



Name

Tutor Group

Your KS4 curriculum – These are courses you are required to continue to study in Years 10 & 11

You will all study GCSE level courses in the following subjects:

- Mathematics
- English Language
- English Literature
- Science (Combined or Triple)
- Modern Foreign Language (French or Gujarati)
- Religious Education

You will also have core PE which is not an examination subject (if you want to take Sport further, it is included as an option as either BTEC Sport or GCSE PE).

So, what are your options?

For the remaining time outside of core subjects, students will be guided in choosing additional subjects from the following full course GCSEs or equivalent qualifications. Anyone planning to study an academic route of A levels will be guided either History or Geography. The following GCSE, BTEC or Cambridge National courses are available for students to choose from:

The free choice can be made from the following courses: -

History	Business	Computer Science	Photography
Geography	Drama	Design & Technology	Music
Dance	Art	Health & Social Care	Physical Education
Media	Economics	Food & Nutrition	

Why are Geography and/or History valuable to study?

Alongside Maths, Sciences, English and Modern Foreign Languages, Geography and History are both considered as subjects that are valuable if students are planning to take an academic route Post-16.

Together these subjects combine to keep young people's options open for further study and future careers.

Advantages of studying History and/or Geography

- **History** is a challenging subject that requires a good memory for dates and issues, and an analytical mind. You learn to question the reliability of sources, which makes it good for developing critical thinking skills that will be essential once you get to university. We all live in a volatile, dynamic, and interconnected world. Knowledge of the past is essential in understanding and trying to make sense of what's happening now. GCSE History helps us to do both, through studying key events and individuals from the past and the ways in which they have shaped our present.

- **Geography** is the study of the shape and features of the Earth's surface, including countries, vegetation, climates, how humans use the world's resources and the environmental impact that humans have on these resources. This is a subject gaining more importance and momentum due to the issues arising from climate change and our need to protect our environment. Geography provides students with the knowledge and transferable skills that will reward them personally and assist their personal development.

How to choose your options

A student view of choosing options.

As part of the options process, you will have a discussion with a member of senior staff who will help you with your decisions. After the meeting, you should discuss your ideas with people who you know will give you sensible advice – your family, teachers, the careers team, and your Form Tutor. Use this options booklet to find out more about the courses on offer to you at Key Stage 4.

Whatever subjects you choose, the learning that takes place at Key Stage 4 will enable you to grow as an individual, achieve fantastic results, and make a positive difference to the school and the wider community. It is an exciting time but also a time you need to take seriously. Think carefully about what you are doing, make sensible decisions and then work hard for the rest of Year 9 so that you are ready for the challenge of Years 10 and 11.

When my teachers first talked about options, I was worried, I didn't know what I was going to do as a career, and I didn't know what options to take. Whatever options you pick will impact your life, and they are the biggest decision of your life so far. However, all the support we got in school helped me pick my options. The options I chose were PE and Geography. I picked PE because it is my favourite subject and I enjoy the practical side, but I am also interested in the theory side. I chose Geography as I find the subject interesting and knew it was important.

My teachers advised me to choose subjects I do well at and enjoyed. Don't forget if you ever need any help or any guidance you always have teachers, parents, careers advisors and your tutor.

Finally, a bit of advice, these options will set you up for your future so pick ones that you really want and not because your friends are doing them. If you do not have a career in mind, then choose a wide range of different subjects that you enjoy.

Advice from your Careers Team

We know that making these choices might sound scary but don't forget that before you add your option choices, you already will have the following qualifications by the time you leave Rushey Mead: -

Science – Combined = 2 x GCSEs or separate sciences = 3 x GCSEs

English Language & Literature = 2 x GCSEs

Maths = 1 x GCSE

French or Gujarati = 1 x GCSE

RE = 1 x GCSE

That is a total of 7 or 8 x GCSEs before you add your options! To study A levels at college the most you would need would be 5 or 6 x good GCSEs Grades including Maths & English Language.

