

LONDON

In toto

16⁺

part of the In Toto Ed Group

16+ HANDBOOK



WELCOME

Embarking on a 16+ course is an exciting time. At In Toto Ed, we have built a personalised curriculum that equips students on each pathway with everything they need for future studies, employment, and life.

The London provision has its own dedicated pastoral team, who work closely with teaching staff to guide you through your studies, as well as supporting you to plan your next steps – whether that is further study, or independent living.

Specialist subject teachers, careers and work experience advisers, and independent living specialists are available to meet with you and provide the support and direction that is required to help you become ready for life after In Toto Ed.

Every student is supported every step of the way and, as a team, we look forward to embarking on this journey with you.



Emily Gunton
Head of School (London) and Proprietor

WHAT OUR 16+ PARENTS SAY

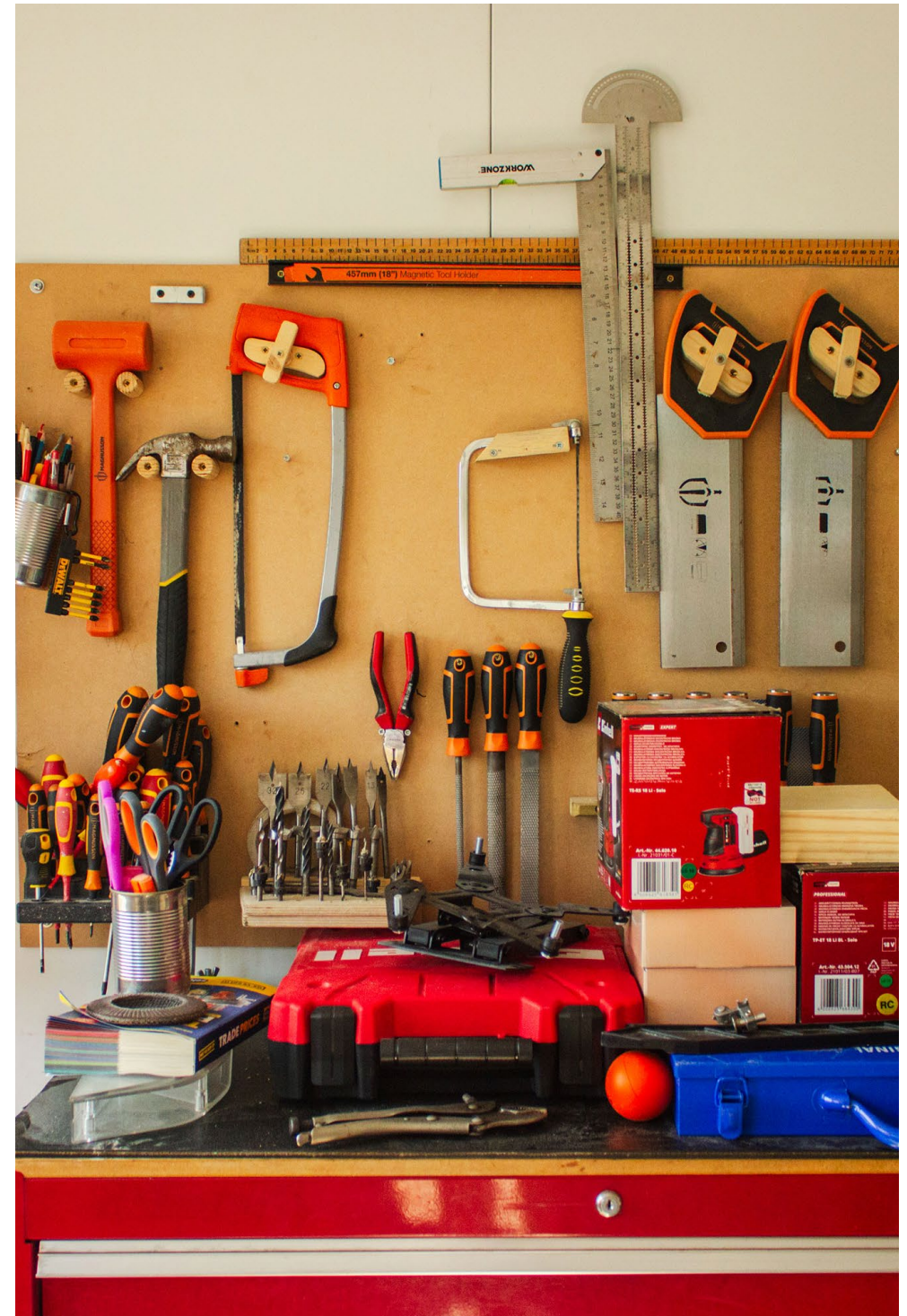
"In Toto Ed have been incredible from day one. It's such a positive, supportive and caring environment where they've really taken the time to get to know my son, and for the first time in years he's thriving. They're just brilliant."

- John Williams

WHAT STUDENTS SAY

"In Toto Ed have supported me to get back into education. Having struggled at secondary school, I have completed a Level 3 qualification in Music at In Toto Ed. My teachers have been supportive and guided me through the university application process. They have also communicated with the university Student Support Department and supported me with student loan applications and transition events. Without their support, I would not have made it onto my first-choice course at the SAE Institute."

