

# OPTIONS BOOKLET

2023-2024



**St. Thomas's**  
*Centre*



## **BTEC Home Cooking Skills**

Being able to cook is an essential life skill. Learning to cook used to be passed down through the generations, but this is no longer necessarily the case. It is apparent that many people do not have the skills to cook from scratch and lack food knowledge, creating a reliance on pre-prepared or ready-cooked food. Lack of time and money are also considerable issues. These have had a significant impact on the epidemic of obesity, which is likely to have a profound effect on the health of the nation over the next century.

Students who have achieved the BTEC Level 1 Award in Home Cooking Skills can progress on to the BTEC Level 2 Award in Home Cooking Skills. This qualification will enhance your self-development by providing you with valuable life skills.



### **Learning objectives: Level 1**

In this unit, you will be introduced to basic cooking skills by following recipes for simple dishes and learning how to use kitchen equipment safely. Each recipe is underpinned with knowledge about sourcing food, nutrition, hygiene and food safety where relevant. You will consider the value of acquiring skills for cooking at home and explore ways to pass on your knowledge of cooking skills to others. This unit aims to give you the skills and confidence to enjoy cooking at home, to continue cooking for yourselves and your family and to inspire others to do so.

- Be able to use cooking skills to make home-cooked food that does not use pre-prepared, ready-cooked food, for example, pasta bolognese with garlic bread
- Understand the value of passing on information about home cooking (via email, blog, letter, social media or school website)

### **Learning objectives: Level 2**

In this unit, you will develop your cooking skills by exploring recipes for nutritious meals. How to cook different elements of a meal to serve them at the same time are considered in this unit. The importance of presenting food well and how this contributes to its enjoyment is reflected on in this unit. Ways to economise when shopping for ingredients and cooking meals at home are significant aspects of this unit. You will demonstrate your skills by selecting recipes for a nutritious two-course meal and following the recipes to prepare, cook and present the meal.

- Be able to plan a nutritious, homecooked meal using basic ingredients
- Be able to prepare, cook and present a nutritious, homecooked meal using basic ingredients
- Understand how to cook economically at home
- Be able to pass on information about cooking meals at home from scratch

# Highfield Online Training (hot)

This course will run alongside the BTEC Home Cooking Skills in Year 10 and Year 11, giving you the opportunity to gain an additional qualification in this area.

## Level 1 Food Safety

This course is an ideal introduction to food safety, and is ideal for any student considering a role in an environment where food is cooked, prepared or handled.

Areas covered: -

- Introduction to food safety
- Microbiological hazards
- Food poisoning and its control
- Safe handling and storage of food
- Personal hygiene
- Food pests and pest control
- Cleaning and disinfection



This is assessed by multiple-choice online questions and is certified on completion.

## Level 2 Food Safety

This course is ideal for those who work in a catering environment. This may include restaurants, cafes, hotels, bars, fast-food outlets, takeaways, mobile food trucks, kitchens, hospitals, schools and colleges.

Areas covered: -

- Improve your food safety
- Combat microbiological hazards
- Avoid food poisoning
- Control contamination hazards
- Address personal hygiene
- Handle cleaning and disinfection
- Control pests
- Safely handle and store food
- Food safety management systems



This is assessed by multiple-choice online questions and is certified on completion.

# **BTEC Firsts Travel and Tourism**

BTEC Level 1/Level 2 First Award in Travel and Tourism

You will study the following three mandatory units:

**Unit 1 UK travel and tourism sector**

**Unit 2 UK travel and tourism destinations**

**Unit 3 The travel and tourism customer experience**



You will study one further unit:

**Unit 4 International travel and tourism destinations**

**Unit 5 Factors affecting worldwide travel and tourism**



**Learning styles:** Internet research, coursework, group work, independent work

What is about: ***How countries make money from tourism, planning different types of holidays***

**Assessments:**

**Unit 1:** The UK Travel and Tourism Sector  
TEST lasting 1 hr. 15 mins two assessment dates JANUARY & JUNE

❖ **Unit 2** UK travel and tourism destinations Coursework

**Unit 3** The travel and tourism customer experience Coursework

**Unit 4** International travel and tourism destinations Coursework

OR

**Unit 5** Factors affecting worldwide travel and tourism Coursework

# **ICDL**

## **(previously ECDL) at Level 1 Award and Level 2 Certificate**

Almost every career requires you to have good digital literacy skills. This is the perfect course to gain a British Computer Society qualification that is recognised in the workplace and has been taken by over 15 million people from around the world. You will gain a good foundation of widely used office-based skills knowledge using word, spreadsheets, and presentation skills.

