



CARDINAL HEENAN
CATHOLIC HIGH SCHOOL

KEY STAGE 4 CURRICULUM INFORMATION



2024 - 2026



WELCOME

GCSE choices can be as exciting as they can be daunting and we hope the option information available in this booklet, through subject videos and through discussion with your teachers, supports you and your parents when considering your options. We want you to make the best choices for you that represent your interests and future education, career and life plans.

At Cardinal Heenan Catholic High School we strive to achieve a challenging and stimulating curriculum, offering a broad and balanced selection of subjects. Both GCSE and vocational qualifications are available, allowing you to learn and be assessed in the way that best suits you. Please spend time reading this information and watching the subject videos to help you make the right choice for you. Your teachers and form tutor are here to support you, so do make sure you ask if you have any questions at all.

Mr Kelly, Headteacher

OUR CURRICULUM

At the heart of our curriculum offer is a strong academic core designed to establish excellent foundations whatever your aspirations. The core subjects that you will all study are:

- Religious Studies GCSE
- English Language GCSE
- English Literature GCSE
- Mathematics GCSE
- Combined or Separate Sciences GCSEs

The core offer represents breadth and strength of academic learning and enables you to gain the English Baccalaureate (EBacc). The EBacc is not a qualification in itself; it recognises your achievements across a core of selected academic subjects. The combination of GCSE subjects that comprise the English Baccalaureate are:

- English Language
- English Literature
- Mathematics
- Core or Separate Sciences
- Geography or History
- A Foreign Language

This combination provides you with a balanced base and is ideal for progression on to A level subjects that are highly regarded by Russell Group universities. In order to keep open the widest range of future pathways, we recommend that in choosing your options you select a combination that will lead to the English Baccalaureate.

Option Subjects

To complement the core curriculum you will select **three** additional subjects. The courses are all Level 2, and will enable you to progress to the college, sixth form or apprenticeship that you wish.

Whilst you may have clear ideas about the career you wish to pursue, it is perfectly normal not to know just now. We encourage you to ensure you keep your options open by choosing a broad selection of courses. We offer a wide variety of courses that allow you to pursue your interests and talents:

- Art and Design GCSE
- Business Studies GCSE
- Computer Science GCSE
- Construction Level 1/2 Vocational Award
- Creative i-Media Cambridge National
- Design and Technology GCSE
- Drama GCSE
- Enterprise & Marketing Cambridge National
- Food Preparation & Nutrition GCSE
- French GCSE
- Geography GCSE
- Health & Social Care Cambridge National
- History GCSE
- Music GCSE
- Physical Education GCSE
- Spanish GCSE
- Sport Studies Cambridge National

THE OPTIONS PROCESS AND DATES

How many options subjects will I study?

Three options subjects will complement your core subjects.

Will I definitely get to study my top three choices?

No. We design a timetable that enables as many students as possible to study their preferred subjects. This is why you will be asked for your top five subjects. You need to think carefully about your fourth and fifth subject choices.

How do I decide what is right for me?

There are many different reasons that you might choose to study a subject; it is equally valid to pursue a subject because you love it as it is to pursue an alternative that leads to a particular career. The most important thing is that you research your options carefully.

To help you make an informed decisions you will:

- visit the options fair on Friday 26 January. You will be able to speak to Year 10 students currently studying the subjects you are interested in.
- have an individual guidance meeting with a member of the leadership team to talk about your interests, plans and current progress. This will happen before half term.
- meet with your current teachers at Consultation Evening on Thursday 22 February to understand whether their subject is right for you at KS4.
- have plenty of opportunity to discuss your plans with parents/carers and form tutor. Both are a valuable source of guidance and may be able to offer a different perspective.
- be provided with plenty of information to help you understand the different subjects. You can use what is within this booklet, as well as the videos on our school website.



How do I complete my options form?

After your guidance meeting, your parent/carer will be emailed a summary of the discussion along with a link to the online options form. The form is not due in until Friday 1 March 2024, and we encourage you to take your time to think through your decision carefully.

What if I make a mistake?

Talk to us. We want to help you to make informed choices that will lead you smoothly onto your next step. If you submit your form and realise you have made a mistake, let us know as soon as possible and we will do all we can to help.

What should I do if I have questions?

Ask. You can start by speaking to your form tutor, Ms Stainton or Ms Stockton-Pitt. If your parents/carers have queries they can get in touch on ept@cardinalheenan.com.

CORE SUBJECT: RELIGIOUS STUDIES



Religious Studies is a core subject that will support you in understanding the person of Jesus Christ as well as exploring your own faith and beliefs. Through our lessons you will:

- Discover the meaningful truth about God
- Learn about the religious beliefs and practices of people and communities across the world
- Discuss a range of issues relating to community cohesion, theology, philosophy and ethics
- Develop transferable writing and communication skills

Religious Education - What will I learn?

There are three sections of the Religious Studies course:

1. Catholic Christianity (50% of the course) comprises six topics: Creation; Incarnation; The Triune God; Redemption; Church; and Eschatology.
2. Themes A and B (25% of the course), these are religious, philosophical and ethical studies about relationships and families (theme A) and peace and conflict (theme B).
3. Judaism (25% of the course), through which you will learn about the beliefs, teachings and practices of the Jewish faith.