- Previous In Toto Ed student



AIM OF THE 16+ CURRICULUM

At In Toto Ed, we provide our students with a personalised educational experience that empowers them to reach their full potential. As an alternative provision provider for students who require extra support, we understand the importance of offering diverse post-16 pathways to ensure our students gain the right qualifications and life skills for their future.

Our 16+ pathways offer the in-depth and personalised support our students need, with no limitations on the options open to each student. Our learning environment offers full support and safety, so that our 16+ students can achieve their goals while feeling encouraged and supported – no matter what their learning need.

As part of our unique offering, we continually update our curriculum. If there's a qualification you're interested in that we don't currently provide, please get in touch – we'd love to hear from you.

Contact us on london@in-toto-ed.com.



PATHWAYS

Our 16+ provision is built around the needs and aspirations of each student. We work closely with students and their families to develop a bespoke educational pathway that aligns with their unique strengths, interests, and goals.

We have three available pathways, which students will choose between; the Academic Pathway, Vocational Pathway, and Independent Living Pathway.

Option 1: Academic Pathway

Our Academic Pathway is delivered by subject specialists within their field. Students are supported with option choices, and potential career paths to university and degree apprenticeships are planned at the point of enrolment. These are reviewed along the course of study, in preparation for applications. This pathway is only available to students who have passed GCSE English or Maths at Grade 4 or above.

Students build their own tailored learning plan from the options below:

Vocational qualifications	We offer a range of different qualifications, worth a variety of UCAS points; from a Level 3 Award up to an Extended Diploma. Vocational qualifications can be studied alongside A-levels.
EPQ	An optional addition for students working at Level 3 who have passed GCSE English or Functional Skills English Level 2. The EPQ involves studying a subject area of interest over one or two years.
Maths & English	Students who have not yet achieved GCSE English or Maths, or Level 2 Functional Skills in these subjects, will have the opportunity to resit them.

Option 2: Vocational Pathway

Our Vocational Pathway allows students to pursue a vocational qualification from a range of courses, from childcare to creative arts, to help students develop practical, industry-relevant skills. Students must achieve GCSEs or Level 2 Functional Skills in Maths and English by the end of their study; they will be supported with retakes if necessary, and will continue studying until they pass. Workplace skills complement the vocational pathway, such as preparing for job applications and interviews. Towards the end of the course, we also support students in their apprenticeship and college applications.

Students will study:

Vocational qualification	One Level 1, 2 or 3 qualification, selected from a wide range of choices.
English	All students will study English until they have passed Functional Skills Level 2 or a pass at GCSE.
Maths	All students will study Maths until they have passed Functional Skills Level 2 or a pass at GCSE.

Option 3: Independent Living Pathway

This pathway includes PFA (preparing for adulthood) modules that enable our students to develop independent living skills which are fundamental to functioning in society, such as developing travel confidence, cookery skills, and the ability to function with autonomy in the wider world.

At the heart of our 16+ provision is a commitment to nurturing our students' independence and confidence. We believe that by providing a supportive, inclusive environment and tailoring our approach to everyone's needs, we can empower our students to become confident, self-assured young adults, ready to take on the next chapter of their lives.

Students will study:

Cookery	AQA Unit Awards
Independent Living	AQA Independent Living Qualification.
Employability	Students will take part in work experience and will be supported with job and volunteering applications.
Maths and English:	Numeracy and literacy skills are developed through application in the community. Students are also supported to progress with their Functional Skills qualifications, from Entry 1 to Level 2.
Choc N Chat	Choc N Chat provides students with an opportunity to develop their social and communication skills in a relaxed, supportive environment. Through exploring and discussing a range of topics linked to the PSHEE curriculum, students are encouraged to share ideas, build confidence, and engage positively with others.

Fitness

Sessions are held in the on-site gym to build knowledge of fitness in a small and supported environment. Once a student is ready, these sessions are moved to the local gym to build confidence in a public setting.

Student-led option block

A choice of accredited courses to ensure students are pursuing their interests and hobbies at a higher level, resulting in a qualification. Options include Art and Design, Sport, Music and Cookery.



SEND SUPPORT

Every student deserves an education that is tailored to their unique needs and goals. That's why our Special Educational Needs Coordinator (SENCO) ensures that the strategies and the provision outlined in each student's Education, Health, and Care Plan (EHCP) are properly implemented.

Our SENCO plays a vital role in coordinating the support and resources that our students require. They work closely with teachers and support staff to adapt lessons and resources, ensuring that the individual needs of each student are met. Additionally, our SENCO leads the annual review process for each student's EHCP, assessing their progress and making any necessary adjustments to keep the plans effective and relevant.



PASTORAL SUPPORT

Our small, dedicated team is committed to creating a nurturing environment where students can gain the right qualifications and life skills to develop their confidence and independence.

Every student at In Toto Ed has an allocated key worker who works closely with them to understand their unique needs and goals. Our pastoral support system ensures that each young person receives the personalised attention and mentoring they require to thrive. In line with our school vision, we provide a high-quality education that prepares our students for the next stage of their lives; whether that's progressing to further education, vocational training, or employment, we work tirelessly to equip our students with the skills and qualifications they need to succeed.

At the heart of In Toto Ed is a warm, inclusive community that celebrates the unique talents and achievements of every individual. Through a range of enrichment activities, our students have the opportunity to explore their interests, build meaningful relationships, and develop essential life skills.



