



Ash Meadow KS4 & Post 16 Skills Empowerment Pathway

Learning, developing and having the best life!

The Skills Empowerment Pathway at Ash Meadow School is designed for learners progressing through Key Stage 1, Key Stage 2, and into Key Stage 3 prior to entering Key Stage 4. This pathway focuses on developing essential skills through a variety of qualifications and experiences. It is adaptable to individual needs rather than strictly tied to age or key stage, allowing for a personalised approach to learning.

Key components of the Skills Empowerment Pathway include:

- Entry Level 3 and Level 1 & 2 Functional Skills: These qualifications in Mathematics and English, to enhance practical numeracy, literacy skills
- AQA Unit Awards: The AQA Unit Awards ensure that all students can engage meaningfully with the curriculum, regardless of their individual challenges.
- Duke of Edinburgh Gold Award: This award enriches the pathway by offering opportunities for volunteering, skills development, and expedition activities.
- Open Awards in science, ICT, physical health and wellbeing and careers.

At Ash Meadow, our students have the opportunity to study accredited learning programmes based on their pathways from their studies at Key Stages 1–3. This pathway spans five academic years during Key Stage 4 and Post-16 education, providing continuity and progression in their learning.

Students will study a diverse range of subjects, including:

- Functional Skills: In English, Mathematics, and ICT.
- PHSE: Incorporating British Values and protected characteristics.
- Personal Development: Focusing on building self-awareness and life skills.
- Physical Education: Including swimming.

YEAR 1

Subject Areas		Autumn Term	Spring Term	Summer Term
Functional Skills Literacy level 1		Reading In this unit, students will develop the reading skills needed to understand and interpret a variety of texts, including those that inform, instruct, describe, explain, and persuade. They will learn how to identify main points, key details, facts, opinions, and implied meanings within texts. Students will compare information from different sources, explore how language is adapted for different audiences and purposes, and use organisational features such as headings, menus, and indexes to locate information efficiently. The unit also develops vocabulary skills, including understanding specialist words in context, interpreting information from images, and using punctuation to support comprehension and meaning.	Writing In this unit, students will develop the skills needed to write clearly, accurately, and effectively for a range of purposes and audiences. They will practise writing different types of texts, including narratives, instructions, explanations, and reports. Students will learn to use correct spelling, punctuation, and grammar, including complex sentences and paragraphs where appropriate. The unit focuses on organising ideas logically, selecting suitable language and formats, and communicating information, opinions, and ideas in a clear and coherent way. Students will build confidence in producing written work that meets the needs of both everyday and workplace situations.	Speaking, Listening and Communicating In this unit, students will develop the skills needed to communicate effectively in a range of everyday, educational, and workplace situations. They will learn how to listen carefully to presentations, explanations, discussions, and instructions, identifying key information and responding appropriately. Students will practise asking questions, expressing opinions, presenting ideas clearly, and supporting their views with evidence. The unit also focuses on participating in discussions, adapting communication for different audiences and purposes, using appropriate language and tone, and respecting the views and contributions of others through effective turn-taking and active listening.
Functional Skills Maths level 1		Using Numbers and the Number System – Whole Numbers, Fractions, Decimals and Percentages In this unit, students will develop their understanding of number and learn how to apply mathematical skills in everyday situations. They will work with whole numbers, negative numbers, fractions, decimals, percentages, ratios, and proportions, learning how to read, write, compare, and calculate with each. Students will practise multiplying and dividing by powers of 10, using number patterns, rounding and estimating, and following the correct order of operations. They will also explore practical applications such as calculating percentages, simple interest, fractions of amounts, and converting between fractions, decimals, and percentages. The unit aims to build confidence in using mathematical skills to solve real-life problems	Using Common Measures, Shape and Space In this unit, students will develop practical mathematical skills involving measurement, shape, and space. They will learn to work with units of length, weight, capacity, time, and money, including converting between common units and solving real-life problems involving measures. Students will explore scales on maps and drawings, calculate area, perimeter, and volume, and use percentages to calculate simple interest and discounts. The unit also covers drawing and describing 2-D and 3-D shapes, recognising symmetry, measuring angles, interpreting plans and nets, and using mathematical language to describe position and direction. These skills will help students apply mathematics confidently in everyday situations.	Handling Information and Data In this unit, students will learn how to collect, present, interpret, and analyse data. They will develop skills in reading and creating tables, bar charts, pie charts, and line graphs, and learn how to organise and represent grouped data. Students will calculate and interpret simple statistics, including the mean and range, and use these to compare sets of information. The unit also introduces probability, helping students understand likelihood using a scale from impossible to certain and calculate simple probabilities using fractions. These skills will enable students to make sense of information and data in everyday and workplace contexts. Solving Mathematical Problems and Decision-Making In this unit, students will develop the skills needed to solve mathematical problems and make informed decisions using mathematics. They will learn how to identify relevant information, choose appropriate methods, and work through one-step and multi-step problems involving number, measures, shape, space, and data. Students will practise interpreting mathematical information, checking the accuracy and reasonableness of their answers, and explaining their methods and conclusions. The unit focuses on applying mathematical knowledge to real-life situations, helping students build confidence in analysing problems and making effective decisions based on evidence.
Open awards Science level 1 awards		Science investigation skills The human body The Human Body	Science investigation skills Acids, Alkalis and pH In this unit, students will learn about acids, alkalis, and the pH scale. They will identify common examples of	Science investigation skills Exploring Our Universe In this unit, students will learn about the Solar System and the objects that make up our universe. They will explore the characteristics of planets, moons, and stars, and develop an

