦ Emergency response planner
- ♦ Journalist
- ♦ Environmental researcher
- ♦ Civil service

What skills will I learn?

- ♦ Communication skills
- ♦ Problem solving and investigative skills
- ♦ Developing case studies
- ♦ Decision making
- ♦ Working with others
- ♦ Working to deadlines

How will I be assessed?

Paper 1: Global Geographical issues

1 hour 30 minutes (37.5% of qualification)

Paper 2: UK Geographical Issues

1 hour 30 minutes (37.5 % of qualification)

Paper 3: People and environmental issues— Making Geographical Decisions

1 hour 30 minutes (25% of qualification)

What will I learn?

GCSE Geography challenges pupils of all levels. You will study a combination of physical and human geography and investigate contemporary issues.

You will travel the world from the classroom, exploring case studies in the United Kingdom (UK), newly emerging economies (NEEs) and lower income countries (LICs). Topics of study include: Natural hazards, economic development of an urbanising world. UK physical and human landscapes. People and the biosphere, forests and energy resources.



You are encouraged to understand your role in society by considering different viewpoints, values and attitudes.

Fieldwork outside of school plays an important role, and you will be conducting your own research and collecting your primary data needed to successfully

What skills/knowledge do I need?

A keen interest in the world around us, together with the knowledge and understanding from KS3 Geography lessons.



What qualification will I achieve?

Pearson Edexcel , specification B GCSE in Geography.

What careers could this course lead to?

- ♦ Marketing
- ♦ Politics
- ♦ Journalism
- ♦ Criminology
- ♦ Law
- ♦ Teaching

What skills will I learn?

- ♦ Using information effectively
- ♦ Weighing up important factors before making critical decisions
- ♦ Learning the arts of oral debate and expressing a clear personal point of view
- ♦ Working to deadlines

What will I learn?

This course enables you to study different aspects of the past, so you can engage with key issues such as conflict, understanding what drives change and how the past influences the present.



Paper 1: Thematic Study and Historic Environment

- Medicine in Britain c1250– present

Paper 2: Period Study and British Depth Study

- The American West c1835—c1862
- Early Elizabethan England 1558-88

Paper 3: Modern Depth Study

What skills/knowledge do I need?

A secure knowledge and understanding of the skills needed in History from KS3, along with a passion for the past, as well as good analytical

How will I be assessed?

There are 3 papers;

Paper 1: Thematic Study and Historic Environment

(1 hour and 15 minutes—30% of qualification).

Paper 2: Period Study and British Depth Study

(1 hour and 45 minutes—40% of qualification).

Paper 3: Modern Depth Study

(1 hour and 20 minutes –30% of qualification).



What qualification will I achieve?

Edexcel GCSE in History

What careers could this course lead to?

- ♦ Business
- ♦ Lawyer
- ♦ Tourism
- ♦ Charity work

What skills will I learn?

- ♦ How to communicate with others through language and to understand spoken and written French.
- ♦ How to improve literacy and upgrade communication skills
- ♦ How to develop a cultural understanding of the French speaking world
- ♦ How to translate

What will I learn?

Continuing French to GCSE will benefit you enormously, as many jobs you may be considering in the future look for people with languages; Successful linguists have fantastic communication, interpersonal and analytical skills. Language students also have many transferrable skills. Continuing French will not only teach you the grammar and vocabulary to get a very useful qualification, but also a strong appreciation of French-speaking countries and cultures.

A French GCSE will give you an edge on college and university applications because it is such a challenging course. It pairs well with a range of other subjects including law, politics, business, travel and tourism, and further study of languages.



What skills/knowledge do I need?

Continuation of the skills used in Key Stage 3 French — reading, writing, speaking and listening.

A desire to develop international awareness and cultural understanding would be of benefit!

How will I be assessed?

Speaking (25% of qualification)

Listening (25% of qualification)

Reading (25% of qualification)

Writing (25% of qualification)



What qualification will I achieve?

Pearson Edexcel GCSE in French

What careers could this course lead to?

- ♦ Art Historian
- ♦ Artist
- ♦ Architect
- ♦ Interior Designer

What skills will I learn?

- ♦ To express yourself creatively
- ♦ To work with a variety of art media
- ♦ An understanding of the techniques used by artists
- ♦ An appreciation of the works of modern and historic artists
- ♦ An understanding of how art influences our lives

How will I be assessed?

Unit 1—Portfolio (worth 60% of overall mark) - You will create a portfolio of artwork based around a topic and artist/s of your choice. You will experiment with a variety of art materials and techniques. There will be a controlled assessment at the end of the unit.

