
14+ Options Evening 2026

Year 9 Senior Section events so far:

- Summer Reward challenge
- GCHQ Languages competition
- Serving at Community Tea Party
- Padley centre donations

- Weekly quiz with reward
- Photography competition
- Hindu temple trip
- Football team
- Musical performances
- House plays
- Enterprise day

Y9 PDC programme to date

Behaviour

Banter & Bullying

From failure comes success

Assertiveness

Social media and Online stress

Saving and managing your money

What are my skills ?

Year 9 Senior Section Upcoming Events

- Visit to Beth Shalom
- Chelsea's story
- Theatre production
- Stars in your eyes
- House sing off competition
- End of Year exams (June)

Meet the Pastoral Team

Mr McNamara
Head Teacher

Mrs Ourabi
Senior Deputy Head

Meet the Pastoral Team

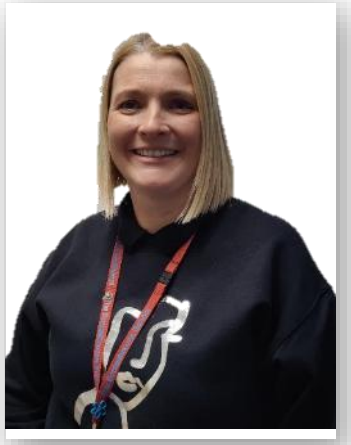
Mr Duncker-Brown
Head of Upper School

Mr Sellers
Head of Year 10

Mrs Dodson
Head of Year 11

Mrs Stott
Head of Year 9

Meet the Pastoral Team



Mrs Parry
Progress Leader

Mrs Laughlin
Progress Leader

Mrs Monk
Pastoral Support and Attendance Officer

Mrs Tanser
Pastoral Support and School Nurse

The Options Process:

- The options process is the first part of the transition from Senior Section to Upper School and plays an important role in determining student's academic pathways.
- Tonight, and the options booklet, are the starting point for students, parents and carers to make their GCSE options choices.
- In the coming weeks students will be supported by the 14+ team from the pastoral team as they make their GCSE option choices.
- Students will receive a guidance interview to help them make the best set of choices.

Guiding principles of our options process:

- To provide a broad and balanced curriculum with a strong academic core within the statutory guidelines;
- To ensure that everyone has access to all the curriculum areas;
- To meet the learning needs of individuals;
- To provide suitable vocational choices for those who will benefit from them;
- High expectations and achievement for all;
- Clear communication with students and parents;
- Students are equipped to meet the future expectations of employers.

Key Dates 2026

- 19th January; Options forms with recommendations distributed
- 30th January; 14+ options choices submitted to tutor
- 2nd February; 14+ interviews with 14+ Team
- 9th February; Final Options choices
- Feb to June; Timetable Constructed

- 2nd March 9 B,C,L,R Parent's evening
- 9th March 9 E,N,S,U Parent's evening

- 22nd -26th June (inclusive) Year 9 Exams

THE SUNDAY TIMES

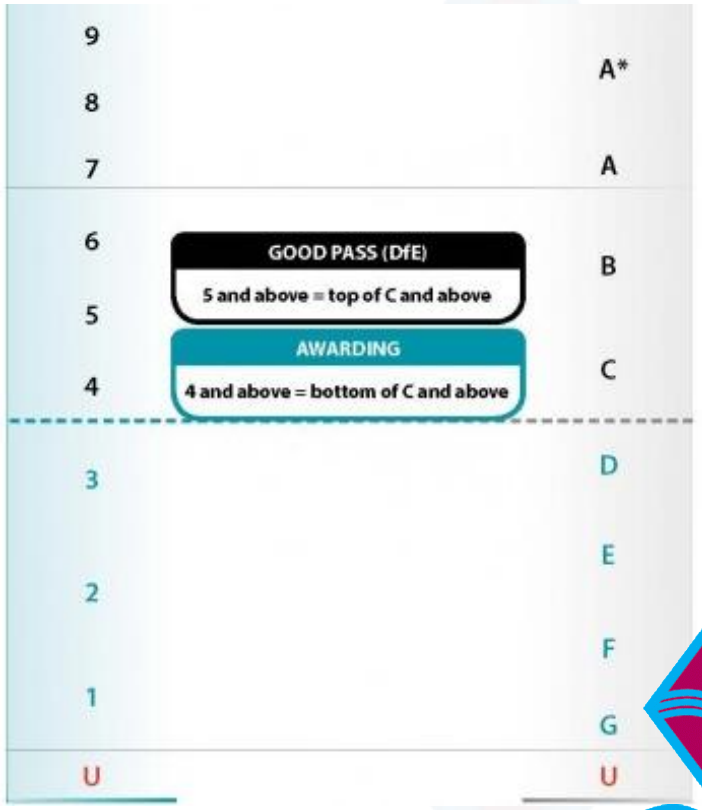
SCHOOLS GUIDE 2025

TOP 10
STATE SCHOOL FOR
ACADEMIC EXCELLENCE
EAST MIDLANDS

GCSE and Technical Qualifications Grading

- GCSE subjects graded 1 to 9.
- BTEC Level 1 Pass to Level 2 Distinction
- Coursework in some subjects and all BTECs/Cambridge Nationals.

