

**St Alban's Catholic High School**



**Year 8**  
***Pathways***  
**2022-2025**  
**Assembly**



# Pathways 2022



- Begin to make choices for the future
- Flexibility built in, just in case you change your mind.
- **Broad and balanced**

# Pathways 2022



**St Alban's**  
Catholic High School

## Pathways 2022-2025

**Year 8 Pathways Evening - Wednesday 27 April 2022**

St Alban's Catholic High School Pathways 2022-2025

## Music

Pearson Edexcel

**Aims**  
To provide an interesting and varied course which will encompass a wide variety of musical styles and builds upon the musical skills and interests of each individual pupil.

**Content**  
**Unit 1 – Performing Music Coursework – 30%:** Demonstrate your skills as a performer – on an instrument or voice. You will perform a solo piece of your choice and as part of an ensemble.  
**Unit 2 – Composition Coursework – 30%:** Build on the techniques of composing from KS3. You will compose two pieces of music to a set brief, which will demonstrate your understanding of the chosen style. This work may be done on instruments or through the use of ICT.  
**Unit 3 – Listening and Appraising Music – 40%:** Study eight set pieces of music during Years 10 and 11. The listening exam paper is 1hr 30mins and will play extracts of the pieces you have studied on CD. You will be asked to recognise and comment on instruments, structures and stylistic details you have learnt about each of the pieces. This unit will help to widen your enjoyment and understanding of the music you listen to and will help you develop your understanding of a range of musical styles, including Popular Music, World Music and Western Classical Music.

**Examination Requirements**  
The listening exam paper is 1hr 30mins and will play extracts of the pieces you have studied on CD. You will be asked to recognise and comment on instruments, structures and stylistic details you have learnt about each of the pieces and to identify similar features in unfamiliar pieces.

**Input and commitment from students**  
Ideally you need to be learning an instrument or a competent singer and ideally be having additional instrumental or vocal lessons. It helps to be able to read music. If you can't yet but are keen and willing to start learning then that's fine and can be to a relatively simple level if necessary. The main requirement for this course is that you have a good, general interest in music of all types and are happy to listen to and study music outside your comfort zone. The composing elements are not as daunting as they might seem! Students are expected to complete coursework and SAIL assignments within the allocated period. GCSE music students are expected to support the music extra-curricular ensembles and performance within and outside school.

**Support from school**  
Music students are given priority for music tuition in school and will have fixed instrumental lessons to avoid them clashing with other subjects. Coursework tutorials are offered after school along with revision sessions in year 11.

**Support from parents/carers**  
Music tuition in or out of school will incur a cost. Pupils are also encouraged to purchase a revision guide and an anthology (under £30 in total) to support their learning throughout the course for the exam.

**Opportunities for the future**  
GCSE music is recommended to continue studying music at A level or a related course such as music technology, music performance or performing arts. Music GCSE would be beneficial, if not essential, for all careers related to music from studio recording, publishing, journalism, performing and many more jobs in the music industry.

For further details, please contact Mrs Robinson  
[robinson@st-albans.suffolk.sch.uk](mailto:robinson@st-albans.suffolk.sch.uk)

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## Sport and Coaching Principles (Technical Award)

Eduqas Level 1/2 Vocation Award

**Aims**  
The Vocational Award in Sport and Coaching Principles has been designed to support learners in schools who want to learn about the vocational sector and the potential it can offer them for their careers or further study. It is most suitable as a foundation for further study. This further study would provide learners with the opportunity to develop a range of specialist and general skills that would support their progression to employment.

**Content**  
**Unit 1:** Introduces learners to the adaptations that take place in the body following exercise, how training can lead to improvements in fitness, and the planning of training programmes. The aim of this unit is to develop the knowledge, understanding and skills needed to plan training programmes to improve the fitness of individuals.  
**Unit 2:** Introduces learners to how different areas of sporting performance can be improved. The aim of this unit is to provide learners with the knowledge and understanding needed to be able to analyse sporting performance, identify strengths and weaknesses and plan for improvement.  
**Unit 3:** Introduces learners to the principles involved in sports coaching. The aim of this unit is to provide learners with the appropriate knowledge and understanding to be able to plan, lead and evaluate a coaching session within a sporting activity.

**Examination Requirements**  
**Unit 1:** Fitness for Sport Written examination: 1 hour 20 minutes 40% of qualification 60 marks Format: short and extended answer questions based around applied situations. Learners will be required to use stimulus material to respond to questions.  
**Unit 2:** Improving Sporting Performance Controlled assessment: approximately 4 hours 25% of qualification 50 marks An assignment brief, will be provided by WJEC which will include a scenario and several tasks, available from the WJEC secure website.  
**Unit 3:** Coaching Principles Controlled assessment: approximately 6 hours 35% of qualification 70 marks An assignment brief, will be provided by WJEC which will include a scenario and several tasks, available from the WJEC secure website

**Input and commitment from students**  
You need to have a genuine interest in sport both in and outside of school. Although not essential, it is helpful if you are involved in a sporting team or club outside of school. You will be expected to attend extra-curricular clubs to help contribute to the internal assessments conducted throughout the course. You will be expected to meet all deadlines set and accept that there will be a significant amount of SAIL/homework for the duration of the course. It goes without saying that you will need to be adequately equipped at all times for a large number of practical lessons that take place throughout the course.

