



LOUGHBOROUGH
High School

GCSE
OPTION CHOICES
2019-2021

Dear Year Nine

You will soon be making important decisions in your education, and beginning to plan for your future career. A lot of help, guidance and support will be available to you from Dr Burnett, Miss Gomez, your subject teachers and form tutors. The choices you make now are very important, as they will form the basis of your future career options, so take the time to ask questions and use the resources available to you in the careers room and elsewhere.

All of you will take ten GCSE subjects and these will include English Language, English Literature, Mathematics, a modern language and the three sciences. Your choices from each of the columns listed below allow you to take three additional subjects:

Option Scheme

1	2	3
Art	Classical Civilisation	Classical Greek
Computer Science	Geography	French
Drama	History	Spanish
Food	Latin	Geography
History	Music	German
PE	RS (Christianity and Hinduism)	RS (Christianity and Islam)

Your GCSE courses will, in some cases, include non-exam assessment. This may involve work in class and at home. Longer pieces of coursework are part of most practical subjects.

We recommend that, at this point in your education, you ensure that your subject choices give you as much flexibility as possible for the future. It is important, in a rapidly changing world, that your curriculum reflects breadth as well as depth. In addition, your thoughts on your career choices may well change over the coming months and years.

We also advise that you consider carefully before taking more than one practical subject because of the workload that these subjects will entail during the course. It is also important for you to study a humanities subject (History, Geography, Religious Studies, Latin, Classical Greek or Classical Civilisation) at GCSE level. Universities value this because it demonstrates your essay writing skills.

If the subjects you would really like to study do not fit into the current options scheme, select a combination which will work and then write down your ideal combination in the space for requests on the form. We will try to accommodate your choices, but it is not always possible. There needs to be a minimum of seven students for a GCSE course to run.

Note that the cost of the exam entry fee for each subject taken will be added to the relevant term's fee bill.

Over the two years of the GCSE courses all subjects will make demands on your time and energy. Teachers will expect you to work more independently and to meet deadlines so it is important when making your choices to consider the content of the courses and the nature of the coursework requirements. Think about the variety within your curriculum as you select your subjects and try to arrive at a balance which matches your talents. Try to be realistic in your choices; commitments out of school such as drama, music and sport are also important and should complement your academic choices and studies. Remember that you have a great many strengths and skills, play to these and you will achieve a good set of GCSE results, and enjoy the process too!

We are looking forward to you progressing to Year 10 and Year 11 and enjoying a new range of opportunities, including the Duke of Edinburgh's Award Scheme and VSU, alongside your existing interests. You will also have more independence and responsibility within the school community.

Yours sincerely



Gwen Byrom
Head

Key Dates

Friday 30 November
Monday 10 December
Wednesday 30 January

GCSE Options Booklet issued
Year 9 Parents' Evening
Year 9 submit choices

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CORE SUBJECTS

BIOLOGY CHEMISTRY AND PHYSICS

You will study all the sciences as part of the core curriculum with the course leading to separate IGCSEs in Biology, Chemistry and Physics. These courses have already started in Year 9.

Edexcel IGCSE courses follow a common assessment pattern involving two written papers each. The courses include lots of practical work to explore the topics being studied and understanding of experimental design and data analysis will be examined in the written papers.

There are a number of topics where current issues in science are reviewed and discussed e.g. the energy debate, global warming and healthy diet.

ENGLISH LANGUAGE AND ENGLISH LITERATURE

You will study the Cambridge IGCSE courses in first language English and English Literature. These are taught as an integrated course, but will lead to two separate qualifications.

In English Language, the final examinations will count for 100% of the total mark and will take place at the end of Year 11. There will be two examinations, testing both reading and writing skills. In English Literature, a range of literary forms will be studied, leading to two examinations at the end of Year 11, each worth 50% of the final total.

Lessons involve a wide variety of activities to enable you to become an effective learner. As well as refining skills in writing, students explore non-fiction and media texts in order to develop communication skills. A broad range of poetry, prose and drama from the twentieth century and other historical periods, as well as from varying cultures, will be studied for English Literature.

