



Co-op Academy  
Manchester

# Year 9 Options booklet 2026



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Manchester

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# Welcome to Your Key Stage 4 Journey



Dear Students and Parents,

Welcome to one of the most exciting milestones in your education at Co-op Academy Manchester. As you begin your transition to Key Stage 4, you are stepping into a phase defined by growth and opportunity. This booklet is designed to guide you through choosing the subjects that will shape your future, whether that leads to university, an apprenticeship, or your career of choice.

As you make these important decisions, we encourage you to consider the Coop Ways of Being.

**Be yourself, always.** Select subjects that ignite your curiosity and reflect your genuine interests.

**Do what matters most** by prioritising your learning and developing the habits of an expert student.

**Show you care.** It is vital that you approach your options with courage and integrity. We ask you to take full ownership of your future and your academic journey.

**Succeed together** Your teachers, Heads of Year, Careers team and other support staff will all provide the expert guidance you need to choose the best options for you.

Success over the next two years requires more than just talent; it demands that you are tenacious. Key Stage 4 will test your perseverance, but by staying resilient, maintaining excellent routines and embracing our GREAT values, you will reach your goals.

We look forward to working with you and your families to make these ambitions a reality.

Miss O'Connor  
AVP (Transition and Personal Development)

# How to Choose Your Options

Choosing your subjects for Year 10 and 11 is an important step. You should choose subjects that will help you succeed and keep your future doors open.

Use this guide to help you make a smart decision.

## Tips for a Balanced Choice

We want you to "future-proof" your education. This means having a good mix of subjects so you don't limit your options later.

- Aim for Variety: Try to pick a range of subjects (for example, one creative, one practical, and one humanity).
- Think Long-Term: Look at the "Potential Careers" section on each subject page. Does it match your dream job?
- Check the Requirements: Some subjects, like Triple Science or GCSE Music, have specific grade or skill requirements. Make sure you meet them before applying.

## **What should I do next?**

Read the subject pages in this booklet carefully.

Talk to your subject teachers about your current progress.

Ask our Careers Advisors (Ms Godfrey and Ms Davey) if you have a specific job in mind.



# What are my choices?

All students continue to study English language, English literature, maths and combined science to GCSE. (They will also take non-exam core PE and PSHE)

**Bucket One** You will select one of:

- Computer Science
- French
- Spanish
- History
- Geography

**Bucket Two**

- Three subjects from the full list of subjects.
- These are listed on the following pages.

**Reserves**

- You must chose three reserves as backups. Some students will be given one of their reserves so select carefully.

# Core Subjects

English Language

English Literature

Mathematics

Science

PSHE

PE - non exam

# Core GCSE subjects: English, maths and science



At Key Stage 4, all students follow a core curriculum designed to provide a strong foundation for future success. These subjects are compulsory and lead to essential GCSE qualifications recognised by all colleges, universities, and employers.

## **English Language.** One AQA GCSE

Course: You will analyse a diverse range of fiction and non-fiction, deconstructing how writers use language and structure to influence readers. (100% exam, 2 exams)

## **English Literature.** One AQA GCSE

Course: You will study a range of texts, including Macbeth, Frankenstein, Blood Brothers and an anthology of poetry . (100% exam, 2 exams)

## **Mathematics.** One Edexcel GCSE (Higher or Foundation tier).

Course: Focuses on logical reasoning, numerical fluency, and solving complex, multi-step problems. (100% exam-based, 3 exams in total)

## **Combined Science "Double Award"** worth two GCSEs.

Course: An exploration of the essentials of Biology, Chemistry, and Physics. You will study the building blocks of life, chemical energy, and the physical laws of the universe. (100% exam based, 6 exams in total)

# Core Curriculum: PE and PSHE

In addition to your GCSE subjects, all students participate in a core curriculum designed to support your physical health, mental well-being, and personal growth. These non-examined subjects ensure you leave the academy as a well-rounded and confident individual.



## Personal, Social, Health & Economic (PSHE)

Delivered during dedicated tutor time in Key Stage 4, our PSHE and Relationships and Sex Education (RSE) programme follows government guidance to promote personal well-being. The curriculum is built around three progressive units: Independence & Aspirations, Autonomy & Advocacy, and Choices & Influences. These sessions empower you to build on prior knowledge, helping you make informed decisions about your future, your health, and your relationships.

