



PREPARING FOR ADULTHOOD

DREAMS & ASPIRATIONS

2022 - 2023



Horizons Specialist Academy Trust
Providing infinite opportunities



**Abbey Hill
Academy**

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Information:

Information is correct at the time of publication in May 2022.

Further information about the Academy is available on the school website

www.abbeyhill.horizontrust.org.uk

PREPARING FOR ADULTHOOD: DREAMS AND ASPIRATIONS

You are about to make some important decisions. At the start of Year 10 you begin the courses that will result in you gaining your first set of qualifications. These qualifications will then help you move onto your next step towards achieving your DREAMS and ASPIRATIONS, PREPARING YOU FOR ADULTHOOD.

Abbey Hill Academy wants you to leave Year 11 with the best set of qualifications you could ever hope for and we will work together to help you achieve them in a range of subject areas that you love. This is the first stage in that process; helping you choose the right subjects. It is important you get these decisions right and that is why we believe that we should make these choices together.

How will this booklet help me?

It contains all the information you need to know about:

- All the core subjects and options that you can choose from
- How to apply for the options you want to do.

What subjects do I have to take?

The subjects that everyone studies over two years in Key Stage 4 are called CORE subjects. These are:

ENGLISH
MATHEMATICS
SCIENCE
ART
PHYSICAL EDUCATION (PE)
ICT
PERSONAL, SOCIAL AND HEALTH EDUCATION (PSHE)

Please note: All of you will be working towards an accreditation that meets your needs and expected progress.

Do I get a choice of what I do?

YES, but there are some simple GUIDELINES that you must follow to make sure you choose option subjects that are the right ones for you.

How many choices do I have?

You need to choose **TWO** option subjects each year in Key Stage 4. You will need to choose a Tuesday option and a Thursday option. You will be asked to make a reserve choice just in case for each option.

What are the GUIDELINES?

We have learnt a lot by listening to what previous students and parents have said to us about our option choices. Therefore, we have picked a range of vocational subjects and we will help guide you along a pathway to make sure you follow courses that will get you the best results possible for you and your future.

Where can I get more information, advice and guidance?

We have planned a lot of help for you:

- This booklet for all of the information you need
- Time to discuss options with your tutor in school
- A Preparing for Adulthood: dreams and aspirations event on Thursday 16th June 2022

You have until **Monday 20th June 2022** to make up your mind, so don't rush into making your decisions - talk about it with your parents/carers and your tutor. When you have decided, complete the options form, get it checked and signed by your parent/carer, then hand it to us.

Then what?

We will then go through all the forms to make sure they have been completed properly.

Does everyone get what they wanted?

We make every effort to make everyone's choices fit. However, this is sometimes not possible, either because the combinations will not fit into the timetable or, because not enough people have chosen a subject for it to run. That is why we ask you to make a reserve choice, which we will use if we have to.

Is there anything else I need to know?

We have based this booklet on the most up-to-date information available at the time of writing but we reserve the right to change as, and when appropriate. Any changes will be in the best interests of our students. And don't worry; we will let you know if we have to change anything.

NEW for 2022/23!

Your exciting option courses for September 2022 offer a wide range of opportunity and vocational experience. Grading will be based on:

- Entry Level 1
- Entry Level 2
- Entry Level 3
- Level 1
- Level 2

Over the next two years, the aim will be for you to work towards success in a suite of qualifications that are right for you.

Each option subject will give you insight into the world of work as well as challenge you academically.

We know that as an Academy, we are offering you the best suite of qualifications to PREPARE YOU FOR ADULTHOOD and we have listened to your DREAMS and ASPIRATIONS. We know you are going to enjoy our new Key Stage 4 options subjects and gain valuable knowledge and skills that will stay with you and benefit you forever.

SUPPORT AND GUIDANCE

You are not alone if you find the idea of making your choices a bit scary, but it is actually your opportunity to take control of your education and shape the way you want your future to be.

The options you choose will affect how you spend your time in the Academy for the next couple of years. The choices you make also influence the course or job you decide to do in the future, as you become an adult.

You can speak to your tutor and our teaching staff to help you make an informed decision. Your parents/carers will be a great source of support too because they know everything about you.

Academy Careers Education, Information, Advice & Guidance

CEAIG helps young people to become more independent and to be able to manage their personal and career development, including learning.

The members of staff in school who support with CEIAG are:

- Melissa Fisher
- Lynsey Thornton

External Support

Youth Direction is a borough wide support service that will provide advice and guidance to help you make choices for the future.

