



SALE HIGH SCHOOL

Welcome to Year 10

Sale High School Values



Value	What this looks like, what it means...
Aspiration	<i>Think big, always have a growth mindset.</i>
Resilience	<i>Work hard, find solutions, never give up.</i>
Achievement	<i>Fulfil your potential, be prepared for what's next.</i>
Respect	<i>Be kind, consider others at all times.</i>
Diversity	<i>Celebrate difference, value everyone.</i>
Community	<i>Make a positive difference, be proud to belong.</i>

Sale High School Values



When we're aspirational and resilient,
we achieve our potential

When we respect others and
value diversity we build a strong community where
everyone is safe, happy and proud to belong.

Pastoral Team



Year 10 form tutors:

10MJA	M. Jackson
10MHO	M. Howlett
10LCA	L. Chung-Anderson
10JDA	J. Davies
10GDI	G. Di Mauro
10FWA	F. Wharton
10CON	C. O'Neill
10NWH	N. Whyte

Head of Year – R. Raw

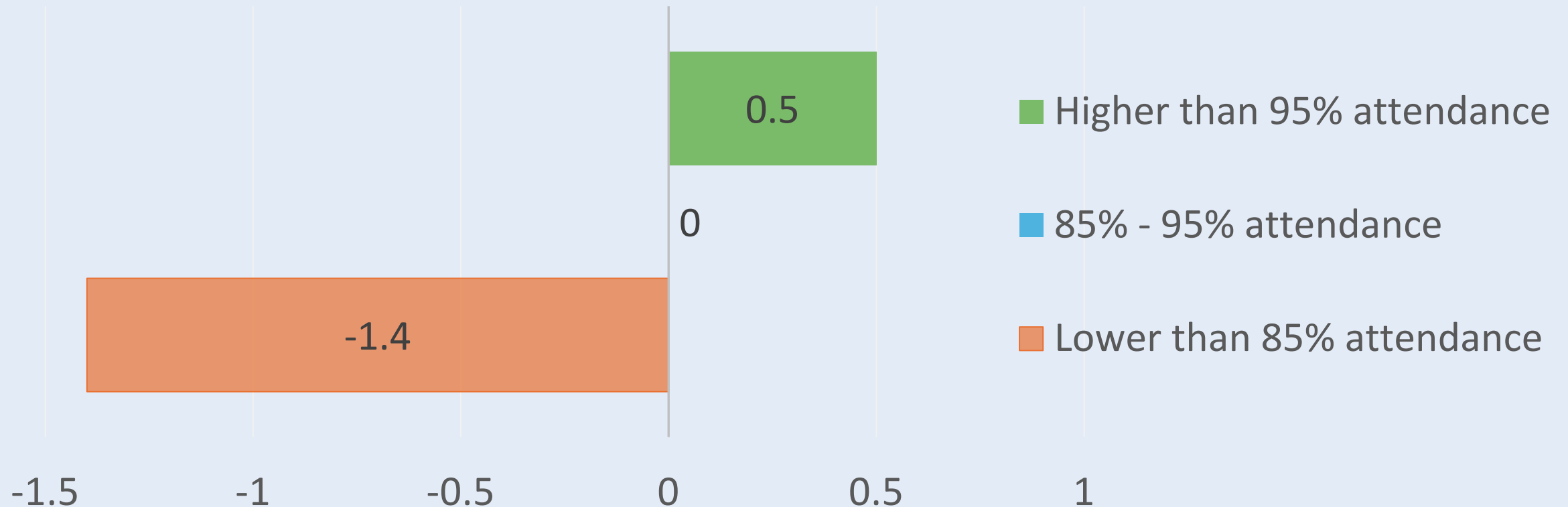
Senior Head of Year – J. Worrall

SLT Link – L. Laryea

Attendance



Those who attended more, achieved higher grades.



Homework



- Provides continuous retrieval and practice
- Takes many different forms, including online
- Independent revision is also encouraged at home
- Students should be completing up to 2.5 hours of homework per day
- Please help by checking on Satchel One



Curriculum Overview



Online independent learning resources

English

Seneca: senecalearning.com/en-GB students control their own login

BBC Bitesize: bbc.co.uk/bitesize

YouTube: Mr Bruff's English videos



Mathematics

MathsWatch: vle.mathswatch.co.uk

students have their own logins.