		In this unit, students will learn that cells are the basic building blocks of all living organisms. They will explore the structure and function of cells, including the cell membrane, cytoplasm, nucleus, and mitochondria, and compare the similarities and differences between plant and animal cells. Students will also develop an understanding of how cells, tissues, organs, and organ systems work together in multicellular organisms. The unit introduces key body systems, including the respiratory, circulatory, and nervous systems, exploring their structures, functions, and how they help the body to survive, grow, and respond to its environment.		acids and alkalis and explore how acids react with metals and carbonates. Students will develop an understanding of pH as a measure of how acidic or alkaline a substance is and learn how to use Universal Indicator to test and identify pH levels. The unit also introduces neutralisation, helping students understand how acids and alkalis can be safely combined to produce a neutral solution.		understanding of how the Earth moves around the Sun. Students will investigate why day and night occur and learn about the different planets within our Solar System. The unit also includes creating a model or image of the Solar System and comparing key features of the Earth and the Moon, helping students develop their knowledge of space and astronomy.	
Open Awards IT User skills- Certificate entry 3		Developing Computer Skills In this unit, students will develop the practical ICT skills needed to use computers and digital devices confidently and safely. They will learn how to start up and shut down devices correctly, use input and output devices, and navigate software interfaces using appropriate ICT terminology. Students will explore different ways of connecting to the internet, compare a range of digital devices, and learn how to use web browsers to search for, evaluate, and bookmark information. The unit also covers online safety, password security, email communication, and strategies for dealing with common ICT problems. By the end of the unit, students will be able to use technology effectively for communication, research, and everyday tasks.	The Internet and World Wide Web In this unit, students will learn how the Internet and the World Wide Web are used to access information, communicate, and complete everyday tasks. They will explore the requirements needed for an internet connection, understand how web addresses work, and develop skills in using web browsers to navigate websites. Students will learn how to search for different types of online content, including news, blogs, shopping sites, job search websites, and online communities. The unit also introduces email communication, enabling students to create, send, and receive emails, as well as attach files to messages. Through practical activities, students will build confidence in using online technologies safely and effectively.	Understanding Online Security In this unit, students will learn how to use ICT and the internet safely, responsibly, and securely. They will explore important safety checks to carry out before using technology and consider ways to maintain their personal comfort and wellbeing when working with digital devices. Students will learn the importance of backing up work and how to store copies of files securely. The unit also focuses on protecting personal information through the safe use of passwords and PINs, recognising online risks, and using safe practices when downloading, uploading, and sharing information. Students will develop an understanding of how to stay safe when using social networking sites, chat rooms, and other online communication platforms.	Understanding Social Media In this unit, students will explore a range of social media platforms and learn how they are used by individuals, businesses, and organisations. They will investigate the features and purposes of different social media sites and consider the benefits of social media for communication, networking, information sharing, and promotion. Students will also examine some of the potential disadvantages and risks associated with social media use, including issues relating to privacy, online behaviour, and reputation. The unit emphasises the importance of staying safe online and developing responsible social media habits to protect personal information and wellbeing.	Using Software to Edit Text and Images In this unit, students will develop practical skills in creating and editing digital documents. They will learn how to start and shut down a computer safely, open software applications, and create documents containing text, numbers, and images. Students will practise formatting text by changing fonts, sizes, styles, and alignment, as well as using functions such as copy and paste to improve the presentation of their work. The unit also covers inserting images, combining different types of information into a single document, and saving, printing, and closing files correctly. These skills will help students use digital tools effectively for personal, educational, and workplace tasks.	Using the Internet for Shopping In this unit, students will learn how to use the internet to find, compare, and purchase goods safely. They will explore a range of online shopping websites, use search engines to locate products, and develop skills in selecting suitable items for purchase. Students will learn about the online ordering process, including payment methods, delivery options, and the difference between invoicing and delivery addresses. The unit also focuses on online shopping safety, helping students identify potential risks such as scams and fraud, and understand the security measures that protect customers when making purchases online.
Open Awards Physical health and mental wellbeing – Entry 3 certificate		Health and Hygiene- Entry 3 Health and Hygiene In this unit, students will learn how to maintain good	Substance misuse entry 3 Substance Misuse In this unit, students will learn about different	Anger management Entry 3 Anger Management In this unit, students will explore how emotions can	Emotional Wellbeing Entry 3 Emotional Wellbeing	Stress management techniques entry 3 Stress Management Techniques In this unit, students will learn what stress is, how it can affect the body and mind, and how to recognise	

