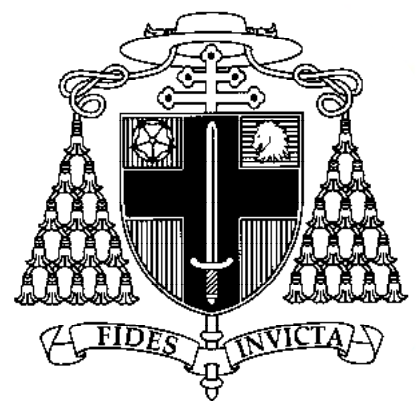


# Cardinal Heenan Catholic High School Year 9 Options 2024



*"Respect Believe Achieve"*

# Cardinal Heenan Catholic High School Options

## Your Options: General Information



### Making Decisions

- Carefully read the information in this prospectus. The decisions that you make will directly affect your future.
- You may be uncertain about pathways beyond Key Stage 4, but you will receive further guidance. Our advice would be to look carefully at the qualification information before making any decisions.

### Subject Availability

- This prospectus is for students currently in year 9. If a subject does not attract the required level of interest from students it may, unfortunately, have to be withdrawn.
- English language, English literature, mathematics, RE and combined science are compulsory subjects for all students, and so appear at the beginning of this booklet. All other subjects are listed in alphabetical order.
- Triple science, should a student wish to study the science in more depth, counts as one option choice.

### Technical Awards

- Technical Awards, available in various subjects, are equivalent to GCSEs but contain a mix of vocational and academic study. All include some form of examination.
- They are designed to equip learners with the practical skills and core knowledge they need to progress to further general or vocational study, including A-Level and equivalent qualifications, employment or apprenticeships.
- Technical Awards are more practical in nature than GCSEs (though still include an exam) and provide students with knowledge and highly sought-after skills to prepare them for further study, apprenticeships and the workplace. They are equivalent to GCSE qualifications.
- The awards have been developed by exam boards in partnership with teachers and employers to ensure that they prepare students for further study, apprenticeships and the workplace. Students with a Technical Award will be able to go on to study A-levels or other Level 3 qualifications
- We offer a number of Technical Awards, each equivalent to one full GCSE:
  - Creative iMedia Level 1/2 Certificate
  - Health & Social Care BTEC Level 1/2 Tech Award
  - Hospitality & Catering Level 1/2 Award
  - IT BTEC Level 1/2 Tech Award
  - PE Sport Science Level 1/2 Certificate
  - Travel & Tourism BTEC Level 1/2 Tech Award

### How Are Technical Awards Graded?

Technical Awards are generally graded as in the first column of the table below. The approximate grade equivalences are in the table on the right

Technical Award	9 to 1 GCSE grading
Level 2 Distinction*	8/9
Level 2 Distinction	7
Level 2 Merit	5/6
Level 2 Pass	4
Level 1 Distinction	3
Level 1 Merit	2
Level 1 Pass	1

# Cardinal Heenan Catholic High School Options

## English Language GCSE



### Course Overview

- Students develop the skills they need to read, understand and analyse a wide range of different texts covering the 19th, 20th and 21st century time periods as well as to write clearly, coherently and accurately using a range of vocabulary and sentence structures.

### Exam Paper 1: Explorations in Creative Reading and Writing

- Section A: Reading - responding to one unseen literature fiction text
- Section B: Writing - descriptive or narrative writing
- 1 hour 45 minutes
- 50% of GCSE grade

### Exam Paper 2: Writers' Viewpoints and Perspectives

- Section A: Reading - one non-fiction text and one literary non-fiction text
- Section B: Writing - writing to present a viewpoint
- 1 hour 45 minutes
- 50% of GCSE grade

### Non-examination Assessment: Spoken Language

- (Does not count towards overall GCSE grade)
- Presenting
- Responding to questions and feedback
- Use of Standard English

#### Useful for...

All careers will require GCSE English to a competent level.

Examination 100%

# Cardinal Heenan Catholic High School Options

## English Literature GCSE



### Course Overview

The aims of this course is to enable students to:

- read a wide range of classic literature fluently and with good understanding
- read in depth, critically and evaluatively,
- develop the habit of reading widely and often
- appreciate the depth and power of the English literary heritage
- write accurately, effectively and analytically about their reading, using Standard English
- acquire and use a wide vocabulary, including grammatical terminology, and other literary and linguistic terms they need to criticise and analyse what they read.