It is also used to complete homework

BBC Bitesize



History

Seneca: Pre-made revision quizzes students can access easily via phones or computers. All GCSE topics studied are available.

Oak National Academy: thenational.academy Extra lessons and worksheets based around the Migration unit for students to access as top-up work and revision outside of the classroom.



Drama

BBC bitesize

Quizlet

Youtube: Mr Bruff's videos about Blood brothers and Theatre beard

Study rocket (Blood brothers)



Online independent learning resources



Spanish

BBC Bitesize

[bbc.co.uk/bitesize/examspecs/zjgpg2p](https://www.bbc.co.uk/bitesize/examspecs/zjgpg2p)

Duolingo



Health and Social Care

Pearson:

www.pearson.com/en/qualifications/btec-tech-awards.html

and

www.pearson.com/en/qualifications/btec-tech-awards/health-and-social-care-2022.html

Science

Seneca: students control their own login

[physicsandmathstutor.com](https://www.physicsandmathstutor.com)



Music

BBC Bitesize (All set works and performance and composition advice)

YouTube analysis videos of any of the 8 set works by James Stevenson, 'MusicHelpGuy' and Mr Morgan

Seneca

Pearson Edexcel website for past papers

English Language & English Literature



- Exam board: AQA
- There are no tiers on the English GCSEs – everyone sits the same exam.
- Exams are closed book - students are not allowed to have any materials with them.
- We recommend the CGP 9-1 Revision guides for both Literature and Language and these can be purchased via ParentPay and collected from the school library.
- We also ask for students, if possible, to purchase their copies of ‘A Christmas Carol’ and ‘Macbeth’ from us at the reduced rate of £1.50 per text.

GCSE English Language

Paper 1: Explorations in Creative Reading and Writing

1hr 45 minutes **50% of overall GCSE**

- 4 reading questions on an unseen fictional text
- 1 writing question involving a descriptive and/or narrative task

Paper 2: Writer’s Viewpoints and Perspectives

1hr 45 minutes **50% of overall GCSE**

- 4 reading questions on two unseen non-fiction texts
- 1 writing question to express a viewpoint

GCSE English Literature

Paper 1: Shakespeare and the 19th Century Novel

1hr 45 minutes **40% of overall GCSE**

- Macbeth
- A Christmas Carol

Paper 2: Modern Texts and Poetry

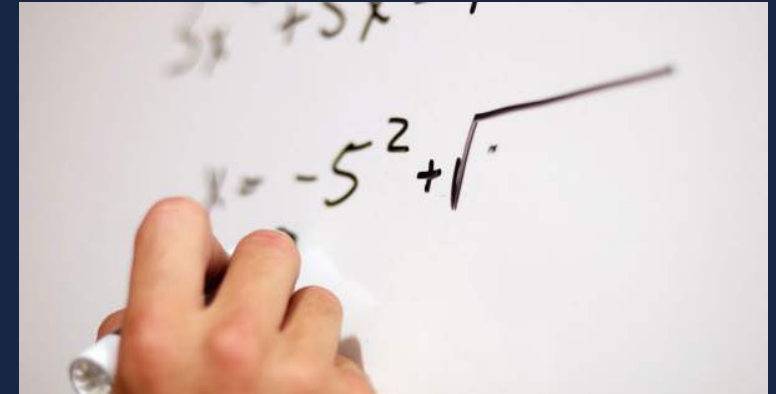
2hrs 15 minutes **60% of overall GCSE**

- An Inspector Calls
- Poetry Anthology (15 poems with question on comparison)
- Unseen poetry (2 questions on 2 unseen poems)

Mathematics



- Exam board: AQA
- Higher or Foundation tier.
- Higher tier for grades 9 – 4 and Foundation Tier for grades 5 – 1.
- We recommend the CGP 9-1 Revision guides and these can be purchased via ParentPay and collected from the school library.
- Homework is completed on MathsWatch.