		personal hygiene, care for their clothing, and keep their home environment clean and healthy. They will explore the importance of cleaning kitchens, bathrooms, and different floor surfaces, and learn how to select appropriate cleaning materials for different tasks. Students will develop practical skills in caring for clothing, maintaining personal hygiene through effective handwashing, body care, and dental hygiene, and understand the importance of regular health check-ups. The unit also focuses on the key requirements for maintaining a healthy body, supporting students to develop independence and positive lifelong health habits.	types of substances that can be misused and the effects they can have on individuals and others. They will explore the physical, emotional, social, and health consequences of substance misuse, including the impact on relationships, wellbeing, and daily life. Students will develop an understanding of why some people misuse substances and learn about the effects of withdrawal. The unit also introduces sources of support, advice, and treatment available to individuals affected by substance misuse, helping students make informed and healthy choices.	influence thoughts, feelings, and behaviour, with a particular focus on anger. They will learn to recognise situations where anger can have both positive and negative effects and develop an understanding of the physical and biological changes that occur when people become angry. Students will investigate a range of anger management strategies and practise techniques to help them manage their emotions in a safe and constructive way. The unit aims to support emotional regulation, self-awareness, and positive decision-making.	In this unit, students will learn about a range of emotions and how emotional experiences can affect thoughts, feelings, and behaviour. They will explore positive ways to manage emotions and develop strategies to support their emotional wellbeing. Students will learn about bullying, including how to recognise it, prevent it, and access support if needed. The unit also focuses on friendship skills, helping students understand how to build and maintain positive relationships. In addition, students will explore the differences between physical and mental illness and identify organisations and services that support and promote good physical and mental health.	the signs and symptoms of stress. They will explore different causes of stress, including personal stressors, and develop an understanding of how stress can impact everyday life. Students will investigate a range of relaxation and coping strategies, such as breathing exercises, mindfulness, physical activity, and positive routines, and learn how these techniques can help reduce stress. The unit provides opportunities to practise stress-management techniques, reflect on their effectiveness, and develop personal strategies for maintaining emotional wellbeing and resilience.	
		Personal action Planning Understanding goals: Recognising the difference between short-term, long-term, and personal goals, and using SMART (Specific, Measurable, Achievable, Relevant, Time-bound) criteria to set clear, realistic objectives for personal and professional development. Setting achievable goals: Learning to identify and set realistic, actionable goals, such as improving punctuality, managing time effectively, or completing specific tasks. Prioritising goals based on importance and resources, while	Drugs Education Understanding what a drug is (medicines vs. harmful substances). Basic knowledge of everyday medicines and why they should only be taken when necessary (e.g., paracetamol). Awareness that some substances (like alcohol or cigarettes) can be harmful. Understanding that medicines should be taken under adult supervision or as directed by a doctor. Recognising “no” when offered something they don’t want (consent and refusal). Healthy Lifestyles Learning how sleep, relaxation, and	Sex and Relationship Recognising healthy vs. unhealthy relationships (respect, trust). Awareness of boundaries in relationships and understanding personal space. Learning about the importance of consent in all types of relationships. Understanding that emotions and relationships can change over time. Basic knowledge of the physical aspects of relationships (e.g., affection). Relationships, behaviour and practices in the workplace Recognising the importance of communication skills in	Personal Finance Understanding basic financial concepts (income, expenses, savings). Recognising the importance of budgeting for personal expenses (e.g., food, travel). Learning how to compare prices and make informed spending decisions. Understanding the importance of saving for future goals (e.g., buying a phone, going on holiday). Awareness of the basics of banking (saving accounts, withdrawing money). Recognising the consequences of overspending or accumulating debt.	Personal safety Recognising signs of danger or unsafe situations (e.g., being followed, unsafe locations). Learning how to stay safe online (e.g., not sharing personal information, understanding privacy settings). Knowing how to communicate effectively in emergency situations (e.g., what to say when calling for help). Understanding the importance of trust and how to recognise unsafe behaviours in others. Awareness of safety measures in public places (e.g., knowing	Introduction to diversity, prejudice and discrimination Understanding the concepts of diversity, inclusion, and the value of different perspectives. Recognising different forms of prejudice and discrimination (e.g., based on race, gender, disability). Learning about the impact of discrimination on individuals and communities. Understanding the importance of standing up against unfair treatment (e.g., speaking out when witnessing bullying). Awareness of laws and rights related to equality and