Unit 2 - Set Task (worth 40% overall mark) - you will complete an externally set project using your preferred art materials and techniques. There will be a controlled assessment at the end of the unit.

What will I learn?

This GCSE covers a range of activities and in-depth assignments. You will have the opportunity to experiment and express yourself through different media in order to explore your artistic strengths and preferences.

There are a wide range of options for your projects — the choice is yours. Whatever you choose, the main aim of the course is to develop your visual language skills and for you to build a comprehensive portfolio of work to progress to further courses or into employment.

This course will be ideal for you if you enjoy expressing your ideas and thoughts through your artwork projects and assignments and want to expand on your creative knowledge and experience.



What skills/knowledge do I need?

Enthusiasm and commitment.

A passion for art.

You should enjoy visually expressing your ideas and have a willingness to experiment and take risks with your work.

What qualification will I achieve?

OCR GCSE in Art & Design



Did you know... despite being best remembered as the artist who painted the Mona Lisa, Leonardo da Vinci also produced sketches of helicopters, submarines and parachutes centuries before they were invented?

What careers could this course lead to?

- Marketing
- Finance
- HR
- Law
- Accountant
- Sales

What skills will I learn?

- Communication
- Financial management
- Problem solving
- Marketing and presentation
- Adaptability
- Planning and decision making

What will I learn?

You will explore the world of business through the lens of an entrepreneur. How and why do business ideas come about? What makes a successful business?

You will learn how to develop an idea, spot an opportunity and turn it into a successful business.

You will understand how to make a business effective, manage money and see how the world around us affects small businesses and all the people involved.

You will learn about key business concepts and decisions that need to be taken when growing a business.

You will learn about customer needs, marketing and financial and human resourcing decisions.



What skills/knowledge do I need?

You need to have an enquiring mind and be interested in learning about the world around you. You need to be interested in how businesses contribute to society, and be keen to learn what makes someone a great entrepreneur.

How will I be assessed?

Paper 1 : Investigating small business — 1 hour and 45 minutes (50% of qualification).

Paper 2: Building a business— 1 hour and 45 minutes (50% of qualification).



What qualification will I achieve?

Pearson Edexcel GCSE in Business

What careers could this course lead to?

- ♦ Journalist/Reporter
- ♦ Broadcaster
- ♦ Film-maker
- ♦ Marketing Manager
- ♦ Copy Editor
- ♦ Sound technician
- ♦ Light technician

What skills will I learn?

- ♦ Research
- ♦ Practical skills (using cameras, sound equipment and editing software)
- ♦ Planning and organisational skills
- ♦ Team work
- ♦ Producing your own media product

How will I be assessed?

You will complete three units of assessment which will comprise of two internally assessed and one externally assessed unit.

Component 1: Exploring Media Products

Component 2: Developing Media Production Skills

Component 3: Creating a Media Product in Response to a Brief

What will I learn?

Taught in Pakefield's state-of-the art Media Suite, this qualification gives you the opportunity to become media savvy! From television to cinema, radio to podcasts, social media to blogs, vlogs, and everything in between – **Media studies plays a big part of our every day lives.**



This course is attractive to students who have a keen interest in media products and processes. It would suit students with an interest in the deconstruction of popular media texts, as well as those with a creative and artistic flair who enjoy making creative products. In fact, anyone who wants to study the way in which the media influences our daily lives should choose this course.

This course is predominantly coursework based, so if you prefer coursework as opposed to exams, this may be best suited for you.

What skills/knowledge do I need?

Skills in design, research and independent study are beneficial, however these will be developed during the course. A strong interest in using new technology, ICT and English will also help.

What qualification will I achieve?

Pearson BTEC Level 1 or Level 2 Technical Award in Creative Media Production.



This could lead to a BTEC Level 3 or an A Level in Media or Film Studies at your chosen college.

What careers could this course lead to?

This qualification provides a route either directly to employment or on to more advanced courses.

It is the academic basis for a variety of careers in the public and private sector such as:

- Composer
- DJ
- Radio Presenter
- Performer
- Producer
- Music Teacher

What skills will I learn?

- ◆ How to improve your performance skills
- ◆ How to compose music in a variety of styles
- ◆ How to develop your ideas into finished compositions
- ◆ Understand a wide variety of jobs within the music industry

What will I learn?

The BTEC Level 2 Tech Award in Music focuses on music from different genres including, British invasion, reggae, Britpop and EDM, alongside music for media (such as video games and films), African drumming, minimalism and the blues. You will study these styles of music, discovering what makes them special and unique, whilst developing your music theory knowledge and skills in analysing carefully selected examples using musical vocabulary.