PREPARING FOR THE FUTURE

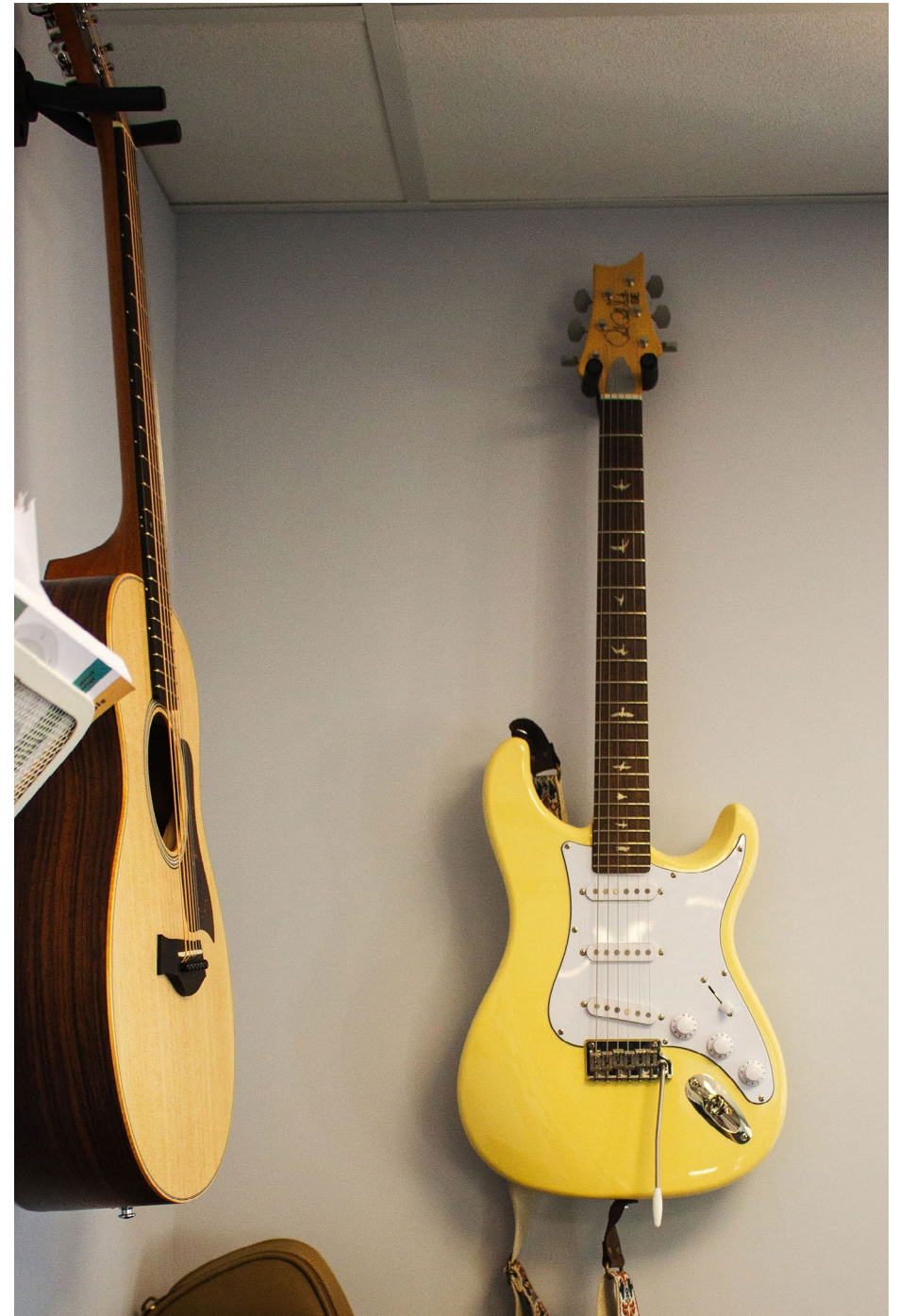
As our students progress through their 16+ pathway, we work closely with them and their families to ensure a smooth transition to further education, training, or employment. Our dedicated careers guidance and work experience programmes help our students explore their options and develop the skills and knowledge they need to thrive in their chosen field.

We are passionate about unlocking the potential of every one of our students. By offering personalised 16+ pathways, we are committed to equipping our students with the qualifications, skills, and confidence they need to succeed in their future endeavours and lead fulfilling, independent lives.

REPORTS

Students receive report cards throughout the year. There are parents' evenings, SENCO coffee mornings, and School in Action mornings. If parents require any additional assistance or information, or have queries at any time, they may contact the Head of School directly.

We work with:



POST 16 QUALIFICATIONS

GCSE English Language

This course provides students with a comprehensive foundation in reading, writing, and critical thinking skills. Through honing their ability to respond to unseen texts, students develop skills in analysis, interpretation, and evaluation, in addition to fostering creativity. Through refining their ability to produce well-structured, coherent responses for different audiences and purposes, the course focusses on practical communication skills, and ensures students are well-prepared for both future study and the workplace.

Paper 1 – Explorations in Creative Reading and Writing – looks at how writers use narrative and descriptive techniques to engage the interest of readers.