MODERN LANGUAGES

You will normally continue to study the language you chose in Year 7 to GCSE, and may also choose to continue the language you started in Year 9 (see page 16). The learning doesn't get more difficult in years 10 and 11. Most of the grammar has been covered in years 7-9, so you will just be consolidating what you already know. The main thing at GCSE is to learn more words, so you can cope in more and more situations. You will practise the skills of reading, listening, writing and speaking, and you will even have weekly conversation classes with a native speaker of the language, so that by the time you do your GCSE exams, you will go into that exam room with every confidence.

MATHEMATICS

The GCSE course you will take in years 10 and 11 is the International GCSE (IGCSE) specification A (2016) through the Edexcel exam board. This course has no internal assessment and is assessed externally by two examination papers at the end of the course; both of these exams are taken with a calculator.

There are two levels of entry; higher level, awarding grades 9 to 4, and foundation level, awarding grades 5 to 1, however it is envisaged that you will take the higher level papers.

The examination papers will cover the following assessment objectives and will also test problem solving and mathematical reasoning within these areas:

- Number and Algebra – approx. 60%
- Shape, Space and Measures – approx. 25%
- Handling Data – approx. 15%

The course is well regarded and an excellent preparation for those who wish to study Mathematics further and for those who wish to study related subjects.

OPTION SUBJECTS

ART

The GCSE Art course is about learning how the creative process works. The emphasis is on developing skills involved in making art, but integral to this is art criticism and theory. The subject expects students to develop as independent learners and is structured around thematic projects. It involves research and development skills from early on and is excellent preparation for the challenges of higher education and the workplace.

Year 10 focuses on the study of twentieth and twenty first century painting and sculpture. In Year 11 you will be able to develop a personal response to artists of your own choosing. The course aims to develop your sense of discovery, ability to problem solve, self-confidence, resilience and ability to persevere. It encourages self-discipline but enables you to explore your imagination and creativity.

There is a strong emphasis on drawing as well as skills in both 2D and 3D media. Students have the opportunity to explore a wide range of exciting materials including charcoal, paint, plaster, ceramics, printmaking, photography and digital media. Written annotation to accompany practical work is a requirement.

Students taking Art will learn to express themselves and communicate with an audience in both visual and written forms, guided and supported by their teacher through individual tutorials. All project work will start with teacher led workshops and experimental assignments leading towards a portfolio of more independent and individual focus.

Art is hands-on and creative, suiting visually and practically minded people. However, a good command of English and the ability for abstract thought are also essential attributes for success. You will be encouraged to challenge yourself and be experimental with your work and ideas. This requires self-motivation, the willingness to study independently and the ability to manage time effectively.

Assessment

Coursework = 60%

Exam = 40%

The practical exam is carried out at the end of Year 11. The exam project theme is set by the examining board (EDEXCEL) The exam takes place under controlled conditions and is unaided. Teachers set the portfolio themes for coursework.

The programme builds on skills and knowledge gained through years 7-9 to enable learners to progress with greater depth and sophistication. You will have the chance to experience at least one trip to gather inspiration and specialist workshops with our current artist in residence, linking to coursework projects.

CLASSICS

The cultures of Greece and Rome are the basis of our own civilisation and their achievements still influence the modern world. The Latin and/or Greek courses introduce students to many aspects of their respective civilisations. Although the emphasis is primarily linguistic at GCSE, there is plenty of opportunity to explore cultural and historical topics. Indeed, Latin and Classical Greek are the only GCSEs which require study of literature in a foreign language, a discipline which enables you to develop a greater understanding of the culture within which these texts were produced and which inculcates sound literary criticism skills which are transferable to the study of literature in any language.

Classical Civilisation is the study of the Greek and Roman worlds. It offers the opportunity to acquire an understanding of their societies through the study of a variety of visual, archaeological and written sources. Topics include mythology & legend, daily life, religion, politics and war. All written sources are studied in English.

LATIN

Latin has played a definitive role in shaping the languages, literature and thinking of the western world. Learning Latin affords students an excellent basis for the acquisition of other European languages as well as helping them to understand structures and conventions in their own language, leading to greater cogency and sophistication in their writing. The study of Latin also encourages an ordered and analytical approach, logical thinking and a level of intellectual rigour that is widely valued.