Religious Education - How will I be assessed?

We follow the AQA GCSE in Religious Studies course. This is assessed through two written exam papers which you will sit at the end of Year 11.

Faith Development

Religious Education at Cardinal Heenan is about so much more than academic learning. You will also explore your own faith, develop an awareness and appreciation of your own worth and that of others. As a Catholic community it is our duty to deepen the knowledge and understanding of Catholic faith and make known the Person of Jesus Christ.

If you have any specific questions please speak to our Curriculum Leader
Mr J Tunnecliff - jtf@cardinalheenan.com

What can I do with a Religious Studies GCSE?

Religious Studies develops a wide range of transferable skills, which can support a range of further studies and careers. Through considering faith, moral issues and ethics you will develop empathy and understanding, which can be valuable in fields such as medicine, journalism and business.

CORE SUBJECT: MATHEMATICS



Mathematics is the toolkit of scientific thought. Through studying Mathematics our students develop a toolkit to use in science, geography and technology and a logical approach to problem solving.

Mathematics – What will I learn?

You will study five broad topics: Number; Algebra; Ratio & Proportion; Geometry & Measures; Probability & Statistics. Throughout the course, you will learn to make connections between these topics, becoming fluent in selecting the most appropriate method. You will also learn to reason mathematically, and solve problems both abstract and in context.

Mathematics - Tiers of Entry

In mathematics there are two tiers of entry: Foundation Tier (grades 1-5) and Higher Tier (grades 4-9). Your progress and understanding will be carefully monitored throughout the course of study, to help your teacher to determine the most appropriate tier of entry for you. The decision on your tier of entry will be taken in Year 11, when you have had sufficient opportunity to develop your knowledge and understanding.

For students who find mathematics particularly challenging, we offer an Entry Level Mathematics course alongside our GCSE programme. This secures arithmetic skills and real world mathematics, thereby boosting confidence.

For students who have a real flair for and love of mathematics, we run an optional Further Mathematics qualification which is taught after school.

Mathematics - How will I be assessed?

The Mathematics Department follows the Pearson Edexcel specification for Mathematics. Assessment is 100% examination.

If you have any specific questions please speak to our Curriculum Leader
Mr J Smith - jsh@cardinalheenan.com

What can I do with a Mathematics GCSE?

Mathematics supports a range of careers in fields such as computing, engineering, science (including medicine), economics and business studies. Mathematics is required for a range of A level subjects, including the sciences, psychology and economics.

CORE SUBJECT: SCIENCE



Science enables you to understand the world around you. At its heart, science is a practical subject. This is reflected in the way that you will learn, which is a combination of theory and practical.

Science – What will I learn?

You will develop a knowledge of the biology of plants, animals and micro-organisms, the chemistry and structure of matter and the physics of energy, electricity and waves. You will also develop an understanding of the scientific method. This will help you to accurately investigate and evaluate the efficacy of the methods used by others.

Combined or Separate Science - Which course is right for me?

We run two science courses: Combined Science and Separate Sciences. Both courses cover content from Biology, Chemistry and Physics. Combined Science leads to a double award worth two GCSEs whilst Separate Sciences (sometimes called “Triple Science”) leads to three separate GCSEs. Both courses are highly regarded and can lead to a wide range of Further/Higher Education courses and careers. Your teacher will use your performance throughout Years 7-9 to identify the most appropriate course for you. This will happen at the end of Year 9 and is separate to the options process.

Science - Tiers of Entry

There are two tiers of entry: Foundation Tier (grades 1-5) and Higher Tier (grades 4-9). Your progress and understanding will be carefully monitored throughout the course of study, to help your teacher to determine the most appropriate tier of entry for you. The decision on your tier of entry will be taken in Year 11, when you have had sufficient opportunity to develop your knowledge and understanding.

Science - How will I be assessed?

The Science Department follows the AQA specification for Combined and Separate Sciences GCSEs. Assessment is 100% examination.

If you have any specific questions please speak to our Curriculum Leader
Mr P Caden - pcn@cardinalheenan.com

What can I do with a Science GCSE?

Science qualifications are invaluable as they demonstrate your knowledge of the world, as well as your ability to tackle challenging concepts, whilst demonstrating numeracy, logic and reasoning. Both Combined and Separate Sciences provide the foundation needed to progress into a wide range of courses and careers, including medicine, engineering, economics, computing, and other STEM careers.



We live in a global world that is interconnected and interdependent. The ability to communicate in a second language will open innumerable possibilities to you, allowing you to engage in a more immediate and meaningful way with people around the world. This might be living, working or studying abroad, foreign travel or connecting with friends and neighbours.

We offer two GCSE Language options; French and Spanish. Please note, to take the French option at GCSE you must have studied it in Year 9.

French and Spanish – What will I learn?

Whichever language you choose to study, you will develop your knowledge of vocabulary and language structure. This is done through four key skills: listening, speaking, reading and writing.

There are six themes: My Personal World; Lifestyle & Wellbeing; My Neighbourhood; Media & Technology; Studying & My Future; Travel & Tourism. Central to the course are real life situations which you might find abroad, or if you meet a native speaker. In addition, you will get to know more about the culture in the countries where the language is spoken.