Level / Qualification Grade	Grade Equivalent
Level 2 / Distinction*	8.5
Level 2 / Distinction	7
Level 2 / Merit	5.5
Level 2 / Pass	4
Level 1 / Distinction	3
Level 1 / Merit	2
Level 1 / Pass	1.25



Ecclesbourne 14+ GCSE Options

OPTIONS ROUTE A; SEPARATE SCIENCE

Route A
Compulsory Core

YEAR 10

- 3 hours English
- 4 hours Maths
- 6 hours Science
- 1 hour PDC
- 1 hour PE

TOTAL= 14 hours

YEAR 11

- 4 hours English
- 4 hours Maths
- 6 hours Science
- 1 hour PDC
- 1 hour PE
- 1 hour Study/ Enrichment

TOTAL= 18 hours

Route A
Compulsory Core

English & English Literature

+

Mathematics

+

Separate Science
(Biology, Chemistry & Physics)

+

Core PE & PDC/RS

Core 1
Compulsory Curriculum

- Religious Education, Personal Development & Citizenship
  - Drugs and Health Education
  - Sex and Relationships
  - Careers
  - RS; Ethics
- Physical Education
- Enrichment
  - 1 hour in Year 11 is either a Study Period or Duke of Edinburgh award.

Route A
Compulsory Core – Choices 1 and 2

- English & English Literature
- Mathematics
- Separate Science (Biology, Chemistry & Physics)
- Core PE & PDC/RS
- Core 1 Compulsory Curriculum

YEAR 10

- 3 hrs MFL
- 3 hrs Humanities

YEAR 11

- 2 hrs MFL
- 2 hrs Humanities

Ecclesbourne Options – Route A
2 Further Choices

English & English Literature

+

Mathematics

+

Separate Science
(Biology, Chemistry & Physics)

+

Core PE & PDC/RS

Core 1
Compulsory Curriculum

+

French *or* **German** *or* **Spanish**

+

History *or* **Geography**

Core 2
Humanities and Languages

+

2 Further Subjects

- Art & Design
- Drama
- Music
- GCSE PE
- French
- German
- Spanish
- Business
- BTEC IT
- Cambridge National Sports Science
- Computing
- Food & Nutrition
- Resistant Materials
- Textiles
- Religious Studies
- History
- Geography
- BTEC Health & Social Care
- Cambridge National Engineering

Year 10	**Year 11**
3 hrs Free Option 1	2 hrs Free Option 1
3 hrs Free Option 2	2 hrs Free Option 2

2 Free Choices

Ecclesbourne 14+ GCSE Options

OPTIONS ROUTE B; COMBINED SCIENCE

Route B
Compulsory Core

YEAR 10

- 3 hours English
- 4 hours Maths
- 6 hours Science
- 1 hour PDC
- 1 hour PE

TOTAL= 14 hours

YEAR 11

- 4 hours English
- 4 hours Maths
- 6 hours Science
- 1 hour PDC
- 1 hour PE
- 1 hour Study/ Enrichment

TOTAL= 18 hours

Route B
Compulsory Core

English & English Literature

+

Mathematics

+

Combined Science

+

Core PE & PDC/RS

Core 1
Compulsory Curriculum

- Religious Education, Personal Development & Citizenship
  - Drugs and Health Education
  - Sex and Relationships
  - Careers
  - RS; Ethics
- Physical Education
- Enrichment
  - 1 hour in Year 11 is either a Study Period or Duke of Edinburgh award.

Route B
Compulsory Core – Choices 1

English & English Literature

+

Mathematics

+

Combined Science

+

Core PE & PDC/RS

Core 1
Compulsory Curriculum

+

YEAR 10

- 3 hrs Humanities

YEAR 11

- 2 hrs Humanities

Ecclesbourne Options – Route B
3 Further Choices

English & English Literature

+

Mathematics

+

Combined Science

+

Core PE & PDC/RS

Core 1
Compulsory Curriculum

+

History *or* Geography

Core 2
Humanities

+

3 Further Subjects

- Art & Design
- Drama
- Music
- GCSE PE
- French
- German
- Spanish
- Business
- BTEC IT
- Cambridge National Sports Science
- Computing
- Food & Nutrition
- Resistant Materials
- Textiles
- Religious Studies
- History
- Geography
- BTEC Health & Social Care
- Cambridge National Engineering

Year 10	Year 11
3 hrs Humanities*	2 hrs Humanities*
3 hrs Free Option 1	2 hrs Free Option 1
3 hrs Free Option 2	2 hrs Free Option 2
3 hrs Free Option 3	2 hrs Free Option 3

3 Free Choices

Learning Support Option

Why might Learning Support be a good option for Year 10 + 11?