Paper 2 – Writers' Viewpoints and Perspectives – looks at how different writers present a similar topic over time.

Exam board and course title:

AQA GCSE English Language 8700

Assessment method:

Paper 1: Explorations in Creative Reading and Writing (50%)

Written exam: 1 hour 45 minutes

Section A: Reading

- One unseen literature fiction text

Section B: Writing

- Descriptive or narrative writing

Paper 2: Paper 2: Writers' Viewpoints and Perspectives (50%)

Written exam: 1 hour 45 minutes

Section A: Reading

- One non-fiction text and one literary non-fiction text

Section B: Writing

- Writing to present a viewpoint

Functional Skills English

The NCFE Functional Skills qualification provides students with practical, real-world skills in English, focusing on the development of essential literacy competencies for everyday life and the workplace. Following an initial assessment, students will be entered for the Functional Skills level that aligns with their current learning needs, with the possibility of progressing to higher levels if appropriate. The course covers reading, writing, speaking, and listening, helping students to communicate effectively, understand and interpret written information, and produce written texts for various audiences and purposes. Emphasis is placed on developing the confidence to apply language skills in a variety of contexts, while also developing critical thinking and decision-making skills.

Students are able to take their exams at any point across the year and can retake individual components if needed.

Exam board and course title:

NCFE Functional Skills English:

Level 1 603/5058/1

Level 2 603/5054/4

Assessment method:

Language exam: Paper 1: Reading (33%)

Analysis of sources and application of reading skills in real-life scenarios. The exam consists of multiple choice and written answer questions that test skills such as inference, comparison, and identifying linguistic features.

Language exam: Paper 2: Writing (33%)

Assesses a student's skills when writing in different forms, and for different audiences and purposes, as well as assessing a student's spelling, punctuation and grammar.

Speaking and Listening assessment (33%)

Demonstrates a student's ability to speak, listen, and communicate through planning and presenting on a topic of their choice, as well as taking part in small group discussions.

Entry Level English

The Entry Level English qualification provides students with the opportunity to develop essential communication and literacy skills needed for everyday life. The course focuses on building confidence in reading, writing, speaking, and listening through practical, real-life contexts.

The course supports students in developing their ability to understand simple texts, communicate ideas clearly, and use basic spelling, punctuation, and grammar.

Emphasis is placed on applying English skills in familiar situations, such as understanding instructions, completing forms, engaging in conversations, and expressing opinions. The course also helps to develop confidence, independence, and the ability to communicate effectively in a range of settings.

Students are assessed throughout the year and can complete assessments when they are ready, with opportunities to revisit and improve their work if needed.

Exam board:

NCFE Entry Level Functional Skills English
Entry 1 / Entry 2 / Entry 3

Assessment method:

Internally and externally assessed tasks

Reading assessment

- Understanding simple texts and identifying key information
- Tasks based on everyday materials such as signs, emails, and short articles

Writing assessment

- Producing short written responses for different purposes
- Use of basic spelling, punctuation, and grammar

Speaking and Listening assessment

- Taking part in discussions and communicating ideas clearly
- Listening and responding appropriately in familiar situations



GCSE Maths

Maths is for everyone; it is diverse, engaging, and an essential skill to be equipped with in later life. By putting students at the heart of everything we do, our teachers are empowered to support every student to reach their personal best, with a curriculum designed to enable students to engage with, explore, enjoy and succeed in Maths.

GCSE Mathematics has a foundation tier (grades 1 to 5) and higher tier (grades 4 to 9). Students must take three question papers at the same time.

Exam board:

AQA GCSE Maths 8300

Paper 1: Non-calculator

Written examination of 1 hour and 30 minutes

This assessment allows for mix of question styles, from short, single-mark questions to multi-step problems. The mathematical demand increases as a student progresses through the paper.

Papers 2 & 3: Calculator

Written examination of 1 hour 30 minutes

This assessment allows for mix of question styles, from short, single-mark questions to multi-step problems. The mathematical demand increases as a student progresses through the paper.

Functional Skills Maths

The NCFE Functional Skills Maths qualification equips students with the essential mathematical skills needed for real-life situations and the workplace. The course focuses on developing practical problem-solving abilities and improving confidence to use numbers in everyday contexts.

Following an initial assessment, students will be entered for the level (Level 1 or Level 2) that best matches their current skills and knowledge, with the opportunity to progress to a higher level when ready.

The course covers key mathematical areas including number, measure, shape and space, and handling data. Students learn how to apply maths to a range of real-world scenarios such as budgeting, measuring, interpreting data, and working with percentages and ratios. Emphasis is placed on developing reasoning skills, accuracy, and the ability to select appropriate methods to solve practical problems.

Students can take their exams at any time during the year.

Exam board:

NCFE Functional Skills Maths

Level 1: 603/5059/3

Level 2: 603/5060/X

Assessment method:

Section A - Non-calculator 30 minutes

Section B – Calculator 90 minutes

Total Time: 120 minutes

Entry Level Maths

The Entry Level Maths qualification provides students with the opportunity to develop essential numeracy skills for everyday life. The course focuses on building confidence in using maths in practical, real-world situations, helping students to become more independent in managing daily tasks.

