

**Your options,
Your journey,
Your future**

Year 8 Options Booklet

2026

Dear Student,

We are pleased to give you this year's **Key Stage 4 Options Booklet**. This booklet is here to help you and your parents or carers as you get ready to choose the subjects you want to study for your GCSEs. You can use this booklet together with the **Options Evening on 24th March 2026** and the subject information on the [Abbey College website](#).

At Abbey College, you start choosing your Key Stage 4 subjects in Year 8. We have a special three-year Key Stage 4, which means you get more time to learn each subject than in a two-year course. This extra time helps you understand your subjects better and do well in your exams.

In this booklet, you will see the whole learning journey at Abbey College. All students study a wide range of important subjects. These subjects help you learn lots of different things and are also respected by top universities.

You will choose **three option subjects**:

- A **red choice**: either History or Geography
- A **blue choice**: a creative subject (like Art or Music) or a Modern Foreign Language
- A **third choice**: you can pick this from any group of subjects

You should also choose a **reserve subject** for each colour, just in case your first choices aren't available. This probably won't happen, but it's good to be prepared.

The subjects you choose will decide how you spend part of your school week and will influence your learning and personal growth. Because these subjects lead to important qualifications, these choices can also affect what you can do after Year 11, like college, university, or jobs. That's why it's important to think carefully about what you pick.

We encourage you to read this booklet carefully, especially the important dates, the learning journey, and the information about all the subjects—even the ones you might not think you want to take. This will help you make the best choices for your Key Stage 4 years.

Later in the year, we will introduce the **Leadership Block**, which offers lots of extra activities called **Offers and Opportunities (OOPs)** from Year 9. These are not part of the options you choose now but will help you learn new skills and support your future plans.

Remember, your Teachers, Tutors, RSL, and the CEIAG Team are here to help you. If you have any questions, please ask them. We want to help you find the best subjects that will make you excited to learn and help you do your best.

Mrs Moore

What is a GCSE?

GCSE stands for General Certificate of Secondary Education. It is a qualification you get after studying a subject at school. You learn the ideas and facts about the subject and sometimes do experiments or practical work. Schools, colleges, and jobs all know and respect GCSEs.

How are GCSEs graded?

GCSEs are graded using numbers from 9 to 1, where 9 is the highest grade and 1 is the lowest. There is also a U grade, which means "ungraded" if the work doesn't meet the minimum standard.

- Grades 9, 8, and 7 are the top grades, like the old A* and A grades.
- Grades 6, 5, and 4 are good passes, with 4 being the standard pass that most schools expect.
- Grades 3, 2, and 1 show some understanding but are below the standard pass level.

For example:

- A grade 4 is a basic pass.
- A grade 5 is a strong pass.
- A grade 9 means excellent work, even better than the old A* grade.

Getting good GCSE grades is important because they show how well you have learned your subjects and can help you get into college or Sixth Form later on.

What is a BTEC?

A BTEC is a different kind of qualification that focuses more on practical skills and learning by doing. It helps prepare you for further study after Year 11, like college or Sixth Form. You study different parts of the subject and do assignments and tests. Your teacher marks most of your work, but there is also an exam.

BTECs are graded like this:

- Pass (like a GCSE grade 4)
- Merit (like a GCSE grade 5 or 6)
- Distinction (like a GCSE grade 7)
- Distinction* (like a GCSE grade 8 or 9)

BTECs are accepted by many universities and colleges, just like GCSEs.

What happens after GCSEs?

After Year 11, many students choose to study at Level 3, which includes A Levels, T Levels, or other vocational qualifications. These help you get ready for college, university, or jobs. Most students who do well at GCSEs go on to study Level 3 courses because they help increase the chances of success in further education and work.

There are different pathways at Level 3:

- A Levels are more academic and focus on subjects you like.
- T Levels are technical and linked to specific jobs or industries.
- Other vocational qualifications offer practical learning and can be a good choice if you want to learn skills for a particular career.

It's important to choose the right path for you, and there are lots of options to help you find what suits your interests and goals.

What makes a successful student?

Moving up to Key Stage 4 can be a bit tricky, but there are some important qualities that can help you do well in your learning and enjoy your time at school. You already have many of these from your work in Key Stage 3 and from the values we follow at Abbey College: Humility, Intuition, and Passion.

To be successful, you will need to have:

- Perseverance, resilience, and determination – Keep trying even when things are hard.
- Curiosity, creativity, and open-mindedness – Be eager to learn new things and think in different ways.
- Communication, speaking, and listening skills – Talk clearly and listen carefully to others.
- Independence and participation – Work on your own and join in with class activities.
- Planning, preparation, and organisation – Get ready for your lessons and manage your time well.

Choosing your subjects

We know picking the right subjects for your future can feel a bit scary, but it doesn't have to be. There are many ways to help you make a good choice.

