



## Options 2026

**OUR VISION** | **WORLD READY  
CAREER READY**

**OUR VALUES** | **DETERMINATION  
RESPONSIBILITY  
ADAPTABILITY  
CURIOSITY  
RESPECT**

# Welcome to your options booklet which will support you in taking your first steps into your KS4 courses.

During your first three years at Bow all students have followed the same curriculum. In KS4 that changes. There are some subjects that you have to study, for example, English, Maths, Science, Religious Studies and Core PE, but you also have an element of choice about the other subjects you study.

It is very important that you think hard about your options and make the right choices, so that these open up the right opportunities for further study or the career path you wish to follow. This booklet has been designed to complement the other sources of information we have provided you with to help you make informed choices.

I hope you find all the information in here useful.

If you have any further questions remember there are lots of people you can turn to for advice throughout the school. This includes your Form Tutors, Class Teachers, Head of Year, or any member of the Senior Leadership Team.

Happy reading and get planning for the next exciting steps in your Bow School career.

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# Core Subjects

**OUR** | **WORLD READY**  
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# English Language

The English Language curriculum at Bow develops our students' ability to engage with increasingly challenging texts whilst developing their skills to create their own descriptions and arguments.

## Potential Careers

Journalism  
Advertising  
Academic research  
Teaching  
Public relations  
Politics

## Course Content:

100% Exam – 2 Papers

**Paper 1:** Explorations in Creative Reading and Writing

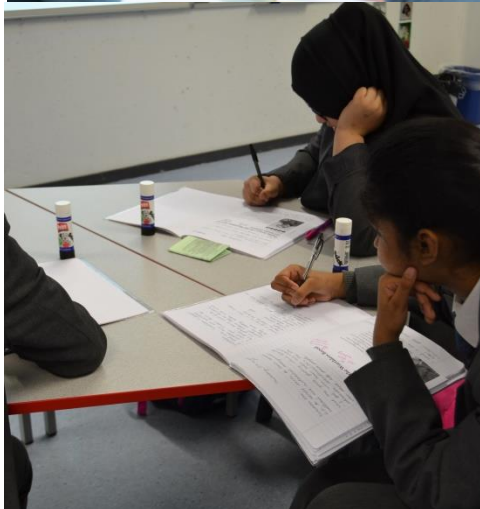
**Paper 2:** Writers' Viewpoints and Perspectives

"My English language lessons have allowed me to really improve my understanding of the world by reading, reading and more reading! I find the more I read the better my written language becomes" Year 13

## Who is the course suitable for?

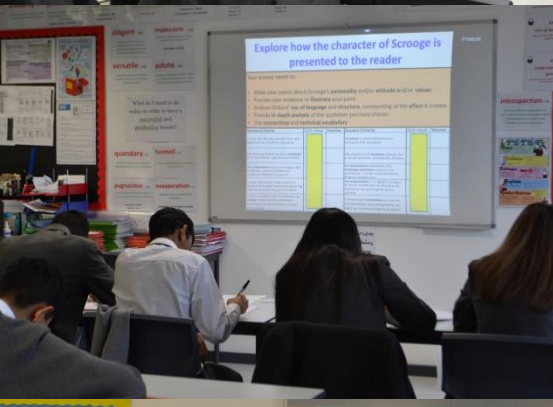
Pupils...

- with an interest in current affairs
- who enjoy creative writing
- who like to express their opinion
- who enjoy debating and structuring an argument
- with an interest in how language can be used to entertain and persuade



# English Literature

The English Literature curriculum at Bow School helps our students develop a lifelong appreciation for a poetry, fictional prose, and drama.



