



# Options Guide

Year 8 into Year 9



2025 - 2026

[www.fromecollege.org](http://www.fromecollege.org)

# Contents

2. Welcome to Frome College
3. Key Dates for Options Choices
4. The Year 9 (Key Stage 3) Curriculum

## Option Choices

8. Support With Choosing Subjects
9. Computer Science
10. Food Technology
11. Grow it Cook it
12. Health & Social Care BTEC
13. Music Technology
14. Photography
15. Physical Education GCSE
16. Sociology
17. Sport BTEC

## Core Subjects

19. English
20. Mathematics
21. Science
22. IT Skills
23. Physical Education (PE)
24. Religion, Philosophy and Ethics (RPE), & Personal, Social and Health Education (PSHE)
25. Art
26. Design & Technology (DT)
27. Drama
28. Geography
29. History
30. Modern Foreign Languages (MFL) French & Spanish
31. Music

This booklet has been written and formatted to be dyslexia-friendly. If you require the content in an alternative format, please contact [office@fromecollege.org.uk](mailto:office@fromecollege.org.uk)

# Welcome to Frome College

We are delighted to welcome you to Frome College and look forward to working with you and your family. Our Assistant Principals, John Robson and Paul Durber, alongside Raising Achievement Lead, Vicky West, and Transition Co-ordinator, Wendy Day, oversee the curriculum and options process, working closely with your child's future Head of House to ensure suitable subject choices.

Please keep this booklet safe for important dates. You can meet College staff at our Options Evening (Thursday 30th January 2025) or Parents' Evenings, where support will be available. Additional information can be found on our website [www.fromecollege.org](http://www.fromecollege.org).



We are excited to announce some changes for our September 2025 intake. Students will complete Key Stage 3 while also selecting one option from our 'World Beyond Frome' block. This approach ensures thorough subject knowledge through specialist teaching while allowing students to explore new interests.

In Year 10, students begin Key Stage 4, choosing three additional options from our diverse menu of 28 subjects. All students take English Language and Literature GCSEs, with pathways available in double or triple Science, and optional Further Maths. IT skills are embedded throughout the curriculum.

Our strong sixth form offers 36 different options, including traditional A Levels, combined BTEC and vocational courses, and World of Work programmes with integrated work experience. We're proud that most of our students continue their education with us, achieving excellent outcomes.

Beyond academics, we provide extensive extra-curricular activities including STEM clubs, Duke of Edinburgh, sports, performing arts, and various trips. Our commitment is to deliver a comprehensive education that challenges able students, supports those with SEND, addresses disadvantage, and builds foundations for future success.

We look forward to working with you to support your child's journey at Frome College.

A handwritten signature in black ink, appearing to be 'ER', written in a cursive style.

Emma Reynolds  
Principal  
Frome College

# Key Dates for Options Choices

## **Monday 6th of January 2025:**

Online Options portal opens for students and their parents to register options choices for September 2025.

## **Thursday 30 January 2025:**

Year 8 Options Parents' Evening. Talks at 5.30pm and 6.30pm in the Merlin Theatre. This event enables parents to find out information about the subjects we offer and how the process works. There will be an opportunity to ask our Senior Leaders and Subject Representatives questions.

## **Friday 21st February 2025:**

9am deadline for the online Options Choices form.

## **May 2025:**

Confirmation of student options, House and Tutor Group following an interview with their new Head of House.

### **GCSE Reform**

Since the government introduced a programme of GCSE reform, GCSEs offered at Frome College have followed a different format and syllabus content. Key features of GCSEs are:

- Grading on a scale of 1 - 9 (with 9 being the highest)
- No tiering except in Maths, Science and MFL.
- A fully linear structure i.e. no modules, no coursework, no controlled assessments, except 10% in Science for practical assessments.
- Exams are the default method of assessment, 'except where they cannot provide valid assessment of the skills required'.
- Increased extended writing with fewer bite-sized questions in examinations.
- Focus on a knowledge based curriculum.

# The Year 9 (Key Stage 3) Curriculum

We maintain a broad curriculum with 4 GCSE option choices - wider than most other schools in the region. Students choose their subjects in two phases:

- Year 8: Select and begin 1 GCSE option upon joining
- Year 9: Choose 3 additional GCSE options (including various arts subjects) to start in Year 10

## What will I study?

The Year 9 curriculum is focused on completing all aspects of the Key Stage 3 (KS3) curriculum while preparing and transitioning students into Key Stage 4 (KS4) and the demands of GCSE study.

## All students will select ONE KS4 option subject from:

- Computer Science GCSE\*
- Food Technology
- Health & Social Care BTEC\*
- Music Technology\*
- Sport BTEC
- Grow it Cook it (this option includes additional literacy support, and students who select this option will need to be recommended by their middle school to confirm this is an appropriate choice)
- Photography
- Physical Education GCSE
- Sociology

**Note:** Some subjects (marked with \*) can only be started in Year 9, as they are three year courses. All other subjects will be available to choose from later, when students make their remaining 3 subject choices during Year 9 to start in Year 10.