Take your time to look through all the subjects in this booklet. Think about what you learned in your taster lessons, as they give you a good idea about new subjects. Talk to your teachers about the subjects you like to find out more.

Don't forget to come to the Abbey College Options Evening on **24th March 2026**. It's a great chance to ask questions and learn more about your choices.



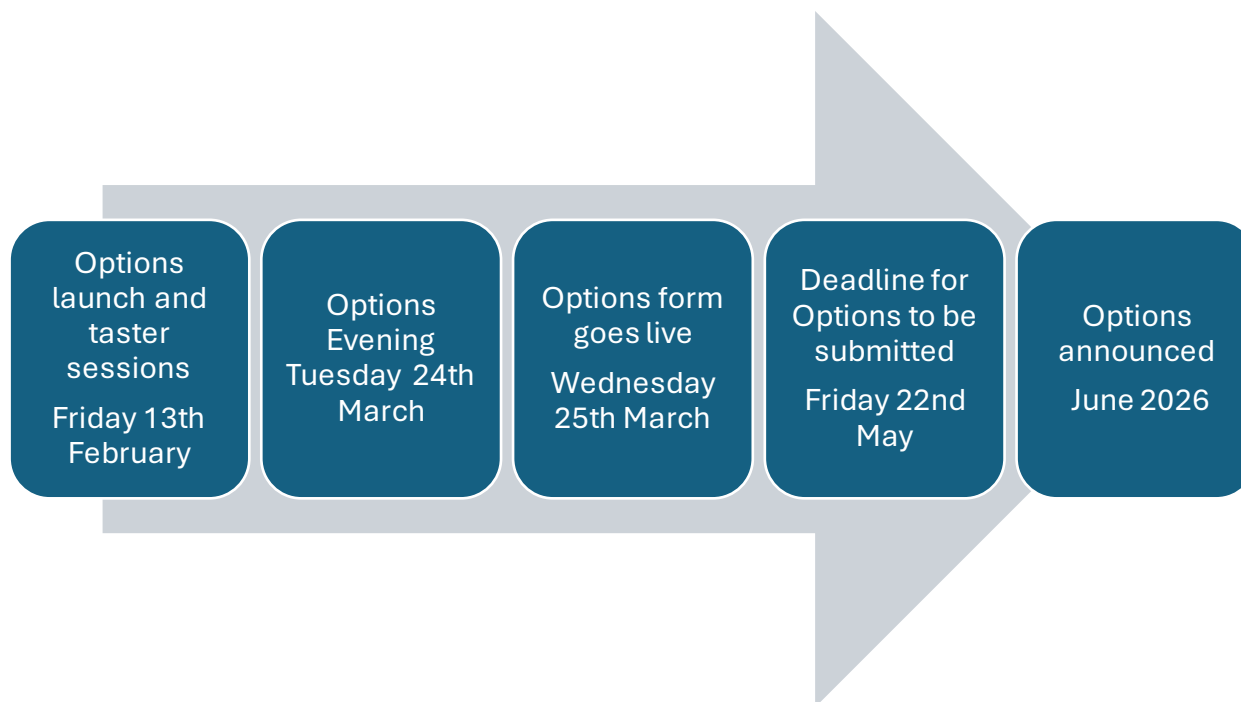
As well as your teachers, you can contact Ms Pollard or Mrs Wilson in the Careers, Education, Information, Advice and Guidance (CEIAG) Hub.

Using your Unifrog profile is a really good way of linking your career interests to option subjects. If you have not yet completed your questionnaire, please try and do so before selecting your options.

Try to keep your options as open as possible and to choose subjects that you already enjoy, or that really interest you.

How to submit your option choices

Once you have made your choices and chosen reserves, you should complete the example form at the end of this document, which you can keep for your reference. To submit your application, you should complete the online Options Form. This will go live on the website **25th March 2026** and letter will be sent via Bromcom detailing how to complete it.



Can students change their mind?

We encourage you to thoroughly research the options available before choosing your preferred subjects, as changing courses after the timetable has been arranged is difficult to do. Any changes to option choices after the deadline will be on an individual basis with Mrs Moore.

Top tips for making the right choice.

When considering your option choices, you should try to balance the following factors:

- **Interest**
- **Enjoyment**
- **Balanced and broad choices**

Do:

- Remember all courses are important and valued equally.
- Pick courses you like and think you will enjoy.
- Try to choose a mix of subjects that match what you are good at and interested in.
- Choose courses where you think you can do well and that will give you a good challenge.
- Think about your future plans. Some subjects will help you later if you want to study them more after Year 11.
- Look at how you will be tested and pick subjects where you can do your best.
- Find out about jobs you might like and what qualifications you need. This can help you focus.
- Talk to your parents, teachers, and the careers team. They won't decide for you but can help you think.
- Be realistic. Make sure your school choices fit well with other things you do, like sports, music, or drama.