Each exam paper contributes to 33.3% of the final grade:

- | | | |
|----------------------------|-----------|----------|
| • Paper 1 (Non-Calculator) | 1 ½ Hours | 80 marks |
| • Paper 2 (Calculator) | 1 ½ Hours | 80 marks |
| • Paper 3 (Calculator) | 1 ½ Hours | 80 marks |



Triple Science

- Exam board: Edexcel
- The course counts as three separate GCSEs – Biology, Chemistry and Physics
- Higher or Foundation tier.
- Higher tier for grades 9 – 4 and Foundation Tier for grades 5 – 1.

This course is **100% examination based**

Each separate GCSE in Biology, Chemistry and Physics, contain a wide variety of topics which will be assessed through 2 x 1 hour 45 min external exam papers. The course also includes core practicals – students must carry out / observe compulsory core practicals in order to complete the course.



Combined Science



- Exam board: Edexcel
- This course is worth two GCSEs
- Higher or Foundation tier
- Each pupil should now have both the science revision guide and workbook (separate ones for each science if opting for Triple Science) which they can use throughout Year 10 and 11. If pupils have misplaced these they are available to purchase on parent pay and will need to be collected from the library.
- Prior to each assessment pupils will have a link posted on satchel which directs them to a PowerPoint slide which includes: Revision guide / Work pages to focus on, key supporting videos, Seneca reminders, a copy of the topics knowledge organiser and Physics tutor website link which includes plenty of past paper questions.

Combined Science consists of **six externally examined papers** (equally weighted) which cover units in Biology, Chemistry and Physics. The course also includes core practicals . Students must carry out / observe all compulsory core practicals in order to complete the course.

- Biology Paper 1 – 1 hour 10 mins
- Chemistry Paper 1 – 1 hour 10 mins
- Physics Paper 1 – 1 hour 10 mins
- Biology Paper 2 – 1 hour 10 mins
- Chemistry Paper 2 – 1 hour 10 mins
- Physics Paper 2 – 1 hour 10 mins

History



- Exam board: AQA
- Two exam papers, each worth **50%** of the final overall grade

Paper 1: Understanding the Modern World Exam **50%**

Section A Period Studies: Germany, 1890 – 1945 Democracy and dictatorship

Germany and the growth of democracy, Germany and the Depression, The experiences of the Germans under the Nazis.

Section B Wider World Depth Study: Conflict and Tension, 1918 – 1939

Peace making, The League of Nations and International Peace, The origins and outbreak of the Second World War.

Paper 2: Shaping the Nation (British history) Exam **50%**

Section A Thematic Study: Britain: Migration, empire and the People c.790 to the present day

Conquered and conquerors, Looking west, Expansion and empire, Britain in the 20th century

Section B British depth study: Elizabethan England c. 1568 – 1603

Elizabeth's court and Parliament, Life in Elizabethan times, Troubles at home and abroad, The historic environment study for Elizabethan England.

The history department will provide revision materials and practice question booklets so students can practice 'active revision' and use and apply their knowledge and become practised and familiar with all questions types.

Geography



- Exam board: AQA
- There are no tiers on the Geography GCSEs – everyone sits the same exam.

This course is assessed by:

- Paper 1: Living with the physical environment
35%
- Paper 2: Challenges in the human environment
35%
- Paper 3: Geographical applications
30% - This an exam based on the analysis and evaluation of fieldwork tasks – students will carry out 2 fieldwork tasks.



GCSE PE



- Exam board: AQA
- Written paper 1 (1hr 15mins) – The Human Body and Movement in Physical Activity and Sport
- Written paper 2 (1hr 15mins) – Socio- cultural Influences and Well-being in Physical Activity and Sport
- Practical performance in physical activity and sport (3 activities) 30%
- Coursework – Analysis of Performance 10%

Paper 1 (30%)

- Applied anatomy and physiology
- Function of the cardio-respiratory system
- Anaerobic and aerobic exercise
- Movement analysis
- Physical training

Paper 2 (30%)

- Sport psychology
- Socio-cultural influences
- Health, fitness and well-being
- Use of data

Practical (30%)

1 individual and 2 team sports
or

2 team and 1 individual sport

For students without an individual sport, we do offer a two day rock climbing course. PE staff will provide more details.