- GCSEs are a big step up in terms of expectations.
- There is pressure from coursework and final examinations.
- Learning Support can give an opportunity for students to have some additional time to spend on fewer subjects.

How can we support?

- Reinforce learning in all subject areas.
- Support coursework.
- Help with literacy and numeracy.

Who?

- Students identified by the Learning Support Faculty.

Options and Balance

Remember to aim for balance and choose subjects that reflect your interests and aptitude

[Options | Ecclesbourne School]

No need to worry

There will be lots of help and advice from the Pastoral Team.

We will offer guidance to ensure options do not close down future career choices or opportunities for further study.

There is plenty of help available

Students can talk to:

- Form Tutor
- Head of Year
- Staff in Senior Section
- Staff in Upper School Office
- Careers Team

Parents:

- If you need help, or just want to talk through options with us then don't hesitate to pick up the phone and give us a ring or drop us an email.

BTEC Tech Award

Health and Social Care

(Level 2) = 1 GCSE

Why Health and Social Care?

1.3 million people are employed full time by NHS England

(September 2023, Office for National Statistics)

317,000 employed in Health or Social Care related jobs in East Midlands

(December 2021, Office for National Statistics)

Course overview

BTEC Tech Award Health and Social Care

Component 1
Human Lifespan Development
(Coursework – 30%)

Component 2
Health and Social Care Services and Values
(Coursework – 30%)

Component 3
Health and Well-Being
(External exam – 40%)

BTEC Tech Award Grading

Level / Qualification Grade	Grade Equivalent
Level 2 / Distinction*	8.5
Level 2 / Distinction	7
Level 2 / Merit	5.5
Level 2 / Pass	4
Level 1 / Distinction	3
Level 1 / Merit	2
Level 1 / Pass	1.25

How will you be assessed?

- Apply what you have learnt to **scenarios and case studies**
- A mixture of **written coursework and written exam content**

Are you interested in…?

- ✓ Learning more about **physical and mental health & wellbeing** of individuals with a range of needs
- ✓ Understanding the **barriers individuals face**, such as where they live or not speaking English
- ✓ **Learning strategies and ways to support individuals** to overcome or reduce these barriers
- ✓ Developing **communication skills** e.g. learning some sign language
- ✓ Gaining skills on **time management** (deadlines!)

Examples of how you will be assessed

Case study 1

Reema is 82 years old and is a resident in Cherrybrook Care Home. She is a wheelchair user with some hearing loss. Reema enjoys gardening and painting, although she finds this more difficult since she developed arthritis.

You are a care worker supporting Reema

1. Identify Reema's needs
2. Explain ways you could help to support Reema
3. What other health or social care professionals could help to support Reema? Explain how.

Case study 2

Kian is 4 years old and has recently joined Big Smiles Nursery. Kian is very quiet and shy, his family have only recently moved to the area. He lives with his dad and older sister, 10 years old. Kian's sister has down's syndrome.

You are a nursery worker supporting Kian

1. List 3 professionals that could help support Kian and his family
2. Research and explain financial support that Kian's family might be able to access

Component 1:
Human Lifespan Development

1. Physical, intellectual, emotional and social **growth** from birth to late adulthood
2. **Factors** (e.g. economic, social, physical) **which affect human development**
3. **Life events** and changes such as divorce, bereavement
4. **Support for life events** and changes

Internally assessed coursework
30% of final grade
Completed during Year 10

Component 2:
Health and Social Care Services and Values

1. Different health and social care **services**
2. **Barriers** to accessing services (e.g. psychological, physical, economic)
3. **Care Values** and how to demonstrate them

Internally assessed coursework
30% of final grade
Completed in Year 11

Component 3: Health and Well-Being

1. **Lifestyle** choices and well-being
2. **Health indicators**
3. **Measures of health**
4. Treatment and care plans

Externally assessed exam in summer of Year 11
40% of final grade

Where can Health and Social Care lead?