Don't:

- Pick subjects just because your friends are choosing them
- Pick a subject just because you like the teacher now. You might have a different teacher later.
- Choose a subject you don't enjoy just because it seems good for a job. You might change your mind about jobs later.
- Only pick subjects your parents want. It's your learning for the next three years, but it's good to listen to their advice.
- Choose a new subject without finding out what it's really like. Doing your research is never a waste of time!

The Key Stage 4 (KS4) Curriculum

In Year 9, students have an element of choice, which enables them to personalise their Key Stage 4 curriculum. There are, however, eight subjects that are compulsory for every student, these are the core subjects. They are English Language and English Literature, Maths, two sciences, Faith and Ethics, Social Studies and PE.

The Core Curriculum

Subject	Teaching hours per fortnight	Number of GCSEs	Summary Information
English	9	2	All students will have the opportunity to achieve a GCSE in English Language and English Literature
Mathematics	9	1	All students will achieve one GCSE in Mathematics.
Science	9	2	All students will have the opportunity to study Biology, Chemistry and Physics and will either gain two or three GCSEs in Science.
Faith and Ethics	3	1	All students will achieve one GCSE in Faith and Ethics
Social Studies	2	0	Social Studies is taken by all students to provide a platform for learning about contextual citizenship
Core PE	3	0	Core PE is taken by all students to embed the importance of good health, fitness and wellbeing.

Optional subjects

- You **must** choose a 1 **red** option **and** 1 **blue** option
- You then must choose a further **red** or **blue** option or **green** option for your 3rd subject.

Block A	Block B	Block C
Geography	Geography	Geography
History	History	History
3D Design	Drama	Art*
Photography	Photography	Business
Textiles*	Spanish	Health and Social Care
Business	IT	Media Studies
Psychology	Sports Studies	Music
Sport Studies		Travel and Tourism

- Please note students cannot choose both Art and Textiles

Please note that we may need to rearrange the blocks during the process to maximise the number of students that receive their first choice options.

Red Subjects

You must choose one of these.

Geography

What does the course involve?

GCSE Geography helps you make sense of the world by exploring how people, places, and environments are connected. The course is highly relevant to your life, tackling real issues like climate change, global inequality, urban growth, and resource use. You'll build skills in enquiry, data interpretation, mapwork, and fieldwork, learning to analyse problems and make informed decisions. Because it draws on science, humanities, and technology, Geography gives you a broad understanding of how the world works and why it's changing — knowledge that's valuable whatever future path you choose.

Who teaches this course?

Mrs Moyes
Miss Murray
Mrs Rolfe

What will I study in Year 9?

- Living World
- Urban Issues & Challenges
- Rivers

- Issue Evaluation
- Fieldwork

What will I study in Year 10?

- The Challenge of Natural Hazards
- Resource Management
- Coasts

- Issue Evaluation
- Fieldwork

What will I study in Year 11?

- Changing Economic World

- Issue Evaluation
- Fieldwork

How is this course assessed?

We study the **AQA** GCSE Geography specification.

It is **100% exam based** with three exams at the end of Year 11.

Paper 1 – Living with the Physical Environment (**Paper 2** – Challenges in the Human Environment **Paper 3** – Geographical Applications

What do students say about this course?

“It feels relevant to what’s happening in the world — climate change, cities growing, how people live. It actually helps me make sense of the news.”

“I like that Geography mixes science, people, and the environment. It means you learn a bit of everything and can use those skills anywhere. Geography has given me so many different skills, from map reading to data analysis, and even debating. It’s not just one type of learning.”

“I love Geography because the fieldwork gets us out of the classroom and helps us understand real places, not just notes on a page.”

Attributes for success:

Interest in the world around you and a curious mind.

Desire to have a positive impact on the world.

Where can this course take me next?

Geography can take you anywhere because it connects so many different sectors. It blends science, technology, society, and the environment, helping you understand how people and places interact. This interdisciplinary mix gives you adaptable skills for a huge range of careers — from sustainability, climate action, and urban planning to business, logistics, data analysis, international development, and beyond. Geography prepares you to think critically, solve real-world problems, and understand global challenges, opening pathways into almost any future you choose.

History

What does the course involve?

The course explores crime and punishment over time, life in Nazi Germany, Cold War superpower tensions and Elizabethan England. Students develop vital life skills including critical thinking, evidence analysis, communication, decision-making and understanding how past events shape the modern world.

Who teaches this course?

Mr Patterson
Mrs Kelly
Miss Andrew-Martin

What will I study in Year 9?

Crime and Punishment c1000-1700

Early Elizabethan England 1558-1588

What will I study in Year 10?

Cold War 1941-1991

Crime and Punishment c1700-modern day

Whitechapel (Jack the Ripper murders)

What will I study in Year 11?