The course covers key areas such as number, measure, shape and space, and handling data. Students will develop skills such as counting, using money, telling the time, measuring, and interpreting simple data. Emphasis is placed on applying maths in familiar contexts, such as shopping, budgeting, cooking, and travel. The course also supports the development of problem-solving skills and confidence in using maths in a variety of everyday situations.

Students are assessed throughout the year and can complete assessments when they are ready.

Exam board:

NCFE Entry Level Functional Skills Maths
Entry 1 / Entry 2 / Entry 3

Assessment method:

Internally and externally assessed tasks

Number

- Understanding and using numbers in practical contexts
- Basic calculations involving addition, subtraction, multiplication, and division

Measure, shape and space

- Using measures such as length, weight, capacity, and time
- Recognising shapes and understanding simple spatial concepts

Handling data

- Interpreting simple charts, lists, and tables
- Collecting and presenting basic information

Level 1, 2 and 3 Certificates in Creative Craft (Art and Design)

This qualification is designed for students who wish to develop advanced creative, practical, and technical skills for working within the craft and design sector.

This qualification will:

- Focus on the study and development of creative craft practices
- Offer both breadth and depth of study, building on existing knowledge and skills
- Provide opportunities to refine practical techniques and explore specialist materials and processes
- Support progression into further education or careers within the creative industries

Exam board and course title:

NCFE Level 1 Certificate in Creative Craft: 601/0677/3
NCFE Level 2 Certificate in Creative Craft: 601/3232/2
NCFE Level 3 Certificate in Creative Craft: 603/3253/0

Assessment method:

Internally assessed and externally quality assured.

The units covered are:

- Craft techniques, materials, tools and equipment
- Develop craft ideas
- Explore commercial crafts briefs
- Produce craft work in response to a commercial craft brief

Level 3 Diploma and Extended Diploma in Creative Practice: Art, Design and Communication

These qualifications are designed for post-16 students looking to pursue a specialist career in the creative industries. Students gain the necessary industry-relevant skills, knowledge, and understanding to access appropriate entry level roles, training programmes or apprenticeships in the creative sector, or apply for progression to related higher education courses. The Level 3 Extended Diploma is the equivalent of three A-levels.

Exam board and course title:

UAL Level 3 Diploma and Extended Diploma in Creative Practice: Art, Design and Communication

Assessment method:

Internally assessed and externally quality assured.

The units covered are:

- The creative process
- Developing creative practice
- Responding to a set brief

In addition to the above units, the extended diploma will cover:

- Researching a specialist industry practice
- Specialist technical skills development
- Specialist creative outcome



RSL Level 2 Extended Certificate / Diploma in Creative Digital Media

RSL's Level 2 Extended Certificate in Creative Digital Media with Esports prepares students for entry into the fast-growing world of competitive gaming, digital entertainment, and online content creation, equipping them with the knowledge and practical skills needed to succeed in this dynamic and rapidly evolving industry.

Designed by industry professionals and regularly updated to reflect developments in the esports and digital media sectors, the qualification combines creative media production with the exciting opportunities presented by esports. Students explore areas such as streaming, social media content, branding, event promotion, video production, audience engagement, and digital communication within an esports context.

Exam board and course title:

RSL Level 2 Diploma in Creative Digital Media

RSL Level 2 Extended Certificate in Creative Digital Media:
- 603/4297/3

Assessment method:

Internally assessed and externally quality assured.

The units covered are:

- Digital Games Production
- Creating Digital Art
- Careers in Creative Digital Media

RSL Level 3 Subsidiary Diploma in Creative Digital Media

The RSL Level 3 Subsidiary Diploma in Creative Digital Media is designed for students who want to develop practical and creative digital production skills across a range of media platforms. Equivalent to 1.5 A-levels, the course provides hands-on experience in areas such as content creation, digital design, video production, social media, photography, and interactive media. Students build a portfolio of industry-relevant work while developing technical, creative, and project management skills that prepare them for progression into higher education, apprenticeships, or employment within the creative industries.

Exam board and course title:

Level 3 Subsidiary Diploma - 603/4302/3



RSL Level 3 Extended Diploma in Creative Digital Media

The RSL Level 3 Extended Diploma in Creative Digital Media is a comprehensive two-year qualification equivalent to three A-levels, designed for students aiming to pursue careers in the fast-growing creative media sector. The course combines practical production work with creative experimentation, allowing students to specialise in areas such as digital content creation, game design, social media, filmmaking, graphic design, and interactive media. Through live briefs, collaborative projects, and portfolio development, students gain the professional and technical skills needed for university study, apprenticeships, or direct progression into careers within the digital and creative industries.

Exam board and course title:

Level 3 Extended Diploma - 603/4304/7

The units covered in Level 3 include:

- Creating Digital Games (Game Design Core)
- Creating and Publishing Digital Content (Social Media Core)
- Testing a Creative Media Product
- Designing Digital Games
- Digital Character Modelling
- Character Rigging
- Understanding Digital Game Platforms
- Using a Game Engine
- Creating Concept Art Digitally
- Creating 3D Digital Art
- Creating 3D Digital Animation
- Creating Digital Graphics
- Creating a 3D Environment
- Creating Audio for Digital Media
- Planning a Career in Creative Digital Media
- Designing UX for Interactive Digital Media
- Designing UI for Interactive Digital Media
- Creating an Interactive Website

Level 2 Certificate in Creative Craft (Cookery)

This qualification is suitable for students who wish to develop skills and knowledge in craft. It aims to extend and further develop students' skills, knowledge and understanding of the creative craft process. It enables students to investigate creative enterprise and employment opportunities in the creative sector, and provides a basis for progression onto further study.