		being adaptable to changing circumstances. Emotional Wellbeing Knowing how to express emotions in positive ways (e.g., talking, writing). Awareness of the importance of self-care for emotional wellbeing (e.g., doing activities they enjoy, relaxation techniques). Recognising the importance of talking to someone if they are struggling emotionally. Understanding how relationships (friends, family) can affect emotional wellbeing, both positively and negatively.	managing stress are important parts of a healthy lifestyle. Understanding the consequences of an unhealthy lifestyle (e.g., obesity, fatigue, feeling unwell). Awareness of how smoking, alcohol, and drugs can negatively affect health. Recognising the importance of regular medical check-ups, vaccinations, and dental care.	the workplace (listening, speaking clearly). Learning about different roles and responsibilities in a team. Understanding how to accept feedback and criticism in a positive way. Awareness of the importance of punctuality and reliability in the workplace. Recognising diversity and inclusion in the workplace and the value of different perspectives.	Making informed career choices Learning how to research different careers and their requirements. Understanding how work experience can inform career choices. Awareness of the role of networking and connections in finding job opportunities. Recognising the importance of setting personal goals for career aspirations.	exits, reporting suspicious behaviour). Being a critical Consumer Recognising advertising techniques and how they can influence decisions (e.g., catchy slogans, celebrities). Learning how to compare different products (e.g., price comparisons, reading labels). Understanding the concept of fair trade and the importance of ethical consumption. Awareness of consumer rights and responsibilities (e.g., returns, refunds, and quality of goods). Recognising the impact of spending habits on personal finances and the environment.	discrimination (e.g., Equality Act). Recognising how to promote respect and understanding among different groups of people. Applying for Jobs and Courses : This unit equips students with the skills needed to apply for jobs or educational courses. It covers writing CVs, preparing for interviews, and understanding application processes.
--	--	--	--	---	---	--	---