### Exam Paper 1: Shakespeare and the 19th-century novel (1 hour 45 minutes)

- Section A: Shakespeare - students will answer one question on their choice of play. They will be required to write in detail about an extract from the play and then to write about the play as a whole.
- Section B: The 19th century novel - students will answer one question on their novel of choice. They will be required to write in detail about an extract from the novel and then write about the novel as a whole.

### Exam Paper 2: Modern texts and poetry (2 hours 15 minutes)

- Section A: Modern texts - students will answer one essay question from a choice of two on their studied modern prose or drama text.
- Section B: Poetry - students will answer one comparative question on one named poem printed on the paper and one other poem from their chosen anthology cluster.
- Section C: Unseen poetry - students will answer one question on one unseen poem and one question comparing this poem with a second unseen poem.

#### Useful for...

**Most careers, especially arts, media, clerical and administration.**

**Examination 100%**





# Cardinal Heenan Catholic High School Options Mathematics GCSE



## Course Overview

- The study of GCSE mathematics teaches patience, discipline and step-by-step problem solving skills.
- For those with a substantial background in mathematics, an unlimited number of career opportunities are available. Almost all of the top fifty jobs in the “best” jobs list require mathematical knowledge and reasoning.
- GCSE mathematics will therefore provide pupils with a solid foundation in the subject, ensuring that they are well prepared for the challenges of everyday life, and for further study.

## Course Content

- Pupils will follow the Edexcel linear route and sit two calculator and one non-calculator exams at the end of a two-year course. The exam will cover a range of skills across the strands of algebra, number, statistics, geometry, measurement, ratio, proportion and rates of change. Problem- solving skills will be tested in all three exams.

## Special Requirements

- All students will need a pen, pencil, ruler, highlighter, and a scientific calculator. We strongly recommend investing in a CASIO scientific calculator, if your son does not currently have one.

## Exam Details

- There are three exams, each lasting for 1 hour 30 minutes.
- There are two tiers available;
  - Foundation tier (grades 1-5)
  - Higher tier (grades 4-9)

### Useful for...

All careers will require GCSE mathematics to a competent level.



Examination 100%



# Cardinal Heenan Catholic High School Options Religious Education GCSE



## Course Overview

- The course enables students to focus in depth on the Catholic faith, by looking at beliefs, teachings, practices, sources of authority and forms of expression within Catholic Christianity.
- Students broaden their understanding of religion by studying beliefs and practices of Judaism.
- Students will also study two religious, philosophical and ethical themes to broaden their understanding of the impact of religion in modern society.

## Paper 1: Catholic Christianity

- Catholic beliefs, teachings, practices, sources of authority and forms of expression in relation to six topics:

- |                  |               |
|------------------|---------------|
| • Creation       | • Redemption  |
| • Incarnation    | • Church      |
| • The Triune God | • Eschatology |

## Paper 2: Perspectives on Faith

- Students study the beliefs, teachings and practices of Judaism and their basis in Jewish sources of wisdom and authority. They study the influence of the beliefs, teachings and practices studied on individuals, communities and societies.
- Students will focus on the following philosophical and ethical themes: Religion Peace and Conflict and Religion and Human Rights and Social Justice, as they explore the relationship between Christianity and the world today.

## Exam Information

- Each is a written exam: 1 hour 45 minutes
- Each contributes 50 % of the final GCSE grade

### Useful for...

Any career that involves dealing with people; the police, education, nursing, social work.



**Examination 100%**



## Course Overview

- The GCSE science curriculum is designed to help candidates to achieve their full potential. The subject matter is relevant for today's challenges and suitable for students of all levels of ability. Studying GCSE science will allow students to explain the world in which we live. Scientists provide technologies that have had a great impact on our society and the environment.

## Course Content - Combined Science

- Unlike in previous years, there are no separate Core and Additional Science qualifications. All students will instead study the Combined Science qualification, which is worth two GCSEs.
- Pupils sit two examinations in each of biology, chemistry and physics.
- There is no coursework element. Instead, within exams, pupils will be assessed on a total of 21 practical tasks that must be completed during the course.