Health care

- Nurses and midwives
- Paramedic
- Occupational therapist
- Speech and language therapist
- Physiotherapist
- Home support workers
- Administration staff

➢Study at Level 3 (A Level)

➢Career pathways

Social care

- Social worker
- Family support worker
- Care home manager
- Foster carer
- Nursery worker
- Residential support worker

Two computer based options choices:

GCSE Computer Science

BTEC Tech Award in Digital Information Technology

- Learn to program using Python
- Brilliant if you enjoy problem solving and the programming elements of the course
- Often people who are good at Maths do well at Computer Science
- Important if you wish to pursue Computer Science at A-Level, wish to study it at University or would like a job which requires programming

- Assessment is two exams at the end of Year 11:
  1. Paper 1: Programming
  2. Paper 2: Computer Science Theory

BTEC Tech Award in Digital Information Technology

- Learn how to make:
  - Professional user interfaces in PowerPoint
  - Complex data models using Microsoft Excel
- Brilliant if you enjoy doing coursework rather than just focussing on an exam.
- Important if you wish to develop your ICT skills further but do not wish to learn how to program.

Assessment:

- 2 Pieces of course work done in class are worth 60% of the final grade
- 1 theory exam in Year 11 worth 40% of the final grade

Frequently Asked Questions

- Can students I take both subjects?
  - Yes, you can if timetabling allows
- Is there any overlap between the two subjects?
  - No, they are completely different
- What is a BTEC?
  - A BTEC is a practical subject which includes coursework and is graded Pass, Merit and Distinction, a GCSE is a traditional exam-based subject graded 1-9

Why study GCSE Business?

Inevitably when you leave school you will either become an employee for a business/organisation or own your own business!

GCSE Business will give you the **transferable skills** such as:

- communication,
- decision making,
- numeracy,
- presentation and
- generally understanding how an organisation operates!

The world is constantly changing and the **jobs** that you will have as adults might **not yet exist**

GCSE Business will give you the opportunity to develop the skills you need to thrive!

GCSE Business

AQA
Realising potential

GCSE
BUSINESS
(8132)

How will I be assessed:

Two exams at the end of the course – no coursework

Paper 1 – Business in the real world, influences on business, operations and human resources

Paper 2 - Business in the real world, influences on business, marketing and finance