How to choose your options

For some subjects - Art & Design, Drama, Dance, Music, Food & Sport, you might need to have studied these at Rushey Mead to be able to continue studying these subjects at college and on to university.

There are some subjects that you will be able to study after Rushey Mead that may require you to have studied them in school first. Think about the following: -

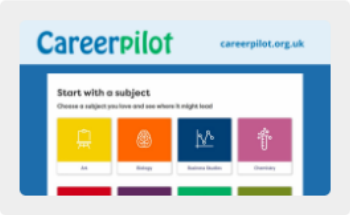
Think about your plans for the future

No idea what you want to do after your GCSEs? Don't worry, choose a mix of GCSE subjects to give yourself as many different options as possible.

If you like one of your GCSE subjects and are looking for ideas of what careers or courses it could lead onto – [go to start with a subject](#).

Do the [Skills Profile](#) and find out what skills you have.

Got an idea of a job or job sector you think might suit you then check out the [job profiles in the job sectors](#).



Use Careerpivot to help you decide.

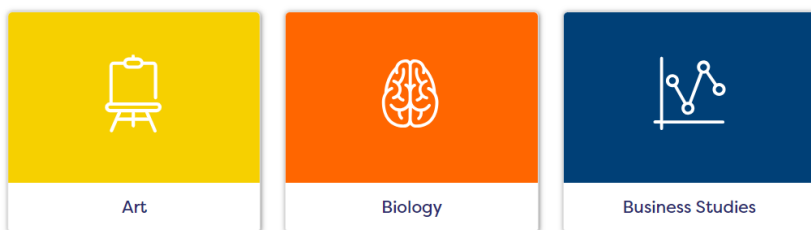
If you want to have a career in art or design in the future, then choose an arts or design focused GCSE. It would be helpful to consider a Sports or Food Technology qualification as an option if you are considering a career in one of these areas.

if you want to work abroad or deal with customers from other countries then a language will be very useful.

- Using Careerpivot, you can choose a subject to see where it might lead [Careerpivot : Jobs by subject](#).

Start with a subject

Choose a subject you love and see where it might lead



Selection of jobs using the subject Art
Advertising art director
Animator
Architect
Art gallery curator
Art therapist
Community arts worker
Community development worker
Community education co-ordinator

You can use Careerpivot to look at jobs using different subjects. In this case, we are looking at jobs using Art.

What else do you need to consider when choosing your options?

- What subjects are you good at?
- What would you enjoy studying?
- Do you like coding and gaming (computer Science?)
- Do you enjoy fixing and making things (design technology?)
- Are you creative – enjoy drawing/designing (design technology/Art?)
- Do you want to have your own business (Business/Enterprise & Marketing/Economics?)
- Do you enjoy keeping fit (Dance/Sport/Physical Education?)

Remember, you don't have to choose something academic if you don't want to, as you have plenty of academic subjects in your main curriculum.

Reasons NOT to choose a course.

- **I like the teacher** – you will probably have a different teacher next year.
- **My friends are going to do this course** – if this is the only reason, think again. Your friends might enjoy the course, but you might hate it!
- **My family want me to do it** – this is a difficult one as your family do have your best interests at heart, however, if you choose to do a course that someone else has chosen for you, there is a risk that you might hate it and as such not do well in it.

There is more chance of you getting a good grade in a course if you have chosen it based on your future career/what you think you will enjoy/what you think you will be good at.

Do your research and make your own decision.

Remember that you are committing to study these courses for the next 2 years.

You will probably be unable to change your options after you have completed and submitted your options form, as timetabling will already be being processed.

Now I would like you to look at the table below and write beside each subject Yes, No or Maybe and you will complete this again at the end of the workbook to see if anything has changed. See notes for courses that require coursework as well as exams.