French and Spanish - How will I be assessed?

We follow the Pearson Edexcel specification for both languages. Assessment is through four exams in Listening, Reading, Writing and Speaking, each worth 25%.

French and Spanish - Tiers of Entry

There are two tiers of entry: Foundation Tier (grades 1-5) and Higher Tier (grades 4-9). Your progress and understanding will be carefully monitored throughout the course of study to help your teacher to determine the most appropriate tier of entry for you. The decision on your tier of entry will be taken in Year 11, when you have had sufficient opportunity to develop your knowledge and understanding.

If you have any specific questions please speak to our Curriculum Leader
Mrs H Stanton - hsn@cardinalheenan.com

What can I do with a Languages GCSE?

Studying a modern foreign language can be followed by an A level or degree in the subject. You may also choose to pursue an education in another subject, and include a language element alongside (for example, many degrees offer a year of studying abroad, for which the ability to speak a second language is essential). A background in languages can also help in career paths such as business, diplomacy and foreign relations, travel and tourism, translation or journalism.



Knowing about the past means you can make sense of the present. Through studying GCSE History you will explore events of the past and understand how they have formed the way we live today. You will also develop transferable skills including the ability to evaluate, analyse, question, interpret, and communicate in a clear and concise manner, to read a text and understand its bias. We will study every question from as many different angles and points of view as possible.

History – What will I learn?

There are four areas that we study in detail:

1. **Germany 1890 – 1945: Democracy and Dictatorship.** You will investigate the radical political, economic and social changes that occurred in Germany. From the challenges Germany faced under Kaiser Wilhelm to the day-to-day impacts of World War II on German lives. You will explore how life changed for the German people over this period.
2. **The Cold War.** You will explore causes and events of the Cold War, seeking to understand how conflict occurred and why it proved difficult to resolve the tensions. You will also consider the role of key individuals and groups in shaping change and how they were influenced by international relations.
3. **The History of Medicine.** You will study how medicine and public health has developed in Britain over a long period of time. This will include considering the causes, scale, nature and consequences of short and long term developments, their impact on British society and how they were related to the characteristics of the periods during which they took place.
4. **Elizabethan England.** You will study Elizabeth I and how she dealt with the questions of her marriage, religion, plotters, Mary Queen of Scots, and the Armada. The explorations and discovery of the 'New World' and Elizabethan society.

History - How will I be assessed?

We follow the AQA specification for GCSE History. Assessment is 100% examination.

If you have any specific questions please speak to our Curriculum Leader
Mr K Wild - kwdec@cardinalheenan.com

What can I do with a History GCSE?

You will develop the skills to create and write arguments that are substantiated with evidence and detailed knowledge; these are transferable skills applicable to a wide range of Further/Higher Education courses and careers. History is a traditional academic course that is highly regarded, which is relevant to a wide range of career paths including journalism, law, and medicine.

EBACC OPTIONS SUBJECT: GEOGRAPHY



Geography will help you develop the skills needed to understand the social, economic and environmental issues that the world faces. Your study of geography throughout key stage 3 will have helped prepare you to think like a geographer and this course will develop these skills and your understanding of concepts further.

Geography – What will I learn?

You will learn about our changing, exciting and diverse world through a balanced framework of physical and human geography, examining the relationships and conflicts between the man-made and natural worlds. The course is divided into three sections:

- 1. Living with the Physical Environment.** You will develop an understanding of the tectonic, geomorphological, biological and meteorological processes in different environments. You will develop an understanding of the need for management strategies governed by sustainability and consideration of the direct and indirect effects of human interaction with the Earth and the atmosphere.
- 2. Human Geography.** You will develop an understanding of the factors that produce a diverse variety of human environments; the dynamic nature of these environments that change over time and place; the need for sustainable management; and the areas of current and future challenges and opportunities for these environments.
- 3. Geography Skills and Fieldwork Investigations.** You will develop skills of geographical enquiry through fieldwork. You will undertake two fieldwork enquiries, each in a contrasting environment. Recent locations for fieldwork have included Hornsea, Bowness on Windermere, Grassington and Malham.

Geography - How will I be assessed?

We follow the AQA specification for GCSE Geography. Assessment is 100% examination.

If you have any specific questions please speak to our Curriculum Leader
Mr L Jones - ljsecardinalheenan.com

What can I do with a Geography GCSE?

Geography is a subject that develops a wide range of analytical skills that are highly sought after by employers. Geography fits neatly with both science and art-based subjects. Whether you are interested in a career in planning, resource and environmental management, tourism or journalism, to name but a few, this course could be the one for you!

OPTIONS SUBJECT: ART



By joining our GCSE Art course, you will be entering a highly creative environment, with other talented students who are just as interested in the subject as you are. Art is a chance to express yourself, to explore and develop your talents and offers a completely different experience to many other subjects.

Art – What will I learn?

You will learn about different artists, craftspeople and cultures whilst continuing to develop your artistic style in a variety of materials.

Some of the topics we might cover include a still life project or a study of the natural world. Another interesting topic which enables you to demonstrate your uniqueness is exploring 'My World' by looking at your hobbies, interests and the environment around you.