The Latin GCSE comprises elements of both language and literature.

If you choose Latin GCSE you will continue to study the Cambridge Latin Course until the conclusion of Book IV; in reading more about our hero, Quintus, and the plots and schemes of our anti-hero, Salvius as he aims to fulfil his ambitions of a senatorial career, you will develop your language skills, broadening your Latin vocabulary and gaining a thorough grounding in grammar and syntax.

We commence our study of Latin literature by reading extracts from some of the most famous works by seminal Roman authors. Although lightly adapted at times for GCSE purposes, these texts remain largely the same texts that the Romans would have read - our students often find mastering these enormously satisfying, stimulating and rewarding. There is also the option to study two Roman civilisation and culture topics in preparation for the optional literature and culture paper, answering questions in English on aspects of content, culture, social practices and values. The topics for examination are selected from myths and beliefs, entertainment and the Romans in Britain.

Assessment

At the end of Year 11 students take three examination papers:

The compulsory component, Latin language, counts for 50%. Two further papers, counting for 25% each, are chosen from prose literature, verse literature or literature and culture.

This course caters for a wide variety of interests, linguistic, literary and historical, which makes it an excellent complement to a range of other subjects. If you take Latin you will

be encouraged to extend your knowledge and understanding of the classical world by participating in some of the many extra-curricular activities organised by the department in conjunction with Loughborough Grammar School, including theatre trips, lectures, reading competitions and the biennial LSF senior Classics trip abroad.

CLASSICAL CIVILISATION

Classical Civilisation GCSE offers you the chance to pursue an interesting range of topics from the ancient world, looking at their relevance to the modern world and their influence on later culture. It will appeal to anyone who enjoys myths and story telling and learning about other societies. It is a broad GCSE in that it incorporates elements of history, religion, literature and archaeology and it thus helps to develop a good range of skills. By the end of the course you will have improved your powers of historical analysis, literary appreciation and essay writing.

Currently, the following topics are offered:

Thematic study - Women of the ancient world

This looks at famous women from both Greek and Roman history and mythology, including Helen of Troy, Pandora, Cleopatra, Lucretia and the sorceress Medea, as well as learning about how women were expected to behave in each society and studying various examples of 'improper' women, women with power, warrior women, including the legendary Amazons, and women to be feared.

Literature and culture – the Homeric world

This involves the study of life in Mycenaean times. This is a very diverse area, allowing the exploration of the key sites of Mycenae, Tiryns and Troy, their archaeology and the valuable role they play in our understanding of the age. The Trojan War forms an obvious backdrop to this component and part of the course involves reading selected books from Homer's *Odyssey* and learning about Odysseus' adventures on his journey home from Troy as well as aspects such as palace life and the lives of women. The final books, which focus on the battle between Odysseus and the suitors, pose interesting questions about revenge and punishment. The Mycenaean Age is also rich in sculpture, frescos and jewellery, as well as the famous tombs and their accompanying treasure, meaning that we study a wide range of fascinating materials. Everyday life in Mycenaean times is also explored, and we consider what life was like for real people in this period, rather than simply focusing on the exploits of epic heroes.

Assessment

At the end of Year 11, students take an examination paper on each component.

You do not have to have studied Classical Civilisation previously in order to take this subject at GCSE.

If you choose Classical Civilisation you will be encouraged to extend your knowledge and understanding of the classical world by participating in some of the many out of school learning opportunities that the classics department organises in conjunction with Loughborough Grammar School. These include regular theatre trips, classically themed lectures and taking part in the biennial overseas LSF senior classics trip.

CLASSICAL GREEK

We continue to follow the textbook *Greek to GCSE*, which has been specially designed for this specification, covering passages adapted from key Greek authors and including extracts from prose, epic, philosophy, drama and mythology. The ancient Greeks have had a profound influence on our civilisation and this course will not only extend your linguistic knowledge, but also provide insight into a fascinating culture through the study of ancient Greek literature and the insights this affords into the society which produced it. Students who study Greek at GCSE level invariably express an enormous sense of achievement in their mastery of this language, made all the more challenging by its different alphabet, and are often fascinated and enthused by the sheer beauty and flexibility of the language, especially when they begin to appreciate the literary skill of authors such as Homer and Herodotus.