As a vocational qualification, you will be provided with plenty of opportunities to further develop your performance skills, both as a soloist and as part of an ensemble, essential for the completion of the practical elements of the course. You will also have access to the suite of Music computers, running digital music making software, allowing you to compose, record and produce your own music.



What skills/knowledge do I need?

As the BTEC Level 2 Tech Award in Music is a vocational qualification, assessed by practical components, a pre-existing ability to play an instrument / sing is desirable, but not 100% essential. The most important attributes needed by a BTEC Music student are a desire to learn, a willingness to practice, and a yearning to perform.

How will I be assessed?

This qualification consists of 3 components, completed across the two years. There are no end of course written exams.

- Component 1: Exploring Music Products and Styles (30% of qualification).
- Component 2: Musical Skills Development (30% of qualification).
- Component 3: Responding to a Music Brief (40% of qualification).

What qualification will I achieve?



Pearson BTEC Level 1 / 2 Technical Award in Performing Arts

What careers could this course lead to?

- ♦ Anything!

But you could work in the following areas:

- ♦ Actor
- ♦ Director/producer
- ♦ Designer
- ♦ Entertainer
- ♦ Events/tour manager
- ♦ Law
- ♦ Retail management
- ♦ Customer service
- ♦ Care industry

What skills will I learn?

- ♦ Communication
- ♦ Team work
- ♦ Creativity
- ♦ Confidence
- ♦ Problem solving
- ♦ Working under pressure
- ♦ Interpretation

What will I learn?

Are you a creative and imaginative person with the ability to work in a team? Do you enjoy performing in role in front of others? Can you act with spontaneity and confidence?

In this BTEC you will develop your acting skills, knowledge & understanding of different theatre styles, and how to devise your own piece of drama. You will study plays and their context, along with characterisation, motivation and symbolism.

Units include exploring theatre practitioners and exploring their style of theatre. You will experiment with a variety of theatre conventions and watch live performances and have the opportunity to create your own piece of theatre. Your assessment will consist of portfolios & practical evidence which is filmed in lessons & rehearsals. There is no written exam, instead, you will complete a controlled assessment consisting of a portfolio and performances.

You will be expected to work with others, perform, and apply theoretical knowledge throughout the course.



How will I be assessed?

Three units, two internally assessed, one externally:

Unit 1: Exploring the Performing Arts 30%

Unit 2: Developing Skills & Techniques in the Arts 30%

Unit 3: Performing to a Brief 40%



What skills/knowledge do I need?

Confidence in communication and performance are essential, as well as qualities in English and the creative arts. You will be good at working with a range of people and contributing ideas to group work.

What qualification will I achieve?

Pearson BTEC Level 1 / 2 Technical Award in Performing Arts

What careers could this course lead to?

- ♦ Advice Worker
- ♦ Archivist
- ♦ Charity Officer
- ♦ Education
- ♦ Civil Service Administrator
- ♦ Community Development Worker
- ♦ Newspaper Editor
- ♦ Youth Worker

What skills will I learn?

- ♦ Critical analysis skills
- ♦ Reasoning skills
- ♦ Tolerance and understanding of other viewpoints

What will I learn?

Our Philosophy and Ethics course provides an opportunity for students to engage with a variety of topical questions around belief, values, meaning, purpose and truth.

Students will be able to reflect on and develop their own values, beliefs and attitudes in light of what they have learnt. There will be a range of relevant and contemporary themes to study that will promote awareness of modern-world issues and engagement within the classroom.



Students will also gain an appreciation of how religion, philosophy and ethics form the basis of our culture. They will develop analytical and critical thinking skills, the ability to work with abstract ideas, leadership and research skills. All these skills will help prepare them for further study.

Students of all abilities will be challenged and inspired, whilst developing valuable skills sought after by higher education providers and employers.

How will I be assessed?

Religious Component (Buddhism and Christianity)
- 50% of the total marks

Examination (1 hour 45 minutes)

Thematic Studies (a choice of 4 topics) - 50% of the total marks

Examination (1 hour 45 minutes)

What skills/knowledge do I need?

Basic knowledge of two religions: Buddhism and Christianity. Also, knowledge of current news.

What qualification will I achieve?

AQA GCSE in Religious Studies



What careers could this course lead to?

- ♦ Armed forces
- ♦ Public services
- ♦ Health & Fitness
- ♦ Sports & Leisure Industry
- ♦ Coaching in Sport

What skills will I learn?

- ♦ Teamwork
- ♦ Communication
- ♦ Respect
- ♦ Resilience
- ♦ Physical and mental wellbeing
- ♦ Personal Development
- ♦ Social & Transferrable Skills
- ♦ Sport specific skills
- ♦ The importance of exercise and keeping active

What will I learn?