## Everyone will study a range of core subjects\*. These will consist of:

- English
- Mathematics
- Science
- Physical Education (PE)
- Religion, Philosophy and Ethics (RPE)
- Personal, Social and Health Education (PSHE)
- Basic IT Skills
- Modern Foreign Languages (MFL) - students will select to study either French or Spanish. \*\*
- History
- Geography
- Music
- Technology
- Art
- Drama

\*\* A small cohort of students will be exempted from MFL in order to receive additional literacy support.

\*it is unlikely but some options could be subject to change, dependent on staff timetabling.

# Year 10 and 11 Curriculum

**Please note:** This is for reference only to support students making their 1 option selection - students will not make their other 3 option selections until they have joined Frome College.

## What will I study in Year 10 and Year 11?

### Core curriculum

All students will study:

- English Language and Literature (2 GCSEs)
- Mathematics
- Double Science (2 GCSEs made of equal time of Biology, Chemistry and Physics)
- Core PE (not examined)
- PSHE (not examined)
- R&P (not examined)

## Options available for selection in Year 9 to begin in Year 10

Students select **ONE** option from the EBacc block and **TWO** others from the Open Block.

### The EBacc Block

Students must select **ONE** EBacc option from:

- Computer Science - those students who chose this subject in Year 9 may use it to count as their EBACC option for Year 10. **It will not be available as a Year 10 option**
- French

- Geography
- History
- Spanish
- Triple Science - the curriculum time from core science will be combined with the option subject time to enable students to study the separate science GCSEs of Biology, Chemistry and Physics. All 3 must be studied

### The Open Block

Students will select **TWO** options from:

- Business Studies
- Child Development BTEC
- Creative iMedia
- Design Technology/Product Design
- Drama
- Dance
- Fashion and Textiles
- Fine Art
- Food Technology
- French
- Geography
- History
- Media Studies
- Music
- Photography
- Physical Education
- Religion & Philosophy
- Spanish
- Sociology
- Sport BTEC

# Option Subjects

## Key Stage 4: Early Option



# Support With Choosing Subjects

Whilst many students are uncertain about their future career path, the primary consideration should be encouraging your child to select subjects they find engaging and in which they are likely to excel. It is equally vital to evaluate their performance in assessments and examinations to ensure they can effectively manage coursework requirements.

## Ways students can access information

We recommend you utilise the below resources with your child:

- **Career Pilot Website** - [www.careerpilot.org](http://www.careerpilot.org)

Has extensive careers advice and an excellent parent zone.

- **Unifrog** - [www.unifrog.org](http://www.unifrog.org)

Unifrog is used by the whole school for a variety of activities. The website is designed to support students with the following:

- Researching Careers
- CV Writing
- Work Experience
- Researching Colleges, Universities and Apprenticeships
- National Careers Service (independent careers advice) -

[nationalcareers.service.gov.uk](http://nationalcareers.service.gov.uk)

## Careers in each subject

Each subject in this booklet has a list of careers it can lead to, to help your child decide which options are most suitable for them.

You can see the many career opportunities available for students in each year group under the 'Careers' tab on the school website. Our Next Steps Team arrange three large career talk events each year for all students, with 15+ speakers from different careers. There is a work experience programme for Years 10 and 12, and a mock interview event where every Year 10 student gains interview experience from business professionals.

The Next Steps office is located in room N7 in Northcote block. The Next Steps Team can be contacted via email at [nextsteps@fromecollege.org.uk](mailto:nextsteps@fromecollege.org.uk)



Mrs Charlotte Gale  
Careers Lead



# Computer Science

GCSE (Grades 9-1)

## Course information

GCSE Computer Science offers students an engaging insight into the digital world, equipping them with essential skills for the modern age. This course combines theoretical knowledge with practical problem-solving to help students understand how computer systems work and how to create software solutions.

## Why Choose Computer Science?

- **Future-Ready Skills:** Develop critical thinking, creativity, and computational thinking to tackle real-world challenges.
- **Career Opportunities:** Provides a foundation for careers in programming, cybersecurity, artificial intelligence, and more.
- **Practical Learning:** Gain hands-on experience in coding and algorithm design, preparing students for further study and work.

## Course Content

The course is divided into two main components:

### 1. Computer Systems

- Systems architecture; Memory and storage; Computer networks, connections, and protocols; Network security; Systems software; Ethical, legal, cultural, and environmental impacts of digital technology

### 2. Computational Thinking, Algorithms, and Programming

- Algorithms and problem-solving; Programming fundamentals; Producing robust programs; Boolean logic; Programming languages and Integrated Development Environments (IDEs).

## How will I be assessed?

The course is assessed through two written exams:

- **Paper 1: Computer Systems (50% of the grade)** - Focuses on theoretical knowledge of computer systems.
- **Paper 2: Computational Thinking, Algorithms, and Programming (50% of the grade)** - Assesses problem-solving and programming skills.

## Where Next?

### Academic/Applied

- A Level Computer Science
- University courses in Computer Science, or related subjects e.g. Game Design

### Career

- Engineering
- Computer Technician
- Designing new technology - ie phone apps
- Game Design / Development
- Cyber Security

## Want to know more?

Mr Durber, Head of Computer Science, Business and IT  
[PDurber@fromecollege.org.uk](mailto:PDurber@fromecollege.org.uk)

# Food Preparation and Nutrition

GCSE (Grades 9-1)

## Course information

GCSE Food Preparation and Nutrition is an exciting and creative course which focuses on practical cooking skills to ensure students develop a thorough understanding of nutrition, food provenance and the working characteristics of food materials.