Assessment

At the end of Year 11 students take three examination papers:

The compulsory component, Greek language, counts for 50%. Two further papers, counting for 25% each, are chosen from prose literature, verse literature or literature and culture.

This GCSE complements other subjects such as Latin, Modern Languages, History, English Literature, Drama and Religious Studies, although many keen scientists have also found the linguistic aspects in particular both stimulating and rewarding.

If you study Classical Greek you will be encouraged to take advantage of some of the many and varied opportunities to contextualise your classroom studies and to extend your appreciation of the ancient world through site visits, theatre trips, reading competitions, classically themed lectures and the biennial overseas LSF senior classics trip.

COMPUTER SCIENCE

This is not an ICT course about how to use computers. The course has been developed in response to a number of recent initiatives aimed at promoting Computer Science as a rigorous, knowledge-based subject discipline.

It is about how computers work and how to write programs for them. It develops both logical thinking and creativity. If you are interested in the course you should use this link <http://www.codecademy.com/tracks/javascript> on your iPad to sign up to code academy (free) and get an idea of the processes involved in writing code.

The Computer Science GCSE consists of three components.

Principles of Computer Science

In this component you will learn what algorithms are, what they are used for and how they work. At the end you will be able to use binary representation, data representation, data storage and compression, encryption and databases. You will develop an understanding of computer networks, the internet and the worldwide web with an awareness of emerging trends in computing technologies, the impact of computing on individuals, society and the environment, including ethical, legal and ownership issues.

Application of Computational Thinking

You will demonstrate an understanding of what algorithms are, what they are used for and how they work and the ability to interpret, amend and create algorithms in this component. You will learn how to develop program code and constructs, data types, structures, input/output, operators and subprograms.

These two components are examined by written papers and account for 80% of the qualification.

Project

For the project you will produce a designed, tested and refined program and a written report on the process.

This is a non-exam assessment and worth 20% of the qualification.

DRAMA

What is GCSE Drama all about?

GCSE Drama provides the opportunity to explore the range of skills involved in creating and performing drama which includes the creation of original work as well as looking at plays written by other people.

You may wish to take a GCSE in Drama for its own sake, perhaps to form the basis of a future interest. Or you might wish to go into a job where it is useful to have had experience of Drama, or where some of the skills developed during this course are needed.

The course is in three parts:

Component 1: Devising

Devising is essential for the development of new theatre and performance; it allows for personal development and exploration. It allows both performer and designer the opportunity to stretch the limits of their creativity and imagination, while exploring a theme or topic of interest to them and their intended audience.

If you study Drama you will develop skills in group work, research and negotiation, while also developing creativity, performance and design skills. You will consider the impact that you can make on an audience, as you develop the ideas that you want to communicate.

Component 2: Performance from text

Performance texts have been at the core of Drama since the inception of theatre. The need to hand down stories has been fundamental to human development and for thousands of years, people have written, performed, watched and enjoyed innumerable plays.

Understanding a performance text is fundamental to the subject, as this provides you with opportunities to explore plot, structure, narrative and stories from around the world and from different time periods. It encourages you to develop empathy skills, as you consider different characters and develop methods of communicating ideas and themes.

Component 3: Theatre Makers in Practice

Students will explore practically how a complete performance text might be interpreted and realised from page to stage. This exploration will give students an insight into how texts may be brought to life for an audience and the creative roles within this process. Students will also analyse and evaluate their experience of a live theatre performance as informed members of the audience. They will develop skills to recognise the meaning created in the theatre space in order to communicate ideas to an audience. This will give them a more critical and varied approach to their own work as theatre makers.

Will I enjoy this course?

This course is for those who want to study a subject that is both practical and creative. To enjoy this course, students should feel comfortable working as part of a team because Drama involves a lot of group work.

How does it follow on from what I have learned before?

GCSE Drama follows on from Drama work in years 7-9. You will develop your improvisation and acting skills to a higher level. You will also look at plays in more detail and look at different ways of bringing a script alive on stage.

FOOD PREPARATION AND NUTRITION

Why study Food Preparation and Nutrition?