### **What will you study as part of this qualification?**

#### **BCS Level 1 ICDL Award in IT User Skills (601/0633/5)**

Each unit is a 45-minute practical online assessment with a Pass at 75%

Presentation Software

Spreadsheet Software

Word Processing Software



#### **BCS Level 2 Certificate in IT User Skills (ICDL Extra) (ITQ) (500/6242/6)**

Each unit is a 45-minute practical online assessment with a Pass at 75%

Presentation Software

Spreadsheet Software

Word Processing Software

Improving Productivity using IT \*

\*This unit is a 60-minute practical online assessment with a Pass at 75%



### **Possible future careers:**

Compliments every career.

Ideal for anyone that wants to run their own business.



# iGCSE Information Technology (IT)

The Pearson Edexcel iGCSE ICT course will enable you to:

- explore how digital technology impacts on the lives of individuals, organisations and society
- learn about current and emerging digital technologies and the issues raised by their use in a range of contexts by individuals and organisations
- develop awareness of the risks that are inherent in using ICT and the features of safe, secure and responsible practice
- broaden and enhance their ICT skills and capability
- work with a range of digital tools and techniques to produce effective ICT solutions in a range of contexts
- learn how to reflect critically on their own and others' use of ICT and how to adopt safe, secure and responsible practice.

The GCSE is graded 1-9 (with 9 being the highest). The GCSE consists of two exams:

**Paper 1 Written Exam 90 mins 50% of total GCSE**

**Paper 2 Practical Exam 180 mins (3 hrs.) 50% of total GCSE**

## Paper 1

Topic 1 Digital Devices  
Topic 2 Connectivity  
Topic 3 Operating Online  
Topic 4 Online Goods and Services

## Paper 2

Topic 5 Applying Information and Technology  
Topic 6 Software Skills:  
6.1 Word Processing  
6.2 Database Management  
6.3 Spreadsheets  
6.4 Presentations  
6.5 Graphics



## Possible Future Careers:

App Designer  
Games Developer  
Personal Assistant  
Compliments every career

# GCSE Art, Craft and Design



We currently are following the AQA Art and Design syllabus which is made up of coursework and an exam.



**Fine art:** Includes drawing, painting, sculpture, installation, photography and the moving image, printmaking and mixed media land art. **You do not have to be good at drawing to achieve success in Art.**

**Graphic communication:** Is commercial art such as design for print, advertising and branding, illustration, package design, typography, multi-media, signage and exhibition graphics. If you are into digital art then Graphic communication would be an area to explore.

**Textile design:** If you are into fashion and making things out of textiles this maybe for you. It includes fashion design and illustration, costume design, printed and dyed textiles, surface pattern, stitched and/or embellished textiles.

**Three-dimensional design:** If you don't like drawing and painting but have an interest in making and putting things together then this maybe an area that you would enjoy. It includes architectural design, sculpture, ceramics, product design and jewellery.

**Photography:** If you like working with a camera and taking pictures this includes portraiture, location photography, experimental imagery, installation, documentary photography and fashion photography.

## Coursework

All work completed in class will go towards your GCSE and accounts for 60% of the total GCSE mark.

The syllabus follows a creative journey of research, planning and developing through experimentation to produce a final piece showing your ideas.

## Exam

You will choose one project from a range of options provided by the exam board which is 40% of the final grade. The exam will be 10 hours and will be split up over a number of weeks.



## GCSE History

History at KS4 will follow the AQA course with a study of the subject in a depth greater than at KS3.

The AQA course content is made up of a period study, a thematic study, a wider world depth study and a British depth study including the historic environment. You will investigate a range of historical periods such as the Americas, Medicine, Elizabethan England and the Wars.



Choosing History at GCSE will provide a variety of opportunities to progress further as you gain transferrable skills such as evidence analysing, teamwork and problem solving. With these skills, a History GCSE can open doors to a range of careers including, journalism, politics, medicine, law, police and television.