YEAR 2

Subject Areas		Autumn Term	Spring Term	Summer Term
Functional skills English	Level 2	Reading In this unit, students will develop advanced reading skills by exploring a range of straightforward and complex texts that inform, instruct, describe, explain, and persuade. They will learn to identify key points and important details, compare ideas and opinions across different texts, and recognise both explicit and implied meanings. Students will analyse how writers use language, structure, tone, and textual features to influence audiences and convey messages. The unit also focuses on identifying bias, distinguishing fact from opinion, following arguments, recognising different writing styles and voices, and using reference materials effectively to support understanding and interpretation of a wide variety of texts.	Writing In this unit, students will develop advanced writing skills for a range of personal, educational, and workplace purposes. They will learn to write clearly, accurately, and effectively in a variety of formats, including articles, narratives, explanations, and reports. Students will strengthen their use of spelling, grammar, punctuation, and sentence structure, including the accurate use of complex sentences and a wide range of punctuation. They will learn how to organise and structure writing appropriately for different audiences and purposes, using paragraphs, headings, bullet points, and other organisational features. The unit also focuses on selecting suitable language, tone, and register, using persuasive techniques and supporting evidence where appropriate, and producing coherent, well-developed pieces of writing that communicate ideas and information effectively.	Speaking, Listening and Communicating In this unit, students will develop advanced communication skills for use in education, employment, and everyday life. They will learn to listen carefully to detailed presentations, discussions, explanations, and narratives, identifying key information, arguments, and viewpoints. Students will practise asking purposeful questions, responding effectively to feedback, and communicating ideas, opinions, and information clearly and confidently. The unit also focuses on presenting persuasive arguments supported by evidence, adapting communication for different audiences and situations, and making constructive contributions to discussions. Students will develop the confidence to lead, redirect, and participate effectively in conversations while using appropriate language, tone, and register.

Functional Skills maths level 2		Using Numbers and the Number System – Whole Numbers, Fractions, Decimals and Percentages In this unit, students will develop advanced number skills and learn to work confidently with whole numbers, negative numbers, fractions, decimals, percentages, and ratios. They will practise calculating with large numbers, estimating and checking answers, and applying mathematical rules such as the order of operations. Students will explore the links between fractions, decimals, and percentages, calculate percentage changes, and solve problems involving ratios, direct proportion, and inverse proportion. The unit focuses on applying number skills accurately and efficiently to a range of real-life and workplace situations.	Using Measures, Shape and Space In this unit, students will develop their understanding of measurement, geometry, and spatial awareness through a range of practical and real-life applications. They will calculate with money, percentages, discounts, compound interest, and budgets, as well as convert between metric and imperial units. Students will explore compound measures such as speed, density, and rates of pay, and use formulae to calculate the area, perimeter, volume, and surface area of a variety of 2-D and 3-D shapes. The unit also covers scale drawings, co-ordinates, plans and elevations, and angle calculations, helping students apply mathematical reasoning to solve problems involving shape, space, and measurement.	Handling Information and Data In this unit, students will learn how to collect, analyse, interpret, and present data using a range of statistical methods. They will develop skills in calculating and comparing averages such as the mean, median, mode, and range, and use these measures to compare data sets. Students will explore probability, including combined events, and express probabilities as fractions, decimals, and percentages. They will also create and interpret graphs and charts, including scatter graphs, and identify patterns, trends, and correlations within data. The unit focuses on using data to make informed decisions and solve problems in real-life contexts. Solving Mathematical Problems and Decision-Making In this unit, students will apply their mathematical knowledge to solve complex, real-world problems. They will learn how to interpret information, select appropriate mathematical methods, and work through multi-step calculations involving number, measures, shape, space, and data. Students will develop skills in analysing situations, checking the accuracy and reasonableness of their answers, and presenting clear explanations to support their conclusions. The unit encourages independent thinking, problem-solving, and decision-making by requiring students to combine different areas of mathematics to find practical solutions.
--	--	--	--	---