Through your artwork you will have the opportunity to express yourself in a personal and meaningful way whilst building a portfolio of artwork. You will continue developing your artistic skills, through ambitious and exciting projects and you will have the opportunity to experiment with a wide range of materials and techniques from printmaking to sculpture.

Art - How will I be assessed?

We follow the AQA specification for Art and Design GCSE. 60% of your grade will be determined by your portfolio and 40% through an external examination.

Your portfolio must demonstrate:

- a sustained project evidencing your journey from initially exploring a subject/theme, detailing your research and exploration of ideas, through to the development of a piece of work
- a selection of further work: this is your opportunity to showcase the classwork and homework that you have completed, and your growth as an artist

If you have any specific questions please speak to our Curriculum Leader
Mrs S Atkinson - san@cardinalheenan.com

What can I do with an Art GCSE?

Art & Design is a traditional and well-respected subject that can be combined with a variety of subjects to support your progression. If you want to work within the creative industries there is a wide range of employment opportunities including fashion, gallery/museum management, teaching, fine art practice, community arts, art therapy, events management, architecture and interior design.

OPTIONS SUBJECT: BUSINESS STUDIES



No matter what you do in life you will interact with businesses. You will probably work for a business or create your own and you will buy goods and services from businesses. Through the study of GCSE Business or Cambridge National in Enterprise and Marketing you will develop an insight into just how businesses operate.

Business Studies – What will I learn?

You will develop an understanding of how businesses relate to the world we live in and will keep up to date with current affairs. You will evaluate case studies on businesses and develop a range of research techniques to help you make specific judgements on relevant business concepts including human resources, operations management, marketing management and financial decision making. You will develop critical thinking, problem solving and analytical skills.

There are two themes which each constitute 50% of the final assessment:

1. Investigating small business
 - Enterprise and entrepreneurship
 - Spotting a business opportunity
 - Putting a business idea into practice
 - Making the business effective
 - Understanding external influences on business
2. Growing a business
 - Growing business
 - Making marketing decisions
 - Making operational decisions

Business Studies – How will I be assessed?

We follow the Pearson Edexcel specification for Business Studies GCSE. Assessment is 100% examination.

If you have any specific questions please speak to our interim Curriculum Leader
Mr J Smith - jsh@cardinalheenan.com
from September 2024 Miss C McGrellis - cms@cardinalheenan.com

What can I do with a Business Studies GCSE?

Business Studies can lead on to many vocational qualifications and is a good stepping stone to A level subjects, especially economics, accountancy and business. Many university degree courses can be combined with business studies including retail management, events management, sports management and business administration.



OPTIONS SUBJECT: ENTERPRISE AND MARKETING

Enterprise and Marketing – What will I learn?

The Enterprise and Marketing course strikes a balance between the theoretical understanding of business concepts and your awareness of 'real life' business experiences including your ability to apply knowledge to a specific case study.

You will have the opportunity to market a product idea, develop a proposal including customer profiles, various market research techniques and pricing models. This will inform the development of your marketing plan to ensure that you successfully pitch your business idea. You will gain a wide range of skills such as: planning, research and analysis, working with others and effective communication.

The Enterprise and Marketing course is taught through three themes:

1. Enterprise and marketing concepts: an external examination
2. Design a business proposal: internal assessment
3. Market and pitch a business proposal: internal assessment

Enterprise and Marketing - How will I be assessed?

We follow the OCR specification for the Cambridge National Certificate in Enterprise and Marketing. 60% of your grade will be assessed through your coursework and 40% through an external examination.

Enterprise and Marketing or Business Studies - Which course is right for me?

Both of the Business courses that we offer can lead to the same progression pathways. The main difference between the courses is how they are assessed: GCSE Business is 100% examination, which you will sit at the end of the course in Year 11, whereas the Cambridge National Certificate in Enterprise and Marketing has two internally assessed units and one externally assessed examination.

If you have any specific questions please speak to our interim Curriculum Leader
Mr J Smith - jshcardinalheenan.com
from September 2024 Miss C McGrellis - cmscardinalheenan.com

What can I do with a Cambridge National in Enterprise and Marketing?

You will develop business skills demanded by employers in the UK today which will prepare you for further study of qualifications in enterprise, marketing or business. Future careers are varied and, apart from setting up your own business, you could go into accountancy, marketing, personnel, retailing, banking, manufacturing, public relations and publishing.

OPTIONS SUBJECT: COMPUTER SCIENCE



We use computers for almost everything. At Cardinal Heenan we offer a choice of two computing courses to suit your particular interest.

- Computer science is a behind the scenes look at how computers work and an introduction to computer programming
- Creative i-Media, by contrast, focus on using a computer to generate content, including digital animation, graphic design and web development

Whatever your interest in computing, we have a course for you.

Computer Science GCSE – What will I learn?

Within the Computer Science GCSE there are two main themes:

1. Computer Systems in which you will learn about: Central processing unit (CPU); Memory and storage; Computer networks, connections and protocols; Network security; Systems software; and Ethical, legal, cultural and environmental impacts of digital technology.
2. Computational thinking, algorithms and programming in which you will apply the knowledge and understanding you have developed when studying computer systems. You will learn about: Algorithms; Programming techniques; Producing robust programs; computational logic; translators; and data representation.