Exam board and course title:

NCFE Level 2 Certificate in Creative Craft - 601/3232/2

To be awarded the NCFE 2 Certificate Creative Craft students are required to successfully complete four mandatory units:

- M/506/2674 - Use materials, tools and equipment to develop craft techniques (*3 credits*)
- K/506/2673 - Investigate creative enterprise and employment opportunities (*5 credits*)
- H/506/2672 - Develop craft ideas (*4 credits*)
- T/506/2675 - Create, present and evaluate final craft item (*3 credits*)

Level 2 Certificate in Food and Cookery Skills

This qualification is designed for students with an interest in food and cookery. It provides experience of using different cooking skills and methods, giving a basic understanding of the skills required for a career in food.

The objective of this qualification is to:

- Prepare and cook using basic skills
- Understand food and its functions in the body and in recipes
- Understand balanced diets and modification of recipes for health
- Plan and produce dishes for a purpose.

Exam board and course title:

NCFE Level 2 Certificate in Food and Cookery Skills
- 603/3911/1

Assessment method:

Internally assessed and externally quality assured.

The units covered are:

- Unit 01 Preparing to cook
- Unit 02 Understanding food
- Unit 03 Exploring balanced diets
- Unit 04 Plan and produce dishes in response to a brief

Level 1/2 Technical Award in Food and Cookery

This course provides students with the opportunity to develop knowledge and understanding of food and cookery. Students will explore food preparation techniques, nutrition, food safety and the skills required to plan, prepare and present a range of dishes.

The course focuses on key areas which are studied throughout:

- Food preparation and cooking techniques
- Nutrition and healthy eating
- Food safety and hygiene
- Menu planning and presentation

Exam board and course title:

NCFE Level 1/2 Technical Award in Food and Cookery
- 603/7014/2

Assessment method:**Component 1: External Assessment (50%)**

Written exam: 1 hour 30 minutes

- Multiple choice questions
- Short answer questions
- Extended response questions
- Questions based on food and cookery scenarios

Component 2: Internal Assessment (50%)

Synoptic project

- Completion of practical cooking tasks based on a set brief
- Demonstrates skills in planning, preparation and presentation
- Includes evaluation of dishes, techniques and outcomes

Level 1 Certificate & Level 2 Certificate / Extended Certificate / Diploma in Music Practitioners

These qualifications are designed for students wishing to gain knowledge and skills within the sphere of music performance and associated music industry disciplines. They allow students to develop their performance capabilities and increase their aptitude on their chosen instrument, along with gaining an effective knowledge of event organisation, rehearsal techniques, and the contextual background to their chosen genre and style.

The qualifications will give students:

- Experience in planning, executing and analysing a music performance
- The ability to develop and hone their performance within a rehearsal space
- Knowledge of planning, promoting and running a live music event
- A greater understanding of music and the responses it elicits in an audience
- Contextual awareness of styles and genres of music and how they have developed
- The ability to perform effectively in a recording studio environment

The knowledge and skills acquired by performers undertaking these courses will enable progression onto further studies, equipped with a greater aptitude for performing in a range of situations, and with a deeper knowledge of the wider skill set and associated requirements which come with being an effective performer.

Exam board and course title:

RSL Level 1 Certificate for Music Practitioners - 601/7995/8
RSL Level 2 Certificate for Music Practitioners
RSL Level 2 Extended Certificate - 601/7991/0
RSL Level 2 Diploma - 601/7994/6

Assessment method:

Coursework based assessment against individual unit criteria.
Internally assessed and externally quality assured.

Level 1 Award in Multi-trade Construction Skills

This qualification provides the ideal introduction to the construction industry, and covers essential skills in the following trades: bricklaying, carpentry and joinery, plastering, painting and decorating, construction operations, wall and floor tiling, electrical and plumbing.

Exam board and course title:

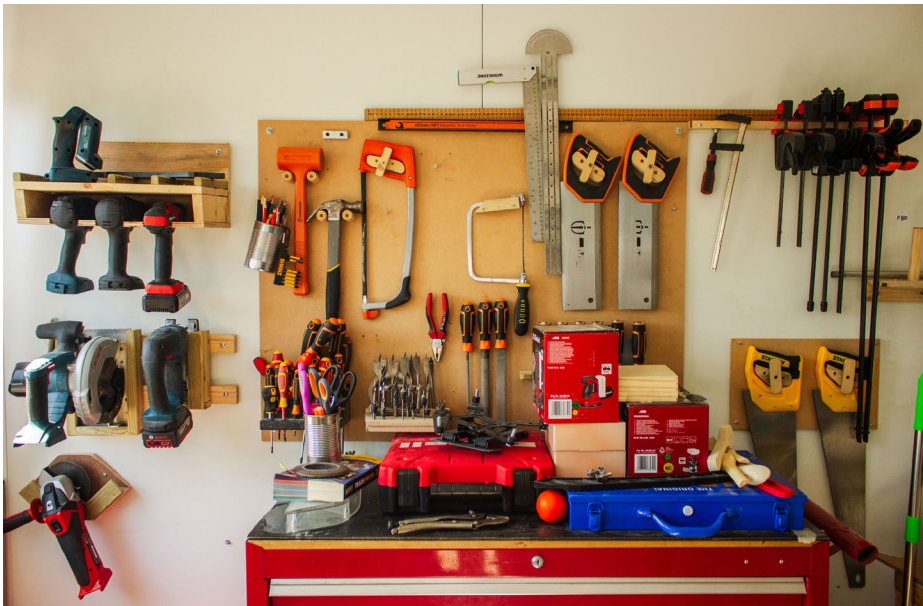
City and Guilds Level 1 - 6219

Assessment method:

Internally assessed and externally quality assured.