## Potential Careers

Journalism  
Playwright  
Novelist  
Reviewer

## Course Content: 100% Exam

### Paper 1: Shakespeare and a 19<sup>th</sup> Century Novel

- Macbeth
- A Christmas Carol

### Paper 2: Modern texts and Poetry

- An Inspector Calls
- Power and Conflict poetry

"I really enjoy immersing myself in a novel that takes me away to a different world! I love talking about the characters and actually feeling like I get to know them as people!" Year 11

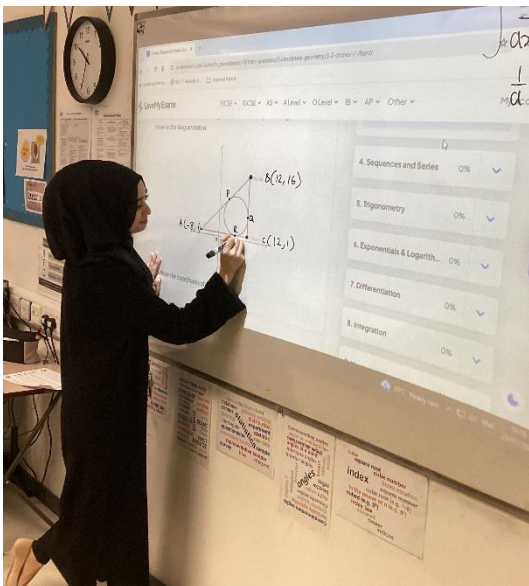
## Who is the course suitable for?

Pupils...

- who enjoy reading a wide range of fiction texts
- who like to discuss and analyse the meaning within a particular text or poem
- who appreciate the impact of the written word
- who enjoy learning about different cultures through literature

# Mathematics

Maths at Bow fosters an enjoyment of mathematics in all our students and develops an appreciation for the beauty of mathematics, a subject that provides students with powerful ways to describe, analyse, change and improve the world.



## Potential Careers

Banking and Finance  
Economics  
Engineering  
Medicine  
Law  
Accountancy  
Architecture  
Statistician

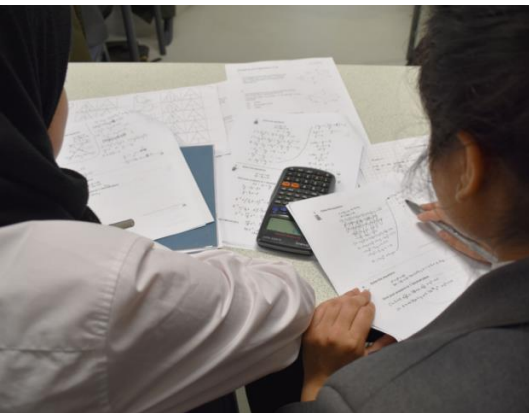
## Course Content:

### 100% Exam – 3 exams

The new specification GCSE covers a wide range of mathematical content, where pupils are required to apply mathematical skills in a wide range of contexts. There is a large emphasis on problem solving and mathematical reasoning ensuring students can acquire the skills to use their maths in everyday situations.

The topics are split into 6 headings:

1. Number
2. Algebra
3. Ratio,
4. Geometry and Measures
5. Probability
6. Statistics



“I enjoy Maths because of the problem solving nature of the subject. I really enjoy some of the activities and the link to real world examples.” Year 13

## Who is this course suitable for?

- All pupils study maths at GCSE – due to the essential life skills it imparts.
- Success in GCSE mathematics allows students to then take A Level Maths which is one of the most sought after A Level Qualifications by Universities and Businesses

# Combined Science

Science at Bow produces inquisitive and enquiring students who will always go 'to great lengths to find the answers.

## Potential Careers

Range of medical careers:  
Doctor,  
Midwifery  
Dentistry  
Physiotherapy  
Speech and language therapy  
Dietetics  
**In addition**  
Forensic Scientist  
Engineering

## Course Content:

### 100% Exam

Three units of Biology, Chemistry and Physics.  
This double award is equivalent to two GCSEs

Including work on:

- Tissues, organs and organ system
- Cellular reactions
- Inheritance in plants and animals
- Structure and bonding
- Nano science
- Forces and their effects.
- Electricity

"Science is a subject that I find very interesting and I hope it will lead me to great places!"  
Year 10

## Who is this course suitable for?

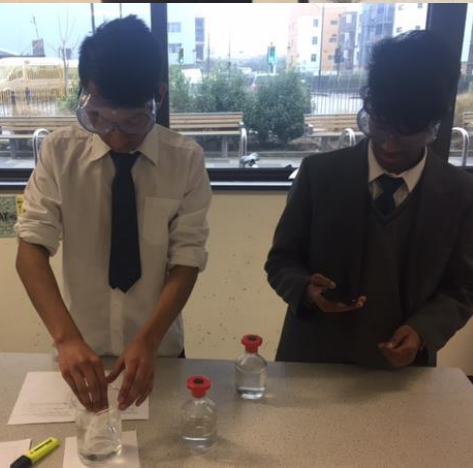
### This is a compulsory course.