During your course of study you will also complete a programming project. This will give you the opportunity to put your learning into practice. To complete the project you will define success criteria from a given problem and then create suitable algorithms to achieve the success criteria, before then going on to code your solution and check its functionality.

Computer Science GCSE – How will I be assessed?

We follow the OCR specification for Computer Science GCSE. Assessment is 100% examination. Please note the Programming Project is not assessed but is a requirement of the course.

If you have any specific questions please speak to our Curriculum Leader
Mr E Hartwell – ehlecardinalheenan.com

What can I do with a Computer Science GCSE?

Computer Science is a well-regarded course as it develops analytical thinking and problem-solving skills. This course lays a foundation for further study of computer science, artificial intelligence, engineering, physics, mathematics or related courses in Higher Education.



i-Media Cambridge National – What will I learn?

IT and Digital media has an ever-growing influence on our lives and the decisions we make. Through studying i-Media you will learn about the media sector, including graphic design, web development, gaming and animation. You will develop skills in a range of areas from pre-production skills to digital animation and graphic design.

In addition to learning about how to create products, you will also learn about legal and ethical issues relating to digital media. Much of the course is client focused, meaning that you will learn to create products that engage a target audience.

i-Media Cambridge National – How will I be assessed?

We follow the OCR specification for the Cambridge National Certificate in Creative i-Media. You will complete two pieces of coursework (which make up a total of 60% of your final grade) and sit one exam (which makes up the final 40% of your grade).

i-Media or Computer Science – Which course is right for me?

Computer Science is a theoretically based course that requires you to complete independent research out of the classroom. The GCSE course is designed for those who want to continue their studies at Further Education and beyond.

i-Media is a combination of practical and theory-based learning and suited for those who enjoy the practical elements of ICT and project styled work. This qualification is ideal for anyone actively wanting to pursue a career in digital media.

If you have any specific questions please speak to our Curriculum Leader
Mr E Hartwell – ehl@cardinalheenan.com

What can I do with a Cambridge National in i-Media?

Digital Media is vital to the UK economy and the production of digital media products is a requirement of every business so there is huge demand for a skilled and digitally literate workforce. This course supports anyone considering graphic design and web developers but also complements many other career paths.

OPTIONS SUBJECT: CONSTRUCTION



Design and technology courses give you an understanding of design, development, operation and use of technological products and services. We run two technology courses:

- Design and Technology inspires creative thinking and enables students to design within a defined purpose and create a tangible outcome. Students are taught the knowledge, understanding and skills needed to engage in a process of iterative designing and making which will help to shape and influence the future of Britain.
- Construction focuses on the physical creation of products designed by others, providing an introduction to a range of trades. Here the focus is on learning about the construction process and thinking from the build perspective.

Construction and The Built Environment – What will I learn?

This vocationally focused course is a combination of practical and theory, it provides a foundation of knowledge about the construction industry. The course comprises of two units:

1. Introduction to the Built Environment, in which you will learn about a range of professional and trade roles, explore different structures and buildings and develop the skills, knowledge and understanding in identifying, explaining and evaluating different ideas and concepts of the built environment.
2. Constructing the Built Environment, in which you will study three construction trade areas of the built environment, including planning, undertaking and evaluating construction tasks.

Construction and The Built Environment - How will I be assessed?

We follow the WJEC specification for Constructing the Built Environment. 40% of your grade will be assessed through an exam, with the other 60% assessed via project work.

If you have any specific questions please speak to our Curriculum Leader
Mr M Richmond - mri@cardinalheenan.com

What can I do with a qualification in Constructing the Built Environment?

This qualification is ideal as a foundation for further study of construction and will be of interest if you are planning an apprenticeship in the construction sector. The course also provides a very practical insight for anyone considering a career in architecture and civil engineering.

OPTIONS SUBJECT: DESIGN & TECHNOLOGY



Design & Technology – What will I learn?

Through project-based learning, you will understand and apply the iterative design process. This involves exploring, creating and evaluating a range of solutions to fit a given problem. You will use creativity and imagination to design and make prototypes, that fit the needs and wants of your identified customer. You will then evaluate, refine and improve your given solution.

The emphasis of this course is on quality design work, rather than making skills.

Design & Technology – How will I be assessed?

The Technology Department follows the AQA specification for Design & Technology GCSE. 50% of your grade will be assessed through your coursework and 50% through an external examination.

Design & Technology or Constructing the Built Environment – Which course is right for me?

Design and Technology GCSE is designed to support you to learn about the process of design rather than making. It is the right choice for you if you are hoping to progress on to A levels and university, as well as careers such as product designer, graphic designer, interior designer, web designer, electronics, programming, construction based careers, architecture or engineering.

Constructing the Built Environment is designed to give you an insight into the construction sector. It is the right choice for you if you are considering a trade career such as plumber, electrician, joiner, carpenter, tiler, brick layer, roofer, stone mason or plant driver.

If you have any specific questions please speak to our Curriculum Leader
Mr M Richmond - mri@cardinalheenan.com

What can I do with a Design & Technology GCSE?