**The course is based on 75% Theory and 25% Practical work**, although much of the science-based theory and nutritional aspects are learnt through practical investigations.

At its heart, this qualification focuses on nutrition and health whilst nurturing students' practical cookery skills to give them a strong understanding of how ingredients work and why.

This qualification is skills based and an interest in Science would be an advantage. Food preparation skills are integrated into five core topics:

- Food, nutrition and health
- Food science
- Food safety
- Food choice
- Food provenance

## How will I be assessed?

**50% written exam / 50% non-exam assessment:**

- Food investigation (15%) A report based on investigating scientific principles underpinning the preparation and cooking of food.
- Food preparation assessment (35%)
  - Plan, prepare, cook and present a three-course menu within three hours.
  - Portfolio
  - Demonstrate your application of technical skills and your practical outcomes
  - Explain how you planned and carried out the preparation. Cooking and preservation of your three final dishes
  - Evaluate the costs, the sensory properties and nutritional characteristics of each dish

## Where Next?

### Academic/Applied

- Hospitality and Catering
- Sport and Nutrition

### Career

- Baker, dairy industry, butchery
- Hospitality Catering, e.g. chef, sous chef, pastry chef
- Hospitality e.g. restaurant
- Quality Manager
- Nutrition coach (e.g. in Sports)

## Want to know more?

Mrs West, Curriculum Lead, Food Technology  
[VWest@Fromecollege.org.uk](mailto:VWest@Fromecollege.org.uk)

# Grow It, Cook It

## BTEC Qualifications & Practical skills

### Course information

Students are very welcome to apply to study this course but places will be allocated by invitation, following discussions with middle schools.

This is a double option so will take up two subject choices out of the possible four that are available - it will be the Year 9 option, plus one of the 3 year 10 options selected during Year 9.

Grow It, Cook It is a double option designed to support students who additional numeracy and literacy support.

Students will gain practical horticultural skills by working in gardens at school and the wider community. They will work towards an ASDAN gardening short course.

They will also undertake the ASDAN Food-Wise short course in the first year of the qualification.

They will then progress to Level 1/2 WJEC qualifications in Years 10 and 11, in Hospitality & Catering. Decisions will be made on the suitability of the course to meet the needs of the students.

Students will also be given additional support with their GCSE Mathematics, English and homework.

### How will I be assessed?

Grow it, Cook it is assessed through coursework, practical exam and external exams. The gardening qualification is 100% coursework, completed within lessons, and is assessed in multiple ways.

Hospitality and Catering is a combination of coursework, practical cooking exam and 1 exam at the end of year 11

### Where Next?

#### Academic/Applied

- Technical certificates
- World of Work course in Post 16

#### Career

- Catering Chef - sous chef, pastry chef
- Gardener
- Landscape Architect
- Grounds Worker / Forestry
- Nature Conservation

### Want to know more?

Mrs Hyde, Curriculum Lead, Vocational Skills  
[KHyde@Fromecollege.org.uk](mailto:KHyde@Fromecollege.org.uk)

# Health and Social Care

BTEC Tech Award (equivalent to one GCSE)

## Course information

This course offers students the opportunity to gain a broad insight into the health and social care sector. It provides students with a practical, real-world approach to their learning and supports them to develop specific knowledge and skills that learners need, in order to work successfully in the care industry.

This course provides:

- Knowledge and skills for working with a range of service users, from babies and toddlers, through to adults with specific needs and older people
- An understanding of how to support individuals when they use health and social care services
- A chance to develop self-management and independent learning skills by investigating opportunities to promote personal health and well-being

## How will I be assessed?

Students will complete two internally assessed coursework units during Year 9 and 10, and one externally examined unit in Year 11.

## Where Next?

### Academic/Applied

- A Level Biology
- A Level Sociology
- A Level Psychology
- Level 3 BTEC in Health and Social Care

### Career

- Health Service
- Nurse
- Counsellor
- Social Worker
- Care Worker

## Want to know more?

Mrs Hyde, Curriculum Lead, Vocational Skills  
[KHyde@Fromecollege.org.uk](mailto:KHyde@Fromecollege.org.uk)

# Music Technology (Level 2)

GCSE (Grades 9-1)

## Course information

Our Level 2 Technical Award in Music Technology gives students an exciting taste of what it's like to work in the music industry. Covering a range of topics, from setting up and using a digital audio workstation to planning and undertaking a studio recording session, our Music Technology V Cert provides students with the practical skills and knowledge to succeed in the technical and composition side of the music industry.

During this course students will learn; how to compose using music technology, sound creation, studio recording skills, how to use industry specific software (Logic Pro X) and how music industry operates.

**The course runs over three years with the first year comprising of preparatory work to develop skills needed to complete coursework in years 10 and 11.**

**Please note:** there is no requirement to play or have played a musical instrument to succeed in this course. We are looking for students who have a love of music and are interested in studying commercial music (Electronic music, EDM, Dubstep, DnB, Reggae, Rock, Pop, Jazz etc).