PE forms part of the National Curriculum and is taught to all students through to Year 11. Core PE is designed to give you the experience of a wide range of sports, activities and events. PE at Pakefield will play a key part in physical and mental wellbeing, as well as opportunities to learn about the importance of exercise and new skills. You will also focus on developing your leadership, organisation and team work skills through leadership and sports education units. Core PE will keep you active and engaged in a healthy lifestyle, introduce new activities to prolong an active life beyond school and hopefully discover a new love for sport and exercise.



We offer a wide range of sports and activities for Core PE:

Football	Netball	Rugby
Basketball	Badminton	Hockey
Health & Fitness	Sport Leadership	Trampolining
Team-Building	Gymnastics	Handball
Table Tennis	OAA	Tennis
Athletics	Rounders	Cricket

What skills/knowledge do I need?

- 100% Effort
- Positive Attitude
- Organisation of PE kit

How will I be assessed?

Alongside practical ability and understanding, students will be assessed with a concept driven approach with effort levels.

The assessment will show if a student is working at Bronze, Silver or Gold across a range of sporting disciplines.

What careers could this course lead to?

- ◆ PE Teacher
- ◆ Sports Coach or manager
- ◆ Sport Scientist
- ◆ Sports Analyst
- ◆ Personal Trainer
- ◆ Leisure Centre Manager
- ◆ Sports Official
- ◆ Sports Media

What skills will I learn?

- Understanding contemporary issues in sport.
- Applying skills as a performer
- Developing skills in sports leadership
- Relationship between sport and the media

What will I learn?

The OCR Level 1/Level 2 Cambridge National in Sport Studies is aimed at students aged 14-16 years and will develop knowledge, understanding and practical skills that can be used in the Exercise, Physical Activity, Sport and Health sector.

Understand topical and contemporary issues in sport, including; why people do and do not participate in sport, the promotion of ethics and values, the roles of National Governing Bodies and high profile events have in sport, as well as how technology is used within sport

Develop skills as a performer in two different sporting activities and learn how to lead sporting activity sessions

Explore the relationship that media has with sport and understand how linked they are.

We have an optional course specific kit to give a sense of pride and recognition. The kit gives the students a sense of belonging when on sporting fixtures, hosting events or leading primary competitions.

What skills/knowledge do I need?

- Interest & passion for Sport
- Motivation for Practical lessons
- Ambition to follow a Sports career
- Organisation
- Meeting deadlines 100% effort

How will I be assessed?

Contemporary issues in sport—This unit will be an assessed through an external exam.

Performance and leadership in sports activities— This is assessed by a set assignment

Sports and the media - This is assessed by a set assignment

What qualifications will I achieve?

OCR Level 1/Level 2 Cambridge National in Sport Studies

Level 2 – Distinction* (*2), Distinction (D2), Merit (M2), Pass (P2)

Level 1 – Distinction (D1), Merit (M1), Pass (P1) and Fail/

Unclassified



What careers could this course lead to?

- ♦ Product Designer
- ♦ Textiles Machinist
- ♦ Upholsterer
- ♦ Interior Designer
- ♦ Construction
- ♦ Carpentry
- ♦ Architecture
- ♦ Engineering

What skills will I learn?

- ♦ Project management
- ♦ Problem solving
- ♦ Creative design
- ♦ Technical design

How will I be assessed?

50% Non-Exam Assessment made up of a 30-35 A3 page portfolio and prototype.

50% written exam including calculations, short-open and open-response questions as well as extended-writing questions.

Material areas:

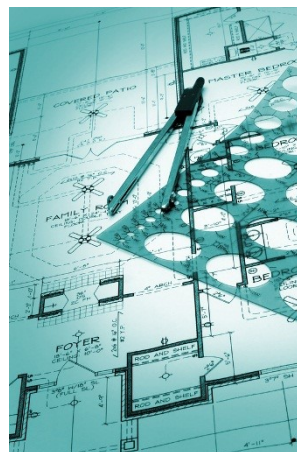
Metals, Textiles, Polymers, Timbers, Systems and Paper and Boards.

What will I learn?

Design and Technology is a valuable subject and it enables young people to develop an awareness and actively contribute to the creativity, culture, wealth and well-being of themselves and their community. It teaches how to take risks and to become more resourceful, innovative and enterprising.

The qualification enables students to use creativity and imagination to design and make prototypes (together with evidence of modelling to develop and prove product concept and function) that solve real and relevant problems.

It gives students opportunities to apply knowledge from other disciplines, including mathematics, science, art, computing and humanities.