Coursework – Analysis of Performance (10%)



This course consists of 4 examinations at the end of Year 11:

- Paper 1: Listening (25%)
- Paper 2: Speaking (25%)
- Paper 3: Reading (25%)
- Paper 4: Writing (25%)

Each paper is further broken down as shown opposite

Listening

- A) Understand and respond to spoken extracts
- B) Dictation of short, spoken extract

Speaking

- A) Role play
- B) Read a text aloud + short conversation
- C) Discuss 2 photos + general conversation

Reading

- A) Answer in English
- B) Translate from Spanish to English

Writing

- A) writing extended texts on topics
- B) translation into Spanish

Health and Social Care



Health and Social Care BTEC Tech Award

Component 1: Understand human growth and development across life stages and the factors that affect it (33% - Internal Assessment)

Aim A: Understand human growth and development across life stages and the factors that affect it.

Aim B: Investigate how individuals deal with life events.

Component 2: Health and Social Care Services and Values (33% - Internal Assessment)

Aim A: Understand the different types of health and social care services and barriers to accessing them.

Aim B: Demonstrate care values and review own practice.

Unit 3: Health and Wellbeing (33% - Examined Assessment)

A01: Demonstrate knowledge and understanding of factors that affect health and wellbeing.

A02: Interpret health indicators

A03: Design a person - centred health and wellbeing improvement plan

A04: Demonstrate knowledge and understanding of how to overcome obstacles relating to health and wellbeing improvement plans.

Engineering



NCFE Technical Award in Engineering

- 60% Controlled Assessment (NEA)
- 40% Written Exam (1 hour 45 minutes)

Content areas are:

- understand the different engineering disciplines
- apply science and mathematics in engineering
- understand how to read engineering drawings
- understand the properties, characteristics and selection of engineering materials
- understand engineering tools, equipment and machines
- produce hand-drawn engineering drawings
- produce computer-aided design (CAD) engineering drawings
- understand production planning techniques
- apply processing skills and techniques

Technology

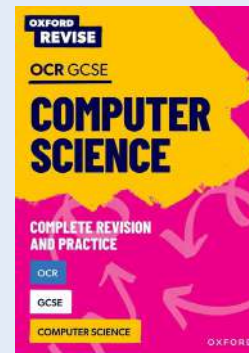


GCSE Design & Technology (Eduqas)

- 50% Controlled Assessment (35 hours)
- 50% Written Exam (2 hours)
- Controlled Assessment deadline **March 2025**

GCSE Computer Science (OCR)

- 100% Written Exams: 2 exams (1 hour 30 each)
- 25 hours programming
- Revision guide: Revise OCR GCSE (9-1) J277 Computer Science:



Cambridge National IT Levels 1/2 (OCR)

- 60% Controlled Assessment
- Controlled Assessment Deadline **May 2025**
- 40% Written Exam (1.5 hours)

Food and Cookery



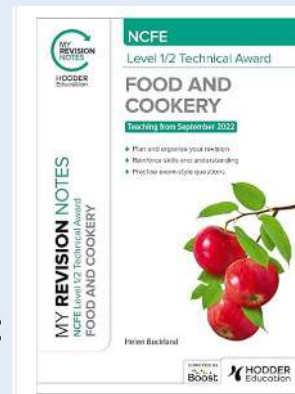
NCFE Level 1/2 Technical Award in Food and Cookery

- 60% Controlled Assessment (NEA)
- 40% Written Exam (1 hour 45 minutes)

Content areas are:

- 1: Health and safety relating to food, nutrition and the cooking environment
- 2: Food legislation and food provenance
- 3: Food groups, key nutrients and a balanced diet
- 4: Factors affecting food choice
- 5: Food preparation, cooking skills and techniques
- 6: Recipe amendment, development and evaluation
- 7: Menu and action planning for completed dishes

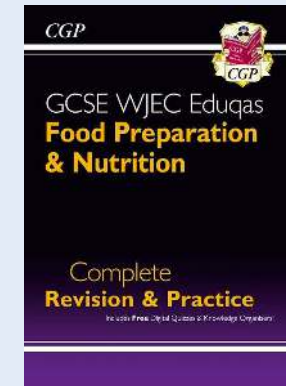
Revision guide:



GCSE Food Preparation and Nutrition

- Controlled Assessment (NEA) 50%
- Written Exam (1 hour 45 minutes) 50%

Revision guide:





- Exam board: AQA

Component 1: Portfolio (60% of GCSE)

Component 1 is made up of a sustained project and a selection of further work.