## How will I be assessed?

Non-exam assessment (60%) Externally-set, internally marked, and externally moderated:

- synoptic project (Coursework)

Examined assessment (40%) Externally-set and externally marked:

- written exam (year 11)

## Where Next?

### Academic/Applied

- A Level Music Technology
- Music Industry Apprenticeship

### Career

- Sound Engineer
- Mixing Engineer
- Composer
- Producer
- Live Events Rigger

## Want to know more?

Mr J Hampson, Subject Lead, Music  
[JHampson@fromecollege.org.uk](mailto:JHampson@fromecollege.org.uk)

# Photography

GCSE (Grades 9-1)

## Course information

This course aims to provide the skillset and understanding of mainly digital photographic media and processes, although aspects of traditional analogue photography will be taught. It is a progression route to other higher level courses and provides a framework for a life-long appreciation of our visual culture.

The course begins with an introduction to a range of practical skills, techniques and processes in response to a project title or brief provided by the teacher. The portfolio comprises one major project, during which students are encouraged to develop a personal response, as well as some smaller, additional units.

Students are encouraged to research the work of others and are provided with an opportunity to study photography first hand and from secondary resources to develop their critical skills.

**Please note: it is a requirement of this course that students must have access to a digital camera.** Please let us know if this presents a difficulty. We ask for a contribution towards the cost of essential equipment when possible, such as printing ink, sketchbooks etc.

## How will I be assessed?

Examination 40%

Coursework 60%

The GCSE exam is in the form of a project that must be completed between January and the end of April in Year 11.

## Where Next?

### Academic/Applied

- A Level Photography

### Career

- Digital Marketer
- Composer
- Graphic Designer
- Film Director / Editor
- Photojournalist

## Want to know more?

Ms Knibbs, Curriculum, Art  
[EKnibbs@fromecollege.org.uk](mailto:EKnibbs@fromecollege.org.uk)

# Physical Education

GCSE (Grades 9-1)

## Course information

Please note: this course is examination-based Physical Education (PE).

All students take the practical 'core' PE - games, sport and exercise.

The GCSE will be split into three units of work:

1. (30%) Theoretical: The Human body and Movement in Physical Activity and Sport
  - Applied anatomy and physiology
  - Movement Analysis
  - Physical training
  - Use of data - Health, fitness and well-being
2. (40%) Practical: Performance in Physical Education
  - Practical activity assessment
  - Analysis and Evaluation of performance to bring about improvement in one activity
3. (30%) Theoretical: Socio-cultural influences and wellbeing in Physical Activity and Sport
  - Socio-cultural influences
  - Sports psychology
  - Health, fitness and wellbeing
  - Use of Data

## How will I be assessed?

Practical assessment & Exam

The practical component will involve performing in a wide range of activities, where students select their top three best scores to count. Choose from one team sport, one individual sport, and one team or individual sport.

## Where Next?

### Academic/Applied

- Level 3 OCR Technical in Sport

### Career

- Sports Coach
- Travel and Tourism
- Sports Centre Manager / Assistant
- Personal Trainer
- Outdoor sports instructor

## Want to know more?

Mr Howlett, Curriculum Lead, Sports and PE  
[MHowlett@fromecollege.org.uk](mailto:MHowlett@fromecollege.org.uk)

# Sociology

GCSE (Grades 9-1)

## Course information

Sociology is the study of society: how peoples' lives are influenced as a result of the different social groups they belong to. We all belong to social groups because we all have social class, an age group, gender and ethnicity. Students will learn just how powerful these can be in shaping all of our lives - including how well we do at school, the type of job we might end up having, the opportunities that come our way, our very identity. Why do some people have so much power and wealth while others have none? Is the traditional idea of family a thing of the past? Why do children at school learn the things they do? These are just a few examples of the kind of questions Sociology asks. It is about your life and the lives of everyone in society around you.

## Topics include:

- Culture and identity
- Education
- Families
- Crime and deviance
- Social inequality
- Research methods (how sociologists find things out)

## How will I be assessed?

Internally assessed coursework and exams

## Where Next?

### Academic/Applied

- A Level Sociology

Partners well with:

- Media
- English
- History
- Law
- Politics

### Career

- Journalism
- Law
- Political researcher
- Police
- Social work

## Want to know more?

Mr Randall, Subject Lead, Sociology  
[JRandall@fromecollege.org.uk](mailto:JRandall@fromecollege.org.uk)



# Sport

BTEC Tech Award (equivalent to one GCSE)

## Course information

The ability to improve personal fitness is essential for sports performers. However, the same knowledge, understanding and skills are required to improve other people's fitness and are essential for a number of progression opportunities in the sector.

The GCSE will be split into three units of work:

### 1. Preparing Participants to take part in Sport and Physical activity

Students will explore the different types and provision of sport and physical activity available for different types of participants, barriers to participation and ways to overcome these barriers to increase participation in sport and physical activity.