## Core Physical Education (PE)

PE remains a vital part of your weekly schedule, focusing on your long-term health and well-being. In Core PE, you will participate in a wide variety of activities and sports designed to build fitness, teamwork, and resilience. (Students can opt to take Sports Science or Dance as an option)

These programmes are mandatory for all students at the academy. They are suitable for everyone, regardless of your academic interests, as they provide the "softer" life skills and physical outlets needed to manage the pressures of Key Stage 4. Whether you are discussing economic choices in PSHE or developing teamwork on the pitch in PE, these subjects prepare you for life beyond the classroom.

# Bucket One (E-bacc subjects)

You must select one of these  
subjects.

French

Spanish

Computer Science

History

Geography

# Computer Science



This is one of the options offered by the Computing and Business Department.

Student who chose this option will take the qualification OCR GCSE Computer Science.

## The course:

The GCSE consists of two 90-minute non-calculator exams worth 100% of your grade. Students will be given the opportunity to undertake a programming task during their course of study that allows them to develop their skills to design, write, test and refine programs using a high-level programming language.

This course is very mathematical and features non-calculator exams, making it ideal for students who enjoy logic and problem-solving. Beyond coding, you'll explore how computers work through a scientific lens similar to Physics. To succeed, you should be targeted at least Grade 6 in maths. Paper 1 covers Computer Systems, while Paper 2 is based on Computational thinking, algorithms and programming.

## Potential career pathways

- Software Developer: Creating the apps, games, and systems we use daily.
- Cybersecurity Analyst: Protecting vital data and networks from global threats.
- Data Scientist: Using logic and math to solve complex real-world problems.
- Systems Engineer: Designing the hardware and architecture of future technology.

# French



GCSE French builds on Key Stage 3 success, focusing on communication and cultural awareness. It develops creativity and problem-solving skills, providing a competitive edge for future academic and professional pathways.

## The course.

If you choose French GCSE you will follow the AQA course. This course involves final assessments in the following skills: Listening (25%), Reading (25%), Speaking (25%) and Writing (25%) at either foundation or higher level.

You will also study the following themes: people and lifestyle, popular culture and communication and the world around us. Through these themes, lessons will cover phonics, vocabulary, culture and grammar.

## Potential career pathways

- International Lawyer: Navigating global legal systems and diplomacy.
- Diplomatic Service Officer: Representing national interests abroad.
- Marketing Executive: Managing global campaigns for international brands.
- Intelligence Analyst: Using decoding and language skills for security.

# Spanish



GCSE Spanish offers an immersive look at the language and culture of the Hispanic world. It builds the communication skills and cultural awareness necessary to succeed in a globalised workforce.

The course.

If you choose Spanish GCSE you will follow the [AQA](#) course. This course involves final assessments in the following skills: Listening (25%), Reading (25%), Speaking (25%) and Writing (25%) at either foundation or higher level.

You will also study the following themes: people and lifestyle, popular culture and communication and the world around us. Through these themes, lessons will cover phonics, vocabulary, culture and grammar.

## Potential career pathways

- International Lawyer: Navigating global legal systems and diplomacy.
- Diplomatic Service Officer: Representing national interests abroad.
- Marketing Executive: Managing global campaigns for international brands.
- Intelligence Analyst: Using decoding and language skills for security.

# History



GCSE History explores how past events and diverse cultures shape our world. By analyzing sources and interpretations, you will gain fresh perspectives on modern society and develop deep critical thinking skills.

## The course.

As part of this course students study Opportunity and Inequality in the USA 1920-1973, Conflict and Tension 1918-1939, a thematic study of Power and the People from 1066 to Present Day, and a British Depth study of the Normans.

Students will obtain skills in their GCSE studies that can be used within the history classroom and beyond, through focusing on enquiry based skills. As assessment is 100% exam-based, you must be confident in writing extended, analytical essays and evaluating historical sources to succeed in this academic challenge.