Students studying Combined Science will cover the three science disciplines in the traditional fashion. Combined Science takes a logical and coherent journey through the familiar and new content. These GCSEs will provide a firm foundation to go on and study A-level Science subjects.



# Separate Science

Science at Bow produces inquisitive and enquiring students who will always go 'to great lengths to find the answers.'



## Potential Careers

Range of medical careers:  
Doctor,  
Midwifery  
Dentistry  
Physiotherapy  
Speech and language therapy  
Dietetics  
**In addition**  
Forensic Scientist  
Engineering

## Course Content: 100% Exam

Separate science offers students a detailed knowledge of science, by studying 3 Separate GCSE's in Biology, Chemistry and Physics.

The content will include all units covered in Combined Science plus additional Biology, Chemistry and Physics. It is an ideal foundation for A levels in Science.

"I love Biology because it throws me into a world inside every one of us" Year 12

"I enjoy Chemistry because the teaching allows me to reach my true potential in science and the teacher often takes the content beyond the curriculum" Year 13

"I enjoy Physics because it involves a lot of maths and when you really understand how things work it is quite it's mind-boggling as well as fascinating" Year 11

## Who is this course suitable for?

Studying the separate sciences means students will cover more content than GCSE Combined Sciences.

These GCSEs will provide great preparation for AS and A-level, without overlapping content.

# Religious Education

The Humanities and Social Sciences Faculty nurtures well-rounded citizens, who can participate in, and critically reflect upon, the world around them



## Potential Careers

Social services  
Law  
Journalism  
Publishing  
Politics  
Teacher

## Course Content

100% Exam

### **Paper 1 – Christianity (50%)**

- Christian beliefs
- The Family
- Living the Christian Life
- Life and Death

### **Paper 2 – Islam (50%)**

- Islamic Beliefs
- Crime and Punishment
- Living the Islamic life
- War & Peace

“I enjoy Religious Education because the teacher often takes the lesson beyond the curriculum and I really start to question the meaning of life – in a good way!” Year 13

## Who is this course suitable for?

All pupils study GCSE RE at Bow School because high quality RE allows pupils to understand the variety of beliefs and traditions that shape modern Britain therefore allowing pupils to engage meaningfully with topical debate.

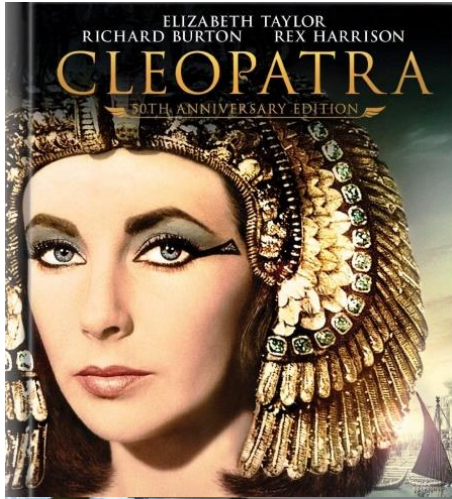
# Ebacc Subjects

**OUR** | **WORLD READY**  
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# Ancient History

The Humanities and Social Sciences Faculty nurtures well-rounded citizens, who can participate in, and critically reflect upon, the world around them.



## Potential Careers

Archaeologist  
Museums  
Lawyer  
Politician  
Teacher

## Course Content: 100% Exam – 2 exams

**Exam 1:** Written exam on the History of Alexander the Great (Greece) & the Persian Empire (Persia) (50%)

**Exam 2:** Written exam on the foundations of Rome (Rome & its neighbours) and either Hannibal's war with Rome or Cleopatra (50%)

“ It was great to go and see ancient History in reality and see how important it is to the world today ” Year 11

## Who is this course suitable for?

- Anyone who enjoys Humanities and/or English
- Anyone who loves visiting historical places
- Anyone who wants to help shape the future
- Anyone who likes the news and world events
- Anyone who enjoys reading great stories!

