



Longridge High School

Excellence and ambition from all, for all

YEAR 9 OPTIONS 2026

Compulsory Subjects

All pupils must study and complete terminal exams in the three CORE subjects of English, Mathematics and Science. The pathway is as follows:

- GCSE **English Language** (1 entry level)
- GCSE **English Literature** (1 entry level)
- GCSE **Mathematics** (Foundation or Higher)
- GCSE **Science** (Foundation or Higher)

Pupils must also take at least ONE of the following

All pupils must also take at least ONE of the following subjects.
Pupils may take more than one if they wish.

- GCSE French *
- GCSE Geography *
- GCSE History *

History *

French *

Geography *

Art

Business

Design Technology

(Timbers or Textiles or Polymers)

Drama

Food Preparation and Nutrition

Music

Physical Education

Religious Studies

Creative iMedia (Vocational)

Health and Social Care (Vocational)

Sport Studies (Vocational)

All subjects are GCSE or Vocational which are equivalent to GCSE

Subjects available 2026 - 2028

Vocational qualification - what does this mean?

- **Vocational qualifications** are designed to be more **practical** and develop knowledge related to certain jobs or employment areas.
- Pupils will learn through theory work, completing a **terminal exam (40%)**
- Pupils will relate this theory to practical examples through **coursework** (controlled assessment) **(60%)**
- Vocational subjects we offer include:
 - ✓ **Creative iMedia**
 - ✓ **Health and Social Care**
 - ✓ **Sport Studies**
- Pupils can only **study ONE** vocational course.

Advice when choosing options

- Pupils can only choose **three subjects** (one from each block).

If your child is struggling to pick their favourite subjects, try a different way.

- Use a process of **elimination**.
- **Make a list of the reasons why** they want to pick a subject.
- Pick the **subjects they enjoy most**.

Remember:

All GCSE subjects are hard – there is **no easy option**.

All require effort, enthusiasm, hard work, revision and testing under exam conditions.

Please remember:

- **All** our option choices enable further study at college, and pathways into apprenticeships.
- Even if your child does not know what career path they want to take, their option choices will not stop them in the future.
- **Only the quality of final grades** will have an impact on their next journey.

Pupil information and guidance

- **Subject information** from class teachers
- **Form Tutor** Options information sessions and continuous support
- **Unifrog – digital online careers and options information and guidance**
- **Apprenticeship** assemblies and workshops
- **Careers Day – STEM** activities
- Future U – **Introduction to University**
- Independent **Careers advisor**
- **Colleges and Training providers** - available tonight

Summary of the Careers Information, Advice and Guidance in Years 9, 10 & 11.

Year 9 Careers Education, Information, Advice and Guidance 2025/2026



Year 9 Careers Education, Information, Advice and Guidance 2025/2026
As part of our Careers Education programme, pupils will experience several different lessons, presentations and events all aimed at helping to make informed choices about their future.

Learning for Life Programme - PSHE, Citizenship and Careers Education covering a wide variety of topics including:-

• Target & Aspirations	• Intimacy & Relationships
• British Values	• Dangerous Substances
• Careers	• Wellbeing

Year 9 have recently completed their unit of work on careers education, during which they explored the wide range of options available to them post-16. Throughout the unit, pupils investigated different career pathways, the qualifications and skills required for various roles, and the routes they can take to access them. As part of their learning, pupils also developed an understanding of employment law, including their rights and responsibilities in the workplace. They learned what employers can reasonably expect from them, as well as what they should expect from an employer in terms of working conditions, support, and fair treatment. This unit has equipped pupils with greater confidence and knowledge to help them start planning their future, make informed choices, and understand the world of work more clearly.



Unifrog is designed to centralise careers guidance, work experience, and Learning for Life provision, helping to improve pupils' outcomes. The Unifrog platform also empowers pupils to make informed decisions about their next steps. They can broaden their horizons and discover the right pathway through personalised quizzes, psychometric testing, engaging video content on careers and subjects, interactive courses, and webinars. Pupils can then compare and rank opportunities using our comprehensive database of pathways, including apprenticeships, university courses, colleges, T Levels, and other training routes.

