

The Constance Bridgeman Centre - Year 10: Autumn 1.1

English	Maths	Science
In English this half term students will be studying The Art of Communication, developing the skills needed to present ideas confidently and communicate effectively. Students will research a topic of their choice before planning and delivering a structured presentation. They will analyse effective speeches and debates, exploring how language, tone and body language can influence an audience. Throughout the unit, students will take part in discussions and debates, learning to justify their opinions with evidence while listening and responding respectfully to others. The half term concludes with students delivering a formal presentation and reflecting on their communication skills.	In Maths this half term students will develop their understanding of number, algebra, fractions and indices. They will begin by ordering and comparing integers, decimals, fractions and irrational numbers, before exploring prime numbers, highest common factors and lowest common multiples. Building on their numerical knowledge, students will revisit key algebraic terminology and learn to simplify expressions, expand brackets, factorise and solve increasingly complex equations. They will then strengthen their understanding of fractions by converting between forms and applying the four operations to solve practical problems involving proportion and scaling. Finally, students will explore squares, cubes, roots and index laws, including fractional and negative indices, applying these skills to real-life contexts such as area, volume, growth and decay.	In Science this half term students will develop their understanding of cells as the building blocks of life, exploring the structure and function of plant, animal and bacterial cells. They will investigate specialised cells, cell division and stem cells before learning how substances move in and out of cells through diffusion, osmosis and active transport. Students will also study the organisation of the digestive system and the role of enzymes in digestion. Practical investigations, including microscopy, food testing and enzyme experiments, will help students develop their scientific enquiry skills while applying their knowledge to real-life biological processes.
Art	Food Technology	Music
In Art this half term students begin their GCSE Art and Design course by exploring the theme of identity. Through the study of artists including Frida Kahlo, Vincent van Gogh and Kehinde Wiley, students will investigate how artists communicate ideas, emotions and personal experiences. They will develop observational drawing skills and experiment with a range of materials, including painting, collage and mixed media. Through annotation, reflection and discussion, students will evaluate their work and begin making independent creative decisions. The unit culminates in a resolved outcome that demonstrates connections between research, experimentation and personal ideas, providing a strong foundation for GCSE study.	In Food Technology this half term students will be studying 'The Hospitality and Catering Industry'. Students will explore the different types of hospitality and catering providers, including restaurants, hotels, cafés and schools, and investigate how these businesses meet customer needs and expectations. They will learn about the roles and responsibilities within front and back of house operations, alongside the skills and qualities required to work successfully in the industry. As part of Black History Month, students will explore the influence of African and Caribbean cultures on hospitality and catering, investigating traditional ingredients, cooking methods and food traditions. Practical lessons will focus on developing safe and hygienic food preparation skills, including knife skills, weighing, portioning, seasoning and presentation techniques, while preparing a range of dishes inspired by global cuisines.	In Music this half term students will begin preparing for Key Stage 4 by exploring the expectations of BTEC Music Practice. They will analyse a range of musical genres and develop listening and appraisal skills using appropriate musical terminology. Through practical activities, students will use digital audio workstations to sequence, record and edit music while strengthening their performance skills through rehearsal and ensemble work. Students will evaluate their recordings and performances, using feedback to improve their work and develop the independence, creativity and technical skills needed for future success in music.
PE	PSHE	Sport Science
In PE this half term students will develop their football skills through a range of practical drills, conditioned practices and competitive match play. Students will improve their passing, dribbling, shooting and defending techniques while learning how movement, communication and teamwork contribute to successful attacking and defensive play. They will apply these skills within increasingly competitive game situations, developing tactical awareness by creating and defending space, making decisions under pressure and adapting their play to different scenarios. Throughout the unit, students will evaluate their own and others' performances, demonstrating resilience, leadership and sportsmanship while building the confidence to perform effectively as part of a team.	In PSHE this half term students will explore how healthy choices support positive physical, emotional and mental wellbeing as they prepare for increasing independence. They will develop emotional literacy, resilience and healthy coping strategies while learning about common mental health conditions and how to access appropriate support. Students will investigate the risks associated with alcohol, vaping, nicotine, drugs and addiction, alongside the influence of peers, social media and wider society on decision-making. They will also explore preventative healthcare, including screening, vaccinations and self-examination, developing the knowledge and confidence to make informed choices that promote lifelong health and wellbeing.	In Sports Science this half term students will investigate the benefits of sport and physical activity, including improved health, mental wellbeing, and social development. They will examine outdoor activities, types of provision, and barriers that different groups face in accessing sport. Students will explore participation across a range of demographics, including those with disabilities or long-term health conditions, and assess strategies used to increase inclusion. Through research, presentations and case studies, students will deepen their understanding of how sport can be made more accessible and inclusive and reflect on how national initiatives address participation inequalities.
Enrichment		
As part of the Enrichment Programme, students will be given the opportunity to experience: Lambourne End: This half term students will take part in a range of outdoor adventurous activities at Lambourne End. Activities will include kayaking, caving, ziplining, and mountain biking, providing opportunities for students to develop confidence, resilience, teamwork, and problem-solving skills. Through these experiences, students will be encouraged to challenge themselves, step outside of their comfort zones, and build independence in a safe and supportive environment. Students will also learn the importance of communication, perseverance, and risk management while participating in activities that promote both physical and mental wellbeing. The programme aims to develop personal growth alongside enjoyment and engagement in outdoor education. Boxing: This half term students will develop their fitness, coordination, and self-discipline through an introduction to boxing. Students will learn basic boxing techniques, including stance, footwork, movement, and simple combinations, while focusing on safe and controlled practice. Lessons will emphasise respect, determination, and self-control, helping students to build confidence and resilience. Students will also develop their physical fitness through activities designed to improve strength, stamina, balance, and agility. Throughout the unit, they will be encouraged to set personal goals, reflect on their progress, and demonstrate a positive attitude towards challenge and improvement. This unit promotes both physical wellbeing and personal development.		