## Course Content - Triple Award (also known as the separate sciences)

- This qualification relates to three individual science qualifications in each of biology, physics and chemistry.
- Each qualification comprises two exams, each worth 50% of the final grade.
- There is no coursework element. Instead, within exams, pupils will be assessed on a total of eight practical tasks from each discipline (biology, chemistry, physics) that must be completed during the course.
- This is aimed at pupils who are very interested in science and are looking to study one or more of them at A-level and beyond.
- Choosing to study this qualification will count as one of your three option choices.

### Useful for...

**Engineering, health, education,  
or any other science-based  
industry.**



**Examination 100%**





# Cardinal Heenan Catholic High School Options

## Art & Design (Fine Art) GCSE



### Course Overview

- This is a broad course exploring practically and critically a range of 2D and 3D work, processes and new technologies.
- Candidates will look at the work of other artists, making connections with their own work as they develop new skills in a range of media.
- Pupils will explore painting, mixed media, sculpture, ceramics, printmaking, graphics and computer graphics to produce artwork personal to them.
- At the end of the course students will collaboratively produce an art exhibition. This exhibition is a fitting opportunity for parents and the wider community to celebrate the creativity this course develops.

### Examination

- The exam will carry 40% of the total marks. You will be given a number of starting points and will research, explore and plan possible responses. At the end of this preparation time there will be a supervised ten hour period within which you will produce your final practical piece.
- Pupils are encouraged to work to their personal strengths and interests, producing work in media and in techniques they feel most confident with.

### Coursework Details

- Coursework accounts for 60% of the total marks. Pupils will follow a diverse course and are required to produce and review a portfolio of work.
- Pupils will have to show a developed knowledge and understanding of contemporary and historical artists, whilst gaining a range of skills in a variety of approaches and methods.

#### Useful for...

Graphic design, animation, car design, photography, illustration, 3D design.



**Examination 40% | Controlled Assessment 60%**



# Cardinal Heenan Catholic High School Options

## Business Studies GCSE



### Why Study Business Studies at KS4?

#### Students will:

- Develop a practical appreciation of what “being in business” entails
- Develop the understanding and competency needed when considering entering the world of work
- Know and understand business concepts
- Develop as enterprising individuals with the ability to think commercially and creatively
- Develop as effective and independent students, and as critical and reflective thinkers with enquiring minds
- Investigate and analyse real business opportunities

#### This qualification in business will:

- Enable you to understand more about the business world
- Motivate and challenge you, and prepare you to make informed decisions about further study and career pathways
- Progress onto numerous qualifications

### Course Content

#### Theme 1: Investigating small business

- Written examination: 1 hour and 30 minutes (90 marks), 50% of the qualification
- Enterprise and entrepreneurship, Spotting a business opportunity, Putting a business idea into practice, Making the business effective, Understanding external influences on business

#### Theme 2: Building a business

- Written examination: 1 hour and 30 minutes (90 marks), 50% of the qualification
- Growing the business, Making marketing decisions, Making operational decisions, Making financial decisions, Making human resource decisions

#### Useful for...

Banking, sales, product management, general management, enterprise and own business

**Examination 40% | Controlled Assessment 60%**

# Cardinal Heenan Catholic High School Options

## Computer Science GCSE



### Course Overview

- Gives learners a real, in-depth understanding of how computer technology works, particularly in terms of programming
- Develops critical thinking, analysis and problem-solving skills

### Course Content

Unit 1: Computer Systems (1 hour 30 minute exam)

- The first component is an exam focused on computer systems covering systems architecture, memory, storage, wired and wireless networks, network topologies, protocols and layers, network security, system software, moral, social, legal, cultural and environmental concerns.

Unit 2: Computational Thinking, Algorithms and Programming (1 hour 30 minute exam)

- This component is focused on the core theory of computer science and the application of computer science principles, covering translators and facilities of languages, algorithms, high- and low-level programming, computational logic and data representation.

Unit 3: Programming Project

- Students are challenged by a range of exciting and engaging tasks to apply the knowledge and skills they have learned. They will explore programming techniques, design, development, effectiveness and efficiency, technical understanding, testing, evaluation and conclusions.

### Useful for...

Computer engineer, network administrator, software developer, programmer, engineer, science and medicine.

**Examination 100%**

# Cardinal Heenan Catholic High School Options

## Creative iMedia Level 1/2 Certificate



### Course Overview

- Lets students gain knowledge in a number of key areas in the media field, from pre-production skills to digital animation, and offers a hands-on approach to learning.
- The options available offer the chance for students to explore areas of creative media that interest them.
- This qualification is a Technical Award, equivalent to one GCSE, recognised by Ofqual, DFE and sixth form colleges as progression to A-Level, further education or on to an apprenticeship or work.

