



An Independent Special School

KEY STAGE 3 HANDBOOK



WELCOME

Our unique provision at In Toto Ed is named to reflect what we offer: a “whole” education. That is one that not only inspires and supports academic success, but also discovers and encourages unique talents and nurtures emotional growth and future independence. We truly believe that every young person has the potential to be exceptional, and we aim to support them to achieve that.

The curriculum in Key Stage 3 at In Toto Ed is broad and ambitious. Our students will experience a whole range of subjects that offer academic and practical learning opportunities to enhance knowledge and skill within specific areas, and those that are transferable.

As well as learning in the classroom, students can expect to take part in trips throughout the year that enhance our curriculum and provide opportunities for personal growth.

KEY STAGE 3

Art

The Art team aim to spark enjoyment in creativity, with a focus on experimenting and artistic curiosity. Students work independently as well as collaboratively, developing teamwork skills, and taking pride in their work as they experiment with different mediums.

A sample of topics covered:

- Abstract and non-traditional techniques
- Art and the environment
- Contemporary art
- Digital art and photography
- Identity and representation
- Mixed media and assemblage
- Street art and social commentary



Cookery

Learning to cook is an essential life skill and offers students the opportunity to develop a whole range of cross curricular skills, such as literacy and numeracy.

In cookery lessons, students have their own work station where they will learn how to follow a recipe, and also experiment with different flavours and ingredients to create their own dishes. Cookery cultivates a proactive mindset, encouraging students to ask questions, explore possibilities, embrace and reflect on previous experience, and think about the world around them.

A sample of topics covered:

- Food preparation and cooking techniques
- Food hygiene and safety
- Healthy eating
- Nutritional analysis



Design & Technology

Design & Technology allows students to take an idea based on a brief, refine it, and trial a model before making it in our specialist workshop. Students will use a variety of hand tools and power tools to cut and piece together projects in wood and metal. Being creative in a practical subject allows students to experience the full timeline of design and manufacture, and provides them with the opportunity to celebrate and critique the work of their peers.

A sample of projects covered:

- Wacky racers
- Animal shelters
- Bookends

Drama

Drama provides a creative outlet that develops teamwork, problem-solving, and communication, preparing students for future interviews and academic success across all subjects. It builds vital life skills such as confidence, empathy, and articulating and presenting ideas to different audiences. Taking on different characters allows students to process their own emotions, discover personal identity, and build resilience.

A sample of topics covered:

- Public speaking
- Small group work
- Comedy
- Mime
- Physical theatre
- Theatre set design

English

The English curriculum aims to foster a joy of literature and creative expression. English skills are valuable and can provide life-long enrichment. English is a subject which stimulates the imagination, as well as the intellect.

At In Toto Ed, we believe that literacy is an incredibly important tool and our lessons reflect this, providing students with stimulating resources to develop skills and the confidence to express themselves in both their written and spoken work.

A sample of topics covered:

- Poetry
- Prose
- Drama
- Speaking and listening
- Writing
- Spelling, punctuation and grammar





Geography

The world we live in is rapidly changing, and in a time where environmental concerns are at the forefront of many people's thoughts, Geography plays a crucial role in helping students to develop their understanding and become informed, responsible citizens.

Students learn important skills such as:

- Reading maps, atlases, and using digital tools (GIS)
- Collecting and interpreting data
- Taking part in fieldwork and research
- Thinking critically and solving problems

A sample of topics covered:

- Earthquakes and volcanoes
- Rivers and coasts
- Cities and migration
- Climate and ecosystems

History

Historical context helps students understand how today's world was shaped; political systems, social structures, wars, revolutions, and cultural movements. We believe that learning events like the World Wars, the British Empire, or the Civil Rights Movement are foundational to understanding modern Britain and the world. By studying diverse peoples, cultures, and experiences, students develop a more empathetic and inclusive worldview. In addition, students learn to analyse sources, evaluate evidence, and recognise bias. History encourages questioning and thinking about cause and consequence, change and continuity.

A sample of topics covered:

- The Norman Conquest
- Medieval women
- Elizabeth I
- Decolonisation

Maths

Maths lessons are designed to build core skills, which give students the confidence and tools to solve tasks, and build their resilience to “have a go” – even if they are not 100% sure of the answer. Our teachers inspire our students to become creative problem solvers, and apply these skills to solve interesting problems and puzzles. Students work independently or together to solve problems as part of a team, developing their communication skills when expressing ideas and working through problems logically.

Topics covered:

- Pythagoras
- Scatter diagrams
- Nets of shapes
- 3D shapes
- Volumes of prisms
- Circles - circumference and area



Physical Education

Physical activity has huge benefits for both physical and mental health. Our PE curriculum encourages an active lifestyle and provides students opportunities to try new sports, builds motor skills, and improve their over-arching fitness levels. PE lessons focus on three areas: “hands”, which covers the performance element within the sport; “head”, which teaches the rules and tactics within that sport; and “heart”, which encourages students to develop interpersonal skills such as team work and leadership.

Topics covered:

- Athletics
- Pickle ball
- Roller skating
- Rounders
- Watersports
- Fitness



PSHE

Personal, Social, Health and Economic Education (PSHE) at Key Stage 3 is a vital part of our curriculum, designed to support the personal development and wellbeing of all our students. Our PSHE sessions are discussion-based and provide a safe, supportive space where students can explore important topics such as emotional regulation, confidence building, healthy friendships, and online safety. These sessions encourage open conversation, thoughtful reflection, and the development of essential life skills. Through guided discussions and interactive activities, we aim to empower students to make informed choices, understand themselves and others, and grow into confident, compassionate individuals.

Topics covered:

- Healthy relationships
- Nutrition
- Online safety
- Positive self-talk
- Combatting bullying

Music

We aim to make Music enjoyable and accessible to all our students by teaching performance, composition, and analysis of music across a whole range of genres.

Students build their knowledge, creativity and confidence by researching different genres, artists and works, and make full use of their imagination, creativity, and communication skills. Our music facilities allow students to practise on a range of instruments individually, and build towards producing an ensemble performance.

A sample of topics covered:

- Rhythm
- Film Music
- Music Production
- Arts Award Explore
- Graphic Scores
- Video Game Music



Science

Science fosters curiosity about the world – how things work, why natural phenomena occur, and how Science impacts everyday life. There is an emphasis on practical work so students can see and experience the theory they learn.

Students learn how to:

- Plan experiments
- Make observations
- Record and analyse data
- Draw conclusions based on evidence

These inquiry skills are essential not only for Science but for critical thinking in general.

A sample of topics covered:

- Movement
- Digestion
- Cells
- Chemical reactions
- Environmental science
- Forces
- Space

Enrichment

At In Toto Ed, we know that school is about far more than learning new skills and knowledge within different subject areas, so we have dedicated time each week for enrichment. These sessions provide students with the opportunity to mix with others in different classes, try new activities, and develop new interests. Students will choose activities each half term based on their own interests.





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