Independent Careers Advice

In school, we have an independent careers adviser who delivers professional, quality, independent careers / options advice and guidance to selected Year 9's. Claire Baker has 22 years of experience working with young people and adults in a guidance capacity in schools, private industry and further education. She is fully qualified and holds a Level 6 Diploma in Careers Guidance and Development. Claire is very passionate about supporting our young pupils to make well-informed, realistic decisions about their future based on their own skills, strengths, interests, and abilities. Each selected pupil gets a 20-minute appointment where pupils can talk about their options, subjects, and post 16 options to ensure they make an informed decision about their future.

National Apprenticeship Week

During National Apprenticeship Week, Dan Crumbieholme from Preston College came to talk to the pupils about the different pathways and focused on the apprenticeship route, informing pupils on what an apprenticeship is, how to get on to one and the different apprenticeships available through Preston College.

Year 9 Passenger Safety Theatre Presentation

The Passenger Safety & The Importance of Wearing Seatbelts project, fully funded by Lancashire County Council, explores the serious consequences of failing to wear a seatbelt and the broader issue of poor passenger safety. Through the VOLO performance, pupils followed the emotional story of Sam's sister and father as they struggled to deal with the trauma of losing a family member in a fatal traffic accident, while trying to piece together what happened in the final moments of Sam's life. The programme focuses particularly on the risks associated with being a passenger in a car driven by a young driver. Throughout the project, pupils examined the responsibilities of passengers and challenged the misconception that being "just a passenger" means having no influence over how a car is driven. They investigated the consequences of negative attitudes and unsafe behaviours, explored strategies to manage their own conduct, and learned how to challenge anti-social driving effectively. The project also encouraged pupils to take personal responsibility, recognise and address peer pressure, and understand the vital importance of wearing a seatbelt at all times. Additionally, pupils were asked to consider the long-lasting trauma and suffering experienced by family and friends left behind after a fatal road incident.

National Careers Week (NCW)
NCW is a celebration of careers guidance in education across the UK. The aim is to help support young people leaving education to make informed decisions about their futures and to promote careers to younger pupils, which will hopefully help them to start thinking about industries and jobs that they may want to pursue in the future.

Y9 Careers Day

Pupils took part in a one-hour 'Bridge the Gap' challenge delivered by Preston College, where they engaged in hands-on STEM activities designed to spark their interest in engineering. Acting as engineers, they used Lego to design, build, and evaluate their own bridges, which helped them gain a deeper understanding of the different roles and pathways available within the construction sector.

They also attended an online safety and cyber security workshop run by two members of the Army's Specialist Cyber and Intelligence Corps Engagement teams. This session provided valuable insights into the rapidly growing cyber and intelligence sectors and highlighted the career opportunities available within these fields.

In addition, pupils participated in the Pillar of Growth Health Workshop with Future U, where they learned about the wide range of careers within the healthcare sector and the various pathways into these professions. A key part of the session involved an emergency-response themed board game that required them to answer questions and complete tasks based on the skills, qualities, and knowledge needed in healthcare roles.

Finally, pupils took part in the North West Ambulance Service workshop led by Dave Gilmore, a firefighter from Preston Fire Station, who taught them essential life-saving skills for responding to cardiac emergencies. During this beginner-friendly session, pupils learned how to perform effective chest compressions and how to place someone in the recovery position. Dave provided clear, engaging explanations of each technique and emphasised that anyone can learn and apply these vital skills in real-life emergency situations.

Options / Parents' Evening - Thursday 5th March

Local colleges and apprenticeship providers attend school during the Options and Parents' Evening, giving pupils, parents, and carers the opportunity to ask questions and receive tailored guidance. Representatives are available to discuss course content, qualification levels, entry requirements, transport options, financial support, and progression routes. They also provide advice on university pathways, post-18 opportunities, and subject choices, helping families make well-informed decisions throughout the options process.

Y9 Options Deadline - Thur 19th March 2026

Future U Assembly - Introduction to University

Future U is a collaborative project bringing universities, colleges, schools and businesses from across Lancashire together to work with pupils. Future U is all about empowering young people with the knowledge and opportunities to succeed, with the aim of overcoming barriers to progress. An Outreach Officer from FUTURE U delivers an assembly to all our Year 9's annually. The aim of the assembly is to help pupils realise that university is a realistic goal by highlighting the range of courses both academic and more vocational that may suit different types of people.