Weimar and Nazi Germany 1918-1939

How is this course assessed?

Edexcel

It is **100% exam based** with three exams at the end of Year 11.

Paper 1 - Crime and Punishment c1000-modern day

Paper 2 – Elizabeth and Cold War

Paper 3 – Weimar and Nazi Germany

What do students say about this course?

“I love how every topic links to real life. Crime and punishment and Nazi Germany really made me think differently about the world.”

“History helped me grow in confidence. I enjoy debating ideas, analysing evidence and understanding how past events shaped the world we live in today.”

Attributes for success:

Work well with evidence, communicate clearly, stay organised, and enjoy exploring how history connects to the world around them.

Where can this course take me next?

GCSE History opens doors to A-Level History, Politics, Sociology and many humanities subjects. It also builds transferable skills valued in careers like law, journalism, policing, teaching, business, public services and any role needing strong communication and critical thinking. These careers can offer strong earning potential, from starting salaries around £22,000 in public services to £40,000+ in fields like law, business, journalism and management as experience grows

Blue Subjects

You must choose one of these.

Drama			
<p>What does the course involve? The Drama GCSE Course consists of: Understanding Drama, in which students will develop their knowledge and understanding of how drama and theatre is developed and performed. Students will also develop the ability to analyse and evaluate the live theatre. Devising Drama, in which students will create and develop ideas to communicate meaning in a theatrical performance Texts in practice in which students will develop the ability to interpret texts, create and communicate meaning and realise artistic intention in text-based drama.</p>			<p>Who teaches this course? Miss Pollock Miss Davey</p>
<p>What will I study in Year 9?</p> <ul style="list-style-type: none"> • An introduction to the written paper (Component 1) • Fundamentals of answering a question in Drama • An introduction to a range of practitioners (Component 2 and 3) • An introduction to script work (Component 3) • Performance fundamentals- creating a believable character 	<p>What will I study in Year 10?</p> <ul style="list-style-type: none"> • Exploration of practitioners and stimuli (Component 2) • Exploration of script work and playwrights • Exploration of live theatre and set play- Blood Brothers 	<p>What will I study in Year 11?</p> <ul style="list-style-type: none"> • Producing a performance in response to a stimulus • Producing a performance in different practitioner's styles • Script work performance • Written exam exploration 	<p>How is this course assessed?</p> <p>AQA Exam Board</p> <p>A mixture of performances, coursework and a written exam</p> <p>Component 1: 40% Component 2: 40% Component 3: 20%</p>
<p>What do students say about this course? “Drama has allowed me to express myself more and gives me freedom to find new ways of developing my performance skills”</p> <p>“I have been able to build my confidence whilst working with like-minded people to develop our creativity”</p> <p>“The best thing about Drama is being able to create performances that display a wide variety of themes.”</p>			<p>Attributes for success: Passion for Drama Creative Open minded Confident in being able to write about performance ideas</p>
<p>Where can this course take me next?</p> <p>Actor Teacher Broadcaster Theatre Technician Drama Therapist Talent Agent Runner Media Researcher Theatre director Stage manager Arts administrator Community Arts worker</p>			

Fine Art

What does the course involve?

The course involves the development of independent, creative ideas and high-quality outcomes. Students will work with resilience to self-lead their thematic projects with organisation and confidence.

Students will be taught to hone their mastery of art and design techniques, with a range of materials and media.

Who teaches this course?

Miss Gerrard-Cook

What will I study in Year 9?

- Introductory skills project
- Unit 1: Coursework

What will I study in Year 10?

- Unit 1: Coursework

What will I study in Year 11?

- Unit 1: Coursework
- Unit 2: Exam folder

How is this course assessed?

Exam board- Eduqas

Assessment is through 100% coursework and 2 × 10 hour practical exams

Unit 1: 60% of GCSE

Unit 2: 40% of GCSE

What do students say about this course?

“I enjoyed the GCSE Art course because I worked towards a set goal to create a final piece, and I like that we were encouraged to make it personal to us.”

“I enjoy Art because when you work hard and it turns out well, it is a very rewarding feeling.”

“It’s a way to express yourself and be creative. It is also a subject where you get a lot of support from the teachers.”

Attributes for success:

- Perseverance
- Enthusiasm
- Resilience
- Independence
- Creativity

Where can this course take me next?

Fine Art GCSE can open pathways into both creative careers and further study. It provides a foundation for A-levels, BTECs, or art foundation courses, which can lead to careers such as artist, illustrator, graphic designer, animator, or art educator, as well as roles in galleries, museums, fashion, or product design. Even outside strictly artistic jobs, the skills gained such as, creativity, visual communication, problem-solving and attention to detail, are valued in marketing, media and architecture. Making it a versatile starting point for many future opportunities.

Photography

What does the course involve?

This title is defined as the practice of creating durable static or moving images by recording light with light-sensitive materials such as photographic film or digitally by means of an image sensor.