Subject	Yes/No/ Maybe	Subject	Yes/No/ Maybe	Subject	Yes/No/ Maybe	Subject	Yes/No/ Maybe
GCSE Fine Art Coursework 60% Exam 40%		GCSE Photography coursework 60% exam 40%		GCSE Computer Science Exam based		GCSE Drama Performance 60% Exam 40%	
GCSE Food Prep & Nutrition practical 50% exam 50%		GCSE Design Technology practical 50% exam 50%		Cambridge Nat Sport Controlled Assessment 60% Exam 40%		GCSE Geography Exam based	
GCSE History Exam based		GCSE Music Performance 30% Composition 30% Listening 40%		GCSE Physical Education Practical 30% Exam 70%		GCSE Business Studies Exam based	

Subject	Yes/No/Maybe	Subject	Yes/No/Maybe	Subject	Yes/No/Maybe	Subject	Yes/No/Maybe
GCSE Media Exam based		GCSE Dance Coursework & Performance assessed internally & externally		BTEC Health & Social Care Coursework 60% internally assessed plus 40% externally assessed		GCSE Economics Exam based	

GCSE Fine Art - 60% coursework, 40% exam



Students focus primarily on drawing, painting, mixed media, and printmaking. Course is structured into two separate components Component 1 is a coursework unit of work and makes up 60% of the total grade. Component 2 in an exam unit and makes up the remaining 40% of the grade.

Possible Careers in this area include: -

- Fine Artist
- Architect
- Designer
- Art Administrator

Key Topics Studied

- Observational studies
- Artist research/development/influence
- Media Exploration
- Encouragement of personal, creative and imaginative themes and approaches to art

GCSE Photography - 60% coursework, 40% exam



The course aims to give students opportunities to learn how to use a camera and its functions (including focussing, aperture, shutter speed & ISO) and to explore their creativity. Component 1 is a coursework unit of work and makes up 60% of the total grade. Component 2 is an exam unit and makes up the remaining 40% of the grade.

Possible Careers in this area include: -

- Photojournalist
- Advertising Art Director
- Web Editor
- Magazine features editor

Key Topics Studied

- Introduction to using a DSLR camera
- Artist research/development/influence
- Adobe Photoshop/Media Experimentation
- Encouragement of personal, creative, and imaginative themes and approaches to photography.

GCSE Computer Science



The course will give learners a real, in-depth understanding of the components that make up digital systems and how they communicate with one another. This course will provide a real advantage to those students wishing to go on and study A Level Computer Science or Cambridge Technical in Digital Media or IT.

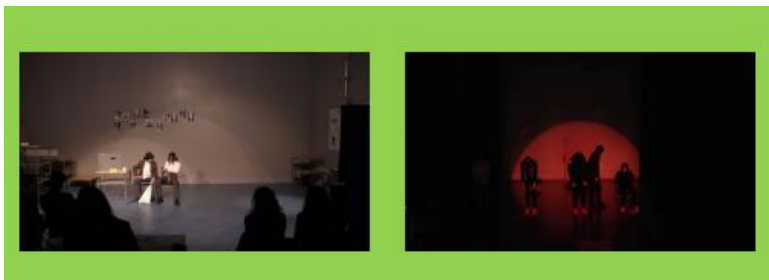
GCSE Computer Science - Possible Careers in Computer Science include: -

- Software Development
- Games Development
- Cyber Security
- Data Analyst

Key Topics Studied

- Internal computer components
- Cyber Security
- Data representation
- Effect of digital technology on society
- Programming
- Networking
- Computational Thinking

GCSE Drama – Please note that you can choose Drama or Dance in your options – not both courses.



Possible careers in this area include: -

- Performing (TV, Film, advertising)
- Teaching
- Politics
- Journalism

Key Topics Studied

- Performance of plays
- Improvisation responding to stimuli
- Design Aspects
- Exploring Issues

GCSE Food Preparation & Nutrition



Learn about a wide range of food, develop vital life skills so that they can feed themselves and others affordably, nutritiously and understand the principles of food science, nutrition, and healthy eating. Explore culinary skills of different countries and choices of ingredients to inform new recipe ideas.