### 2. Taking part and improving other participants sporting performance

Students will investigate the components of fitness and their effect on performance, take part in practical sport, explore the role of officials in sport and learn to apply methods and sporting drills to improve other participants sporting performance

### 3. Developing Fitness to improve other participants performance in sport/physical activity.

Students will be introduced to and develop an understanding of the importance of fitness and the different types of fitness for performance in sport and physical activity. They will also develop an understanding of the body and fitness testing

## How will I be assessed?

External examined unit 33%

Internal written coursework and synoptic tasks, externally moderated 67%

## Where Next?

### Academic/Applied

- Level 3 OCR Technical in Sport

### Career

- Sports Coach
- Travel and Tourism
- Physiotherapist
- Sports Media
- Outdoor sports instructor

## Want to know more?

Mr Howlett, Curriculum Lead, Sports and PE

[MHowlett@fromecollege.org.uk](mailto:MHowlett@fromecollege.org.uk)

# Core subjects

## Key Stage 3: Year 9



# English Language & Literature (combined)

GCSE (Grades 9 - 1)

## Course information

The course covers all elements of the KS3 curriculum and is designed to prepare students for the rigors and demands of the GCSE courses (English Language AND English Literature) taken in Years 10 and 11.

The KS3 curriculum is taught in the following units:

- 'The Hunger Games' by Suzanne Collins
- 'Journey's End' by R.C. Sherriff
- 'Romeo and Juliet' by William Shakespeare
- Conflict Poetry
- The Gothic

English Language GCSE: Students analyse language and structure in challenging literature and non-fiction texts from the 19th-21st centuries. The course includes creative writing tasks and viewpoint compositions, with equal weighting between reading and writing components.

English Literature GCSE: Students study classic literature across various periods and genres, analysing themes and writers' methods in both studied texts and unseen poetry. The focus is on critical thinking, textual recall, and understanding the deeper themes and context of key texts.

## How will I be assessed?

Students will sit end of unit assessments regularly throughout the year and a formal mock at the end of Year 10, and two formal mocks in Year 11. The mocks are comprised from real GCSE papers and increase in difficulty with regard to both content and duration as the years progress.

There are no tiered entries for GCSE English; all students sit the same four exam papers.

## Where Next?

### Academic/Applied

- A Level English

### Career

- Advertising/copywriting
- Journalist
- Law - Paralegal/Crown Prosecutor
- Librarian
- Screenwriter

## Want to know more?

Ms Syrett, Curriculum Lead, English Faculty  
[HSyrett@fromecollege.org.uk](mailto:HSyrett@fromecollege.org.uk)

# Mathematics

GCSE (Grades 9 - 1)

## Course information

After completion of the remaining key elements of the KS3 curriculum, Students progress onto either the Foundation or Higher level KS4 syllabus.

The syllabus aims to assess positive achievement at every level of ability specified at GCSE. Topics are taught under the headings of:

- Numbers
- Algebra
- Ratio, proportion and rates of change
- Geometry and measures
- Probability and statistics

There is a large emphasis on problem solving and mathematical reasoning.

Mathematics at GCSE level is fundamental to students' future success. A grade 4 or above opens doors to many Post-16 courses, while strong performance enables students to pursue A Level Mathematics or Core Mathematics in Sixth Form. The skills developed through mathematical study - particularly complex communication and analytical thinking - are highly valued by employers. At Frome College, we're proud that many of our students continue their mathematical journey beyond GCSE, recognising its importance for their future careers.

## How will I be assessed?

Students will sit end of unit assessments regularly throughout the year and a formal mock at the end of Year 10, and two formal mocks in Year 11. Mock exams are comprised from real GCSE papers and increase in difficulty with regard to both content and duration as the years progress.

The GCSE itself can be taken at either Foundation level (Grades 1-5) or Higher level (Grades 4 to 9).

## Where Next?

### Academic/Applied

- A Level Maths
- A level Further Maths
- A Level Physics

### Career

- Electrical Engineer
- Environmental Specialist
- Financial Analyst
- Forensic Scientist
- Meteorologist

## Want to know more?

Mr Cole, Co-Curriculum Lead, Mathematics  
[RCole@fromecollege.org.uk](mailto:RCole@fromecollege.org.uk)

Mrs Cole, Co-Curriculum Lead, Mathematics  
[JCole@fromecollege.org.uk](mailto:JCole@fromecollege.org.uk)

# Science

GCSE (Grades 9 - 1)

## Course information

Science nurtures students' curiosity through investigation and creative thinking. Through practical exploration and debate, students develop essential problem-solving skills while preparing for a world of rapid scientific advancement.

**Year 9:** Our KS3 curriculum, developed in collaboration with Frome middle schools, builds seamlessly on to Year 8 learning. It aims to foster scientific enthusiasm while establishing the knowledge base essential for GCSE success.

**GCSE Combined Science:** Beginning in Year 9's third term, the course balances Biology, Chemistry, and Physics. Students learn scientific methodology, data analysis, and science's role in society and decision-making, while developing environmental awareness.

**GCSE Separate Sciences:** Top-performing and enthusiastic students can study Biology, Chemistry and Physics as separate GCSEs from Year 10. Taught by subject specialists with additional lessons, this pathway is ideal for Post-16 science study. Selection is based on KS3 performance, teacher recommendations, and student interest, with applications opening at the end of Year 9. Places are subject to availability.

## How will I be assessed?

Students will sit end of unit assessments regularly throughout the year and a formal mock at the end of Year 10, and two formal mocks in Year 11. The mocks are comprised from real GCSE papers and increase in difficulty with regard to both content and duration as the years progress.