# French

GCSE French at Bow develops students' language skills in a variety of contexts and embeds a broad understanding of the culture of countries and communities where French is spoken.



## Potential Careers

Airlines/travel  
Industry  
International  
journalism  
Education  
Foreign and  
Diplomatic Services  
International Law

## Course Content: 100% Exam

**Developing skills in listening ,  
reading, speaking and writing  
through studying:**

- Identity and culture
- Local and national areas of interest
- Current and future study
- Employment

“I find French really interesting because during the teaching of it we are shown the similarities between it and English. I also really want to be able to travel when I am older and be able to speak to the locals!” Year 11

## Who is this course suitable for?

- Students aiming to achieve the EBacc suite of GCSEs, with progression to A Levels at Post-16
- Students who want to keep their options open for further study and a wide range of future careers
- Students who have a real enjoyment of languages
- Students with commitment, enthusiasm and who are prepared to do some independent learning.

# Geography

“ The Humanities and Social Sciences Faculty nurtures well-rounded citizens, who can participate in, and critically reflect upon, the world around them.”



## Potential Careers

Careers and jobs can include (but are not limited to) journalism, environmental consultancy, international development, planning and sustainable energy.

## Course Content: 100% Exam - 3 exams

**Paper 1.** Living with the physical environment. (35%)

**Paper 2.** Challenges in the human environment. (35%)

**Paper 3.** Geographical Applications (pre-release and fieldwork). (30%)

I enjoy Geography because of the range of topics it covers. It links science with humanities and deals with current affairs – Year 11

## Why pick GCSE Geography?

Geography helps you to make sense of the world around you. It is hands on, relevant and fun. If you want to study a subject that is current, helps explain a lot about the world and the way it is, then this is the subject for you.

Some of the most topical and challenging issues facing us such as, climate change, ethical geography, the reason for migration are just some of the issues you will cover.

You will also gain a wide range of skills such as:

### Analytical skills

- Analysing information from a variety of sources such as maps, photographs as well as statistics.
- Fieldwork and sampling skills.
- Literacy skill, both developed through reading resources and answering the longer exam questions.

Geography is also an EBacc subject. The EBacc is made up of a combination of subjects which are considered essential to many degrees.

# History 1066-Present

The Humanities and Social Sciences Faculty nurtures well-rounded citizens, who can participate in, and critically reflect upon, the world around them.



## Potential Careers

### Public Sector and Law

- Solicitor, barrister, legal researcher
- Civil Service – policy work, research and government departments.
- Planning, community programmes, education services.

### Media, Journalism and Communication

- Communications and PR
- Television Researcher
- Publishing

### Business and Finance

- Management
- Human Resources
- Finance & Consultancy

## Course Content:

### 100% Exam – 3 exams

**Exam 1:** Medicine and British society, c1250–present and Britain and the Second World War, 1939–45

**Exam 2:** Early Elizabethan England, 1558–88, c1060–88 & Superpower relations and the Cold War, 1941–91

**Exam 3:** Weimar and Nazi Germany, 1918–39.

“I enjoy History because of the intriguing curriculum and the opinions we explore on past events.” Year 13

## Who is this course suitable for?

Students who enjoy stories about people and how the world has changed.

Those who like discussing ideas and forming opinions.

Anyone who enjoys solving problems and thinking critically.

Students who are curious about why events happen and what causes change.

Those considering careers like law, journalism, teaching, or politics.

Students who want a subject that keeps lots of future pathways open.

Anyone who wants to understand the world they live in today.

# Spanish

GCSE Spanish at Bow develops students' language skills in a variety of contexts and embeds a broad understanding of the culture of countries and communities where Spanish is spoken.