PHSCE Level 2		Personal action Planning Motivation and effort: Understanding that motivation, consistent effort, and self-discipline are essential for achieving goals. Learning strategies to stay focused and overcome challenges, such as setting milestones and maintaining motivation through rewards and progress tracking. Time management and planning: Effectively allocating resources (e.g., time, energy) and anticipating obstacles through careful planning and scheduling. Support networks: Learning how to communicate goals, seek advice, and use feedback to stay accountable and enhance personal growth.	Drugs Education Differentiating between legal and illegal drugs (e.g., medicines vs. illegal substances like cannabis). Awareness of the effects of alcohol, smoking, and drugs on health. Recognising the signs of harmful behaviour related to drugs and alcohol (e.g., addiction, peer pressure). Understanding the importance of saying “no” to drugs and understanding the consequences of drug misuse. Knowing where to seek help if faced with pressure or issues related to drugs (e.g., talking to a trusted adult, contacting a help service).	Sex and Relationships Gaining knowledge about sexual health, including the importance of safe sex practices to prevent sexually transmitted infections (STIs) and unintended pregnancies. Understanding various contraceptive methods, their effectiveness, and the importance of making informed choices about sexual activity. Exploring the importance of regular health check-ups and accessing sexual health services. Learning how to communicate consent effectively and respectfully in relationships. Gaining awareness of diverse sexual orientations and gender identities, fostering an understanding and acceptance of different relationship dynamics.	Personal Finance Understanding fixed and variable expenses, and how to prioritise spending to meet essential needs while allowing for discretionary spending. Developing skills to adjust budgets based on changing financial situations, such as unexpected expenses or changes in income. Learning about basic investment concepts, including the difference between saving and investing, types of investments (e.g., stocks, bonds), and the risks and rewards associated with investing. Understanding responsibilities when entering into financial agreements, such as contracts, loans, and credit agreements. Learning how to make informed financial decisions by researching options, comparing products, and understanding the terms and conditions.	Personal safety Understanding the importance of personal boundaries in relationships, including emotional, physical, and digital boundaries. Learning how to assertively communicate boundaries and recognise when they are being violated. Learning how to resolve conflicts peacefully, including effective communication skills, negotiation, and seeking help from authorities when necessary. Recognising when to seek help from trusted adults or authorities in situations where personal safety may be at risk. Recognising legal responsibilities regarding personal safety, including the consequences of unsafe behaviour and how to advocate for oneself and others	Introduction to diversity, prejudice and discrimination Exploring the concept of intersectionality, which acknowledges how various aspects of identity (e.g., race, gender, class) intersect and impact individuals' experiences. Examining the role of media and societal narratives in shaping perceptions of different groups and how misinformation can perpetuate prejudice. Exploring the legal framework surrounding discrimination, including key legislation (e.g., Equality Act 2010 in the UK) and the rights it protects. Exploring ways to engage with diverse communities to foster understanding, cooperation, and mutual respect. Understanding how to be an active citizen by participating in initiatives that promote equality and combat discrimination, such as awareness campaigns and community projects. Encouraging ongoing education and awareness about diversity, prejudice, and discrimination, fostering a commitment to lifelong learning and advocacy for social justice.