GCSE Combined Science: each paper marked out of 70

GCSE Separate Sciences: each paper marked out of 100

## Where Next?

### Academic/Applied

- A Level Biology
- A level Chemistry
- A Level Physics
- A Level Geology

### Career

- Aerospace Engineer
- Biomedical Scientist
- Forensic Psychologist
- Doctor/Nurse/Dentist/Veterinary Surgeon
- Cyber Intelligence Officer

## Want to know more?

Mr Jones, Curriculum Lead, Science  
[PJones@fromecollege.org.uk](mailto:PJones@fromecollege.org.uk)

# Basic IT Skills Course

KS3

## Course information

This course is designed for KS3 students to build essential IT skills. It introduces core concepts in computing, ensures safe and efficient use of technology, and prepares students for a tech-driven world.

## Key Topics

- Typing and Keyboard Skills
- Learn touch typing techniques to improve speed and accuracy.
- Internet Safety and Digital Citizenship
- Understand how to stay safe online, protect personal information, and identify cyberbullying or scams.
- Basic Coding and Programming
- Explore beginner-friendly programming languages like Scratch and Python.
- Using Productivity Tools
- Develop skills in Google Workspace tools for school and personal projects.
- File Management and Organization
- Learn how to save, organize, and retrieve files effectively.
- Introduction to Cloud Computing
- Understand how to use tools like Google Drive and OneDrive for collaboration.
- Introduction to using AI ethically
- Understand the advantages and disadvantages of AI in the modern world

## How will I be assessed?

This is a non-examined subject so there will be no formal assessments, although commitment to learning scores will indicate students' understanding and engagement.

Each topic will be assessed by the student work produced and internally assessed exams.

## Where Next?

### Academic/Applied

- Creative iMedia GCSE
- Apprenticeships in the digital sectors.

### Career

- Advertising
- eSports
- Content Creator
- Game Design / Development
- Animation

## Want to know more?

Mr Durber, Head of Computer Science, Business and IT  
[PDurber@fromecollege.org.uk](mailto:PDurber@fromecollege.org.uk)

# Physical Education

## This is a non-examined statutory subject

### Course information

Physical Education (PE) is a compulsory part of the National Curriculum.

In today's world, where the UK faces increasing challenges with obesity and heart disease, our PE programme plays a crucial role in establishing healthy, active lifestyle habits.

Our core PE programme focuses on two key areas: developing sporting abilities and building sustainable fitness habits that last a lifetime.

Our diverse sports programme reflects the vibrant sporting community around us. We carefully select activities that can easily be continued after leaving school, creating a bridge between education and lifelong physical activity. Students will experience both competitive team sports and individual activities.

Beyond the National Curriculum PE Classes, students will find a diverse extra-curricular programme. Join lunchtime and after-school activities, compete in regular inter-house tournaments, or represent the College in our competitive teams. We actively support both team and individual sports - speak with any PE staff member to explore more sporting interests.

**To maintain our high standards and ensure everyone's comfort and safety, all students must wear the approved College sportswear for every PE lesson. Active participation is essential and forms a key part of students' educational journey with us.**

### How will I be assessed?

This is a non-examined subject so there will be no formal assessments, although commitment to learning scores will indicate students' understanding and engagement.

Students will receive regular assessments, noting progress in:

- Practical achievements - skills/understanding/rules of games/coaching/refereeing
- Personal and social skills - co-operation, discipline, provision of kit
- Individual effort and contribution to the success of lessons
- Individual safety

### Where Next?

Develop lifelong fitness habits that will enhance your wellbeing and vitality, setting the foundation for a healthier, more energetic future.

### Want to know more?

Mr Howlett, Curriculum Lead, Sports and PE  
[MHowlett@fromecollege.org.uk](mailto:MHowlett@fromecollege.org.uk)

# Religion, Philosophy and Ethics & Personal, Social and Health Education

Non-examined statutory subjects

## Course information

**Religion, Philosophy and Ethics (RPE)** requires students to think deeply on contemporary moral issues. They will be asked to reflect on their own beliefs/ opinions as well as the beliefs and opinions of others with tolerance and respect. This will include people of faith and no faith. The broad themes covered will be as follows;

- Year 9 - God, evil and suffering; philosophers and new religious movements.
- Year 10 - Human rights and matters of life
- Year 11 - Life after death and the ethics of medicine and war.

**Personal, Social and Health Education (PSHE)** requires students to discuss and reflect on a range of real world issues broadly covered by the following themes;

- Wellbeing - including mental, emotional and physical
- Wider World - including financial literacy, careers and aspirations
- Relationship and sex education - including romantic, familial and peer relationships

Both courses are designed to develop our students' awareness and tolerance in a wide range of areas, encouraging them to become well rounded and reflective learners and citizens. Further information can be found on the College website, including detailed lesson objectives.

Students will have one lesson of each subject per fortnight.

## How will I be assessed?

This is a non-examined subject so there will be no formal assessments, although commitment to learning scores will indicate students' understanding and engagement.

Within lessons students will be expected to assess the skills they have developed and reflect on their own progress at the end of each topic studied.