## Potential Careers

Airlines/travel  
Industry  
International  
journalism  
Education  
Foreign and  
Diplomatic Services  
International Law

## Course Content: 100% Exam

**Developing skills in listening ,  
reading, speaking and writing  
through studying:**

- Identity and culture
- Local and national areas of interest
- Current and future study
- Employment

"I believe Spanish is useful in life because it uses skills which can be applied to other subjects, like English and Maths. Also it helps me problem solve different situations and analyse new information." Year 9

## Who is this course suitable for?

- Students aiming to achieve the EBacc suite of GCSEs, with progression to A Levels at Post-16
- Students who want to keep their options open for further study and a wide range of future careers
- Students who have a real enjoyment of languages
- Students with commitment, enthusiasm and who are prepared to do some independent learning.

# Option Subjects

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# Art & Design

Art & Design at Bow helps students to develop an enquiring mind and the technical skills to express themselves confidently and creatively; with feelings and imagination.



## Potential Careers

Graphic designer  
Textile designer  
Interior Designer  
Architect  
Animator  
Illustrator  
Film maker  
Theatre Designer  
Influencer  
Web Designer

## Course Content:

60% Controlled assessment  
40% external component

### Unit 1 (60%)

Personal Portfolio  
Two units of coursework:  
1. Mother Nature Father Time  
2. Me, Myself and I

### Unit 2 (40%)

Externally set theme  
Eight week preparation then  
10 hour exam

“I enjoy Art and Design because it allows me to express myself using a range of different forms” Year 11

## Who is this course suitable for?

Students who enjoy making artwork  
Students who are self motivated, enthusiastic and willing to work extra hours after school to develop their practical work  
Students who enjoy taking part in artist workshops and visiting galleries and museums

# Business Studies

Business Studies at Bow provides students with a range of analytical skills that will leave them fully equipped to take on many roles in their futures in a range of different environments



Potential Careers  
Specialist areas such as:  
Marketing  
Finance  
Customer Services  
Human resources  
Personal Relations

Course Content:  
100% Exam

**Units focussing on a range of topics that have been developed to improve student's understanding of business models and techniques used throughout the world including: business environment, introduction to marketing, financial accounting, human resource management, and aspects of employment law.**

"I enjoy business because it gives me a deeper understanding of the fundamentals of running an actual business. I'm hoping that one day I will be able to put what I have learnt in to practice by running my own business!" ex Year 11

## Who is this course suitable for?

For all students who want to get a good basic knowledge and understanding in business.

Learners have the opportunity to develop skills to support them as they build relationships with a wide variety of customers internal and external to a range of business environments.

# Citizenship Studies

The Humanities and Social Sciences Faculty nurtures well-rounded citizens, who can participate in, and critically reflect upon, the world around them

## Potential Careers

Law  
Journalism  
Politics  
Research  
Education  
Digital Media  
Social Services  
Charities

## Edexcel Course Content

**100% Exam (although you will complete a Citizenship Campaign that you will be asked exam Qs about)**

**Paper 1 – Living Together in the UK  
Democracy in the UK  
Law and Justice**

**Paper 2 – Citizenship in Action (based on your Citizenship Campaign)  
Power and Influence around the world**

“Citizenship helps me to understand what is going on and allows me to put my views forward and listen to those of others. It allows me to express my views confidently!”

## Who is this course suitable for?

Anyone who is interested in the world around them  
Anyone who wants to participate and make a difference  
Anyone who loves debating  
Anyone who wants to understand current local, national and international issues  
Anyone who wants to understand up to date topical issues



The media is the main influence on people's perceptions of crime.

Justify your views & opinions

- A agree
- B disagree
- C both agree & disagree

# Computer Science

Computer Science at Bow gives students an understanding of the fundamental principles and concepts of computer hardware , software and programming.