### Course Content

Unit 1: Pre-production Skills (25% of overall qualification, 75 minute exam)

- Enables learners to understand pre-production skills used in the creative and digital media sector.
- It will develop their understanding of the client brief, time frames, deadlines and preparation techniques that form part of the planning and creation process.

Unit 2: Creating Digital Graphics (25% of overall qualification, portfolio)

- Learners will understand the purpose and properties of digital graphics, and know where and how they are used.
- They will be able to plan the creation of digital graphics, create new digital graphics using a range of editing techniques and review a completed graphic against a specific brief.

- Students also study a further two units, for which students produce portfolio evidence.
- The school will choose two topics from a range including digital video, interactive multimedia products, digital animation, digital photography and storytelling with a comic strip. Each is worth a further 25% of the overall qualification.

#### Useful for...

Film and TV production, advertising, scriptwriting, journalism, web design, graphic design, computer game design.

Examination 25% | Portfolio 75%



# Cardinal Heenan Catholic High School Options

## 3D Design & Technology GCSE



### Course Overview

- This is a broad course exploring practically and critically a range of 2D and 3D work, processes and new technologies.
- Candidates will look at the work of other designers, making connections with their own work as they develop new skills in a range of media.
- Pupils will explore architecture and jewellery design in a range of materials, processes and techniques in the design and technology workshop.
- Students will also use various CAD packages to design aspects of both projects

### Examination

- The exam will carry 40% of the total marks. You will be given a number of starting points and will research, explore and plan possible responses. At the end of this preparation time there will be a supervised ten hour period within which you will produce your final practical piece(s).
- Pupils are encouraged to work to their personal strengths and interests, producing work in media and in techniques, processes, machinery and tools they feel most confident with.

### Coursework Details

- Coursework accounts for 60% of the total marks. Pupils will follow a diverse course and are required to produce and review a portfolio of work.
- Pupils will have to show a developed knowledge and understanding of contemporary and historical design and architectural movements, whilst gaining a range of skills in a variety of approaches and methods.

#### Useful for...

**Creativity, problem solving, engineering, architecture, fabricator, sculptor, surveyor**

**Examination 40% | Controlled Assessment 60%**



# Cardinal Heenan Catholic High School Options

## Drama GCSE



### Course Overview

- This is a fun and exciting course that will help you further develop your knowledge of theatrical performance and production. You will practically explore a wide breadth of performance styles and practitioners, interpret and perform scripted plays and have the opportunity to create your own original performance based on your creative ideas.
- You will learn about styles of theatre from around the world and develop acting skills and techniques to support your creative process.
- The course is supported by workshops and trainings from visiting professional artists, regular theatre trips, both nationally and internationally and opportunities to perform in front of live audiences.

### Course Content

Component 1: Understanding Drama (Written exam, 40% of Final Grade)

- You will study one set play from a choice of six (currently Blood Brothers)
- You will practically explore and perform key scenes
- Explore and evaluate the work of live theatre makers

Component 2: Devising Drama (Practical and Portfolio, 40% of Final Grade)

- You will devise your own play
- You will perform your play to your chosen audience
- You will analyse and evaluate your own work

Component 3: Texts in Practice (Practical Performance, 20% of Final Grade)

- You will choose a published script to interpret
- You will rehearse and perform your chosen scenes.

#### Useful for...

Lawyer, events manager, social services, retail, education, public administration, management, television, radio, arts, admin, acting, presenting, lighting and sound, audio/visual, design

**Portfolio 60% | Examination 40%**



# Cardinal Heenan Catholic High School Options

## Geography GCSE



### Course Overview

- Students will travel the world from their classroom, exploring case studies in the United Kingdom (UK), higher income countries (HICs), newly emerging economies (NEEs) and lower income countries (LICs).
- Topics of study include climate change, poverty, deprivation, global shifts in economic power and the challenge of sustainable resource use.
- Students are also encouraged to understand their role in society, by considering different viewpoints, values and attitudes.