The course is assessed on the following skills phases:

- Phase 1: Generic Units, Bricklaying, Joinery
- Phase 2: Wall & Floor Tiling, Construction, Operations, Painting & Decorating
- Phase 3: Carpentry
- Phase 4: Plastering, Plumbing, Electrical



GCSE Biology

Our science curriculum is designed to build upon foundational knowledge and prepare students for further study or employment. The curriculum promotes scientific literacy, problem-solving, and an understanding of scientific processes, encouraging students to apply their knowledge to real-world contexts.

Biology Overview:

1. Cell Biology

Cell structure and function (eukaryotic and prokaryotic cells).
Transport in cells (diffusion, osmosis, and active transport).

2. Organisation

Structure and function of human organ systems (e.g. digestive, circulatory).
Plant tissues and transport systems.

3. Infection and Response

Pathogens and disease prevention.
Vaccines and treatments (e.g. antibiotics).

4. Bioenergetics

Photosynthesis and respiration.

5. Homeostasis and Response

Nervous and hormonal control.
Maintaining internal conditions (e.g. temperature, blood sugar).

6. Inheritance, Variation, and Evolution

DNA, inheritance, and genetic engineering.
Evolution by natural selection.

7. Ecology

Ecosystems and biodiversity.
Human impact on the environment.

Assessment method:

Separate Sciences: 2 papers per subject, each 1 hour 45 minutes (25%)

Extended Project Qualification (EPQ)

The Extended Project Qualification (EPQ) is a Level 3 qualification offered by AQA, equivalent to half an A-level. It allows students to research a topic of their choice and produce either a 5,000-word report or an artefact with a 1,000-word report. The EPQ is designed to help students develop skills that are valuable for university and future careers, extending their abilities beyond the standard A-level syllabus.

The EPQ allows students to lead their own projects. Students get to plan and carry out research on a topic that they've chosen and that isn't covered by their other qualifications. They can take inspiration from something touched on in class or something personal and unrelated to their studies. They then use this research to produce a written report and, in the case of practical projects, an artefact or a production.

By taking responsibility for the choice, design and decision making of an individual project (or an individual role in a group project) students:

- Become more critical, reflective and independent students
- Develop and apply decision-making and problem-solving skills
- Increase their planning, research, analysis, synthesis, evaluation and presentation skills
- Learn to apply technologies confidently
- Demonstrate creativity, initiative and enterprise

Exam board and course title:

AQA Extended Project Qualification - 7993

Assessment method:

Internally assessed and externally moderated.

Level 2 Certificate in Health and Social Care

This qualification is designed for students who wish to develop a range of knowledge, skills, and understanding essential for working within the health and social care sector.

This qualification will:

- Focus on the study of health and social care
- Offer breadth and depth of study, incorporating a core of underpinning knowledge
- Provide opportunities to develop practical skills in care settings
- Support progression into further education or careers within the health and social care industry

Exam board and course title:

NCFE CACHE Level 2 Certificate in Health and Social Care
- 601/8854/6

Assessment method:

Internally assessed and externally quality assured.

The units covered are:

- Communication in health and social care
- Individual rights and person-centred values
- Health, safety, and wellbeing in care settings
- Equality and inclusion in health and social care
- Understanding roles and responsibilities of care workers
- Career pathways in health and social care

NCFE Level 3 Diploma in Personal Training

This qualification is designed for students who wish to develop the advanced knowledge, skills, and understanding essential for working as a Personal Trainer within the sport, exercise, and fitness sector.

This qualification will:

- Focus on the study of personal training, health, and fitness
- Offer breadth and depth of study, incorporating a strong foundation of underpinning knowledge
- Provide opportunities to develop practical skills in coaching, fitness instruction, and client programme design
- Support progression into further education, higher-level qualifications, or careers within the fitness industry
- Prepare students to work with a range of clients to improve health, fitness, and wellbeing

Exam board and course title:

NCFE Level 3 Diploma in Personal Training - 603/3491/5

Assessment method:

Internally assessed and externally quality assured.

The units covered are:

- Applied anatomy and physiology for activity, health, and fitness
- Client motivation and lifestyle management
- Programming personal training sessions
- Delivering personal training sessions
- Nutrition to support a physical activity programme
- Business acumen for personal trainers



NCFE Level 2 Certificate in Gym Instructing

This qualification is designed for learners who want to work as a Gym Instructor in the sport and physical activity sector.