You can continue with the subject at A-Level and through further study, lead to a career as a designer, engineer or architect. It offers an excellent introduction to the exciting world of product design and any students considering a career in design will be well suited to this course.

OPTIONS SUBJECT: DRAMA



The art of storytelling and performance is universal in every culture and country across the world. Studying drama is an opportunity to explore and understand the art of theatre. Drama is not just about acting. You will learn to collaborate with others, think analytically and evaluate effectively. You will gain the confidence to pursue your own ideas.

Drama – What will I learn?

You will study a wide variety of different topics, theatre techniques and skills while devising improvisations from stimuli and using scripts to create theatre. You will learn how to develop characters and study a play from the point of view of an actor, designer and technician.

You will undertake an in depth study of the play *Blood Brothers* by Willy Russell. Set in Liverpool spanning the 1970s and 1980s, *Blood Brothers* tells the story of twins who grow up on opposite sides of the social tracks without realising their family bond.

You will also learn about techniques used by theatre practitioners such as Brecht, Stanislavski, Frantic Assembly, Complicite and Alecky Blythe. Using their work as an inspiration you will then develop your own original piece of drama in response to a given specific stimulus.

Drama - How will I be assessed?

The Drama Department follows the AQA specification for Drama GCSE. You will be assessed via:

- a written exam taken at the end of Year 11 (40% of your final grade)
- a piece of coursework in which you devise and perform your own piece (40% of your final grade)
- a practical performance (20% of your final grade)

If you have any specific questions please speak to our Curriculum Leader
Miss H McMinn - hmncardinalheenan.com

What can I do with a Drama GCSE?

Whether you see yourself on the stage, in films, designing sets, costumes or lighting, or just enjoying watching theatre, this course will give you a good solid grounding and can lead to a variety of different careers and opportunities. The skills developed in drama are highly sought-after attributes in the workplace and can help you stand out in college, university and job applications.

OPTIONS SUBJECT: FOOD PREPARATION & NUTRITION



Food is both a necessity and a treat; something we need to survive and something that can enhance and improve our lives. If you are interested in learning more about how we can use food to stay healthy, developing your practical food preparation skills and understanding more about the science of cookery, this could be the course for you.

Food Preparation and Nutrition – What will I learn?

Our lessons are both practical and theoretical. In practical lessons you will develop advanced cooking skills, and investigate the science of cookery. In theory lessons you will develop an understanding of nutrition, food provenance and the working characteristics of food ingredients and equipment.

We study five core topics:

1. Food nutrition and health
2. Food science
3. Food safety
4. Food choice
5. Food provenance

You will also complete a number of investigations into the processes of cooking, such as the tenderization of meat and the effect of gluten on bread.

Food Preparation and Nutrition - How will I be assessed?

We follow the AQA specification for Food Preparation and Nutrition GCSE. 50% of your final grade is an external examination and 50% of your grade will be assessed through your coursework. You will complete two pieces of coursework: one on designing and preparing a three course meal and the other a practical food science investigation.

If you have any specific questions please speak to our Curriculum Leader
Mr M Richmond - mri@cardinalheenan.com

What can I do with a Food Preparation and Nutrition GCSE?

There are a broad range of career opportunities including buying for food companies; food journalism; catering; food marketing; product development; food sampler; diet related industries; nutritionists; dieticians; hotel management; chef, event planner; sports nutritionist; nursing and many more.



OPTIONS SUBJECT: HEALTH & SOCIAL CARE

Careers in Health and Social Care can be deeply fulfilling, offering opportunities to make a real difference to the lives and welfare of other people. Health care roles include doctors, pharmacists, nurses, midwives and healthcare assistants, while social care roles include care assistants, occupational therapists, counsellors and administrators. Health and social care roles account for nearly one in ten of all paid jobs in the UK. Demand for both health and social care is likely to rise.

Health & Social Care - What will I learn?

There are three units of study

- 1. Principles of care in health and social care settings:** In this unit you will learn about the importance of the rights of service users, person-centred values and how to apply them. You will also learn about the importance of effective communication skills when providing care and the procedures used to protect individuals such as safeguarding, hygiene and security.
- 2. Supporting individuals through life events:** In this unit you will learn about life stages and the factors that affect them. You will understand expected and unexpected life events and the impact they will have on physical, social, emotional and socio-economic aspects in an individual's life. You will research the service providers and practitioners that can support individuals.
- 3. Health Promotion Campaigns:** In this unit you will learn about the public health challenges faced by the UK, the approaches used to encourage health and well-being, and their importance to society. You will study the way that campaigns can be designed to target different groups of people and learn how to plan and deliver your own small-scale health promotion campaign.

Health & Social Care - How will I be assessed?

We follow the OCR specification for the Cambridge National Certificate in Health and Social Care. You will be assessed through two coursework units (each make up 30% of your final grade) and one written exam (40% of your final grade).

If you have any specific questions please speak to our Curriculum Leader
Mr J Wynne - jwe@cardinalheenan.com

What can I do with a Cambridge National in Health & Social Care?