Possible careers in this area include: -

- Food Scientist/Technologist
- Sports Science
- Science & Microbiology
- Dietician
- Hospitality Industry/Chef
- Nutritionist
- Home Economics

Key Topics Studied

- Practical cookery skills
- Knowledge of healthy eating and nutrition
- Time management skills
- Culinary skills from other cultures and countries

GCSE Design Technology



Become problem solvers as the subject is all about trying to find solutions to problems: learning how to look at an issue, research into the finer detail and come up with a solution, a skill transferable in any profession and is essential in life. Explore a range of materials and develop key understanding and use of paper and boards, timber, metal, polymers, and textile fabrics to support any development of initial ideas.

GCSE Design Technology - Possible careers in this area include: -

- Aerospace/Automotive/Software/Civil Engineer
- Architect
- Computer Games Developer
- Fashion/Footwear/Product/Graphic Designer
- CAD Technician

Key Topics Studied

- Core technical principles
- Designing and making principles
- Specialist technical principles

GCSE Geography



Geography helps you to explore the world in which we live in and how it is likely to change in the future. Explore global challenges including global warming, water scarcity and the development gap.

Possible careers in this area include: -

- Travel & tourism industry
- Media Researcher
- Geologist
- Conservationist
- Environmental planner

Key Topics Studied

- Climatic hazards
- Physical Landscapes
- The changing economic world
- Resource Management

GCSE History



History is an opportunity to understand and explain our modern society. You will learn how to use a range of source material to comprehend, interpret and cross refer sources. You will also develop skills to explain, analyse and make judgements about historical events and periods. History examines the causes, events, and results of changes in a variety of times and places.

Possible careers in this area include: -

- Journalist
- Lawyer
- Archaeologist
- Teacher
- Town planning
- Tourism

Key Topics Studied

- Early Elizabethan England
- Migrants in Britain, c800 - present
- Superpower relations and the Cold War
- Weimar and Nazi Germany 1918-1939

GCSE Music



GCSE Music offers you the chance to study a wide range of musical genres and styles, learn about historical and social aspects related to musical styles and develop your evaluation and interpretation skills when listening to music – from Beethoven and Mozart to rock, pop, film, world, and more modern classical music of the 20th century. GCSE Music will bring music theory, listening, performing and composition to life in new, engaging, and exciting ways.

GCSE Music – Possible Careers in this area include: -

- Performer
- Teacher
- Songwriter
- Recording Engineer
- Music Therapy

Key Topics Studied

- Instrumental Music 1700 – 1820
- Vocal Music/ Music for stage and screen
- Musical Fusions
- Performance & Composition Skills

GCSE Physical Education



GCSE PE is a subject which incorporates elements of Science, Anatomy and Physiology, Psychology, English, Mathematics, PE theory with limited PE practical, which will contribute to students to develop a well-rounded understanding for lifelong learning.

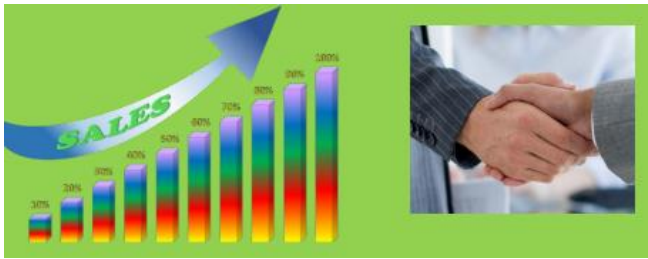
Possible Careers in this area include: -

- Sports management
- Sports coaching/PE Teacher
- Personal trainer
- Physiotherapy
- Sports psychologist

Key Topics Studied

- Health, fitness, and well-being
- Anatomy and Physiology
- Movement analysis & Sports psychology
- Practical Performance
- Use of Data

GCSE Business studies



Whether you are interested in owning a business, managing a business, or working for a business, this course is relevant to you. Be sure to impress any employer or investor by gaining knowledge of how businesses are run and how they should be managed.