## Potential career pathways

- Lawyer: Using evidence to build strong, persuasive arguments.
- Journalist: Investigating stories and communicating complex information clearly.
- Archaeologist or Curator: Preserving heritage and uncovering historical secrets.
- Civil Service Administrator: Researching and implementing government policy to improve society.

# Geography



GCSE Geography explores the physical and human processes shaping our planet. It bridges the social and physical sciences, focusing on the complex relationship between people and the environment.

## The course.

You will follow the AQA specification, which is assessed through three 90-minute exams:

- Paper 1: Living with the physical environment (Hazards, Coasts, and Ecosystems).
- Paper 2: Challenges in the human environment (Urban issues and the Global Economy).
- Paper 3: Geographical applications (Critical thinking and fieldwork skills).

Skills needed: An enthusiastic, inquisitive mind and the ability to interpret data, evaluate evidence, and write structured, balanced arguments.

## Potential career pathways

- Environmental Consultant: Advising on sustainability, renewable energy, and flood risks.
- Town Planner: Designing sustainable urban spaces and improving local infrastructure.
- Charity Officer: Managing international development projects and disaster relief efforts.
- Logistics Manager: Coordinating global supply chains and transport networks

# Bucket Two

## (non E-bacc subjects)

You can pick any three of the subjects on the following pages.

This choice also includes the Ebacc subjects.  
(e.g. if you have picked French as your first choice, you can also select History.)

# Art



This GCSE is ideal for students who excelled in lower school Art and possess a creative drive. You will experiment with diverse materials while developing a personal, resilient artistic voice.

## The course.

You will follow the AQA specification, which focuses on developing ideas through research and practical experimentation.

- Component 1: Portfolio (60%) – A collection of coursework including one sustained project and a selection of supporting studies. You will explore themes, research artists, and document your creative process.
- Component 2: Externally Set Assignment (40%) – You will respond to a starting point provided by the exam board, culminating in a ten-hour supervised exam to create your final piece.

Skills needed: Confidence in drawing and making, a willingness to experiment with new techniques, and the ability to analyse the work of professional artists to inform your own ideas.

## Potential career pathways

- Graphic Designer: Creating visual identities, branding, and digital media for global companies.
- Architect: Combining artistic vision with technical precision to design the buildings of the future.
- Concept Artist: Visualising characters and environments for the film, television, and gaming industries.
- Fashion Designer: Using textiles and illustration to create innovative clothing and accessories.

# Business Studies



Taught by the Computing and ICT department, this Edexcel course explores how businesses start, operate, and succeed in the modern world. You will learn how companies make decisions, set objectives, and respond to global challenges

## The course.

Business Studies is split into two themes: Investigating Small Business and Building a Business. You will study six core areas, including:

- Marketing & Finance: How products are priced and how money is managed.
- Business Operations: The "behind-the-scenes" of production and delivery.
- Human Resources: How businesses recruit and manage the right people.
- External Influences: How the economy and environment affect business.

Skills needed: You must be prepared to apply maths and English skills to analyse data and write extended business reports. You should be creative, open-minded, and comfortable using ICT (Word, PowerPoint, and Publisher) to conduct and present market research.

## Potential career pathways

- Marketing Executive: Researching consumer trends and designing campaigns to promote brands.
- Financial Analyst: Helping companies manage budgets and make smart investment decisions.
- Human Resources Manager: Handling recruitment, staff development, and workplace culture

# Child Development



This OCR Cambridge National explores how families support a child's social, emotional, and physical growth. It provides an essential foundation for careers in healthcare, education, or social care.

## The course.

The course is delivered through a blend of practical tasks and theoretical study, divided into three units:

- Health and Well-being (40% Exam): Understanding the essential factors that ensure a child's safety and healthy development.
- Safe Environments and Nutrition (30% Coursework): Learning how to create secure spaces and meet the dietary needs of young children.
- Child Development Milestones (30% Coursework): Studying how children aged one to five years develop their motor skills, language, and social bonds.

Who is this suitable for? This course is ideal for students who are organised and capable of managing independent coursework projects. It is specifically suited to those who can demonstrate empathy and a professional attitude when discussing the sensitive social and emotional needs of families.

## Potential career pathways

- Midwife or Neonatal Nurse: Supporting expectant parents and providing medical care for newborn babies.
- Paediatrician: Specialising in the medical treatment and health of infants, children, and adolescents.
- Social Worker: Working within the community to protect children and support families in need.