Food Preparation and Nutrition GCSE is for those who:

- Would like to be kept up to date with Food Preparation and Nutrition issues
- Enjoy working with food
- Like a practical challenge
- Enjoy food science and want to know more about the function of ingredients

This course develops knowledge and skills through studying a range of different topics and provides the chance to carry out a variety of practical investigations.

You will study:

- Nutrition
- Food provenance and food choice
- Cooking and food preparation
- Food safety and hygiene
- Food science

Skills requirements:

Preparation and cooking techniques

Assessment Overview:

All assessment will take place in Year 11

Food Preparation and Nutrition

1 hour 30 minutes written examination paper, covering theoretical topics relating to food.
50% of total GCSE

Food Investigation Task

This is a food science investigation that examines the function of ingredients. Through practical experimentation, you will investigate and evaluate an understanding of the working characteristics, functional and chemical properties of ingredients and use the findings of that investigation to achieve a particular result with respect to the preparation and cooking of food.

15% of total GCSE

Food Preparation Task

You will be required to research, design, plan, make and evaluate food products based upon a chosen theme. You will produce evidence which includes photographs which demonstrate your technical skills and the final outcomes, and explain how you have designed, executed and evaluated the preparation, cooking and presentation of the dishes.

35% of total GCSE

GEOGRAPHY

Geography IGCSE is for those who take an interest in what is happening in the world and who enjoy working things out for themselves, for instance by watching documentaries and reading newspapers.

The course will appeal to those students who are interested in:

- The issues which affect people and the places they live in
- How villages, towns and cities are changing and why
- How people are affecting the environment we all live in
- What causes different landscapes

And

- Who enjoy travel and finding out about new people, places and landscapes
- Enjoy a subject that is relevant to their lives and experiences
- Want the opportunity to do fieldwork as well as classwork

What will you learn about on the IGCSE course?

Theme 1: Population and settlement

- Reasons for population growth and decline
- Change in settlement patterns

Theme 2: The natural environment

- Plate tectonics
- Landforms and landscape processes
- Weather, climate and natural vegetation
- Inter-relationships between the natural environment and human activities

Theme 3: Economic development and the use of resources

- Agricultural and industrial systems
- Leisure activities and tourism
- Environmental issues, conservation and management
- Energy and water resources

Assessment

The course will be assessed by three terminal examination papers. Paper 1 is a structured examination paper on the themes above making up 45% of total marks. The remainder is divided between a data response paper, where students are tested on their interpretation and analysis skills, and an alternative to coursework examination, where students are tested on their understanding and interpretation of the fieldwork techniques they have learnt.

Fields Visits

Over the two years of the course students will have the opportunity to participate in a two-day field course. This involves a day spent in the suburbs of Nottingham and a rivers investigation in the Peak District where the students are taught how to observe, collect data and analyse it in preparation for their alternative to coursework examination paper.

HISTORY

History IGCSE involves the study of the modern world c.1919-2000. The main topics covered are:

The C20th: International relations since 1919

- The peace treaties of 1919 – 23 and The League of Nations
- The outbreak of World War II
- Who was to blame for The Cold War?
- USA vs USSR 1945 - 1989
- Events in the Gulf 1970 - 2000

Depth Studies

- The United States 1919 - 1944

The emphasis in IGCSE History has moved away from the need to memorise vast amounts of factual material to a more skills-based approach. If you study History you will be taught to analyse a great variety of historical evidence, both visual and written, in order to make reasoned and informed judgements and answer a range of questions.

Assessment

Assessment will be by examination. The examination questions will involve both structured responses and source work as well as a longer question considering the significance of an aspect of American history.

MODERN LANGUAGES

If you are genuinely interested in languages and have linguistic ability, you can choose to continue studying the second language you started in Year 9 to GCSE, alongside the language you chose in Year 7. Having two languages at GCSE (as well as English!) will put you in an extremely select élite who are very much in demand. Although you will initially feel less confident in your second language, you will quickly get up to speed and will soon find yourself able to cope with the demands of the AQA GCSE course. You will have the same number of lessons as you do for the language you chose in Year 7, and you will also have conversation classes with a native speaker. The aim is to get a sparkling grade in both languages at the end of Year 11.