It begins in Year 10 and is considered a 'foundational' year where you are introduced to a wide range of approaches. You will build a portfolio that shows a variety technical and material experimentation. Your portfolio must cover all four assessment objectives.

Component 2: Externally Set Assignment (40% of GCSE)

Component 2 is referred to as the GCSE 'Art Exam. It is not a typical exam but the culmination of a practical project, completed over time in response to a given theme. The Preparation period is from January onwards followed by 10 hours of supervised time in the Easter term.

Art homework is set using the 'Term Task List' stuck in the back of your sketchbook. You must spend a minimum of 30 minutes making sure your sketchbook pages are completed to the best of your ability.

<https://www.aqa.org.uk/subjects/art-and-design/gcse/art-and-design-8201-8206/introduction> For more information, visit the AQA website

Drama



- Exam board: AQA

Component 1: Understanding Drama 1hour 45minute (Written Exam) (40%)

- *Write a review of a theatre performance*
- *Knowledge of set text (Blood Brothers)*
- *Knowledge and Understanding of Drama and Theatre*

Component 2: Devising Drama (40%) (Practical and Written)

- *Devised Group Performance (Create own from set theme/stimulus) (10% of grade)*
- *Written Devising Log (2500 words) (30% of grade)*

Component 3: Texts in Practice (Practical) (20%) External Examiner

- Performance of two extracts from one play
- Pupils perform Monologue/ duologue
- External examiner will visit and watch the performance

NB: Students are expected to complete 2 hours of homework set each week. This is a mixture of practical rehearsals after school and written work.

Music



- Exam board: Edexcel

COURSE OUTLINE:

- A 90 minute Listening and Appraising exam covering 8 musical pieces, music theory and vocabulary (40%)
- 2 x Performances -one solo, one ensemble. Minimum performance time for both together is 4 minutes.
Both pieces need to be submitted by February year 11. (30% of the course)
- 2 x Compositions – one Theme and Variations piece and a choice from 4 briefs provided by the board in year 11.
Minimum total time length for both pieces together is 3 minutes. (30% of the course)

NB: Students are expected to attend their FREE weekly peripatetic lessons to ensure they are prepared for performances

HOMEWORK: Students are expected to spend a minimum of 2 hours revision of set work knowledge AND 2 hours practice of chosen instrument/voice per week. This is in addition to general homework.

KEY DATES:

- First performance (either solo OR performance) – end of year 10
- Second performance (either solo OR ensemble) – February year 11



Wellbeing



Exam Stress

Managing mental health and wellbeing is crucial during GCSEs, especially with the added pressure of exams.

It's normal to feel stressed, but too much stress can be overwhelming. To cope, try breaking revision into small, manageable chunks and take regular breaks to refresh your mind.

Sleep, exercise, and a balanced diet also play a huge role in keeping you focused and energized. If you're feeling anxious, talking to friends, family, or teachers can help lighten the load.

Remember, exams are important, but so is your wellbeing—taking care of yourself will help you perform your best.

Support we offer in school



- **The Wellbeing Hub**

This is a dedicated space to support the mental, emotional, and physical health of students. We have a team of three Wellbeing Support Assistants who work with students on a one to one basis helping to reduce emotional dysregulation enabling students to engage in learning within the classroom.

- **The Talking Hub - School Counsellors**

Counselling is a talking therapy and can be accessed through a head of year referral. Counsellors can help with low mood, anxiety, grief, stress, bullying, relationships, self-esteem, gender/sexuality issues. They offer one to one sessions and group sessions to promote wellbeing and positive mental health.

- **Thrive**

Thrive is an external specific mental health service and can be accessed through a head of year referral