Telephone: 01642 677600

Address: 3rd Floor, Kingsway House, West Precinct, Billingham, TS23 2NX

Email: youthdirection@stockton.gov.uk

CORE SUBJECTS

- English
- Mathematics
- Science
- Art
- Physical Education (PE)
- ICT
- Personal, Social and Health Education (PSHE)

QUALIFICATION: Step up to **English** AQA Silver or Gold Entry Level (2yr course)

What will I learn?

Step up to English is based on the criteria for the GCSE English Language course. It concentrates on the three main elements: Reading, Writing, Speaking and Listening.

Reading and comprehension: Identifying and interpreting themes, ideas and information in literature and other writing; reading in different ways for different purposes and comparing and evaluating content for these purposes; drawing inferences; expressing a point of view sometimes supported by evidence; commenting on writer's choice of vocabulary and form as well as grammatical and structural features; identifying similarities and differences between two texts.

Writing: Writing for different purposes and audiences; to describe, narrate, explain, instruct, give and respond to information, and argue; selecting vocabulary, grammar, form and structural and organisational features to reflect audience, purpose and context; using language imaginatively and creatively; using information provided by others to write in different forms; maintaining a consistent point of view; maintaining coherence and consistency across a text; selecting, organising and emphasising facts, ideas and key points; creating emotional impact; using language creatively, imaginatively and persuasively.

Speaking and Listening: Selecting and organising information and ideas effectively and persuasively for prepared spoken presentations; planning effectively for different purposes and audiences; making presentations and speeches; listening to and responding appropriately to any questions and feedback; expressing ideas using Standard English whenever and wherever appropriate.

What activities will I do?

You will follow a course of study, which will encourage you to use your imagination and to develop a variety of writing styles. You will be encouraged to read a variety of texts, for example a leaflet, a magazine article or a web page.

How will I be assessed?

You will be assessed using three AQA externally set papers. These can be completed at any point in the course.

QUALIFICATION: AQA Mathematics Entry Level (2yr course)

What will I study?

The maths we learn builds basic, relevant skills that give you the chance to build your confidence by achieving a recognised maths qualification. It can also work as a first step towards achieving a GCSE.

Throughout Year 10 and 11 you will study 8 different components that make up the qualification:

1. Properties of Number
2. The Four Operations
3. Ratio
4. Money
5. Calendar and Time
6. Measures
7. Geometry
8. Statistics

What activities will I do?

Classroom based lessons and research lessons, which include different styles of learning. Internet maths based software, maths games, maths videos / clips, power points, worksheets, class exercises, demonstrations, practical work, observations, and more.

How will I be assessed?

Each of the 8 components are assessed individually. Assessment is both internal and external.

Internal - through, work in class, through exercise books, taking photos of work and other ways of recording achievement

External – Through exam, papers that are taken after students have been taught specific components.



What is the Level 1 / Level 2 Award in Number and Measure?

- The Level 1 course is the next step in progression for those students who have secured Entry Level 3 in Mathematics.
- The content in the course is a sub-set of the GCSE Mathematics content.
- The course helps to build students' confidence when using mathematics.
- The course helps develop a proficiency in number and measures to support progression to further studies, the workplace or training.
- The course is available at Level 1 and Level 2, with clear progression between the levels.

The Level 1 / level 2 course helps students who need to develop their basic mathematical skills and build confidence in the subject before progressing to GCSE Mathematics.

Overview of content:

- Number
- Measures
- Charts and graphs

You will work on your knowledge, skills and understanding of:

1. Integers
2. Decimals
3. Approximation
4. Fractions
5. Percentages
6. Ratio and proportion (Level 2 only)
7. Money
8. Time
9. Measures
10. Area and Perimeter
11. Volume
12. Tables and Charts

What activities will I do?

Classroom based lessons and research lessons, which include different styles of learning. Internet maths based software, maths games, maths videos / clips, power points, worksheets, class exercises, demonstrations, practical work, observations, and more.

How will I be assessed?

External – Exam papers are split into two sections.

Section A, which lasts for 1 hour and Section B, which lasts for 30 minutes.
Section A is calculator allowed, and Section B is non-calculator.

QUALIFICATION: AQA Science Entry Level (2yr course)

What will I learn?