# Creative Design and Production



This V Cert Level 2 Technical Award provides a hands-on introduction to the design and production sector. It is perfect for creative students who enjoy experimenting with ideas and building practical projects.

Please note: You may choose either Art or Creative Design and Production, but not both.

## The course.

This qualification is equivalent to a GCSE is split into two main assessments:

- Non-Exam Assessment (60%): A 16-hour practical project where you research, design, and create a product, applying everything you have learned.
- Written Examination (40%): A 90-minute paper featuring multiple-choice, short-answer, and extended-response questions.

Skills needed: You should be a self-motivated learner who enjoys "learning by doing." Success requires a mix of creative flair, technical precision, and the ability to manage a long-term project from initial research to the final product.

## Potential career pathways

- Product or Furniture Design: Creating innovative items for manufacturing and the home.
- Interior Design: Planning and furnishing beautiful, functional indoor spaces.
- Prop Making and Set Design: Building the physical worlds seen in films, theatre, and exhibitions.
- Fashion or Jewellery Design: Developing unique wearable items, textiles, and print patterns.

# Dance (Performing arts)



Offered by the PE Department, this BTEC Tech Award develops technical and expressive skills through performance and choreography. It is ideal for students passionate about movement and working creatively within a team.

## The course.

Dance is divided into three practical and theory-based components:

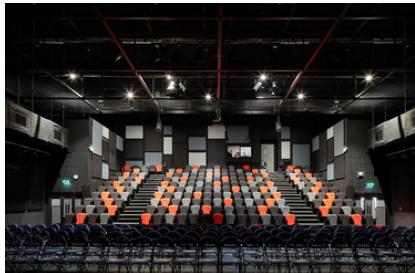
- Component 1: Exploring the Performing Arts (30%) – Discover how professional dancers work and study different choreographic styles and practitioners.
- Component 2: Developing Skills and Techniques (30%) – Participate in workshops to refine your technical ability and expressive performance skills.
- Component 3: Performing to a Brief (40%) – Work collaboratively to create and perform a dance piece based on a specific theme or "brief" set by the exam board.

Skills needed: Strong physical coordination, creativity in choreography, and the ability to work effectively in a team. You must also be prepared to reflect on your progress through written coursework and evaluations.

## Potential career pathways

- Professional Dancer: Performing in West End shows, music videos, or contemporary dance companies.
- Choreographer: Designing routines for film, television, theatre, or live events.
- Dance Teacher: Sharing your expertise in schools, private studios, or community projects.

# Drama (Performing Arts)



This vocational qualification develops practical acting skills and a deep understanding of the theatre industry. It builds the confidence, public speaking, and teamwork skills that are highly valued by all future employers.

## The course.

The Tech Award is structured into three practical components:

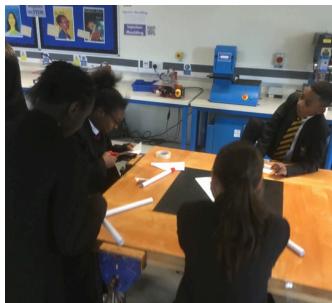
- Component 1: Exploring the Performing Arts – Discover how professional actors and designers bring productions to life. You will create a portfolio of your findings via a blog, video, or presentation.
- Component 2: Developing Skills and Techniques – Sharpen your craft through workshops and rehearsals, culminating in a performance of a scene from a published play.
- Component 3: Responding to a Brief – Working in a group, you will devise and perform an original piece of theatre based on a specific theme provided by the exam board.

Skills needed: Strong communication, empathy, and the ability to work effectively as part of a cast. You must also be prepared to document your creative journey through logbooks and written evaluations.

## Potential career pathways

- Stage Manager or Designer: Managing the technical, set, lighting, or costume elements of a show.
- Public Relations or Marketing: Using creative communication to manage brand identities and events.

# Design and Technology



GCSE Design and Technology empowers students to solve real-world problems through innovative product design. This course explores the engineering, social, and environmental factors shaping our technological world, focusing on modern manufacturing.