Whichever language you choose, you will follow the AQA GCSE course, and will take exams at the end of Year 11 in the four skills: listening, reading, speaking and writing (each worth 25% of the overall grade). During the course, you will broaden your knowledge of the culture of the countries where the language is spoken, as well as developing your knowledge of grammar and vocabulary.

- GCSE French uses the *Encore Tricolore* (5th edition) course book. You will have opportunities to immerse yourself in the language and culture on a home-stay in the south of France, as well as through experiences such as visits by a theatre company.
- GCSE German uses the AQA GCSE German course book. You will have the opportunity to take part in a residential trip to Germany. You will also be entertained by a German theatre production.
- GCSE Spanish uses the *¡Viva!* AQA GCSE Spanish course book. You will also have the opportunity to take part in the home-stay trip to Spain in the October half term, as well as to see a Spanish play.

MUSIC

Music IGCSE is a lively and fascinating course, where you will learn to listen to, perform and compose music, encouraging aesthetic and emotional development, self-discipline and, importantly, creativity. As a result, you will enhance your appreciation and enjoyment of music, an achievement that forms an ideal foundation for future study and enhances life-long musical enjoyment.

The course provides an excellent knowledge base for students intending to study Music at AS/A Level and beyond, but it is equally beneficial and interesting as a course in its own right, giving students a greater understanding of the music that they encounter in everyday life.

The course develops the skills of composing, performing and listening in preparation for assessment.

Listening (40%)

A written paper based on a number of recorded extracts. Questions cover periods of music history, aspects of world music and study of a classical set work.

Performing (30%)

Students prepare two performances (one as a solo; one as a member of a group) and record both performances in March of Year 11.

Composing (30%)

Students select two compositions from their work over the course and produce scores and a recording of each composition at the end of the course.

If you enjoy music and want to discover more about the subject, IGCSE Music would be a good choice. It is not suitable for students who do not play a musical instrument or sing.

PHYSICAL EDUCATION

The GCSE Physical Education course will appeal to those who:

- have a keen interest in sport or recreation and always look forward to their PE lessons
- take part in sport regularly outside of class time
- want to know more about the benefits of sport and exercise
- want to increase knowledge and understanding of how the body works and how the body adapts to training
- want to improve personal performance in a range of sports roles
- want to study a course that is active

Background

The course builds on the knowledge, understanding and skills established in key stage 3 Physical Education lessons. It will give you exciting opportunities to be involved in a number of different physical activities, promoting an active and healthy lifestyle.

Content

If you take GCSE PE you will:

- develop knowledge and practical skills in a range of physical activities
- examine the effects of exercise and how training can improve performance
- find ways to improve personal performances
- identify ways to develop and maintain a healthy and active lifestyle through participation in physical activity
- understand the contribution that physical activity and sport make to health, fitness and well-being
- increase knowledge of how the body systems work, particularly the cardiovascular system, respiratory system, muscular system and skeletal system.

Assessment

This comprises three components:

A written exam covering applied anatomy and physiology and physical training makes up 30% of the GCSE.

A second written paper on socio-cultural influences, sports psychology, health, fitness and well-being contributes a further 30%

Practical activity and analysing and evaluating performance is covered by non-exam assessment (40%)

RELIGIOUS STUDIES

Religious Studies at GCSE level offers you the chance to explore some of the important religious and ethical questions which life throws at you.

All students of Religious Studies will study the beliefs, teachings and practices of **two** religions. The options are Christianity and Hinduism **or** Christianity and Islam.

The second component of study will include a religious, philosophical and ethical consideration of four themes chosen from:

- Relationships and families
- Religion and life
- The existence of God and revelation
- Religion, peace and conflict
- Religion, crime and punishment
- Religion, human rights and social justice.

Discussion is an important part of the lessons as it is vital that you learn to form your own opinions after careful consideration of the various viewpoints.

During the two years of the course you should develop skills in research, gathering and collating information, evaluating opinions and arguments and in presenting information and views clearly and confidently in both oral and written form.

Religious Studies is a vibrant, relevant and interesting subject and is open to everyone, whether of a religious persuasion or not. Students do need an open mind.