# The Prince's Trust qualification in Personal Development and Employability Skills

## Qualification Aim:

The qualification recognises the breadth of personal skills, qualities and attitudes required by employers across a range of sectors. It gives you the opportunity to:



**START  
SOMETHING**

- Develop your own personal growth and engagement, in and through learning.
- Develop the personal skills and attributes that are essential for working life and employment.
- Prepare for progression into further education, apprenticeships or other work-based learning.



## What will learner's experience?

**Career Planning:** You will gain an understanding of the job search, application and interview process in order to equip you with the skills necessary to progress onto a sustainable job/training opportunity. It is an opportunity for you to think about careers you may wish to pursue, and reflect upon the training, education and experience required in that profession.

**Community Impact:** You will consider the needs of your community and consider how the community can be supported. You will plan and carry out a project to support a chosen community through direct or indirect support.

**Experiencing the World of Work:** You will develop your skills in, and understanding of, the workplace by preparing for, attending and reviewing a work experience placement. It is also an opportunity for you to obtain a work reference which they may find useful in the future.

**Teamwork Skills:** You will develop team working skills by understanding the roles and ways of working within a team to achieve a shared goal. You will have the opportunity to experience working as part of a team to practice teamwork skills.

**Wellbeing – Physical Activity:** You will explore the benefits of being physically active as part of a healthy lifestyle. You will take part in a range of physical activities and be encouraged to think about introducing higher levels of physical activity into your own life.

## Assessment:

To be successful you will complete a range of units that make up the qualification. The Qualification is offered at Entry level 3, Level 1 and Level 2 and you will achieve either the Award or Certificate depending on your pace of learning.



# Sport and Fitness

All students in Year's 10 & 11 will do PE. Lessons will be about fitness for sport and exercise and will include personal training.

There will be the opportunity to gain one of the following qualifications:



## **BTEC Level 1 and Level 2 First Award in Sport**

You will study the following three mandatory units:

- ❖ Unit 1 Fitness for Sport and Exercise
- ❖ Unit 2 Practical Performance in Sport
- ❖ Unit 3 Applying the Principles of Personal Training

You will study one further unit:

- ❖ Unit 4 The Mind and Sports Performance



### **Lessons will consist of:**

Internet research, coursework, group work, independent work, practical sessions

### **Assessment will consist of:**

- |   |  |
|---|--|
| ❖ Unit 1: Fitness for Sport and Exercise              | ON SCREEN TEST 1 hr 15 mins<br>Two assessment dates JANUARY & JUNE |
| ❖ Unit 2 Practical Performance in Sport               | Coursework   |
| ❖ Unit 3 Applying the Principles of Personal Training | Coursework   |
| ❖ Unit 4 The Mind and Sports Performance              | Coursework   |



# **Construction**

## **Would you benefit from learning practical construction skills away from school?**

If so our 14-16 programme might be the right option for you.

As well as working towards a vocational qualification in construction, you'll also gain experience within a professional pre-college environment which is very different to school.



## **What do we do?**

Preston Vocational Centre has a well-established and good reputation for providing vocational training in construction, with high quality pastoral support, to young people in Lancashire since 2009.

We provide opportunities that develop character traits and behaviours to support young people with gaining skills and confidence for building a positive future. Our Centre ethos promotes a secure, supportive and positive environment which gives everyone a sense of feeling respected and valued.

## **What will you study as part of this qualification?**

This practical course is an ideal basis for developing construction skills. It provides an engaging and relevant introduction to the world of construction, preparing young people for a range of trades within the construction industry that includes:

- Bricklaying
- Plastering
- Joinery and Carpentry
- Painting
- Plumbing
- Manual Handling
- Health and Safety in Construction



## **What qualification do we offer?**

City and Guilds Level 1 in Construction

## **Moving on...**

As part of our programme, we will support young people with applying for an apprenticeship, further education, training, or employment. Although we cannot guarantee a permanent position at the end of the programme, we provide young people with transferable skills, a qualification and valuable experience that will benefit their future career. Achievement of a level 1 qualification will give young people the opportunity to apply directly on to level 2 vocational courses or apprenticeships with their chosen provider.