In science, we offer three different levels of qualifications:

AQA Entry Level Science

In science, most of you will follow the AQA entry-level pathway. In this course, you will learn about the human body in more detail, investigate different types of energy and study the chemistry of materials. This qualification will help prepare you for any science-based qualification that you might study at college.

Open Award Level 1 Science

For those students that achieve high entry 3 you will also get the opportunity to study a selection of Level 1 units in year 11. These units include understanding the reactions of acids and exploring the universe. These units will provide you with an excellent foundation to move on to study GCSE science at our sixth form college.

Open Award Entry 2 Understanding my World and Open Award Entry 3 Environmental Science

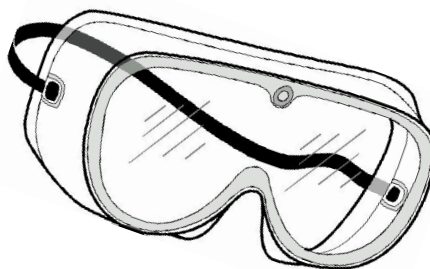
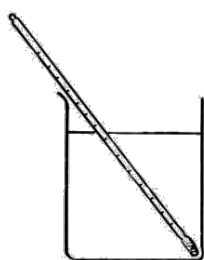
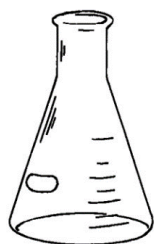
For those of you that would benefit from a more vocational science qualification we offer an entry 2 and 3 open award in environmental science. As part of this course, you will get to work in the woodland and the school gardens. You will learn about different plants and get the opportunity to grow a variety of crops. In addition to this, we will also go out into the local community and help improve our local area.

What activities will I do?

You will complete a mixture of paper based and practical activities aimed to engage you in the development of key scientific skills and knowledge that you require you gain your qualification and prepare you for the next stage of your education.

How will I be assessed?

For the AQA science qualification, you will complete three practical assessment and three end of unit tests. For those of you that are following our open award qualifications assessment is continual. Over the course, you will complete a number of workbooks that will demonstrate your understanding of the assessment criteria.



QUALIFICATION: Art Entry Level (2yr course)

What will I learn?

Students will:

- Study a range of artists, reflect upon the styles and materials used by those artists and use that inspiration to create their own pieces of artwork.
- Create a sketchbook of research and ideas.
- Create a portfolio of work demonstrating the artistic journey followed.



What activities will I do?

You will be asked to use a range of media and tools within art, learning new and exciting techniques. At the end of each piece you will complete an evaluation and review your own work.

How will I be assessed?

Final assessment will be through the collation of a portfolio of work and your personal sketchbook.

QUALIFICATION: OCR Physical Education (PE) Entry Level (2yr course)

What will I learn?

Throughout Key Stage 4, you will be completing a qualification in OCR Entry Level PE. In lessons, you will be covering a range of sports including basketball, football, rounders, handball, cricket, boccia and athletics.

What activities will I do?

You will take part in a wide range of sports in a range of contexts. We want you to experience as much as possible so you can then make an informed decision on the sport or sports you wish to continue to pursue into adulthood.

How will I be assessed?

Your highest scores from 4 different sports will be assessed along with your ability to analyse a sports performance. If you take part in sports outside of school, with video evidence, this can also be used as part of your final assessment. Students last year submitted video evidence from sports such as boxing, trampolining and dance. We can also use your participation in after school sports clubs, family holidays and other school options to assess the range of sports you participate in, including sports such as horse riding, karate and skiing.

QUALIFICATION: Edexcel Functional Skills ICT Entry Level (2yr course)

What will I learn?

- How to use ICT
- How to find and select information
- How to present and communicate information in a range of ways using ICT

What activities will I do?

- Use software application and interface features
- Tasks related to Microsoft Office
- Create information for a range of audiences
- Check the accuracy of information

How will I be assessed?

This is an internally assessed course. Each of the 3 Entry Level exams are on-demand exams that require you to carry out specific tasks using familiar computer software.



QUALIFICATION: Open Award (2yr course) PSHE

What will I learn?

As part of your PSHE programme, you will complete a range of units towards an Open Award Certificate. These skills will help you understand yourself better as you develop into an adult. It is not easy being a teenager and this qualification will support you on your journey to becoming a self-aware, responsible and positive adult

You will learn a range of interpersonal skills:

- Listening and responding
- Communicating with others
- Following instructions
- Building positive relationships
- Developing assertiveness
- Anger management
- Building self-esteem and confidence

You will also spend time looking at career options, preparing for work, applying for jobs and courses, taking part in practise interviews, developing enterprise skills and using public transport.