Opening Doors to the Future: Year 9 University Visit

All Year 9 pupils will have the opportunity to visit a local university, where they will be able to explore the campus, learn about different courses, and gain a firsthand understanding of what university life is like. During the visit, pupils will take part in guided tours, speak with current students and staff, and learn about the academic and extracurricular opportunities available to them. This experience is designed to broaden their aspirations, help them make informed decisions about their future pathways, and inspire them to consider higher education as a realistic and exciting option.

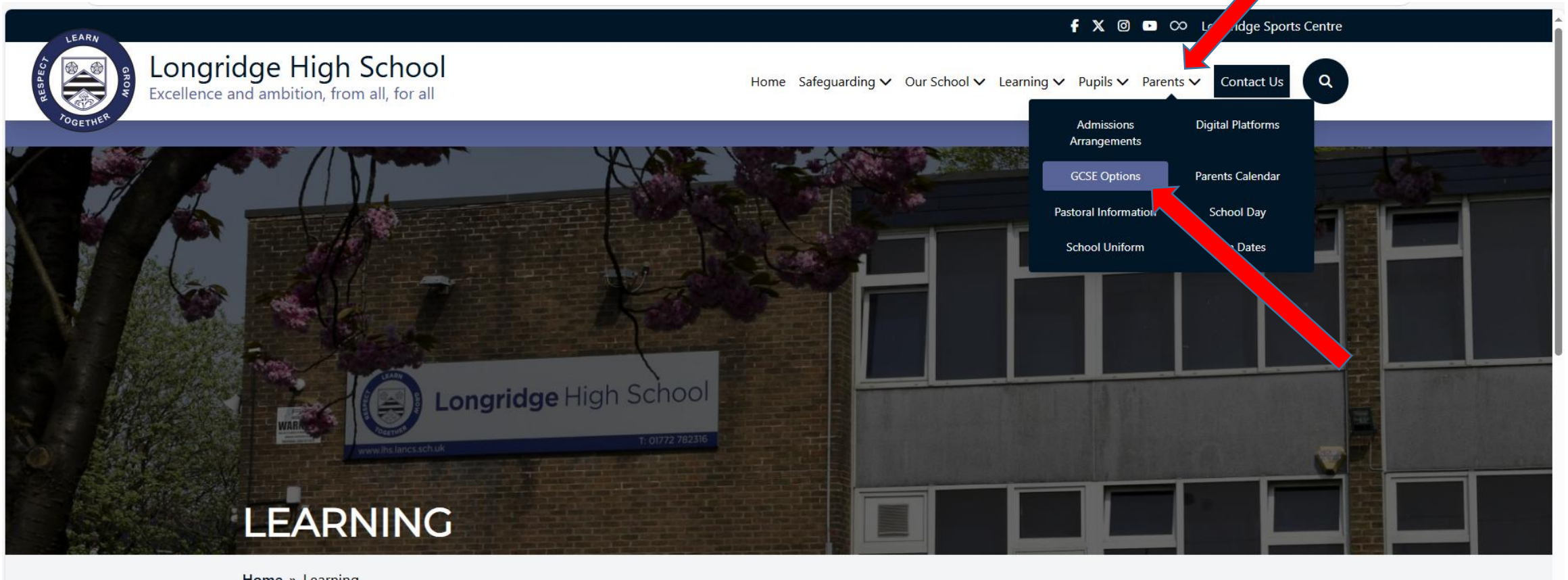
KS4 Careers Education, Information, Advice and Guidance YEAR 10
Learning for Life covering a wide variety of topics
Unifrog Careers programme which helps simplify and improve careers guidance.
Careers Assembly with JSW
Importance of CV Writing
Preston College Workshop (Prefect Training)
Introduction to Work Experience Assembly with Education Business Partnership
Apprenticeships Assembly as part of National Apprenticeship Week with Preston College
Ask Apprenticeship Assembly
Work Experience Workshops with Future U
Water Safety Assembly TBC
Careers Day - CV Workshop, Basic First Aid, Road Safety Awareness & University of Lancashire Exam Positivity as part of National Careers Week
1:1 Careers Interviews with Independent Careers Adviser
Blackburn, Runshaw, Cardinal Newman & Preston College Taster Day Assembly
Blackburn, Runshaw, Cardinal Newman & Preston College Taster Days
Duke of Edinburgh Bronze Award TBC
The Army (Outreach Team) TBC
Work Experience (1 Week Work Placement)
Careers Corner
Every week, we produce a newsletter; on the newsletter we share information to pupils/parents/carers information with regards the College Open Events, Apprenticeship Vacancies and Job of the Week.