Through this course you gain a good understanding of the Health and Social Care sector and the role it plays in the health, well-being and care of individuals across all age ranges. It is a great platform to progress to study Level 3 Cambridge Technical Health and Social Care and Health and Social Care apprenticeships at Level 2 and 3. Possible health care roles include doctors, pharmacists, nurses, midwives and healthcare assistants, while social care roles include care assistants, occupational therapists, counsellors and administrators.



“Music gives a soul to the universe, wings to the mind, flight to the imagination, and life to everything.” Plato

Studying music offers you the opportunity to develop your musical skills in theory, composition and performance. Through your studies you will learn how music requires a combination of discipline and precision with creativity and expression.

Music GCSE – What will I learn?

Throughout the course we work with you to develop your appreciation and understanding of a wide range of music styles. You will gain an understanding of how music has developed. Through the development of your performing skills and aural awareness your musical ability will improve. Please note, you will be required to receive instrumental lessons on your chosen instrument or voice. These lessons are funded by school.

Music GCSE - How will I be assessed?

We follow the Eduqas specification for Music GCSE. There are three parts of the course:

1. Listening (40%) - Through listening to a wide range of styles you will develop aural awareness, discrimination and analytical skills. You will learn to distinguish between instruments and voices and identify various combinations. We study two set works from contrasting styles.
2. Performing (30%)– throughout the course you will continue to develop your practical music ability on your chosen instrument or voice. You will learn to perform independently and as part of a group. You can perform in any style that you choose.
3. Composing (30%)– you will also learn to write music, inspired by what you have listened to. This is an opportunity to develop your creativity.

If you have any specific questions please speak to our Curriculum Leader
Miss T Pendred - tpdec@cardinalheenan.com

What can I do with a Music GCSE?

GCSE Music develops your confidence and performance skills which is needed in many aspects of life such as job interviews. As music is a broad qualification, you might continue to study music and become a professional musician or take on a role in the creative arts and media sector.

OPTIONS SUBJECT: PHYSICAL EDUCATION GCSE



Through taking one of our sports courses you will develop and improve your own performance, as well as learn about social and cultural issues relating to sport. Lessons are a mixture of practical lessons, usually once per week (in addition to Core PE lessons), and theory lessons.

Physical Education GCSE – What will I learn?

In theory lessons you will learn about physical factors affecting performance. You will develop an understanding of the skeletal, muscular, respiratory and cardiovascular systems and the impact diet and training have upon the body's ability to perform. Through this understanding you will develop the skills to analyse performance, understand the different principles and methods of effective training and how to develop robust training plans. You will also study socio-cultural issues relating to support, including the factors that affect participation, the commercialization of sport and the psychology of sport.

In practical lessons you will develop your performance in a range of sports. For the final assessment you will choose three different sports, which must include both a team and individual sport. You will be assessed on a range of skills, including effective performance, the use of tactics, techniques and the ability to observe the rules and conventions under applied conditions. You must also demonstrate your ability to analyse and evaluate your own performance and produce an action plan for improvement. This will be the coursework element of the course.

Physical Education GCSE - How will I be assessed?

We follow the OCR specification for Physical Education GCSE. 60% of your grade will be assessed through an external examination, 30% through your practical assessments and 10% through a piece of coursework.

If you have any specific questions please speak to our Curriculum Leader
Mr J Wynne - jwe@cardinalheenan.com

What can I do with a Physical Education GCSE?

The course comprises content relating to biology, mathematics, physics, psychology and sociology. This means that it can lead into career routes including sport, fitness, physiotherapy and nutrition.



Sport Studies – What will I learn?

There are three units:

1. **Contemporary issues in sport.** You will learn about a range of issues in sport including: participation levels and barriers; values and ethical behaviour; the role of high-profile sporting events; the role of governing bodies and how technology is used within sport.
2. **Performance and leadership in sports activities.** You develop your skills in two different sporting activities. You will also develop leadership skills through planning, leading and reviewing a safe and effective sporting activity session.
3. **Sport and the media.** You will learn about the relationship between media and sport.

In practical lessons you will develop your performance in a range of sports, both individual and team. You will also improve your leadership through planning and delivering a safe and effective session. This will be demonstrated by leading a Year 7 PE lesson on your chosen sport.

Sport Studies Cambridge National - How will I be assessed?

We follow the OCR specification for the Cambridge National Certificate in Sport Studies. You will be assessed through one written examination (40%) and two coursework units with one graded practical performance (each 30%).

Sport Studies or Physical Education - Which course is right for me?

The Physical Education GCSE is suitable for students wanting to study A Level PE at sixth form and is an ideal route for anyone wanting to pursue a career as a PE teacher, physiotherapist, sports scientist or a diet and fitness instructor.

The Cambridge Nationals in Sport Studies is a vocational qualification. There is a wide breath of career routes including leisure management, personal trainer, sports coach and sports analyst.

If you have any specific questions please speak to our Curriculum Leader
Mr J Wynne - jwe@cardinalheenan.com

What can I do with a Cambridge National in Sport Studies?

The Cambridge National in Sport Studies is a vocational qualification and suits students looking for vocational sports courses and apprenticeships. There is a wide breath of career routes including leisure management, personal trainer, sports coach and sports analyst.