The qualification will be totally personalised for individual students, taking account of their specific needs and aspirations.

What activities will I do?

You will take part in trips and visits, role-play, team games, individual tasks, speaking and listening activities and a range of other planned sessions to offer you new experiences that enhance learning. Visiting speakers will also add to your learning opportunities.

How will I be assessed?

You will complete a number of assessment tasks that will build credits towards your certificate. These tasks can be evidenced in a number of ways:

- Photographic evidence
- Transcripts
- Worksheets
- Video
- Witness statements
- Peer statements
- Question and answer records

Please note: All of you will be working towards an accreditation that meets your needs and expected progress in core areas. This may involve Level 1.2 or GCSE opportunities. Your teachers will speak to you individually about this.

OPTION SUBJECTS

Each option subject will provide you with a discreet qualification at the right level for you:

- Adventure
- Computing
- Food, Drink and Hospitality
- Hair and Beauty
- Horticulture
- Performing Arts
- Photography
- Product Design
- Sport & Leisure



ADVENTURE

What will I learn?

- How to take full advantage of being outdoors
- How to take controlled risks
- How to push your limits

What activities will I do?

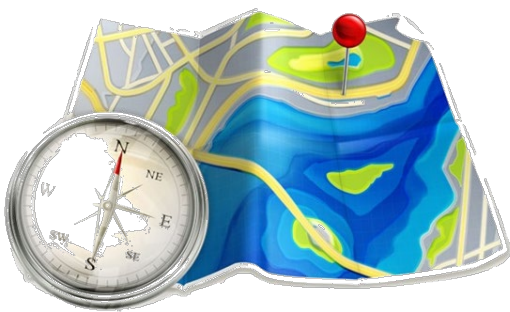
- Mountain biking
- Walking
- Climbing and bouldering
- Bush craft

Is this course right for me?

- Yes, if you are prepared to challenge yourself
- Yes, if you like to be outdoors in all weathers
- Yes, if you can work as a team
- Yes, if you are prepared to lead activities in a safe and controlled manner

Where will it lead?

- Jobs in the leisure industry
- Specific outdoor activity instructor training qualifications
- Jobs in retail



COMPUTING

What will I learn?

- How to use a range of computing key terms
- Career opportunities for people with strong IT skills
- IT solutions to apply to different scenarios

What activities will I do?

- Build, apply and extend software skills
- Find out how technology is used by different users
- Use emerging technologies for a specific purpose
- Consider how to respond to a range of computing problems
- Use own experiences to consider computer game design

Is this course for me?

- Yes, if you are passionate about new technologies
- Yes, if you interested in learning new, innovative computing skills
- Yes, if you want to carry out your own projects using technology and software

Where will it lead?

- Jobs in ICT related fields
- Work in administration
- Internet based business opportunities
- Further qualifications specific to ICT development



FOOD, DRINK AND HOSPITALITY

What will I learn?

- A range of cooking techniques
- How to plan a meal
- How to cook on a budget
- How to prepare balanced meals
- How to prepare dishes for other people as well as yourself
- How to follow a recipe
- How to modify a recipe to suit your own taste



What activities will I do?

- Taste testing activities
- Prepare a range of ingredients
- Cook a range of foods
- Select and, where appropriate modify recipes to suit your taste
- Prepare shopping lists
- Calculate food costs



Is this course for me?

- Yes, if you enjoy learning about ingredients and foods
- Yes, if you would like to develop your cookery skills
- Yes, if you are interested in planning and preparing balanced meals

Where will it lead?

- Work in the hospitality and catering industries
- Further food hygiene and cookery qualifications



HAIR AND BEAUTY

What will I learn?

You will learn about the beauty industry.

- Hair and make-up techniques
- Personal care and customer service

You will learn how to take care of your own appearance and health.

- Personal hygiene and self-care
- Daily routines

You will learn about design and how to use colour in a creative way.

- Creating new looks
- Considering the personal features of a client
- How to highlight our strengths
- Self confidence

What activities will I do?

- Visit local businesses
- Prepare the salon
- Practice new techniques on each other
- Offer a salon service to friends and family
- Practice all aspects of customer care



Is this course for me?

- Yes, if you love working with people
- Yes, if you are creative
- Yes, if you pay attention to detail and take pride in your work
- Yes, if you appreciate the beauty in everyone
- Yes, if you enjoy conversation
- Yes, if you are organised and hardworking

Where will it lead?