- Experimental Photography
- Studio Photography

Who teaches this course?

Miss Gerrard-Cook

What will I study in Year 9?

- Photographic processes and key knowledge
- Sustained Project 1: Still Life

What will I study in Year 10?

- Sustained Project 2: Mock Exam

What will I study in Year 11?

- Sustained Project 2: Mock Exam
- Sustained Project 3: ESA

How is this course assessed?

Exam board- Eduqas

Assessment is through 100% Coursework and 2 x 10 hour Practical Exams.

Unit 1: 60% of GCSE

Unit 2: 40% of GCSE

What do students say about this course?

"I really enjoy Photography and I like how there are different elements to the types of Photography. I enjoy my lessons as well." – Isla

"I like being able to be creative. It's very enjoyable because I have a lot of freedom. I like that we get to use DSLR Cameras." – Logan

"I like how it's different to other subjects. In Photography you get to be free and creative!" - Emeline

Attributes for success:

- Independence
- Creativity and Originality
- Technical Skills
- Visual Awareness
- Perseverance

Where can this course take me next?

There are many types of photography, so there's no single, structured career path. Many photographers start out as studio assistants or assistant photographers, gaining hands-on experience, learning how shoots are run and developing a professional portfolio over time. You'll have opportunities to meet other photographers and stylists and may be allowed to use studio equipment or space during downtime to work on your own projects.

Visit the following website for further information on how to further your careers using Photography:

<https://www.prospects.ac.uk/job-profiles/photographer/>

Spanish			
What does the course involve? Spanish GCSE involves gaining an in-depth understanding of the grammatical foundations of Spanish language. The course equips students to communicate about their own realities and opinions across a range of topics, from family, to free time and the environment, as well as to understand and appreciate customs and traditions from Hispanic cultures across the globe.		Who teaches this course? Miss Shakespeare, Mrs Baxter and Ms Ponce	
What will I study in Year 9? Topics <ul style="list-style-type: none"> • Free-time • School life • Holidays • Festivals and traditions in Spanish-speaking countries 	What will I study in Year 10? Topics <ul style="list-style-type: none"> • Friendships and social media • Healthy living • Future goals • Immigration and national identity • Family life • Global issues 	What will I study in Year 11? Skills <ul style="list-style-type: none"> • Extended writing • Translation • Listening comprehension • Reading comprehension • Extended speaking 	How is this course assessed? GCSE Spanish is assessed via 4 exams, each worth 25% of your final grade: Paper 1 – Listening Paper 2 – Speaking Paper 3 – Reading Paper 4 - Writing
Grammar <ul style="list-style-type: none"> • Present tense • Preterite tense • Near future tense • Opinions with justification • Modal verbs 	Grammar <ul style="list-style-type: none"> • Imperfect tense • Conditional tense • Inflectional future tense • Comparisons 	Grammar <ul style="list-style-type: none"> • Subjunctive 	
What do students say about this course? Students enjoy the structure and interactive nature of GCSE Spanish lessons, with regular use of mini-whiteboards to practise verb conjugation and check for understanding. They also enjoy the cultural focus of the course, having studied festivals from las Fallas in Valencia to <i>el Día de los Muertos</i> in Mexico.			Attributes for success: an independent attitude to learning and a curious mind
Where can this course take me next? Spanish supports careers in: business and finance; law and international relations; tourism and aviation; education; translation and interpreting; medicine and public services. A language qualification makes students stand out!			

Textiles			
<p>What does the course involve? This title is defined as the creation of designs and products woven, knitted, stitched or printed fabrics and involves an understanding of fibres, yarns and fabrics.</p> <p>Areas of study include:</p> <ul style="list-style-type: none"> • Constructed Textiles • Digital Textiles • Dyed Fabrics • Printed Fabrics • Fashion Design • Installed Textiles • Soft furnishings • Stitched and/or embellished Textiles 		<p>Who teaches this course? Miss Foreman-Bates</p>	
<p>What will I study in Year 9?</p> <p>Enhancing practical skills through hands-on project-based investigations, while building confidence with materials and processes, including understanding and using the sewing machine.</p>	<p>What will I study in Year 10?</p> <p>The selected theme for Component 1 is thoroughly investigated and developed over the course of the year.</p>	<p>What will I study in Year 11?</p> <p>Students complete Component 1 and begin Component 2 (ESA)</p>	<p>How is this course assessed?</p> <p>Component 1 – Worth 60% of the GCSE (100% practical).</p> <p>Component 2: ESA (Externally Set Assignment) – Worth 40% of the GCSE (100% practical).</p> <p>Both components are assessed against four assessment objectives. For further details, please refer to the specification online.</p>
<p>What do students say about this course?</p> <p>Students love the textiles course because it gives them the independence to explore their own interests within the chosen theme and create work that reflects their personal style. They enjoy the freedom to be creative and experiment with materials and techniques. Many also appreciate the mature, adult-like atmosphere in lessons, where they are trusted to take responsibility for their learning and manage their projects.</p>			<p>Attributes for success:</p> <p>Students need creativity, independence, and commitment, balancing in-class focus with consistent effort at home.</p>
<p>Where can this course take me next?</p> <p>The textiles course opens doors to a wide range of opportunities. It can lead to careers in fashion design, textile manufacturing, costume design, interior design and creative arts. It also builds transferable skills like creativity, problem-solving, project management and independent thinking, which are valuable in higher education and a variety of other professions. Whether students want to continue their studies in A-levels, vocational courses, or apprenticeships, textiles provides a strong foundation for creative and design-focused pathways.</p>			