KS4 Careers Education, Information, Advice and Guidance YEAR 11
Learning for Life covering a wide variety of topics
Unifrog Careers programme which helps simplify and improve careers guidance
Careers Assembly with JSW
1:1 Careers Interviews with Independent Careers Adviser
Blackburn, Runshaw, Cardinal Newman, Myerscough & Preston College Assembly
Colleges in school to help pupils with the Application Process
Preston's College - Runshaw College - Newman College - Blackburn College
Year 11 Careers Day Careers Advice from Colleges & Employers & Apprenticeship Workshop with Preston College & University of Lancashire— <i>The Power of the Mind</i>
FUTURE U Workshop
Ask Apprenticeships Assembly / Ask Apprenticeships Lunchtime Drop in
T2000 Apprenticeships Assembly / T2000 Apprenticeships Lunchtime Drop in
Blackburn, Runshaw, Cardinal Newman, Myerscough & Preston College Lunchtime Drop in
Motivational Assembly
Future U Revision Assembly
Year 11 Personal Interviews with Colleges
Careers Corner
Every week, we produce a newsletter; on the newsletter we share information to pupils/parents/carers information with regards the College Open Events, Apprenticeship Vacancies and Job of the Week.

Please take a leaflet

Options information on the School website

Parents/GCSE Options 2026



The screenshot shows the Longridge High School website. The header features the school's logo on the left, which includes the motto "RESPECT LEARN GROW TOGETHER". To the right of the logo is the school name "Longridge High School" and the tagline "Excellence and ambition, from all, for all". Further right is a navigation menu with links for "Home", "Safeguarding", "Our School", "Learning", "Pupils", "Parents", and "Contact Us". A search icon is also present. A red arrow points to the "Parents" link in the navigation menu. Below the navigation menu, a dropdown menu is open, listing several options: "Admissions Arrangements", "Digital Platforms", "GCSE Options", "Pastoral Information", "School Uniform", "Parents Calendar", "School Day", and "Term Dates". A second red arrow points to the "GCSE Options" link in this dropdown menu. The main content area features a large image of the school building with a banner that reads "Longridge High School" and "www.lhs.lancs.sch.uk". The word "LEARNING" is displayed in large white letters at the bottom of the image. At the very bottom of the page, the breadcrumb "Home » Learning" is visible.

Subject information available on the website

Option choices form link also available

The screenshot shows the top section of a website. At the top is a banner image of students in school uniforms with the text "GCSE OPTIONS" in white. Below the banner is a breadcrumb trail: "Home » Parents » GCSE Options".

Parents

- Admissions Arrangements
- Digital Platforms
- GCSE Options**
- Parents Calendar
- Pastoral Information
- School Day
- School Uniform
- Term Dates

Three main content boxes are displayed:

- Year 9 Options Booklet**: Represented by a checklist icon.
- Career Support Contact Details**: Represented by a person icon with a list.
- Options Assembly Presentation**: Represented by a person icon pointing to a screen.

Subject Information Videos

A grid of six subject video thumbnails is shown:

- English (dark blue background, book icon)
- Maths (medium blue background, calculator icon)
- Science (white background, gear icon)
- Art (medium blue background, palette icon)
- Business (white background, briefcase icon)
- Computing & iMedia (dark blue background, computer monitor icon)

A grid of nine subject information video thumbnails:

- French (dark blue background, flag icon)
- Geography (medium blue background, globe icon)
- Health & Social Care (white background, H icon)
- History (medium blue background, book icon)
- Music (white background, musical notes icon)
- PE & Sports Studies (dark blue background, ball icon)
- Religious Studies (white background, cross icon)

A grid of six subject information video thumbnails:

- Art (medium blue background, palette icon)
- Business (white background, briefcase icon)
- Computing & iMedia (dark blue background, computer monitor icon)
- Design Technology (white background, scissors icon)
- Drama (dark blue background, mask icon)
- Food & Nutrition (medium blue background, burger icon)



Year 9 Options' Choices 2026

Please complete the following Options' Choices form by Thursday 19th March

Pupils must select **one subject from each 'First choice block' A, B and C.**
Then select **two different reserve subjects** in order of priority.