## Potential Careers

Systems Analyst  
Business Intelligence Analyst  
Software Engineer  
Computer Systems Developer  
Database Administrator  
Network Systems administrator  
Advanced Web Developer  
QA Analyst

## Course Content:

Computer Systems Exam (50%)

Computational Thinking, Algorithms and Programming Exam (50%)

“Computer Science is important because society is advancing with technology and new software. There is a huge demand for computer science especially with AI.” Year 9

## Who is this course suitable for?

Pupils who have a keen interest in how computers work  
Pupils who have excellent problem solving skills  
Pupils who are very keen in programming

# Creative iMedia

Will inspire and equip students with the confidence to use skills that are relevant to the digital media. You'll design, plan, create and review digital media products to meet client and target audience demands



## Potential Careers

Web Developer  
Business Intelligence Analyst  
Software Developer  
Database Administrator  
Network Systems administrator  
QA Analyst

## Course Content:

R093: Creative iMedia in the media industry (exam)

R094: Visual identity and digital graphics (coursework)

R097: Interactive digital media (coursework)

"iMedia is a creative subject which uses new software such as web development. There is a huge demand in social media, thus learning digital software will prepare you for the real world." Year 9



## Who is this course suitable for?

Pupils who have a keen interest in using computers  
Pupils who are creative  
Pupils who have interest in web technologies

# Design Technology

Design and Technology at Bow will produce designers and engineers of the future, equipped with the skills to make products that will improve people's lives.



## Potential Careers

Architecture  
Engineer  
Product designer  
Furniture Design  
Industrial Design  
Joinery  
Carpentry  
Mechanics

## Course Content:

50% controlled assessment and  
50% exam

### **Unit 1 (50%) Coursework**

Consisting of: research, design  
development, planning, making,  
testing & evaluating

### **Unit 2 (50%) Exam**

Consisting of questions relating to  
Design & Technology. Maths,  
science and Engineering

“DT gives students a good insight into what making and designing a product in the real world/ a real company is like. It develops their creative skills”.

Year 11

## Who is this course suitable for?

Anyone enthusiastic about Design & Technology  
Students that like practical skills as well as writing and designing  
Those who like to problem solve and create!  
Those with a good knowledge of Science and Maths

# Drama

Drama at Bow School enriches, excites and challenges. Our dramatists learn about drama through practical exploration in the classroom, as well as through external opportunities to experience live theatre.



## Potential Careers

Actor  
Theatre Technician  
Script Writer  
Public Relations Director  
Journalist  
Teacher  
Marketing Manager  
Arts Administrator  
Youth and Community Worker

## WJEC Eduqas GCSE (9-1) in Drama Course Content:

60% controlled assessment and 40% exam

### Component 1: (40%) Devising Theatre:

- A realisation of their piece of devised theatre
- A portfolio of supporting evidence
- An evaluation of their final performance or design
- Internally assessed, externally moderated.

### Component 2: (20%) Performing From A Text:

- Study two extracts from the same performance text chosen by the centre
- Participate in one performance using sections of text from both extracts
- Externally assessed by a visiting examiner.

### Component 3: (40%) Interpreting Theatre

- Written examination: 1 hour 30 minutes
- A series of questions on one set text
- One question on a live theatre production

“Before taking GCSE Drama I found myself often feeling nervous when speaking to people and always avoided public speaking. Now I can perform in front of total strangers! I feel so much more confident in every day life as a result of taking GCSE Drama!” Year 10 Dramatist and National Youth Theatre actor.

## Who is this course suitable for?

If you enjoy :

Creating characters; learning about new performance skills; have an interest in technical aspects, such as lighting and sound or just want to gain more knowledge and experience of drama, then this is the course for you!

Tony Little, the former Headmaster of Eton College, has spoken about the enrichment and value of drama within a curriculum.

Remember, companies are looking for employees with good verbal and visual presentation skills – Drama GCSE really improves these exact skills!

# Economics

Economics at Bow provides students with a range of problem solving skills that will develop the analytical mind and give them a clear insight into the modern world whilst exploring the UK Economy .



## Potential Careers

Specialist areas such as:  
Banking  
Insurance  
Trading  
Financial Management  
Government and  
Environmental Planning  
Journalism

## Course Content: 100% Exam

Units focussing on a range of topics that have been developed to improve student's understanding of economic models and techniques used throughout the world including:

Money Management, Market Forces and Macro-economic topics such as International Trade, Unemployment and Inflation.

"The most realistic and inspirational subject I have ever studied. I can apply the principles and techniques from my learning to my life". A Year 11 student in Bow next year!