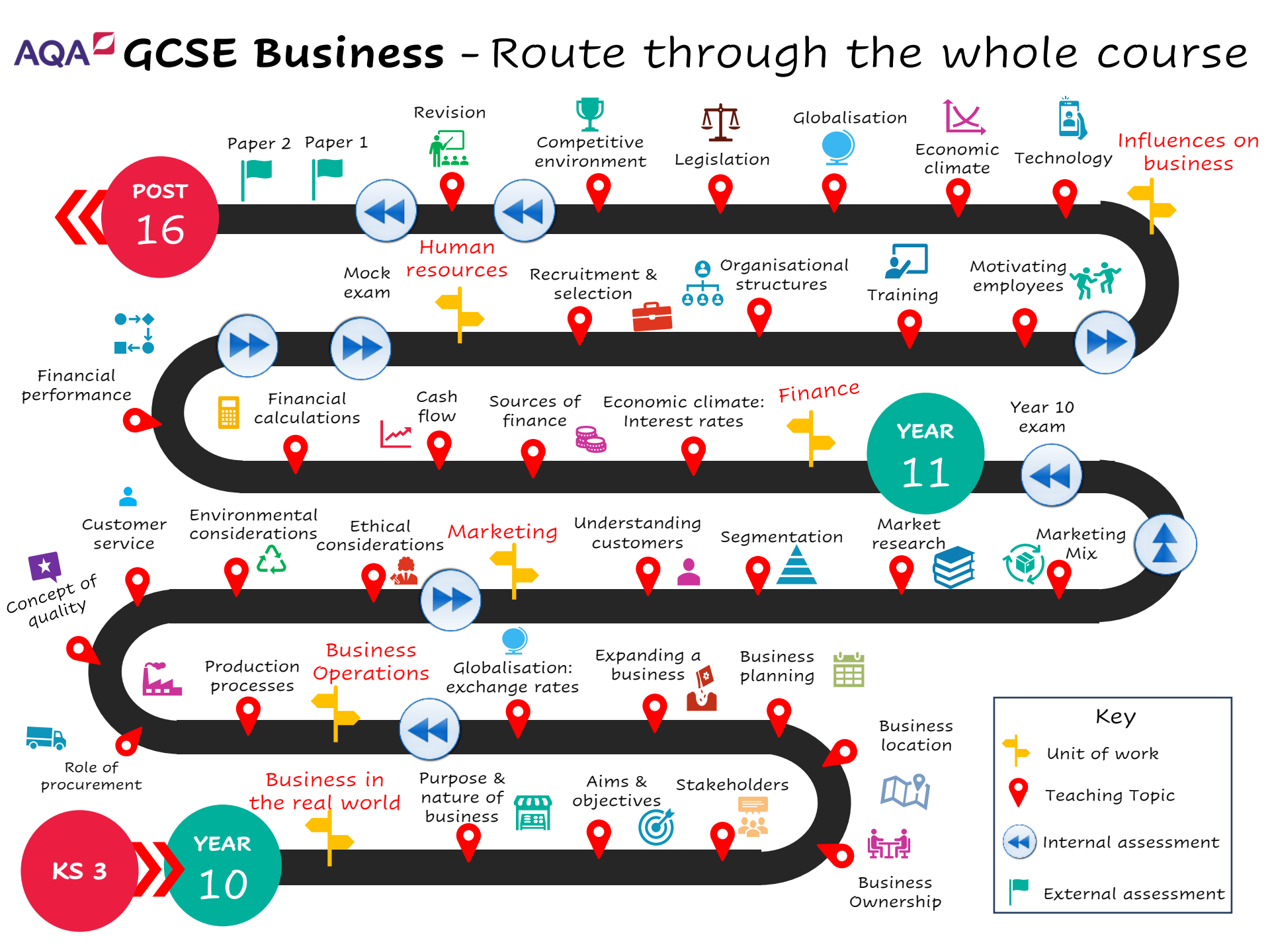
How it's assessed

- Written exam: 1 hour 45 minutes
- 90 marks
- 50% of GCSE

Questions

- Section A has multiple choice questions and short answer questions worth 20 marks.
- Section B has one case study/data response stimuli with questions worth approximately 34 marks.
- Section C has one case study/data response stimuli with questions worth approximately 36 marks.

AQA GCSE Business – Route through the whole course



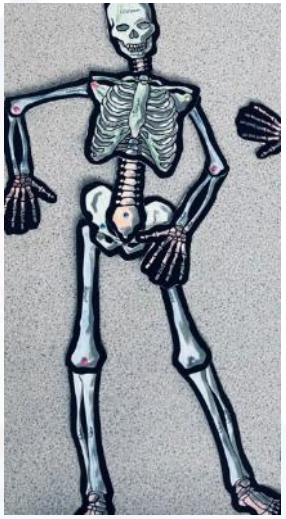
Course Overview and Assessment

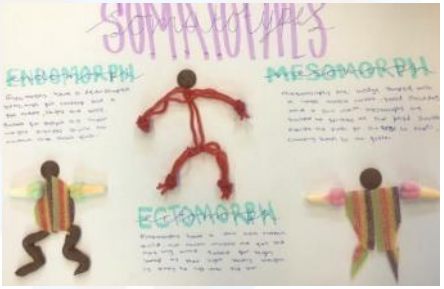
There are 3 components to GCSE Physical Education:

Component 1 - The Human Body and Movement in Physical Activity and Sport

- Movement analysis
- Physical training
- Applied anatomy and physiology

Assessment: Written exam 1 - 1 hour 15 mins (30%)





Component 2 - Socio-Cultural Influences and Well-being in Physical Activity and Sport

- Health, fitness and well-being
- Sports psychology
- Socio-cultural influences
- Written exam 2- 1 hour 15 mins (30%)

Component 3 - Non-Exam Assessment

- Practical assessment in individual and team activities 30%
- Written Coursework 10%

Practical Assessment

- Students have to be assessed in 3 activities from the list within the AQA specification.
- One activity must be from the individual list and one from the team list. The third activity can be from either list.
- The written coursework is on one sporting activity from the specification.

OCR Cambridge National Certificate in Sport Science Level 2

Course outline

Three units to be completed over the 2 years:

- **Unit R180**
  Reducing the risk of sports injuries 40%
- **Unit R181**
  Applying the principles of training 40%
- **Unit R185**

  Sports Nutrition 20%

YEAR 12

By the end of Year 11:

- Understand and apply the fundamental principles and concepts of Sport Science.
- Develop learning and practical skills that can be applied to real-life contexts and work situations
- Develop independence and confidence in using skills that are relevant to the Exercise, Physical Activity, Sport and Health sector and more widely
- Prepare participants for physical activity in ways which keeps them safe as well as learning how to react should injuries happen and how to recognise common medical conditions
- Develop the skills of team working, research and planning to enhance sports performance.

BTEC Sport Level 3 at Sixth Form

Further education college – A levels, sport specific studies.

Apprenticeships

Reducing risk, treatment and rehabilitation of sports injuries and medical conditions

Causes, symptoms and treatment of medical conditions

Summer Exam

Different types and causes of sports injuries

Warm up and cooldown routines

Different factors which reduce the risk and severity of injury

Topic 3 – Reducing the risk of sports injuries

How nutritional behaviours can be managed to improve sports performance.