Possible careers in this area include: -

- Marketing / Advertising Executive
- Accountant/ Finance manager
- Personnel Manager
- Economist

Key Topics Studied

- Business Ownership
- Ethics and Environment
- Marketing & Finance
- Operations

GCSE Media



Media Studies inspires students to have a keen and critical eye when it comes to reading media texts. This is of particular importance in modern society where media is more freely available across a variety of mediums.

Possible careers in this area include: -

- Film maker
- Journalist
- Web designer
- Radio presenter
- Blogger

GCSE Media - Key Topics Studied

- Advertising
- Newspapers
- Online gaming
- Television
- Film
- Music Videos
- Vlogging

GCSE Dance – Please note that you can select Dance or Drama in your options – not both courses.



GCSE Dance

Dance works towards enabling all our students to develop a broad range of physical and interpretive skills as well as promoting creativity, confidence, and self-discipline. This course offers a chance to appreciate, analyse, study, write about, perform, and create dance.

Possible careers in this area include: -

- Performer
- Choreographer
- Teacher

Key Topics Studied

- Performance
- Choreography
- Critical appreciation

BTEC Health & Social Care



A BTEC in Health and Social Care can give you the practical skills and knowledge to progress to your chosen career. With qualifications designed for working in the healthcare sector, your BTEC can prepare you for real-life working experiences.

Possible Careers in this area include: -

- Teacher
- Nurse/midwife/Paramedic
- Counsellor
- Social worker
- Youth worker
- Childcare/Elderly or disabled person Care worker

Key Topics Studied

- Human Lifespan development
- Health and Social Care services and Values
- Health and Wellbeing

Cambridge Nat Sport



The focus of BTEC Sport is on developing the knowledge and understanding of skills in health, fitness, activity, and sport. BTEC Sport is a demanding course and 100% of the course will be theory (written work) based. There will be some practical, but all assessment is theory.

Sport - Possible Careers in this area include: -

- Sports management
- Sports coaching
- Personal trainer
- Teaching
- Physiotherapy

Key Topics Studied

- Understand the Body and the Supporting Technology for Sport and Activity
- The Principles of Training, Nutrition and Psychology for Sport and Activity
- Applying the Principles of Sport and Activity

GCSE Economics



(Image by our-team on Freepik)

Throughout the course, you'll gain knowledge of economic issues and how markets and economies work. GCSE Economics will teach you about how global markets work and the effects they have on our economy. You'll look at how external factors can impact growth, interest rates and inflation.

Possible Careers in this area include: -

- Accountant
- Actuary
- Economist
- Financial Consultant
- Auditor

Key Topics Studied

- How the economy works & Economic foundations
- Production, costs, revenue, and profit
- International trade and the global economy
- The role of money and financial markets

Now you can revisit this table and write Yes, No or Maybe – Has anything changed?

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Final Thoughts

- Try not to get too anxious about choosing your options. Just try and make sure that they are your own choices and that you have chosen them based on getting all the information available.
- Remember – you have 7 or 8 x GCSE subjects already, so you don't have to choose an academic option if you don't want to.
- Many of you will choose Geography or History alongside 1 free choice, if you are taking the academic route of study post-16.
- Don't forget that you need a first and a reserve choice from each list.
- **Timetabling as a school is a complicated process and there may be occasions when the reserve choice is offered if there are too many or too few students requesting your 1st choice.**
- **The timetabling process starts straight after the deadline of Wednesday 11th February 2026**, so make sure that you have done everything you can to ensure that you are happy with both your first & reserve choices.

We wish you all the best of luck, and we hope our advice has been helpful in making your decisions a little easier! If in doubt, please come and see a member of your Careers team in B145 – we are here to support you.

Your Careers team