## Who is this course suitable for?

For all students who want to get a good basic knowledge and understanding in economics

Students who are interested in the real world and politics  
Learners have the opportunity to develop skills to support them in real life with financial management and current affairs.

# Hospitality and Catering

Hospitality & Catering at Bow helps students to develop practical cooking skills, industry knowledge and confidence while learning about one of the UK's largest employment sectors. Students gain real-world experience of planning, preparing and presenting food, alongside understanding health, safety and customer needs

## Hospitality



 Hotel & Restaurant Service

 Event Management

## Catering



 Culinary Skills

 Food Preparation

## Potential Careers

Chef  
Pastry Chef  
Restaurant Manager  
Hotel Manager  
Catering Manager  
Food Technologist  
Nutritionist  
Event Coordinator  
Food Safety Officer

### Course Content:

60% Controlled Assessment 40% Examination

#### **Unit 1 (40%): The Hospitality and Catering Industry**

- Types of hospitality providers
- How the industry operates
- Health, safety and food hygiene
- Career pathways and customer needs

#### **Unit 2 (60%) – Hospitality and Catering in Action**

- Nutrition and menu planning
- Food preparation, cooking and presentation
- Planning and producing dishes in response to a brief
- Reviewing and evaluating practical work

### Who is the course suitable for?

Students who:

- Enjoy cooking and practical learning
- Are interested in food, nutrition and presentation
- Like working in a hands-on, real-world environment
- Are organised and can work well under pressure
- Enjoy working with others and meeting customer needs
- Are considering a career in a people-focused industry

# Media Studies

Media Studies takes a modern look at how we understand, consume and produce in the world around us



## Potential Careers

Journalist  
Editor  
Writer  
Film/Television  
Industry  
Education  
Creative Design  
Publishing  
Marketing

## Course Content:

70% controlled assessment and 30% exam

### **Component 1 (40%) Exam**

Exploring media language and representation: Magazines, Marketing, Newspaper, Print Advertisements

### **Component 2 (30%)**

**Exam** We apply theoretical frameworks to the following: Television, Music Videos

### **Component 2 (30%)**

#### **Coursework**

Students create an individual media product as set by the exam board.

## Who is this course suitable for?

- Anyone enthusiastic about media and media technology
- Students that like practical skills as well as analysing
- Those who like to discuss current trends and ideas
- Those with a good knowledge of English and media

# BTEC Music

Music at Bow inspires and enthuses learners to consider a career in the music industry. The course encourages students to be creative and reflective, through performance, production and written work. They will be supported by an additional instrumental lesson each week.



## Potential Careers

Performer  
Record Producer  
Music Promotion  
Publisher  
Teacher  
Music Therapist  
DJ  
Music Industry Management  
Stage manager  
Record Sales  
Venue Management  
Music Journalist  
Radio Producer  
Musical Theatre Performer

## Course Content:

### Component 1 – Exploring Music Products And Styles – 30%

Learners will explore the techniques used in the creation of different musical products and investigate the key features of different musical styles

### Component 2 – Music Skills Development - 30%

Learners will have the opportunity to develop two musical disciplines through engagement in practical tasks, whilst documenting their progress and planning further improvement.

### Component 3 – Responding To A Music Brief – 40%

Learners will be given the opportunity to develop and present music in response to a given music brief.

## Who is this course suitable for?

The course is suitable for students who are interested in learning about music in a practical, hands-on way. It's ideal for those who enjoy performing, creating, and exploring different aspects of the music industry. This course is great for students who want to:

- Develop their skills in playing instruments or singing
- Learn about the business side of music, like managing events or understanding music marketing
- Work on real-life music projects and collaborate with others
- Explore different genres and styles of music
- Build a career in music, whether that's performing, producing, or working in the music industry

It's perfect for students who are passionate about music, want to gain practical experience, and are looking to build skills that could lead to further study or a career in the music industry. Employers value musicians for their creativity, discipline, teamwork, and problem-solving skills, which are highly transferable to many different work environments.

# BTEC Performing Arts (Dance)

Dance challenges the physical, mental and emotional capabilities of students. Learn how to express various ideas, concepts and feelings through movement, and enjoy the experiments of putting theoretical knowledge to practice.