### Course Content

- Paper 1: Natural Hazards, The Living World, Physical Landscapes UK. Exam 1hr 30mins (35% of final grade)
- Paper 2: Urban Issues, Economic World, Resource Management. Exam: 1hr 30mins (35% of final grade)
- Paper 3: Fieldwork investigation. All students must complete a minimum of 2 fieldwork studies. One physical study and one human study. They will then sit an exam to discuss what you did on each visit. Exam: 1hr 15mins (30% of final grade)

### Skills

- This course allows the opportunity to develop:
  - Communication skills
  - Graphical and mapping skills
  - Technological skills, including ICT and GIS
  - Interpersonal skills through debate and discussion
  - Problem solving skills
  - Entrepreneurial skills and awareness of career possibilities

#### Useful for...

**Tourism, geology, engineering, town planning, conservation, teaching, landscape architect, armed forces.**



**Examination 100%**



# Cardinal Heenan Catholic High School Options

## Health & Social Care BTEC Level 1/2 Tech Award



### Course Overview

- This qualification gives students the opportunity to gain a broad understanding and knowledge of the health and social care sector
- Employers value employees who are able to communicate effectively. This qualification provides opportunities for students to develop their communication skills as they progress through the course. This can be achieved through presentations and in discussions where they have the opportunity to express their opinions .
- This course also allows students to make religious links to aspects of our social and moral development, through the use of religious teaching.
- This qualification is a Technical Award, equivalent to one GCSE, offered by Pearson.

### Course Content

#### Unit 1: Human Lifespan Development (portfolio)

- Students study how people grow and develop over the course of their life, from infancy to old age, including physical, intellectual, emotional and social development, and the different factors that may affect them. An individual's development can be affected by major life events, such as marriage, parenthood or moving house, and students learn about how people adapt to these changes, as well as the types and sources of support that can help them .

#### Unit 2: Health and Social Care Services and Values (portfolio)

- Students study and explore practically, health and social care services and how they meet the needs of real service users. They also develop skills in applying care values.

#### Unit 3: Health and Wellbeing (exam-conditions task set by the exam board)

- Students study the factors that affect health and wellbeing, learning about physiological and lifestyle indicators, and how to design a health and wellbeing improvement plan

#### Useful for...

**NHS, doctor, nurse, social worker, police, therapist, counsellor, personal trainer**

**Portfolio 60% | Exam Task 40%**

# Cardinal Heenan Catholic High School Options

## History GCSE



### Course Content

- Three eras of history must be covered – Medieval (500-1500), Early Modern (1450 -1750) and Modern 1700 – present day).
- At least 40% of the history studied must be British history.

### Paper 1 - Understanding the Modern World (1 hour 45 minute exam)

- Period Study - America, 1920 - 1973: Opportunity and inequality, America and 'the boom', American experiences of the 'bust' and the 'New Deal' and post war America.
- Wider World Depth Study – Conflict and Tension in Asia, 1950 – 1975 Conflict in Korea, Escalation of conflict in Vietnam, The ending of conflict in Vietnam.

### Paper 2 – Shaping the Nation (1 hour 45 minute exam)

- Britain: Migration, empires and the people, c790 to the present day Conquered and conquerers, Looking West, Expansion and empire, Britain in the 20th century.
- Britain: Elizabethan England, c1568 - 1603 Elizabeth's court and Parliament, Life in Elizabethan times, Troubles at home and abroad, The historic environment of Elizabethan England.

### Special Requirements

- Students who;
  - Enjoyed history in years 7, 8 and 9
  - Enjoy reading and writing
  - Have an enquiring mind
  - Are interested in controversial or world changing events
  - Relish the challenge of studying a demanding and academic GCSE

#### Useful for...

Law, media, journalism, management, civil service, or any vocation where communication skills are important.

**Examination 100%**



## Cardinal Heenan Catholic High School Options Hospitality & Catering Level 1/2 Award



### Course Overview

- The hospitality and catering sector includes all businesses that provide food, beverages, and/or accommodation services. This includes restaurants, hotels, pubs and bars. It also includes airlines, tourist attractions, hospitals and sports venues; businesses where hospitality and catering is not their primary service but is increasingly important to their success.
- According to the British Hospitality Association, hospitality and catering is Britain's fourth largest industry and accounts for around 10% of the total workforce.
- This course is for students who want to learn about this vocational sector and the potential it can offer them as a career or for further study.