The objectives of this qualification are for learners to:

- Demonstrate the knowledge, understanding and practical skills needed to work as a Gym Instructor
- Develop skills and knowledge in a range of areas relevant to their role, such as:
 - The principles of working in the gym environment, including customer service and how to maintain health, safety and welfare
 - Anatomy and physiology
 - How to conduct consultations and promote the health benefits of physical activity
 - How to communicate effectively and motivate clients to adhere to an exercise programme
 - How to plan and prepare a gym-based exercise programme

Assessment method:

The Level 2 Certificate in Gym Instructing is an internally assessed and externally quality assured portfolio of evidence.

Exam board and course title:

NCFE Level 2 Certificate in Gym Instructing - 603/3931/7

To be awarded the Level 2 Certificate in Gym Instructing, learners are required to successfully complete six mandatory units.

The units covered are:

- Anatomy and physiology for exercise
- Maximising the customer experience in a gym environment
- Supporting client health and well-being
- Conducting client consultations and gym inductions
- Planning and reviewing gym-based exercise programmes
- Instructing and supervising gym-based exercise programmes

Sports Leaders Award

This course provides students with the opportunity to develop leadership skills through sport and physical activity. Students will learn how to plan, organise and lead activities, building confidence, communication and teamwork skills that are valuable both in and out of school.

There is no final exam. The qualification is assessed through practical leadership tasks and coursework, which are internally assessed by teachers and externally moderated by the awarding organisation.

The course focuses on key areas which are studied throughout:

- Developing leadership skills
- Planning and leading sports activities
- Communication and teamwork
- Evaluating performance

Students will have the opportunity to lead sessions with their peers and, in some cases, with younger students, gaining real experience of leadership in a practical setting.

Exam board and course title:

Sports Leaders UK Level 1/2 Award in Sports Leadership

Assessment method:

Ongoing assessment:

- Completion of leadership tasks and a leadership log
- Planning and delivering sports sessions
- Evidence gathered through practical activities
- Internally assessed by teachers
- Externally moderated by the awarding organisation

Introduction to Coaching Football (England Football Learning)

The Introduction to Coaching Football course provides students with the opportunity to develop the basic knowledge and skills needed to begin coaching football. The course focuses on building confidence, understanding the role of a coach, and creating safe, fun, and inclusive environments for players of all abilities.

Students will explore key coaching principles, including how to engage players, plan and deliver sessions, and support player development. The course also emphasises communication, organisation, and teamwork, helping students to build transferable skills that can be applied in both sporting and wider contexts.

The course is delivered through a combination of online learning and live webinars. Students will complete interactive modules alongside guided sessions with experienced coach developers, allowing them to learn practical coaching techniques and reflect on their progress.

Topics covered include:

- Understanding the role of a football coach
- Engaging and motivating players
- Planning and delivering coaching sessions
- Developing players' skills and understanding of the game
- Creating safe, inclusive, and enjoyable football environments

The course is suitable for beginners and those looking to take their first step into coaching, with progression opportunities into further FA coaching qualifications.

Exam board and course title:

England Football Learning
Introduction to Coaching Football

Assessment method:

Online learning and practical application

- Completion of e-learning modules
- Attendance at live webinar sessions
- Participation in discussions and activities
- Short online assessment to demonstrate understanding of key concepts

Transition Support

Staff will work closely with young people, parents and carers to support a successful transition out of our provision. We will work with other providers, such as local offers, to arrange appropriate transition programmes. We will also support students by incorporating specific lessons around moving on, travelling, getting on with others and any other topics relevant to the individual.

Careers & Reintegration into Mainstream College

- [1:1 Career Coaching & Guidance](#)
Students receive tailored advice on career pathways, apprenticeships, and further education.
- [College Transition Support](#)
Students are supported with college applications, course selection, and transition visits.
- [Mock Interviews & Workplace Skills](#)
Developing confidence in job applications, CV writing, and workplace behaviours.
- [Work Experience Placements & Volunteering](#)
Hands-on opportunities to explore career paths and build employability skills.
- [Collaboration with Local Colleges & Training Providers](#)
Ensuring students transition smoothly into mainstream college or apprenticeships.

Preparing for Adulthood

We will implement an individualised curriculum tailored to each student's specific needs. This personalised approach will support the Preparation for Adulthood (PfA) outcomes, ensuring that each young person is equipped with the skills, knowledge, and experiences necessary to achieve their goals and transition successfully into adulthood.

Resources in each provision include facilities such as a kitchen and gym, to be able to tailor specific lessons for everyone to meet their PFA needs and EHCP outcomes.

AQA Independent Living – Overview

AQA Independent Living is a practical, skills-based programme designed to support students in developing the knowledge and confidence needed for everyday life. The course focuses on building independence through real-life learning, helping students prepare for adulthood, further education, and employment.

Students work on a range of activities that reflect real-world situations, such as managing money, preparing food, staying safe, travelling independently, and taking part in their local community. The course encourages the development of key life skills including communication, decision-making, problem-solving, and self-management.

Learning is flexible and personalised, allowing students to progress at their own pace and focus on areas most relevant to their individual needs and future goals. There are no formal exams; instead, progress is assessed through a portfolio of evidence, completed through practical tasks and activities.

AQA Independent Living supports students to become more confident, capable, and prepared for independent adult life.

Assessment method:

Internally marked and externally assessed.

A-levels

A-levels are available on a case by case basis and are subject to staffing availability.





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