## The course.

The OCR specification combines high-level theoretical knowledge with practical application:

- The Iterative Design Challenge (50%): A substantial "design and make" project where you produce a working prototype and a professional digital portfolio.
- Principles of Design and Technology (50%): An exam testing your knowledge of materials, manufacturing processes, and emerging technologies.

Who is this suitable for? This subject is intended for mature, independent learners with strong Maths and Science skills, as these are essential for the technical requirements of the exam. To succeed, you must be highly organised and capable of managing a long-term project, as the physical making of the product accounts for only 10% of the total marks.

## Potential career pathways

- Automotive or Aerospace Engineer: Designing and testing vehicles, aircraft, and advanced mechanical systems.
- Product Designer: Creating consumer goods, from electronics and furniture to sustainable packaging.
- Civil Engineer or Architect: Planning and overseeing the construction of infrastructure and buildings.

# Food and Cookery



This NCFE Technical Award is a Level 2 qualification equivalent to a GCSE. It develops advanced culinary skills and nutritional knowledge for students demonstrating strong practical technique and independent planning.

## The course.

The qualification is equivalent to a GCSE and balances high-level practical work with academic theory:

- Non-Exam Assessment (60% Coursework): This is a substantial written element where you plan and produce dishes for a specific purpose, demonstrating safe and hygienic practices.
- Written Examination (40%): An assessment of your theoretical knowledge, covering food functions in the body and the science of recipes.

Who is this suitable for? This subject is intended for mature, enthusiastic students who can work independently in a kitchen environment. To be successful, you must have the discipline to produce high-quality written coursework, as this makes up the majority of your grade, and the organisational skills to manage complex practical tasks under timed conditions.

## Potential career pathways

- Nutritionist or Dietician: Advising individuals or organisations on healthy eating and therapeutic diets.
- Food Scientist: Developing new food products, ensuring safety, and improving nutritional content for manufacturers.
- Food Stylist or Journalist: Creating visual content for media or writing about culinary trends and reviews.

# Health and Social Care



This OCR Cambridge National is a Level 2 qualification equivalent to a GCSE. It introduces the healthcare sector, "Values of Care," and legal protections, developing communication skills for professional, dignified practice.

## The course.

The course is designed to build specialist knowledge through a mix of external assessment and practical coursework:

- Principles of Care (40% Exam): Understanding the core values and legislation that govern health and social care settings.
- Supporting Individuals through Life Events (30% Coursework): Studying how different life stages and unexpected events affect people, and how to provide appropriate support.
- Health Promotion Campaigns (30% Coursework): Learning how to plan and deliver a campaign to improve public health and awareness.

Who is this suitable for? This course is ideal for students who are independent, creative, and have a genuine desire to help others. To succeed, you must be a dedicated student with the maturity to handle sensitive topics and the strong written communication skills needed to complete detailed coursework portfolios.

## Potential career pathways

- Social Worker: Working with vulnerable children or adults to ensure their safety and improve their quality of life.
- Paramedic: Delivering emergency medical treatment and life-saving care in high-pressure situations.
- Occupational Therapist: Helping people with physical or mental challenges to develop the skills needed for daily living and work

# Media Studies



Offered by the English Department, this GCSE course explores how media shapes our world. You will analyse film, social media, and advertising to discover how industry and representation influence global audiences.

## The course.

Media Studies is structured to balance deep theoretical analysis with creative practical work:

- The Media Framework (70% Exam): You will study set products across various platforms, exploring how gender, ethnicity, and genre codes are constructed. You will also learn how media industries operate to target specific audiences.
- Non-Exam Assessment (30% NEA): A creative production where you apply your knowledge to meet a specific brief, such as designing an original magazine cover and writing a supporting article.

Who is this suitable for? This subject is ideal for analytical students who have a passion for film, print, and digital media. To succeed, you must be a confident writer with strong links to English Literature, as you will need to evaluate complex theories and explain how media language is used to create meaning.

## Potential career pathways

- Journalist or Content Creator: Writing and producing engaging stories and digital media for news outlets or online platforms.
- Social Media Manager: Developing brand identities and managing communication across global networking sites.
- Advertising Executive: Designing persuasive campaigns and analysing consumer behaviour to promote products and services.