### Unit 1: The Hospitality and Catering Industry (90 minute exam)


- Students acquire knowledge of all aspects of the industry and propose new hospitality and catering provision for specific locations.
- Learners will be able to use their learning of different types of establishment and job roles to determine the best option. They will then apply their learning in relation to front of house and kitchen operations to determine how the proposed hospitality and catering provision should operate.

### Unit 2: Hospitality & Catering in Action (portfolio evidence & practical exam)

- Learners apply their learning to safely prepare, cook and present nutritional dishes. They will draw on their learning of different types of provision and kitchen and front of house operations in Unit 1, as well as personal safety in their preparations.
- The content is relevant not only to employees within food production, but also those with a responsibility for food safety in the industry, nutritionists and managers and owners.
- This extends the learners appreciation of the whole vocational area beyond the kitchen environment.

#### Useful for...

**Chef, waiting staff, receptionist, catering assistant, hotel manager, bar manager, food technologist**



**Examination 40% | Portfolio 60%**



# Cardinal Heenan Catholic High School Options IT BTEC Level 1/2 Tech Award



## Course Overview

- Designed to raise student confidence in using IT and plug potential gaps in digital skills and knowledge not covered by studying computing.
- This qualification is a Technical Award, equivalent to one GCSE, recognised by Ofqual, DFE and sixth form colleges as progression to A-Level, further education or on to an apprenticeship or work.

## Course Content

Unit 1: Understanding tools, techniques, methods and processes for technological solutions (50% of overall qualification, 1 hour 45 minute exam)

- The phases of the project life cycle are, the interaction between the phases and the inputs and outputs within each phase.
- Understand the different risks associated with the collection, storage and use of data and how the legal, moral, ethical and security issues can have an impact on organisations and individuals.
- They also need to understand how such risks can be mitigated.

Unit 2: Developing technological solutions (50% of overall qualification, portfolio)

- Students are given a project to develop a technological solution that processes data and communicates information.
- They will follow the project life cycle phases of initiation/planning, execution, communication and evaluation, demonstrating the practical skills they have acquired
- They will use different hardware and software technologies to create an integrated technological solution for data processing and communication of information.

### Useful for...

Film and TV production, advertising, scriptwriting, journalism, web design, graphic design, computer game design.

**Examination 50% | Portfolio 50%**

# Cardinal Heenan Catholic High School Options

## Music



### Course Overview

- The music course aims to enhance student's ability to perform, listen to and compose music. Students will develop their core knowledge and understanding of musical techniques used across a range of musical styles.
- Students are encouraged to be creative and to broaden their musical horizons through different genres and styles. They will develop their practical music skills to create effective performances on their chosen instrument.
- Students will strengthen their musical vocabulary and use this to support their listening skills.
- Students will express musical ideas via a number of compositions using appropriate software.

### Assessment Details

#### Performance

To support you with your performance skills, we will offer you one instrument lesson a week on your chosen specialist instrument. As part of your portfolio you will submit a minimum of two performances. This will include one solo performance and one ensemble performance.

#### Composition

You will have the opportunity to create a variety of compositions in different genres and you will also compose in response to a set assignment brief. You will submit two compositions. The compositions can be created on a computer, using appropriate software or can be written and recorded using your chosen instrument.

#### Listening Skills

The course will give you the opportunity to develop your listening and appraising skills. You will analyse and evaluate music using the appropriate terminology and learn how to recognise musical techniques and their impact. Your knowledge of the elements of music will support you when describing music. You will learn about music in a wide variety of styles, including genres you may not have experienced before.

### Special Requirements

- An interest in playing and performing on any instrument.
- An interest in composing music, in any form.
- An interest in listening to different styles of music.

#### Useful for...

**Performer, composer, sound engineer, radio broadcaster, DJ, music technician, roadie, journalist.**

**Examination 40% | Controlled Assessment/Performance 60%**



## Cardinal Heenan Catholic High School Options PE Sport Science Level 1/2 Certificate



### Course Overview

- Sport Science takes an engaging, practical and inspiring approach to learning and assessment.
- The Cambridge Nationals in Sport Science reflect this and provide students with a broad knowledge and understanding of different aspects of sports science including sports psychology and nutrition and equip students with practical skills such as learning to design and evaluate a training programme.

### Course Content

#### Reducing the risk of sports injuries

Students learn how to prepare participants to take part in physical activity so that they minimise the risk of injuries. They also learn how to respond to common sporting injuries and how to recognise the symptoms of some common medical conditions.