- Jobs in the hair and beauty sector
- Work in local leisure facilities
- Jobs that rely on good customer service
- Further qualifications in specific hair or beauty related skills



HORTICULTURE

What I will learn?

- Gardening and horticulture skills
- Getting to know woodlands
- Environmental awareness
- Developing confidence working with animals and animal care
- Enterprise skills

What activities will I do?

- Sowing and growing plants and vegetables from seed
- Caring for a range of small animals
- Visits to local nature attractions, garden centres and farms
- Gardening for local community groups
- Re-designing and maintaining the school woodland and garden areas

Is this course for me?

- Yes, if you like the outdoors
- Yes, if you are interested in the care of small animals
- Yes, if you love to see things grow into something beautiful
- Yes, if you are good with your hands

Where will it lead?

- Jobs related to gardening and horticulture
- Work looking after animals



PERFORMING ARTS

What will I learn?

- How to appreciate music
- How to improve your singing
- How to be a confident performer
- Dramatic skills
- How to put on a show

What activities will I do?

- Playing musical instruments
- Singing
- Drama
- Rehearsing and performing
- Confidence building activities



Is this course for me?

- Yes, if you enjoy acting and singing
- Yes, if you enjoy learning new skills
- Yes, if you enjoy performing with your friends
- Yes, if you enjoy learning how to be a more confident person



Where will it lead?

- Jobs in local leisure facilities
- Work in local theatres and music venues
- Links to amateur dramatics
- Further drama and music qualifications



PHOTOGRAPHY

What will I learn?

- How to use a digital camera correctly
- How to upload images from camera to PC
- How to build a portfolio of work using digital media
- How to digitally enhance images and photographs taken

What activities will I do?

- Visit local places of interest
- Take digital photos
- Use digital media programmes to edit and enhance images taken
- Build, review and evaluate your portfolio
- Class discussions and peer assessment

Is this course for me?

- Yes, if you have an interest in photography and using a camera
- Yes, if you like being creative and enjoy using digital media
- Yes, if you can work on your own and also as part of a team
- Yes, if you would enjoy visiting places of interest in the local area and taking photographs

Where will it lead?

- Work in the ICT industry
- Further art and design qualifications
- Work in news and reporting



PRODUCT DESIGN

What will I learn?

Our Academy workshop is equipped with a range of tools and equipment for wood, metals and plastic. There are four workbenches, fitted with vices and two technology benches to support additional activities. You will learn how to use a range of tools and equipment, which can help you to create a product using a range of materials. You will gain knowledge, confidence and competence in practical skills by working through a range of projects.

What activities will I do?

You will plan, design, make and evaluate a product.

Is this course for me?

- Yes, if you like designing creating products
- Yes, if you enjoy working with a range of materials in the Academy Workshop
- Yes, if you want to learn how to use a range of tools and equipment

Where will it lead?

- Jobs in construction and home improvement sector
- Work in the ICT industry
- Opportunities with the Shaw trust
- Further carpentry and metal work qualifications
- Further CAD/CAM studies



SPORT & LEISURE

What will I learn?

- Improved footballing ability
- Confidence to represent the Academy at a sporting event
- A range of performance skills
- Sports leadership
- How to live a healthy and active life

What activities will I do?

- Football
- A range of other team sports
- Taking part in sporting events
- Planning a sporting event
- Accessing leisure services in the community

Is this course for me?

- Yes, if you like taking part in team sports
- Yes, if you are interested in improving fitness
- Yes, if you have a positive attitude and a healthy competitive streak

Where will it lead?

- Jobs in teaching and coaching
- Work in gym and other leisure facilities
- Further sport and biology qualifications



OPTION FORM

NAME: _____ TUTOR GROUP: _____

Now for your decisions! Return this completed form to your Tutor by **Monday 20th June 2022**.

You need to choose 2 **different** option subjects. Place one tick in Tuesday option and one in Thursday option.

Please place an R in one subject as a reserve choice.

Tuesday option	Choice A	Thursday option	Choice B
Adventure		Adventure	
Computing		Computing	
Horticulture		Hair & Beauty	
Food, Drink and Hospitality		Food, Drink and Hospitality	
Product Design		Product Design	
Performing Arts		Sport & Leisure	
		Photography	

SIGNED _____ (STUDENT)

SIGNED _____ (PARENT)

SIGNED _____ (TUTOR)

DATE COMPLETED: _____