## Where Next?

### Academic/Applied

- A Level Religious Studies - Philosophy and Ethics

### Career

- Teacher/Educator
- Religious Leader
- Counsellor or Therapist
- Writer/Researcher

## Want to know more?

Ms McPherson, Curriculum Lead, RPE and PSHE  
[CMcPherson@fromecollege.org.uk](mailto:CMcPherson@fromecollege.org.uk)



# Art & Design

KS3

## Course information

Our high-quality art and design programme will aim to engage, inspire and challenge students, equipping them with the knowledge and skills to experiment, invent and create their own works of art, craft and design.

As students progress, they will learn to think critically and develop a more rigorous understanding of art and design. They will learn how art and design both reflect and shape our history, and contribute to the culture, creativity and wealth of our nation.

**The national curriculum for art and design aims to ensure that all students:**

- produce creative work, exploring their ideas and recording their experiences
- become proficient in drawing, painting, sculpture and other art, craft and design techniques
- evaluate and analyse creative works using the language of art, craft and design
- know about artists, craft makers and designers

We cover units which span a range of processes, to help students make informed judgements about progression routes into GCSE and beyond, aiming to cover content across Fine Art, Graphic Design, Textiles, Photography and 3D.

At Frome College, our encouragement of the Arts means that these subjects have a broad reach into the community, as well as nationally, in many of our projects and competitions.

## How will I be assessed?

Students will be assessed on their portfolio of work across projects.

## Where Next?

### Academic/Applied

- A Level Fine Art
- A Level Textiles
- Art Foundation Course

### Career

- Visual Merchandiser
- SFX Artist
- Interior Designer
- Illustrator
- Web Designer

## Want to know more?

Ms Knibbs, Curriculum Lead, Art, Photography & Graphics  
[Ekknibbs@fromecollege.org.uk](mailto:Ekknibbs@fromecollege.org.uk)

# Design & Technology (DT)

KS3

## Course information

Design & Technology will prepare students to participate confidently and successfully in an increasingly technological world.

Students will gain awareness and learn from wider influences of Design & Technology including historical, social, cultural, environmental and economic factors. Students will get the opportunity to work creatively when designing and making, and apply technical and practical expertise.

The programme emphasises hands-on experience with diverse materials, including wood, metal, and plastics, teaching students to evaluate and select materials based on their unique properties. For instance, aluminium's exceptional strength-to-weight ratio makes it invaluable in high-performance applications, from sports car manufacturing to aerospace components.

In Year 9, the curriculum focuses on design solutions relevant to contemporary teenage lifestyles. Students acquire transferable skills through hands-on experience with industry-standard technologies, including Computer-Aided Design (CAD) and Computer-Aided Manufacturing (CAM). They also gain proficiency in operating specialised machinery, tools, and equipment while developing three-dimensional visualisation abilities.

## How will I be assessed?

Assessed termly through theory and design tests.

End of Year Theory test: 50%

End of Year Design task: 50%

## Where Next?

### Academic/Applied

- A Level Maths
- A Level Product Design
- Apprenticeship in Engineering

### Career

- Plumbing
- Welding
- Car Mechanic
- Jewellery Design
- Arboriculture

## Want to know more?

Mrs Byrne, Curriculum Lead, Design and Technology  
[CByrne@fromecollege.org.uk](mailto:CByrne@fromecollege.org.uk)

# Drama

KS3

## Course information

Studying Drama enables students to develop essential life-long learning skills such as communicating with others, teamwork and building confidence.

This comprehensive Drama course develops students' practical performance and written skills through the exploration of scripted plays and the creation of original devised theatre. Students engage with complete dramatic works from multiple perspectives - performer, director and theatre designer - gaining a thorough understanding of theatrical production.

Through practical sessions and written assignments, students work individually, in small groups and as an ensemble to explore challenging themes and topics. The course incorporates regular theatre visits, enabling students to evaluate and analyse live productions, enhancing their critical understanding of performance.

This dynamic programme cultivates essential transferable skills such as effective communication, collaborative working and self-confidence, making it particularly suitable for students passionate about theatre arts.

Students have opportunities to:

- Develop original theatrical works
- Analyse dramatic texts from various creative perspectives
- Build practical performance techniques

## How will I be assessed?

This course includes one scripted and one devised practical performance exam, written coursework and a final written exam.

## Where Next?

### Academic/Applied

- A Level Drama and Theatre
- Degree in Drama and Theatre
- Diploma in Acting and Performance

### Career

- Theatre Production and Design
- Acting (TV, Film, Stage and Radio)
- Directing and Producing
- Theatre / Arts Management
- Technical (Lighting/ Sound)

## Want to know more?

Mrs Plomer, Subject Lead, Drama  
[KPlomer@fromecollege.org.uk](mailto:KPlomer@fromecollege.org.uk)

# Geography

KS3

## Course information

Students will gain knowledge of the world, understand current events, appreciate different cultures, become aware of how human and physical processes interact to shape the globe, and develop a wide range of transferable skills.