YEAR 11

Topic 2 – Nutrition and Sports Performance

Nutrients needed for a healthy, balanced nutrition plan.

Applying differing dietary requirements to varying types of sporting activity.

Developing a balanced nutrient plan for a selected sporting activity.

By the end of year 10:

- Prepare participants for physical activity in ways which keeps them safe as well as learning how to react should injuries happen and how to recognise common medical conditions
- Learn how to conduct fitness tests, including interpreting and feeding back on the data you get from these as well as how to design, implement and evaluate fitness training programmes.
- Delve into the world of sports nutrition to understand how what we eat can impact our performance in sport.

Evaluate own performance in planning and delivery of a fitness training programme.

SPOR & FITT

Organising and planning a fitness training programme

Principles of Training in Sport

Topic 1- Components of fitness applied in sport

YEAR 10

UNIT 1: Reducing the risk of sports injuries and dealing with common medical conditions

This unit is assessed by an exam.

By completing this unit, you will prepare to take part in physical activity in a way which minimises the risk of injuries occurring. It will also prepare you to know how to react to common injuries, and how to recognise the symptoms of some common medical conditions.

Topics that you study will include:

- Different factors which influence the risk and severity of injury
- Warm up and cool down routines
- Different types and causes of sports injuries
- Reducing risk, treatment and rehabilitation of sports injuries and medical conditions
- Causes, symptoms and treatment of medical conditions

UNIT 2: Applying the principles of training, fitness and how it affects skill performance

This unit is assessed by a set assignment and practical application:

By completing this unit, you will conduct a range of fitness tests, understand what they test, and their advantages and disadvantages. You will also learn how to design, plan and evaluate a fitness training programme. You will then interpret the data collected from these fitness tests and learn how best to feed this back.

Topics include:

- Components of fitness applied in sport
- Principles of training in sport
- Organising and planning a fitness training programme
- Evaluate own performance in planning and delivery of a fitness training programme

R183: Nutrition and sports performance

This is assessed by a set assignment.

By completing this unit, you will gain understanding of healthy, balanced nutrition. You will consider the necessity of certain nutrients and their role in enabling effective performance in different sporting activities. The knowledge you gain will be used to produce an appropriate, effective nutrition plan for a performer.

Topics include:

- Nutrients needed for a healthy, balanced nutrition plan.
- Applying differing dietary requirements to varying types of sporting activity
- Developing a balanced nutrition plan for a selected sporting activity
- How nutritional behaviours can be managed to improve performance.

Comparisons with two sports courses:

- GCSE PE & Sports Science both have the **same amount** of practical time.
- **Both** courses are worth a full GCSE.
- **Both** will give you a pathway through into the 6th form to study sport, **no dead ends.**

Comparison

GCSE PE

- ✓ Equivalent to one full GCSE
- ✓ 1 x GCSE PE practical lesson per week
- ✓ 2 x GCSE PE theory lessons per week
- ✓ (You also get one core PE lesson per week that everyone in Year 10 completes).

Assessment:

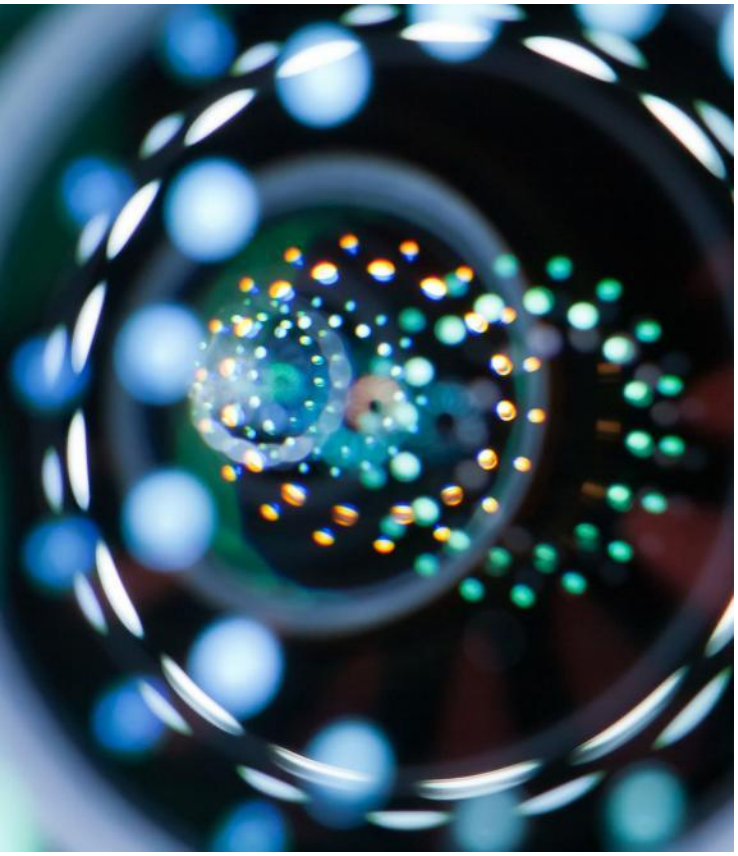
- 60% Theory (two exams in Year 11).
- 10% coursework
- 30% Practical (three sports)