CURRICULUM SUPPORT

Our curriculum support team supports students who have additional learning needs, including those with an Education, Health & Care Plan. Led by our SENDCo, Mrs Powell-Wiffen, the curriculum support team works with students to help them develop and maintain a range of skills to ensure their success during Year 10 and 11.

We take a flexible approach to meeting individual needs of students. Some of the strategies we take include:

- Supporting students in lessons
- Additional literacy and numeracy intervention
- Helping students develop their study skills including how to organise and prioritise their homework and coursework tasks
- Social and emotional development work groups

The team also arranges Exam Access Arrangements for those students who are eligible for these.

If you have additional questions, please speak to Mrs Powell-Wiffen (apn@cardinalheenan.com) who will be happy to offer advice and guidance.



ASDAN Qualifications

ASDAN qualifications are widely recognised by educators for providing an engaging curriculum that empowers students through personalised learning and choice.

The Personal and Social Development qualifications offer imaginative ways of supporting young people in:

- becoming confident individuals who are physically, emotionally and socially healthy
- being responsible citizens who make a positive contribution to society and embrace change
- managing risk together with their own wellbeing
- as well as introducing them to new activities and personal challenges

If you feel your child would benefit from participating in our ASDAN programme, please speak to Mrs Powell-Wiffen.

School is about more than exams. In addition to the taught curriculum, we provide a wider curriculum, which is designed to enhance, complement and support your studies.

THE WIDER CURRICULUM

01 Catholic Life and Mission

At Cardinal Heenan we aim to nourish you spiritually through a deep awareness and sense of Gospel values and understanding of the Roman Catholic faith. You will have the opportunity to live the liturgical life of the Church through attending Holy Mass and daily acts of collective worship.

We run the 'Faith in Action' award which is nationally recognised by the Church which enhances the work undertaken by the student chaplaincy group and focuses on outreach work within our local community.

You will have the opportunity to engage in the mission of the Church by attending pilgrimages to develop an understanding of what it means to be in the service of others alongside retreats which also offer the opportunity to reflect and pray outside of everyday school life.

02 PSHCE

Our Personal, Social, Health and Citizenship Education (PSHCE) programme gives you the knowledge, understanding, and practical skills to live safe, healthy, and productive lives. You will develop an understanding of:

- **Mental and physical health** including topics such as alcohol, tobacco and drugs; prejudice and discrimination; and mental health including anxiety, panic attacks, self harm and body image
- **Relationships.** You will develop an understanding of how to form and maintain positive relationships, consent, bullying, abuse, discrimination and social influences
- **Living in the wider world** You will consider questions like what does it mean to be a citizen? What makes a good citizen? What is national identity? What threatens our society? Topics also include those linked to personal finance and careers, such as, spending, saving, borrowing, debt, insurance, student finance and future planning.

03

Study Skills

Our Study Skills programme is an innovative course that helps you understand how to learn and develops your skills to be a successful student. It complements your learning across the curriculum, providing you with the opportunity to reflect on and improve your own learning, as well as supporting you to develop a healthy balance between your studies and other activities.

You will learn about:

- The psychology of how we learn
- How to foster a growth mindset
- How to structure your independent study
- Planning techniques and revision skills
- The factors that influence your mental wellbeing and how to keep yourself well

You will also have a chance to reflect of your school reports, understanding how you have achieved success and where and how to make improvements in your behaviour for learning and homework.

04

Core Physical Education

The physical and mental health benefits of sport and exercise are widely known. As such, physical education remains an important part of your timetable during Years 10 and 11.

Through physical education lessons you will develop your flexibility, build your strength and stamina whilst developing the self-confidence to enjoy sporting activities and exercise. A wide range of physical activities are available, some of which include athletics, badminton, basketball, cricket, football, netball, rounders, table tennis, handball and Gaelic football.



05

Careers

When you leave Cardinal Heenan we want you to feel confident to take the next steps towards your future. There are a wide variety of pathways available to you; from A levels and T levels, to apprenticeships and technical qualifications. Our careers programme is designed to help you understand your own skills and interests, research the opportunities available to you and make informed choices about your future.

We offer a range of careers support including:

- PSHCE lessons
- Assemblies and external speakers
- Special events, visits, and trips
- Work experience
- College application support
- Individual careers guidance appointments

Work experience forms an important part of the Year 10 curriculum, and gives you first-hand insight into the expectations and experiences of the working environment.

06

Community Languages

If you are a native speaker in another language at home, for example Polish, German, Portuguese or Russian we may be able to support you to complete a GCSE in the language. This would contribute to you gaining the EBacc. If you are interested in pursuing this opportunity please speak to Mrs Powell-Wiffen (apn@cardinalheenan.com).

07

Extra-Curricular Opportunities

We run an extensive and highly varied extra-curricular programme, ranging from competitive sports to jazz band, from debating to art club, from Faith in Action and the Duke of Edinburgh Award to the Shakespeare Society. Extra-curricular activities develop your character, foster friendships, provide leadership opportunities and give a deep sense of personal fulfilment. They make your school experience truly holistic. Furthermore, colleges, universities and employers are increasingly looking for well-rounded, balanced candidates and participating in extra-curricular activities gives you the opportunity to develop these skills in an enjoyable and enriching environment.