# Music (Btec)



Students can choose between two pathways in Music. Please speak to the Music department to determine which route best suits your skills and interests.

BTEC Music focuses on music technology (including recording, editing and remixing) and could be accessed without playing an instrument.

## The course

BTEC Music emphasizes music technology, recording, and digital production. This vocational route focuses on creating products like remixes and is accessible to students who prefer using technology over traditional instrumental performance.

Students create complex musical products across three components. You will explore diverse musical styles, maintain a professional skills journal, and master DAW production and recording techniques. The final assessment involves a practical project where you remix a song into a completely new style, demonstrating your technical methodology and creative evaluation.

## Potential career pathways

- Sound Engineer: Recording, mixing, and mastering audio for the music and film industries.
- Media Composer: Creating original soundtracks and jingles for advertisements, games, and TV.
- Music Producer: Overseeing the creative and technical production of albums or digital media.

# Music (GCSE)



Students can choose between two pathways in Music. Please speak to the Music department to determine which route best suits your skills and interests.

GCSE Music focuses more on performance and composition and studies more traditional music

## The course.

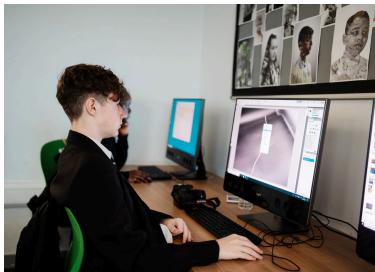
Students are assessed through three components: Performing (30%), featuring solo and ensemble pieces; Composing (30%), where you create two original tracks using software; and Understanding Music (40%), a listening exam. You will develop advanced skills in analysing classical and popular genres while refining your technical ability on your chosen instrument.

**Skills needed:** You must be able to perform on an instrument or sing and be committed to regular practice at home.

## Potential career pathways

- Music Therapist: Using the power of music to support people's health and well-being.
- Media Composer: Creating original soundtracks and jingles for advertisements, games, and TV.

# Photography



Part of the Art suite, this GCSE course teaches technical camera skills and digital manipulation. It is ideal for creative students who prefer using digital media to capture and edit professional-standard imagery.

## The course.

The AQA specification is split into two main components that test your technical skill and artistic vision:

- Component 1: Portfolio (60%) – You will complete at least two sustained projects, using research into professional photographers to inspire your own experiments with lighting, composition, and digital editing.
- Component 2: Externally Set Assignment (40%) – You will respond to a theme provided by the exam board, culminating in a supervised 10-hour exam where you produce your final photographic response.

Who is this suitable for? This subject is ideal for creative students who are comfortable using technology and software like Adobe Photoshop. To succeed, you must be a resilient learner who is confident enough to take portrait photographs of yourself and others, and willing to spend significant time refining your images through digital editing.

## Potential career pathways

- Photojournalist: Documenting news, culture, and social issues for newspapers, magazines, and digital outlets.
- Digital Retoucher: Using advanced editing skills to refine and enhance images for the advertising and film industries.
- Social Media Content Creator: Producing high-quality visual assets and aesthetic campaigns for online platforms.

# Religious Studies (RE)



AQA GCSE Religious Studies investigates major world religions and modern ethical debates. Students develop critical analysis and coherent argumentation, building the evaluative skills essential for understanding complex global perspectives.

## The course.

The course is split into two equal components, assessed via two final examinations:

- The Study of Religions (50%): An in-depth look at the beliefs, teachings, and practices of Christianity and Islam.
- Thematic Studies (50%): Applying religious and non-religious viewpoints to modern ethical issues, including war and conflict, crime and punishment, and the origins and value of the universe.

Who is this suitable for? This course is ideal for students who are motivated to research and have a desire to listen to and reflect upon complex ideas. To succeed, you must be confident in writing extended, evaluative essays and be willing to use high-level literacy skills to present balanced, multi-perspective arguments.

## Potential career pathways

- Lawyer or Solicitor: Using critical reasoning and analysis to build persuasive, evidence-based cases.
- Journalist: Investigating global events and communicating complex social and ethical issues clearly.
- Diplomatic Service Officer: Navigating international relations by understanding the cultural and religious values of others.