Sports Science

- ✓ Equivalent to one full GCSE
- ✓ 1 x Sports Science practical lesson per week
- ✓ 2 x Sports Science theory lessons per week
- ✓ (You also get one core PE lesson per week that everyone in Year 10 completes).

Assessment

- 40% Theory (one exam in Year 11).
- 60% Coursework (two units completed including assessment in two sports)



GCSE Design and Technology: Resistant Materials

What do all these items have in common?

Design and Technology; Resistant Materials

- What is D&T – and why do we need it? (youtube.com)

- Offers an opportunity to apply maths, science and problem solving skills to a range of mini projects and practical work in both Year 10 and 11.
- 50/50 Split of coursework (NEA) and exam
- Exam is sat in the summer of Year 11.
- NEA starts in the summer term of Year 10 and runs till Easter of Year 11.
- NEA, you get to choose what you design and make from one of three contexts, e.g., Storing and securing items for 2023-24.
- Cover three main areas in the exam:
  - Core principles- All materials knowledge
  - Specialist principles
  - Design and make principles.

Resistant Materials; What is involved?

- Material focus: Timbers, plastics and metals.
- CAD: TinkerCAD, Fusion 360 and 2D Design
- Design/projects: Furniture, storage devices, decorative items, Interior design, engineering, Architecture, Product design.

- Resistant Material Projects:

Cambridge National Level 2 in Engineering Manufacture

Overview

Who is the course aimed at?

- The **OCR Cambridge National Level 2 in Engineering** qualification is designed for students who are interested in pursuing a career in engineering or further studies in the field.
- It provides a practical and theoretical understanding of various engineering concepts, offering a solid foundation in the core principles of the industry.

The course is divided into units, covering topics such as:

1. Engineering Technical Drawings
2. Manufacturing Processes
3. Materials and their Properties
4. Engineering Maintenance
5. The application of modern engineering technology

Assessment

- **Core units** are assessed through **controlled assessments** (practical tasks).
  - 2 NEA based tasks, when combined make up 60% of the students grade.
- **External exams** used to test theoretical knowledge on topic areas of the syllabus.
  - This makes up the remaining 40% of a students final grade.

Practical and theoretical learning

- Students will develop hands-on skills through practical tasks while also gaining the ability to apply theory to real-world engineering problems.
- NEA tasks focus on application of practical knowledge and design skills being applied to a given either set of instructions or technical drawing.

Progression

Progression:

This qualification is suitable for those wanting to enter the workforce in various engineering roles, such as manufacturing, design, and technical support, or continue further education, such as apprenticeships or A-Level study in related fields, e.g. A-level product design or Apprenticeships.

- Equivalent to a GCSE, meaning it is ideal for students in secondary education (ages 14-16) who want to explore engineering in depth before choosing their next steps.

D+T Vs Engineering

	OCR Cambridge Nationals Engineering Manufacture (J823)	AQA GCSE Design & Technology – Resistant Materials (8552)
Qualification Type	Technical / vocational	Academic GCSE
Content Focus	Manufacturing processes, materials & production skills	Broad design, materials & making with creative design emphasis
Maths	Embedded in practical tasks and NEA work; not in exam.	15% maths based questions in exam as well as imbedded in practical tasks and NEA work.
Assessment	1 exam + practical NEA units	1 written exam + 1 substantial design portfolio & 1 make task
Skills Developed	Practical engineering, manufacturing planning	Design thinking, innovation, prototyping, evaluation
Progression Routes	Engineering apprenticeships, vocational study within manufacturing industries	A-Level Product design, interior design, architecture, STEM academic routes

GCSE Food Preparation & Nutrition

GCSE Food Preparation and Nutrition aims to equip students with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating.

GCSE Food Preparation & Nutrition: Content

- The main emphasis is the development of strong practical cookery skills and techniques and a good understanding of nutrition.
- You will discover the essentials of food science, nutrition and how to cook. You will understand the huge global challenges that we face to supply the world with nutritious and safe food.
- It is another step towards creating a healthier society and improving the nation's cooking skills as well as setting some students on the path to careers in the food and hospitality industry.