Green Subjects

You may choose one of these OR an additional **red** or **blue** choice.

Health and Social Care

What does the course involve?

Through a combination of practical experience and written assignments, this BTEC course provides students with the knowledge, skills and understanding needed for a career in the health or social care sector. You will develop a range of practical skills and techniques through completing a selection of units that are essential for successful performance in working life.

Who teaches this course?

Mrs V Sims

What will I study in Year 9?

Human lifespan development (theory)
Health and social care services and values (theory)

What will I study in Year 10?

Human lifespan development (coursework assignment)
Health and social care services and values (coursework assignment)

What will I study in Year 11?

Health and wellbeing (external examination)

How is this course assessed?

This course consists of one examined unit (40%) and two internally assessed assignments (30% each)

What do students say about this course?

“This is a great course that teaches you skills and knowledge that can be used within health and child care sectors.”
“Studying health and social care has helped me to communicate with people in the wider community. It will also help me fulfil my dream of becoming a social worker.”
“I love health and social care lessons because they are fun and engaging.”

Attributes for success:

You will be encouraged to always aim high and challenge yourself.
You will need to be organised to complete your coursework assignments.
You will develop your independence in completing the tasks set.

Where can this course take me next?

Midwife, nurse, social worker, paramedic, doctor, counsellor, child minder, nanny, physiotherapist, radiographer, mental health worker, nursery nurse.

Media

What does the course involve?

This exciting new GCSE Media Studies course explores how media is created, consumed and understood in today's world. It covers a range of media forms, including television, film, advertising, magazines, video games and online platforms. On this course you get the chance to study all things media from Fortnite to Taylor Swift. You will also have the opportunity to showcase your skills by creating your own sequence from a new television programme music video or magazine

Who teaches this course?

Miss Davey
Miss Pollock

What will I study in Year 9?

- Introduction to Media Studies
- Media language
- Exploration of Media Industry- Gaming- Fortnite, Film studies- Superheroes, Magazines- GQ, Vogue

What will I study in Year 10?

- Exploration of Crime Drama
- Exploration of Music Videos
- Creating your own media product

What will I study in Year 11?

- Creating your own media product
- Exploration of Media Industry- Newspapers and Radio

How is this course assessed?

Exam board: Eduqas

A mixture of coursework and written exams.

Component 1: Exploring the media (40%)

Component 2: Understanding media forms and Products (30%)

Component 3: Creating Media Products (30%)

What do students say about this course?

"It's really interesting to learn about films and Media from a new perspective"

"It's exciting to learn more about the industry and create our own products"

Attributes for success:

Curiosity about Media
Strong analytical thinking
Creativity

Where can this course take me next?

Digital marketer

Media planner

Runner, broadcasting/film/video

Location manager

Media researcher

Social media manager

Media buyer

Public relations officer

Web content manager

Music

What does the course involve?

You will gain knowledge of how the music industry works as well as developing your own practical skills in creating, performing and producing. You will study popular music through the decades and gain an understanding of how music has progressed as well as the impact that technology has had on music. You will gain a good understanding of music theory and apply it when analysing. In year 11 you will be expected to put your practical skills to use by responding to a commercial brief for your coursework assignment.

Who teaches this course?

Miss Sheldrake
Mrs Scrase

What will I study in Year 9?

Music Theory
Performance
Blues
Rock n Roll
Reggae
Britpop
Creation
Production

What will I study in Year 10?

Music theory
Performance
Minimalism
Motown
Psychedelic Music
Creation
Production

What will I study in Year 11?

My own musical development
How to respond to a commercial brief.

How is this course assessed?

Pearson BTEC

Component 1: 30 %
Component 2: 30%
Component 3: 40%

All components are coursework based where pupils sit the coursework in timed assessment windows. Work is internally marked and externally moderated.

What do students say about this course?

“Learning about musical styles has changed my life for the better”

“Music is the perfect compliment to my other academic subjects”

“I want to go into the music industry when I am older and this course has given me a good understanding of what it involves”

Attributes for success:

Passion for music
Tech Savvy
Open mind

Where can this course take me next?