## Potential Careers

Dancer/Choreographer  
Dance/ P.E Teacher  
Dance Science  
Movement Therapist  
Community Arts worker  
Creative Arts Manager  
Events Management  
TV or Film producer  
Theatrical performer  
Personal Trainer

## Course Content:

60% controlled assessment and 40% exam

### Theory:

#### **Component 1:**

Exploring the performing arts (Internally assessed) 36 Guided Learning hours – 30%

#### **Component 2:**

Developing skills and techniques in the performing arts (internally assessed) 36 Guided Learning hours – 30%

### Practical:

#### **Component 3:**

Responding to a brief (externally assessed) 48 guided learning hours - 40%

“Dance has improved my confidence and self-esteem. I have learnt how to present myself well and build relationships with professional dancers and choreographers.”

**Year 11**

## Who is this course suitable for?

### **Somebody who:**

- Enjoys moving
- Is creative and likes experimenting
- Appreciates performing and watching others/professionals perform
- Enjoy learning interactively, practically, in a group and independently
- Wish to develop your creative, physical, emotional and intellectual capacity
- Want to take advantage of the enrichment opportunities available, such as trips and dance workshops

# BTEC Sport (Tech Award)

PE at Bow helps our students develop their physical, emotional and mental well-being. It educates them on how to refine skills and techniques in a variety of sports but also challenges them mentally through problem solving.



## Potential Careers

PE Teacher  
Physiotherapy  
Sports Coach  
Sports Development  
Sports Nutritionist  
Sports Scientist  
Professional athlete

## Course Content

**60% controlled assessment and 40% exam**  
12% Practical sport, 12% practical delivery of a warm up, 12% delivery of a sports session.  
The rest is written coursework and exam.

**Component 1:** Preparing participants to take part in sport and physical activity

**Component 2:** Taking part and improving others sporting performance

**Component 3:** Developing fitness to improve other participants in sport and physical activity

How will I be assessed?

**Component 1:** Written coursework, PowerPoint presentation, practical leading a warm up

**Component 2:** Practical performance, practical leadership, written coursework, PowerPoint presentation

**Component 3:** Exam

“The course has really helped me understand sport in more depth. I am no longer just a player but also an official but I have learnt about how the body works and what it is made up of. I can plan a session plan and work on my leadership which helps me in life outside of school. I also like the different ways I am assessed as it’s not just an exam at the end of Y11”

## Who is this course suitable for?

Suitable for someone who has a very keen interest in sport, not only performing but the theoretical aspect of developing sports performance, including how to lead younger students, what happens to the body when we exercise and what skills we need to perform a sport well.

# 3D Design

Three-dimensional Design at Bow helps students to develop practical design and making skills, creative problem-solving and confidence when working with a wide range of materials and processes. Students learn how designers and makers develop ideas from initial concept through to final outcome, while exploring real-world applications such as architecture, interiors, product design and sculpture.



## Potential Careers

Architect  
Interior Designer  
Product Designer  
Set and Exhibition  
Designer  
Sculptor / Ceramic Artist  
Furniture Designer  
Model Maker  
Designer for Theatre,  
Film and TV

## Course Content:

60% Controlled Assessment  
40% Externally Set Assignment

### **Component 1 (60%) – Personal Portfolio**

- Teacher-set themes
- Researching designers, artists and architects
- Exploring materials, techniques and processes
- Developing ideas through making and experimentation
- Recording work through sketchbooks, models and drawings

### **Component 2 (40%) – Externally Set Assignment**

- Externally set theme
- Eight week preparation then 10 hour exam

## Who is this course suitable for?

Students who enjoy:

- Working with materials and making things
- Creative, hands-on learning
- Solving problems through design
- Developing ideas visually and practically

Students who:

- Are interested in design, architecture or creative industries

# School Website

Visit the school website for:

- <https://www.bow-school.org.uk/Options-2026/>
- The Options Booklet and subject videos.
- FAQs about courses and careers.
- A guide to completing the form.

Deadline for submission: **12<sup>th</sup> February 2026.**

Changes can be made until the deadline by resubmitting the Online Options Form.