GCSE Food Preparation & Nutrition: Assessment

Food Preparation and Nutrition written exam

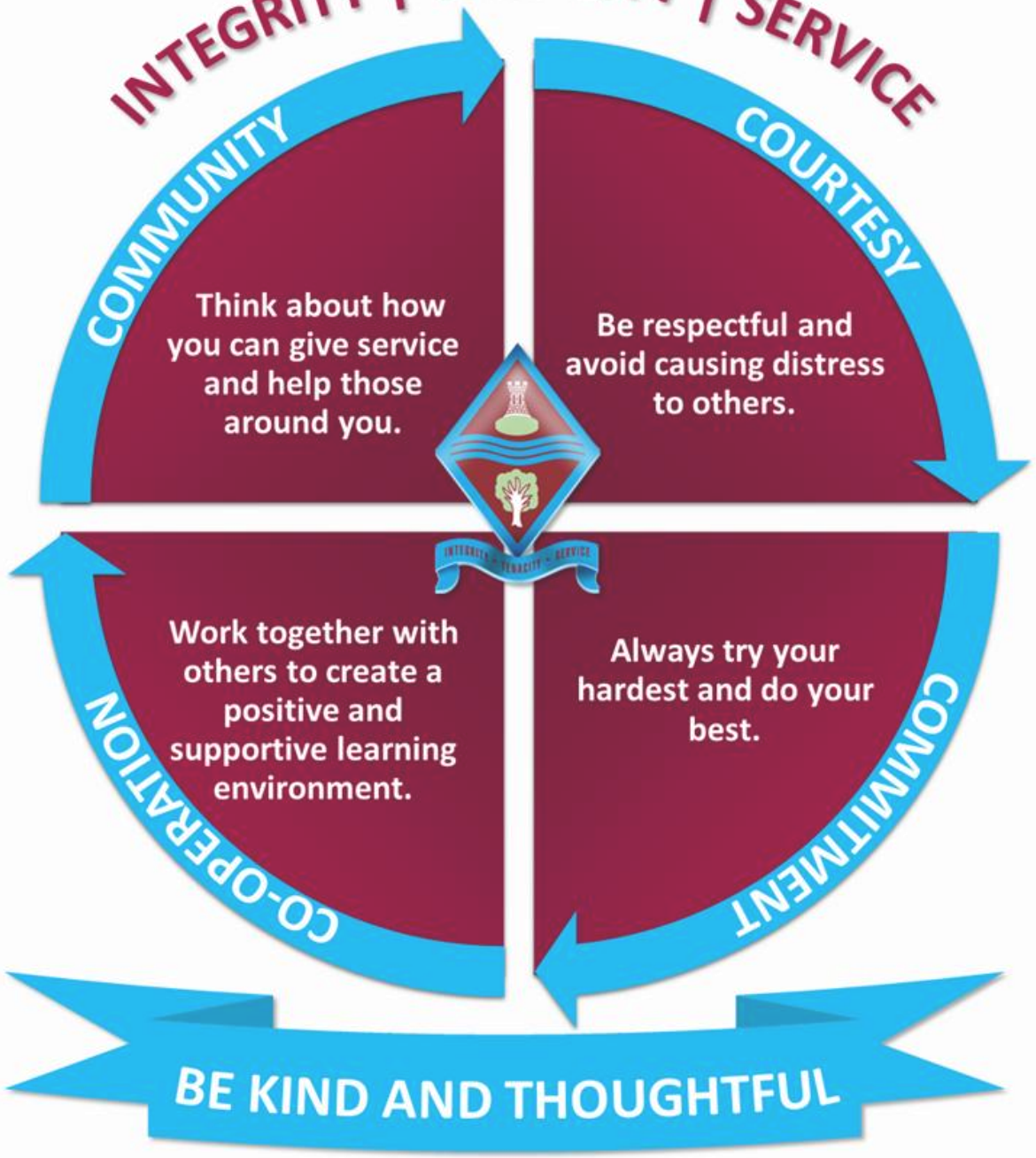
- 1 hour 30 minutes **50%** of total GCSE

Food Investigation Task (Scientific investigation)

- 45 marks
- Non-examined assessment (NEA) **15%** of total GCSE

Food Preparation Task (Prepare 3 dishes in 3 hours)

- 105 marks
- Non-examined assessment (NEA) **35%** of total GCSE


INTEGRITY | TENACITY | SERVICE
COMMUNITY
Think about how you can give service and help those around you.
COURTESY
Be respectful and avoid causing distress to others.
CO-OPERATION
Work together with others to create a positive and supportive learning environment.
COMMITMENT
Always try your hardest and do your best.
BE KIND AND THOUGHTFUL