**Support from school**  
Week 1: Monday evenings 3:15-4:15pm in A6, students will have an opportunity to consolidate their learning and write up their evidence for internal assessments and prepare for the unit 1 exam. There will also be opportunities throughout each half-term to attend various extra-curricular clubs.

**Support from parents/carers**  
Regular communication with parents/carers is essential to the success of each student. Parents will need to encourage students to attend the Monday evening sessions and ensure that they have a full PE kit to enable them to access the practical components of the course.

**Opportunities for the future**  
If you are interested in taking your study of sport further, the subject-specific knowledge and skills outlined above, and developed through studying this qualification, will give you a strong foundation for academic or vocational study at level 3, including apprenticeships. It will go particularly well alongside GCSEs in facilitating subjects, including biology.

For further details, please contact Mrs Ward  
[dward@st-albans.suffolk.sch.uk](mailto:dward@st-albans.suffolk.sch.uk)

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St Alban's Catholic High School



Year 8  
*Pathways*  
2021-2024



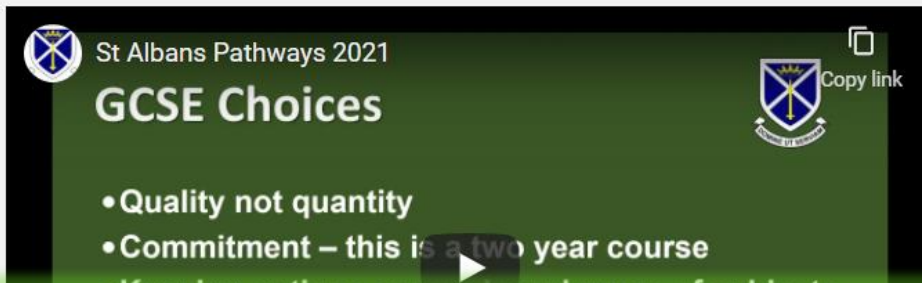
**New Version later in the term**

# Pathways 2022 on the school website

[Landing](#) > [Main School](#) > [Curriculum](#) >

## Pathways 2021

Our Pathways programme begins straight after the Easter holidays. Students in Year 8 have had an assembly on Tuesday 23rd March 2021 outlining how the programme will run this year. This information, and more, can be found in the Pathways 2021 introduction video below:



[Curriculum Overview](#) >

[Transition to High School](#) >

[Teaching & Learning](#) >

◀ [Pathways 2021](#)

[Homework Timetable](#) >

[Year 11 Support](#) >

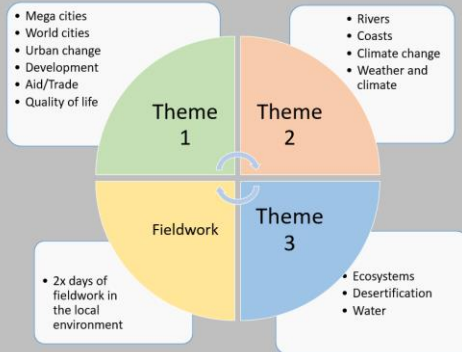
[Subject Information](#) >

New Version with information about each subject

# Pathway Assemblies



## What do we study at GCSE?



**WHO NEEDS LANGUAGES?**

Why study Modern Foreign Languages at St Alban's catholic high school?

### Practical Lessons

Practical cooking lessons will take place most weeks while you study Food and Nutrition in year 10.

Students will also carry out experimental and tasting lessons to widen their understanding and help prepare you for the Non Examined Assessments.

The first term in year 9 is an opportunity to develop GCSE skills

Half term one is a **breadth study** on the topic of medicine through time, working on essay writing exam skills.

Half term two is a **depth study** on the topic of America in the 1960's, working on source analysis skills.

Then after Christmas we start the GCSE content...



experiment

manipulate

design

visualise

# Make your choices online



## Block B

You have chosen 0 of 1  courses and 0 of 1  reserves from this list

**Art & Design** GCSE 9 - 1 Full Course

This course is also available in other lists.

**Business Studies**

GCSE 9 - 1 Full Course

This course is also available in other lists.

**Geography** GCSE 9 - 1 Full Course

This course is also available in other lists.

**History** GCSE 9 - 1 Full Course

This course is also available in other lists.

**Creative iMedia**

Cambridge Nationals Certificate Level 1 & 2

**Music** GCSE 9 - 1 Full Course

**Design & Technology**

GCSE 9 - 1 Full Course

Click here for main choice

Click here for reserve choice

# Four Pathway blocks



Pathway Block A	Pathway Block B	Pathway Block C	Pathway Block D
<i>Triple Science</i>	Art & Design	Art & Design	Art & Design
<i>Triple Science</i>	Business Studies	Business Studies	Business Studies
Computer Science	Creative iMedia	Computer Science	French
French	Design & Technology	Drama	Food & Nutrition
Geography	Design & Technology	Geography	History
History	Music	Food & Nutrition	History
Spanish	Geography	Spanish	Sport & Coaching
ASDAN (Alternative Curriculum)	History	Textile Design	Sport & Coaching
			LASER (Alternative Curriculum)

**Please note: This is a provisional list and may change**



# St Alban's Catholic High School



***Pathways Evening***  
**on**  
**Wednesday 27 April**  
**2022**  
***details nearer Easter***



# Prayer for wise choices



Lord Jesus, may everything I do begin with You,  
continue with Your help,  
and be done under Your guidance.

May we grow in Your Love , and remember to  
give our talents back to You.

Be present as we consider the future,  
and let us rest our concerns on you.

Amen