What skills/knowledge do I need?

Strong, wider perceptions, observations, problem solving and people skills.

On this combined design and technology course students will learn about each of the 6 material areas but specialise in Textiles or Timbers for the two years.

What qualification will I achieve?

Edexcel GCSE Design and Technology



What careers could this course lead to?

- ♦ Any career related to food
- ♦ Chef
- ♦ Catering Manager
- ♦ Healthcare
- ♦ All work in the food manufacturing industry
- ♦ Childcare
- ♦ Sports

What skills will I learn?

- ♦ Project management
- ♦ Problem solving
- ♦ Working independently
- ♦ Time management
- ♦ The ability to interpret data

What will I learn?

Food Preparation and Nutrition focuses on practical cooking skills to ensure you develop a full understanding of nutrition, food provenance and the working characteristics of food.

As well as learning where food comes from, you will master culinary skills and appreciate the science behind food and cooking. Health and safety are essential for all students working in the food room. This is an exciting course which will allow you to demonstrate your practical skills and make connections between theory and practice.



What skills/knowledge do I need?

Project management and problem solving are at the heart of the course. Being organised and having the ability to work in a team are essential as well as an interest in nutrition and making food helps!

How will I be assessed?

50% Non-Exam Assessment (3 hour practical exam and supporting portfolio)

- Food investigation task: Science experiment & 2000 word written report (15%)
- Food preparation task (35%)

50% written theory exam (1 hour and 30 minutes)



What qualification will I achieve?

OCR GCSE in Food Preparation and Nutrition

Need more help?

5 Essential considerations when choosing your GCSE Options

1. Enjoyment: Choose subjects you think you will enjoy. This means researching content closely and asking teachers and others who know you well for advice.

2. Aptitude: Choose subjects which you think you will be good at - you will be more likely to enjoy them as well. Think about why you might enjoy particular subjects and how committed you feel – e.g. drama: have you enjoyed performing previously? Do you like working collaboratively? Are you committed enough to rehearse for GCSE performance work in the evenings and maybe at weekends?

3. Prospects: Think seriously about future ambitions. If you already have a university course in mind, check entry requirements for specific courses at university and work back from there.

4. Balance: If you have no idea what you want to do in the future make sure that your options provide a broad and balanced programme.

5. Independence: Don't choose on the basis of what friends are doing or on the basis of favourite teachers. **Make your own decisions.**

Speak to people!

At Home—Parents and carers, older siblings, trusted adults who work in a career / profession you are interested in.

At School—Form tutor, subject teachers, head of departments, head of year.

The following **websites** have some helpful information about choosing GCSE Options

<https://www.bbc.co.uk/bitesize/articles/zrjh92p>

<https://www.careerpilot.org.uk/information/gcses/choosing-your-gcses>

<http://www.nidirect.gov.uk/careers>

<https://sites.manchester.ac.uk/gatewaysresources/home/for-year-9/gcse-options-9/>

Need more help?

Use the table below to try different combinations of subjects you might wish to take (see options blocking for 2024 on page 5).

Block 1	Block 2	Block 3	Block 4

Struggling between two subjects? - Score each subject from 1 (not a lot) to 5 (very much) on the criteria below—the highest scoring subject may just be the one to take!

Subject _____ Total Score _____

What is your level of Interest in taking this subject?	1	2	3	4	5
How much have you enjoyed learning this subject at key stage 3?	1	2	3	4	5
How likely are you to pursue a career linked to this subject?	1	2	3	4	5
Do you like the look of the topics and units studied in this course	1	2	3	4	5
Is the way the course assessed likely to play to your strengths?	1	2	3	4	5

Subject _____ Total Score _____

What is your level of Interest in taking this subject?	1	2	3	4	5
How much have you enjoyed learning this subject at key stage 3?	1	2	3	4	5
How likely are you to pursue a career linked to this subject?	1	2	3	4	5
Do you like the look of the topics and units studied in this course	1	2	3	4	5
Is the way the course assessed likely to play to your strengths?	1	2	3	4	5

How to Apply

Scan the QR code below.

This will take you to a Microsoft Form where you can select a first choice and a reserve choice from each block.

Please ensure you complete the details at the top of the form including your name, parent / carer name and email address.



Remember to click submit on the form.

Congratulations! You have successfully completed your GCSE option choices.

Options allocations will be announced in the summer term.

Contact Us

PAKEFIELD

High School and Learning Community

London Road Pakefield

Lowestoft

Suffolk

NR33 7AQ

Tel: 01502 530750

Website: www.pakefield.org.uk

Email: info@pakefield.org.uk

PAKEFIELD