Both components are assessed by written exams at the end of Year 11.

NON-EXAMINATION AREAS OF THE CURRICULUM

PHYSICAL EDUCATION

You will take part in one triple lesson of Physical Education per week throughout key stage 4. This involves a mixture of physical activities such as: football, cheer leading, basketball, badminton and dance, as well as the traditional summer activities such as: rounders, athletics, tennis and cricket. Sports clubs run weekly with training and fixtures being available for all those students wanting to improve and develop their fitness and sporting ability. These activities include: netball, hockey, football, badminton, cross country, karate, gymnastics and dance.

There is an extensive programme of inter-school fixtures, with A and B teams being fielded, as our approach to sport is very much inclusive. Loughborough High School has a proud tradition of students gaining county, regional and international representative honours and success.

From Year 10 to Sixth Form students have the opportunity to take part in the nationally recognised sports leadership awards. These qualifications help students develop essential life skills such as organisation, motivation, communication and working with others. All of the awards are practical with minimal written work and there are no exams. Assessment is made based on the student's ability to demonstrate their leadership skills.

PERSONAL, SOCIAL, HEALTH AND CITIZENSHIP EDUCATION

The PSHCE programme continues through the senior school years with timetabled weekly lessons in Year 10 and personal careers support in Year 11. Information is given and you are encouraged to explore issues which affect you now, or may affect you in the future. The aim is to address areas appropriate to the year group and to help you to make mature and informed decisions in relation to your personal and social development, preparing you to be a responsible citizen. PSHCE may take the form of a lecture, a workshop or an opportunity for small group discussion. Relevant outside agencies are used whenever possible to provide an alternative source of knowledge and advice.

GENERAL RELIGIOUS STUDIES

You will continue with general Religious Studies lessons during Year 10. Three religions are studied: Islam, Hinduism and Sikhism. These lessons make a valuable contribution to your education, giving you the opportunity to discuss topical issues and discover more about the various faiths. There is no formal assessment but you do produce written work during the course and it can be a valuable introduction to AS Religious Studies for those who have not taken the subject at GCSE.

CAREERS EDUCATION, INFORMATION, ADVICE AND GUIDANCE

Students can contact Dr Burnett, Head of Careers, at any time to make an appointment to discuss their future career aspirations, course choices and so on; together with input from form tutors, the head and subject teachers we aim to help students make informed choices at every stage.

All of our students are enrolled in the Inspiring Futures *Futurewise* scheme and complete online profiling consisting of six online psychometric assessments that have been developed in conjunction with a team of leading psychologists, using the latest thinking in psychometrics. Not only do these assessments measure abilities, aptitudes and interests but they also specifically evaluate personality traits, which are widely recognised by psychology experts as being a significant influence in decision making.

The assessments and questionnaires measure:

- Verbal reasoning
- Numerical reasoning
- Abstract reasoning
- Memory and attention
- Personality styles
- Careers interests

The results from these assessments empower students to explore their career options with confidence.

At the beginning of Year 11 all students have an individual guidance interview with an Inspiring Futures adviser and access to a full Futurewise report in electronic form. This is intended as a very useful guidance tool, alongside other data, to be used by students, parents and teachers as decisions are made for the future. Students, and parents, have access to guidance from Inspiring Futures until the age of 23.

The Careers Department holds a biennial careers convention where students and their parents have the opportunity to obtain information on a variety of careers, to put their questions to our visiting speakers and gain networking contacts. During the 2018 event nearly forty speakers, many of them alumni of Loughborough Schools Foundation, took part in Careers speed dating and gave presentations about their careers to date. The next careers convention will take place during National Careers Week in March 2020.

We strongly recommend that Year 11 students use the opportunity of the long summer holiday after GCSE examinations to gain some work experience. This is helpful to enable them to find out more about a possible future career choice. We feel that students should be resourceful enough to be able to arrange work experience for themselves and it is often the case that someone amongst family and friends will have a contact connected to the industry they are interested in.

Working closely with the LSF development office has strengthened the networks for locating and keeping in touch with former students so that we are able to put students in touch with former students who may be able to advise about particular careers, higher education courses, training and work experience.