#### Applying principles of training

Students develop knowledge and understanding of the principles of training and how to keep performers in peak physical condition. They apply practical skills in fitness testing and in designing bespoke training programmes to suit individual requirements.

#### Sports nutrition

Students explore the role that diet plays in different sports and activities and the importance of a healthy, balanced diet that includes essential nutrients in the correct quantities. They use the knowledge they gain to produce an appropriate, effective diet plan for a performer.

#### Useful for...

Many fields including the leisure and recreation industry, sports apprenticeships, coaching and sports leaders awards.



**Examination 40% | Controlled Assessment 60%**





## Course Content

- As part of the Spanish GCSE, students will study three broad themes:
  - Theme 1: Identity and culture (self & others; technology in everyday life; free-time activities).
  - Theme 2: Local, national, international and global areas of interest (hometown and region; social issues such as lifestyle; global issues such as the environment).
  - Theme 3: Current and future study and employment (life at school; post- 16 education; jobs and future careers) Students will develop their reading, writing, speaking and listening skills equally over the three years of Key Stage 4.

## Examination and Assessment

- The Spanish GCSE is assessed by 100% examination. All four skill areas will be assessed equally at the end of Year 11.
  - Listening (25%)
  - Speaking (25%)
  - Reading (25%)
  - Writing (25%)
- There is a Foundation tier and a Higher tier but students must sit all papers at the same tier.
- The course aims to extend and develop skills acquired at Key Stage 3. New schemes of work have been designed to develop students' translation skills and to promote independent learning. This is a challenging course but very rewarding for the student that is applied and enthusiastic.
- A foreign language assistant also works with small groups of GCSE students on a regular basis.

### Useful for...

Hotel, leisure industry, tour operators, banking, travel, journalism, law, education, civil service.

**Examination 100%**

# Cardinal Heenan Catholic High School Options

## Travel & Tourism BTEC Level 1/2 Tech Award



### Course Overview

- The aim of this qualification is to inspire and enthuse learners to consider a career in the travel and tourism sector, giving them the opportunity to gain a broad knowledge and understanding of, and develop skills in, the travel and tourism sector.
- It supports progression to a more specialised level 3 vocational or academic tourism course or an apprenticeship.
- Give learners the potential opportunity, in due course, to enter employment within a wide range of job roles across the travel and tourism sector, for example posts in travel agencies, visitor attractions and the tourist information centre.
- This qualification is a Technical Award, equivalent to one GCSE, offered by Pearson.

### Course Content

#### Unit 1: Travel and Tourism Organisations and Destinations (portfolio)

- Covers the importance of travel and tourism to the UK, the type and purpose of different travel and tourism organisations, different types of holidays and reasons for travel

#### Unit 2: Customer Needs in Travel and Tourism (portfolio)

- Students investigate how travel and tourism organisations use research to identify customer needs. They also explore the range of products offered by travel and tourism organisations, consider how organisations respond to market trends to meet customer needs, and plan a holiday to meet customer needs and preferences

#### Unit 3: Influences on Global Travel and Tourism (exam)

- Students explore factors influencing the travel and tourism industry, as well as sustainability and destination management, the impact of global tourism on local communities, the economy and the environment, and how tourism has developed

#### Useful for...

**Hotel manager, travel agent,  
visitor attraction manager,  
tourist information advisor**

**Examination 30% | Portfolio 70%**



## Cardinal Heenan Catholic High School Options Contact Information



If you would like to speak to someone below regarding a particular course or subject area, please contact main reception on 0151 235 1430.

Subject Area	Contact
English	Mrs C Wright
Mathematics	Mr M Waterhouse
Religious Studies	Mr P Bennett
Science	Mrs S Craven
Art & Design	Mr P Dougan
Business Studies	Miss C Kewley
Hospitality & Catering	Mrs J Kennedy
Design & Technology	Mr P Dougan
Drama	Miss D Jones
Geography/Travel & Tourism	Mr P Melanaphy
History	Mr C Duffy
IT/Computer Science/iMedia	Ms C Kewley
Music	Mr J Cotton
PE/Sport	Mr N O'Hare
Spanish	Mr A Bower

Head of Year 9	Mr I Forgie
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**Honey's Green Lane  
West Derby  
Liverpool  
L12 9HZ**

**0151 235 1430**

**[www.cardinal-heenan.org.uk](http://www.cardinal-heenan.org.uk)**