		Emotional Wellbeing Understanding Emotional Health: Recognising the importance of emotional well-being and how it affects overall health and quality of life. Learning about different emotions, their causes, and how to manage them effectively. Coping Strategies: Developing skills to cope with stress, anxiety, and difficult emotions. This includes techniques such as mindfulness, positive thinking, and seeking support from friends, family, or professionals. Building Resilience: Learning how to bounce back from setbacks and challenges, understanding the role of self-esteem and self-acceptance in resilience. Seeking Help: Understanding when and how to seek help for emotional issues, including knowing how to access support services and mental health resources.	Healthy Lifestyles Nutrition and Diet: Learning the principles of a balanced diet, understanding food groups, and recognising the impact of nutrition on physical and mental health. Physical Activity: Understanding the benefits of regular exercise and how it contributes to overall well-being. Learning about different forms of physical activity and setting personal fitness goals. Sleep Hygiene: Learning about the importance of sleep for physical and mental health and developing strategies for maintaining good sleep hygiene.	Relationships, behaviour and practices in the workplace Communication Skills: Developing effective communication skills, including active listening, expressing feelings, and resolving conflicts constructively. Diversity in Relationships: Recognising and respecting different types of relationships, including friendships, family dynamics, and romantic relationships, as well as the impact of diversity on personal interactions. Workplace Relationships: Learning the importance of teamwork, collaboration, and effective communication in a professional environment. Understanding how to build positive relationships with colleagues and supervisors. Workplace Rights and Responsibilities: Recognising employee rights and responsibilities, including understanding workplace policies and procedures, such as anti-discrimination laws and health and safety regulations.	Making informed career choices Career Exploration: Exploring different career paths and understanding the skills and qualifications required for various professions. Learning about the job market and the importance of aligning personal interests and strengths with career choices. Goal Setting: Developing the ability to set realistic and achievable career goals, creating action plans to reach those goals, and adapting plans as necessary. Networking and Mentorship: Understanding the importance of building professional networks and seeking mentorship to support career development.	Being a critical Consumer Consumer Rights: Learning about consumer rights and protections, including understanding contracts, returns, and warranties. Evaluating Products and Services: Developing skills to assess the quality, value, and ethical implications of products and services, including understanding advertising tactics and recognising misleading claims. Sustainable Consumption: Understanding the impact of consumer choices on the environment and society and exploring sustainable practices that promote ethical consumption and minimise harm.	Applying for Jobs and Courses : This unit equips students with the skills needed to apply for jobs or educational courses. It covers writing CVs, preparing for interviews, and understanding application processes.
--	--	--	---	--	--	---	--