# Science (Triple)



Triple Science offers three separate GCSEs in Biology, Chemistry, and Physics. This intensive pathway provides greater depth, offering a distinct advantage for students aiming for competitive A-Level and university courses.

## The course.

Students receive extra lessons to cover the additional, more complex content required for the three separate AQA GCSEs:

- Biology: Advanced study of genetics, infection, and biological systems.
- Chemistry: Detailed analysis of chemical reactions, energy changes, and organic chemistry.
- Physics: Exploration of space physics, nuclear radiation, and advanced mechanics.

Who is this suitable for? This course is specifically designed for high-attaining students. To manage the increased pace and complexity of the Triple Science curriculum, students must currently be targeted at a Grade 6 or above in Science. You will need strong mathematical skills, a capacity for logical reasoning, and the ability to grasp abstract scientific concepts.

## Potential career pathways

- Medical Professional: Essential preparation for careers in Medicine, Dentistry, and Veterinary Science.
- Aerospace or Civil Engineer: Designing the technologies, structures, and systems of the future.
- Forensic Scientist: Applying advanced biology and chemistry to solve complex legal investigations.
- Biomedical Researcher: Developing new vaccines, treatments, and life-saving technologies

# Sports Science



This Cambridge National investigates the scientific principles behind athletic performance. You will study how the human body functions under pressure, injury prevention techniques, and how technology monitors physical fitness.

## The course.

The qualification is equivalent to a GCSE and is assessed through a combination of a written exam and practical coursework:

- Reducing the Risk of Injuries (40% Exam): Learning how to identify and prevent sports injuries and manage common medical conditions.
- Applying Principles of Training (40% Coursework): Developing and performing fitness programmes to improve sporting skill and performance.
- The Body's Response to Activity (20% Coursework): Investigating how the musculoskeletal and cardio-respiratory systems react to exercise and how technology tracks this data.

Who is this suitable for? This course is ideal for students who have a genuine interest in the "behind-the-scenes" theory of sport. It is specifically suited to learners who prefer a coursework-heavy assessment style and possess the strong time-management skills required to complete independent research projects alongside their exam preparation.

## Potential career pathways

- Sports Physiotherapist: Treating and rehabilitating athletes to help them recover from injuries.
- Personal Trainer or Strength Coach: Designing bespoke fitness and nutrition plans to help clients reach their physical goals.
- Sports Technology Analyst: Developing and managing the wearable tech used to monitor heart rates, GPS, and player movement.

# How to Choose Your Options

## The Right Reasons to Choose

Focus on these points to ensure you pick subjects that lead to the best results:

- Your Strengths: Which subjects are you best at? You are more likely to get a higher grade in something where you already show strong skills.
- Assessment Style: Do you prefer sitting exams, or are you better at staying organised with coursework (NEA)?
- Skills You Have: If you are good at Maths, you might do well in Triple Science or D&T. If you enjoy writing and debating, History or RS might be for you.
- Your Future: Think about what you want to do at 16. Some college courses or apprenticeships require specific subjects.
- 

## The Wrong Reasons to Choose

Try to avoid these common mistakes. They often lead to students struggling later on:

- Friends: Do not pick a subject just because your friends are doing it. You might be put in a different class anyway.
- Teachers: Do not pick a subject because you like the teacher. Teachers often change and you might have a different one next year.
- "Easy" Subjects: No GCSE or BTEC is "easy." They all require hard work and extra study time.



# Who to speak to for advice?

## Options and Progress Evening

At Options Evening, you will:

- Meet with your teachers to discuss your progress in Year 9
- Meet the Experts: Speak directly with subject teachers about the course content and expectations.
- Ask Questions: Clarify any doubts about exams, coursework, or practical requirements.
- Confirm Your Choice: Use the information gathered to finalise your selection.

Remember, this evening is an opportunity to finalise your choices. You should attend the evening already knowing what subjects you would like to study

Before you make your final choice, make sure you have conversations with:

- Class Teachers: Discuss your current performance and whether you would enjoy the more advanced level of their subject.
- Form Tutors: They can help you look at your overall profile and ensure your choices are balanced.
- Careers Advisors: Mrs Godfrey will be delivering sessions to your tutor group. Use that time to ask her any questions you may have.