Professional Musician
Composer
Sound Engineer

Arranger
Studio manager
Musical director

DJ
Aid producer
Tour manager

Roadie
Mastering Engineer
Artist manager

Psychology

What does the course involve?

You will gain an understanding of the different theories of human behaviour and their application to the real world, as well as the process of psychological research.

Who teaches this course?

Mrs Moore

What will I study in Year 9?

- An introduction to Psychology
- Memory
- Research Methods

What will I study in Year 10?

- Developmental Psychology
- Sleep and Dreaming
- Research Methods

What will I study in Year 11?

- Psychological Problems
- Criminal Psychology

How is this course assessed?

The specification we follow is:



This subject is entirely **exam based** with all examinations taking place at the **end of Year 11**.

Component	Marks	Duration	Weighting
Studies and applications in psychology 1 (01)	90	1 hour 30 mins	50%
Studies and applications in psychology 2 (02)	90	1 hour 30 mins	50%

What do students say about this course?

"I like learning how the brain store memories"

"I love learning about things I've never learnt before"

"It's relatable to today's society and I enjoy being able to apply what we learn"

Attributes for success:

A curious mind

A strong interest in Maths and Science

Where can this course take me next?

Teacher

Social Worker

Business

Psychologist

Human Resources

Marketing

Healthcare provider

Counsellor

Media and lots more!

Sports Studies (OCR CNAT in Sports Studies or OCR GCSE PE)

What does the course involve?

This course has two pathways, of which students will study one, or the other.

GCSE PE

You will study how the body works and allows movement as well as the different factors that impact sporting performance. The first paper will cover topics such as the Musculo-skeletal and cardiovascular systems, movement analysis, and fitness training and testing.

In second paper we look at the sports psychology element, sports participation trends and performance enhancing drugs and their effect of athletes and the sport.

Sports Studies

Unit R184 – We look at some of the current issues in sport such as barriers to participation, sporting values, major sporting events and technology in sport.

Unit R185 – Looks at student's sporting performance in their two chosen sports and design a programme to improve their skill level. Students are also look at planning, delivering and evaluating a leadership session.

Unit R187 - We look at what is needed to take part in different outdoor and adventurous activities and where you can do so. We go and take part in in some adventurous activity and look at the benefits of it.

Who teaches this course?

All of the PE team can teach both courses:

Mr Landy
Mr Morris
Miss Mott
Mr Porter
Mr Pugh
Miss Witten

What will I study in Year 9?

GCSE PE

Paper 1 – Anatomy & Physiology

Sports Studies

R185 – Performance and leadership in sport (coursework unit – 40%)

What will I study in Year 10?

GCSE PE

Paper 2 – Socio-cultural issues and sports psychology

Sports Studies

R187 – Increasing awareness of outdoor and adventurous activities (coursework unit – 20%)

What will I study in Year 11?

GCSE PE

Analysis and evaluation of performance (coursework unit) + exam preparation

Sports Studies

R184 – Contemporary issues in sport (exam unit – 40%)

How is this course assessed?

GCSE PE

30% of the course is assessed through practical sport

- This is from 1 individual sport; 1 team sport; then 1 other sport (team or individual).

10% of the course is assessed through coursework.

60% of the course is assessed through exams

- This comes from two, 1-hour exams.

Sports Studies

60% of the course is assessed through coursework (120 marks).

- 50 of the 120 marks are based on practical performance.
- 70 of the 120 marks are assessed through written coursework
- Coursework is submitted at the Easter of year 10.

40% of coursework is assessed through sitting one exam.

- This is exam is a 75-minute exam sat in the January of year 11.

What do students say about this course?

GCSE PE

- Students like the science behind the sport.
- They get to study a wide selection of sports
- The teachers make the theory lessons practical where possible to make it easier to learn.

Sports Studies

- Students often like that the majority of their course is assessed through coursework.
- There is a large amount that is assessed practically
- They like the day trip to Grafham Water in Year 11
- They like the support given both in lessons and after school.

Attributes for success:

- Bring the correct PE kit to all lessons.
- Have an interest in professional sport and watch it regularly.
- Enjoy competitive sport and are part of at least one sports club and playing regularly
- Can take ownership over their work, ensuring they keep up with coursework and revision.

Where can this course take me next?