Open award science Level 1–certificate		Human Reproductive Systems In this unit, students will learn about the structure and function of the male and female reproductive systems and how they work together in human reproduction. They will explore the physical and emotional changes that occur during puberty, understand the process of conception, and learn about a range of hormonal and non-hormonal methods of contraception. Students will also investigate the role of genetics, including inheritance, genomes, and how characteristics are passed from parents to offspring. The unit introduces simple genetic concepts such as Punnett squares and sex determination, as well as the impact of genomics on modern medicine. Students will also learn about the stages of pregnancy and human development before birth.		Elements and Compounds In this unit, students will develop an understanding of the structure of atoms and the substances that make up the world around us. They will learn about the key parts of an atom, including protons, neutrons, electrons, and the nucleus, and explore concepts such as relative atomic mass, electronic charge, and isotopes. Students will investigate the layout of the periodic table, identifying groups, periods, metals, and non-metals, and recognising common trends within groups. The unit also introduces the main types of chemical bonding – ionic, covalent, and metallic – and how these bonds allow elements to form compounds with different properties.		Forces in Action In this unit, students will learn about the different forces that affect the movement of objects, including pushes, pulls, friction, resistance, and turning forces. They will use force diagrams to represent balanced and unbalanced forces and predict how objects will move as a result. Students will explore contact and non-contact forces such as gravity, magnetism, and electrostatic forces. The unit also develops skills in calculating speed and acceleration, interpreting distance–time graphs, and understanding relative motion. In addition, students will investigate pressure in solids, liquids, and gases, including atmospheric pressure and the factors that influence it.
		Health and Hygiene In this unit, students will develop the knowledge and practical skills needed to maintain good personal hygiene, care for their clothing, and keep their home clean and healthy. They will learn how to clean kitchens, bathrooms, floors, and household items using appropriate materials and methods, and gain experience in carrying out basic laundry tasks. Students will explore the importance of personal hygiene, including handwashing, body care, dental health, and regular health check-ups. The unit also focuses on maintaining a healthy lifestyle through good nutrition, healthy habits, and understanding the importance of regular eye tests. These skills will support students in developing greater independence and wellbeing in everyday life.		Personal Resilience In this unit, students will explore the concept of personal resilience and mental toughness, learning how these qualities can help individuals cope with challenges, setbacks, and change. They will investigate key traits associated with resilience, including emotional control, confidence, commitment, learning from experience, and positive relationships. Students will identify examples of resilient behaviour in real-life situations and reflect on areas where they can strengthen their own resilience. The unit also introduces practical strategies for building mental toughness, such as mindfulness, education, seeking support, and developing positive coping skills, helping students become more confident and adaptable in everyday life.		Self-Esteem and Confidence In this unit, students will explore the importance of confidence and self-esteem and how they can influence everyday life, relationships, and personal success. They will learn about the benefits of confidence, how confident and unconfident behaviours can affect the way others perceive them, and the factors that can influence self-esteem. Students will identify situations where they may lack confidence and explore practical strategies for building both confidence and self-esteem. The unit encourages self-awareness, positive thinking, and personal development, helping students develop the skills needed to approach challenges with greater confidence and resilience.
Digital skills Level 1		Using Devices and Handling Information In this unit, students will develop the digital skills needed to find, organise, store, and manage information effectively using a range of devices. They will learn how to search the internet efficiently using keywords, phrases, and filters, and evaluate online information by considering reliability, accuracy, currency, copyright, and advertising. Students will explore how to organise files using folder structures and appropriate file names, use cloud storage across	Creating and Editing In this unit, students will develop the skills needed to create, edit, format, and present digital information for a range of purposes and audiences. They will learn how to use word processing, presentation, and spreadsheet software to produce professional documents containing text, tables, images, and charts. Students will explore appropriate layouts for formal and informal communication, presentations, and advertisements, and learn how to edit images by cropping, resizing,	Communicating In this unit, students will develop the digital communication skills needed for everyday life, education, and employment. They will learn how to use email effectively for different purposes and audiences, including formal and informal communication. Students will also explore a range of online messaging methods, such as instant messaging, text messaging, and social media, and learn how communication styles vary depending on the audience and context. The unit emphasises responsible online	Transacting In this unit, students will learn how to use online services safely and effectively for everyday tasks such as shopping, banking, accessing utilities, and using government or media services. They will develop skills in managing online accounts, including updating personal details, passwords, and communication preferences. Students will learn how to complete online forms and upload documents and images correctly, including understanding file size requirements. The unit also focuses on online	Being Safe and Responsible Online In this unit, students will develop the knowledge and skills needed to stay safe, secure, and responsible when using digital technology and the internet. They will learn about their rights regarding personal data and privacy, including how personal information is collected, stored, and protected. Students will explore practical ways to safeguard their online identity through privacy settings, secure communication methods, and responsible use of social media and digital devices. The unit also covers cloud-based file backups, recognising and avoiding cyber threats such as malware, viruses, trojans, worms, and ransomware, and understanding the importance of cybersecurity. In addition, students will examine the potential physical and mental health impacts of excessive technology use and learn strategies for maintaining a healthy balance between online and offline activities.

		different devices, and understand data storage measurements such as kilobytes, megabytes, gigabytes, and terabytes. The unit also introduces file compression, storage limitations, and the use of online resources to identify and solve common technical problems, helping students become confident and independent users of digital technology.	adding captions, and adjusting colour and contrast. The unit also introduces spreadsheet skills, including using simple formulae, sorting and filtering data, formatting worksheets, and creating charts with suitable titles and labels. These skills will help students communicate information clearly and effectively using digital technologies.	communication and helps students understand how to manage their digital footprint by using privacy settings, controlling location sharing, managing cookies, and adopting safe online practices to protect their personal information.	safety, helping students identify secure websites, recognise trustworthy online services, and carry out essential checks before completing online transactions to reduce the risk of fraud and scams.	
Options		Students will be given options of AQA units that align with the career aims.				