However, **as part of these choices all pupils must also take at least ONE of the following subjects.**
(You may take more than one if you wish)

- GCSE French*
- GCSE Geography*
- GCSE History*

When you submit this form, it will not automatically collect your details like name and email address unless you provide it yourself.

* Required

Option Block Summary (actual form to complete is below this table)

Select one subject from each block, **at least one of the subject choices must be marked with an ***
(v) = Vocation qualification equivalent to GCSE

Block A	Block B	Block C
History*	History*	History*
Geography*	Geography*	Geography*
Design Technology Timbers	French*	French*
Design Technology Textiles	Religious Studies	Religious Studies
Design Technology Polymers	PE/Sports Studies	Business
Food Preparation & Nutrition	Art	Health & Social Care (v)
Drama	Creative iMedia (v)	Food Preparation & Nutrition
Music		

Choice form link will be sent via Synergy and available on the website from **12th March**

1

First name *

Enter your answer

2

Surname *

Enter your answer

3

Form *

- L (Mrs Fairhurst)
- O (Mr Rogers)
- N (Mr Nawaz)
- G (Mrs Mellor-Clark)
- R (Miss Eadington)
- D (Mrs Ward)

Select **one** choice from each block A, B & C

A

B

C

4

Block A First Choice (select one)

* 

- History*
- Geography
- Design Technology Timbers
- Design Technology Textiles
- Design Technology Polymers
- Food Preparation & Nutrition
- Drama
- Music

5

Block B First Choice (select one)

* 

- History*
- Geography*
- French*
- Religious Studies
- PE/Sports Studies (v)
- Art
- Creative iMedia (v)

6

Block C First Choice (select one)

* 

- History*
- Geography*
- French
- Religious Studies
- Business
- Health & Social Care (v)
- Food Preparation & Nutrition

Select **two** reserve choices

Please note - pupils cannot choose subjects from this list if already selected in A, B, C block choices.

7

First reserve choice (select one subject not already selected in choices 1-3 above)

* 

- French*
- History*
- Geography*
- Art
- Business
- Creative iMedia (v)
- Design Technology Polymers
- Design Technology Textiles
- Design Technology Timbers
- Drama
- Food Preparation & Nutrition
- Health & Social Care (v)
- Music
- Physical Education/Sports Studies (v)
- Religious Studies

8

Second reserve choice (select one subject not already selected in choices 1-3 above)

* 

- French*
- History*
- Geography*
- Art
- Business
- Creative iMedia (v)
- Design Technology Polymers
- Design Technology Textiles
- Design Technology Timbers
- Drama
- Food Preparation & Nutrition
- Health & Social Care (v)
- Music
- Physical Education/Sports Studies (v)
- Religious Studies

9

Any other comments (optional)

Enter your answer

- Submit by 10am Thursday 19th March

Optional comments

In summary

Select **FIVE** subjects

1. One subject from Block A
2. One subject from Block B
3. One subject from Block C
4. One reserve first choice
5. One reserve second choice
6. Add options additional comments if required

Submit by 10am Thursday 19th March

What next?

Thursday 12th March @ 10am - Options choice form goes live (sent via Synergy and on the website)

Thursday 19th March @ 10am - Options choice deadline

Summer term – choices confirmed to parents and pupils

Any questions?

- Mrs Green - Headteacher
- Mrs Flynn – Acting Deputy Headteacher
- Miss Mason – Assistant Headteacher
- Mrs Place - Assistant Headteacher
- Mr Wright - Assistant Headteacher
- Mr Elder – SENCO
- Mr Cross– Pastoral Leader Year 9

Any specific subject questions please ask subject teachers