Sports Coach

Fitness instructor

PE Teacher

Physiotherapy

Sports journalism

Sports leisure management

Sports Development

Professional Sport

Outdoor sports instructor

Travel and Tourism			
What does the course involve?		Who teaches this course?	
<p>It focuses on applied knowledge of the travel industry, including tourism, destinations, customer needs, and global trends</p> <p>This course will help you to develop transferable skills in research, planning, and decision-making.</p>		Mrs Glen	
What will I study in Year 9?	What will I study in Year 10?	What will I study in Year 11?	How is this course assessed?
<p><u>Component 1:</u> UK Travel and Tourism Industry and Organisations Popular visitor destinations in the UK and around the world</p>	<p><u>Component 2:</u> Customer needs in travel and tourism How organisations identify customer needs and trends Meeting the needs of travel and tourism customers</p>	<p><u>Component 3:</u> Influences on global travel and tourism Factors that influence travel and tourism Impact of travel and tourism and sustainability Destination management</p>	<p>Component 1 and 2:</p> <ul style="list-style-type: none"> ➤ Internal assessment (non-exam) – 6 hours supervision ➤ Assignments set by Pearson and are moderated ➤ 60 marks <p>Component 3:</p> <ul style="list-style-type: none"> ➤ Exam (2 hours)
What do students say about this course?			Attributes for success:
<p><i>I like learning about different holiday destinations around the world</i></p> <p><i>It is relatable as my family like going on holiday</i></p> <p><i>I would like to work in the travel industry</i></p>			<p>An interest in the world and places of interest</p> <p>IT skills</p>
Where can this course take me next?			
Travel Agent	Cabin Crew	Tour Guide	Customer Service Agent
Park Ranger	Hotel Manager	Guest Services	Marketing
Cruise Ship Steward	Diver	Heritage Officer	Interpreter
Resort Representative	Tourist Information Officer		

Block A	Block B	Block C
Geography	Geography	Geography
History	History	History
3D Design	Drama	Art*
Photography	Photography	Business
Textiles*	Spanish	Health and Social Care
Business	IT	Media Studies
Psychology	Sports Studies	Music
Sport Studies		Travel and Tourism

***Please not students cannot take both Art and Textiles**

In addition to completing the form online we recommend that you also complete the table below as a record of the subjects you have chosen.

	1 st Choice	Reserve
Option A		
Option B		
Option C		



ABBEY
COLLEGE

In Year 9, students at Abbey College are given the opportunity to start their Bronze Duke of Edinburgh (DofE) Award. The DofE award can offer a life-changing experience for participants. It provides fun times with friends, opportunities to discover new interests and talents, whilst developing essential skills for life and work. The DofE is a recognised mark of achievement, respected by employers.

Students who participate in the Bronze DofE will undertake completing four sections as follows:

BRONZE		<i>PLUS a further 3 months in the Volunteering, Physical or Skills section.</i>
Volunteering	3 months	
Physical	3 months	
Skills	3 months	
Expedition 2 days 1 night		
		
SILVER		<i>Direct entrants must do a further 6 months in the Volunteering, or the longer of the Physical or Skills sections.</i>
Volunteering	6 months	
Physical	one section for 6 months, the other for 3 months	
Skills		
Expedition 3 days 2 nights		
		
GOLD		<i>Direct entrants must do a further 6 months in the Volunteering, or the longer of the Physical or Skills sections.</i>
Volunteering	12 months	
Physical	one section for 12 months, the other for 6 months	
Skills		
Expedition 4 days 3 nights		
		
Residential 5 days 4 nights		

Volunteering – Undertaking service to individuals or the community

Physical – Improving in an area of sport, dance or fitness activity

Skills – Developing practical and social skills and personal interests

Expedition – Planning, training for and completing an adventurous journey

STARTING AGES:



All Awards must be completed by the participant's 25th birthday

For more information please visit:

<https://www.dofe.org/do/>

For ideas for skills, physical, and volunteering sections, please visit:

<https://www.dofe.org/do/ideas/>

If you have any questions about the DofE Award at Abbey College, please get in touch with PLandy@abbey.college

Key Contacts

We encourage you to use this booklet in conjunction with conversations with your tutors, teachers and the CEIAG Team as well as at the Options Evening on the 24th March 2026. However, if you have any queries that you are unable to answer through these means, please contact:

Mrs S Moore – Acting Assistant Head Teacher responsible for the Options Process

SMoore@abbey.college

Mrs K Glen – Year 8 Raising Standards Lead

KGlen@abbey.college

Mrs K Moyes – Lead Learner for Geography

KMoyes@abbey.college

Mr J Patterson – Lead Learner for History

JPatterson@abbey.college

Miss L Sheldrake – Lead Learner for Performing Arts

LSheldrake@abbey.college

Miss Foreman-Bates – Lead Learner for Creative Arts

MForeman-Bates@abbey.college

Miss H Shakespeare – Lead Teacher for MFL

HShakespeare@abbey.college

Mr S Hedges – Lead Learner for Social Sciences

SHedges@abbey.college

Mr A Thompson – Lead Learning for Business Studies/Enterprise (BITE)

AThompson@abbey.college

Mr J Morris – Lead Learner for PE

JMorris@abbey.college

Mrs C Wilson – Careers Coordinator

CWilson@abbey.college

**Your options,
Your journey,
Your future**