The course will be focused on the study of different places around the world - Africa, the Middle East, Asia & China, & the Oceans. Within each study, students will focus on the skills they need to successfully progress to GCSE Geography. These skills will include:

- Map skills- Ordnance Survey maps, atlases
- Interpreting information- data, pictures, graphs, maps etc.
- Decision making- building an argument or decision based on evidence
- IT skills such as using GIS (e.g Google Earth), Digimaps, research skills
- Explaining how human and physical processes are changing the planet
- Decision making- how to best manage a geographical issue

## How will I be assessed?

Unit 1 - Physical Geography (one-hour, thirty-minute exam)

Commitment to learning scores indicate students' understanding and engagement

## Where Next?

### Academic/Applied

- A Level Geography
- BTEC Applied Geography

### Career

- Environmental Consultant
- Cartographer
- Geographical Information Systems Officer
- Planning and Development Surveyor
- Landscape Architect

## Want to know more?

Mr Haines, Subject Lead, Geography  
[JHaines@fromecollege.org](mailto:JHaines@fromecollege.org)

# History

KS3

## Course information

In Year 9, all students will undertake historical studies designed to ensure secure knowledge of the national curriculum content and to develop the essential skills that underpin successful study of the subject at GCSE level for those who go on to take the subject.

Students will develop their historical skills through:

- Critical analysis of different historical sources, learning to evaluate their reliability and usefulness when supporting historical claims
- Understanding how to contrast different arguments and interpretations of the past, recognising that history involves ongoing debate
- Building compelling arguments using evidence from multiple sources
- Developing clear written communication of historical ideas

The content will focus on the transformative story of the 20th century - an era that changed our world forever. From world-shaking conflicts like the two World Wars to cultural revolutions, students will uncover how Britain, Europe, and the globe were transformed during this remarkable period, exploring:

- Key conflicts and their global impact
- Social and cultural changes
- Technological advancement and its effects
- The reshaping of national boundaries

## How will I be assessed?

- Three end of term tests across the Year 9 academic year
- Extended writing skills which will inform the progress that students make
- Short knowledge tests and formative assessment during class time

## Where Next?

### Academic/Applied

- A Level History
- A Level Law
- Level 3 Business Admin & Finance

### Career

- Archeologist/Archivist
- Broadcast Journalist
- Civil Service Administrator
- Law: Solicitor/Barrister/ Paralegal
- Heritage Manager/Building Conservation

## Want to know more?

Ms Hawkey, Curriculum Lead, History  
[NHawkey@fromecollege.org.uk](mailto:NHawkey@fromecollege.org.uk)

# Modern Foreign Languages

The aim of the Year 9 course is to build on the knowledge acquired in middle school, whether to prepare for taking the language at GCSE from Year 10, or simply to develop general comprehension and communication skills.

## French

KS3

### Course information

French is a global language, widely spoken in Europe, Africa, the Middle and Far East, and Canada. It provides a good foundation for studying Spanish, Italian, and Portuguese.

**Please note: this course is not offered to beginners.** All students must have a prior background of learning French before joining.

## Spanish

KS3

### Course information

Spanish is the third most widely spoken language in the world. Spanish is a common business language in Europe and Southern and Central America. The study of Spanish is also good foundation for the study of French, Italian, and Portuguese.

**Please note: this course is not offered to beginners.** All students must have a prior background of learning Spanish before joining.

### How will I be assessed?

Listening, reading, speaking, and writing will be assessed throughout Year 9, with a cumulative assessment at the end of the academic year.

### Where Next?

#### Academic/Applied

- GCSE French
- A Level French
  
- GCSE Spanish
- A Level Spanish

#### Career

- Interpreter / Translator
- Logistics or Distribution Manager
- Travel Agent/Tour Representative
- Broadcast Journalist
- Diplomatic Service

### Want to know more?

Mrs Green, Curriculum Lead, Modern Foreign Languages  
[AGreen@fromecollege.org.uk](mailto:AGreen@fromecollege.org.uk)

# Music

KS3

## Course information

At Frome College we encourage students to develop a love of music and their talent as musicians, and so increase their self-confidence, creativity and sense of achievement.

During year 9, students will receive two lessons a fortnight with a specialist music teacher. Over the course of the year students will learn to compose, perform, and analyse music through listening.

We have fantastic technology resources to make use of in lessons and as such students will learn to use music creation software Logic Pro X to help them compose their own music. We have a strong ethos of performance at Frome College and regularly make use of our stage areas for class performances, rehearsal, and assessments.

Students can expect their lessons to be largely practical and will be learning about famous composers and musical styles through performance and composition. From listening to Beethoven to learning to play a song from Queen, we will cover a broad range of styles throughout the year.

Topics will include:

- Elements of Music (Pachelbel's Canon)
- Dance Music (EDM)
- Acoustic Pop Composition (Songwriting)
- Film Music
- Bands Project
- World Music

## How will I be assessed?

Core Music is assessed termly through a mixture of solo and group performances.

## Where Next?

### Academic/Applied

- A Level Music
- A Level Music Technology

### Career

- Arts Administrator
- Broadcast Engineer
- Community Arts Worker
- Event Manager
- Theatre Stage Manager

## Want to know more?

Mr Hampson, Curriculum Lead Music  
[JHampson@fromecollege.org.uk](mailto:JHampson@fromecollege.org.uk)

## Ways to stay in touch



[www.fromecollege.org/news](http://www.fromecollege.org/news)



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### Plus

every Monday parents & carers receive the Principal's letter via email.  
(It's also posted on our website under Parents/Letters Home)



Supporting children's wellbeing in your school. >



**ANTI-BULLYING ALLIANCE**

School & College Member



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