



KING'S
FOUNDATION YEAR

A full academic and co-curricular
experience – in just one year





The King's Foundation Year

A one-year academic and cultural experience preparing international pupils for Sixth Form success.

The King's Foundation Year offers international pupils aged 15 or 16 years old a distinctive one-year experience within a traditional British boarding school. Designed to bridge the gap between international education and A Level study, the programme provides an immersive academic and cultural introduction to life in the UK. Pupils join our thriving community, developing both academically and personally as they prepare to progress into the King's Sixth Form.

King's School Rochester combines a heritage of academic excellence with a warm, family atmosphere. Conveniently located just 30 miles (50 km) from central London, accessible by high-speed train in 35 minutes, and close to cross-Channel ports and international airports, the School's beautiful campus is in the heart of historic Rochester. The second oldest school in England, King's offers a secure and inspiring environment where pupils are supported, challenged and encouraged to achieve their full potential.



Course Outline

The King's Foundation Year is a challenging and exciting course that enables pupils to take IGCSEs/GCSEs in core subjects, preparing them to progress into the Sixth Form. In this intensive year of study, pupils follow a condensed timetable, covering a range of subjects from our curriculum - some as a Foundation Year group, and others alongside the wider Year 11 cohort.

The programme is designed to build confidence, strengthen academic English and encourage independent study. Lessons are taught by experienced King's teachers who provide individualised attention and continuous feedback to ensure each pupil makes strong academic progress.

English language support is integral to the Foundation Year. Pupils developing proficiency in English receive tailored instruction to enhance reading, writing and communication skills, enabling them to thrive across all subjects.

Core Subjects

- English Language / English as a Second Language
- Mathematics
- Science including Biology, Chemistry and Physics
- Modern Language: French or Spanish

Native Language

Where appropriate, pupils may have the opportunity to take examinations in their native language. Provision for additional languages is available subject to demand and timetabling.

Optional Subjects

Optional subjects are offered based on pupil interests and demand each year. These may include Humanities such as History or Geography, Creative Arts such as Music, Art or Drama, or Technology-based courses such as Computing or Design Technology. The aim is to broaden and deepen pupils' perspectives while complementing their core academic studies.

Academic Experience Subjects

Alongside formal qualifications, Foundation Year pupils participate in subjects that develop wider academic and personal competencies - such as digital literacy, study skills and critical thinking. These experiences prepare pupils for the academic independence expected in Sixth Form study. Pupils may also have access to selected Electives, including Basic Arabic and Beginner's Latin, within the Senior School, subject to availability.

Tutoring and Support

Tutoring and the House system are central to life at King's. Each Foundation Year pupil is part of a House and will spend time with their House Tutor every morning. Tutors oversee academic and co-curricular progress, celebrating successes and providing support where needed. Throughout the year, tutors help pupils establish a balanced timetable, develop effective study habits and refine their academic goals. They also provide targeted guidance on revision techniques and examination wellbeing in preparation for final assessments.



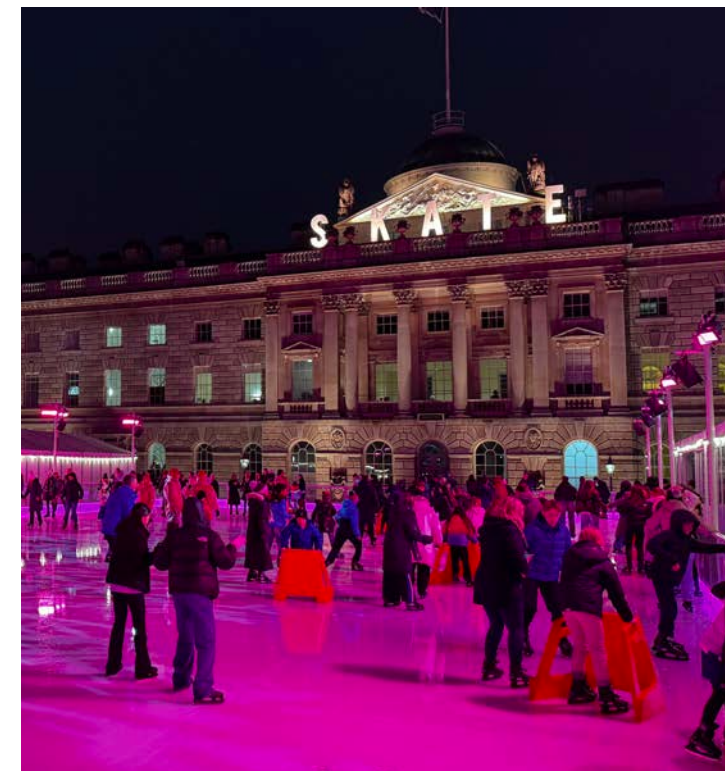
Boarding and Community

At King's, boarding life is at the heart of the school experience. School House offers comfortable, modern accommodation within a close-knit, friendly community. Dedicated House parents and tutors provide round-the-clock care, ensuring every pupil feels secure, supported and part of a family.

Shared meals, evening activities and weekend excursions create a lively atmosphere where pupils from around the world build friendships and lasting memories. From day one, boarders are encouraged to embrace independence and the opportunities of UK school life, while still enjoying the comfort and reassurance of a home-from-home environment.

"We all hang out together, play together - it's really amazing how we all interact with each other like a big family. Everyone is so supportive here, it's a great community."

– *Josefina, King's boarder*



Weekends and Trips

King's is a seven-days-a-week full-boarding school with a lively weekend programme. Trips to museums, galleries, theatres and historic sites form part of the cultural experience, alongside social activities and sports. Foundation Year pupils are also welcome on educational and enrichment trips overseas, offering further opportunities to learn beyond the classroom.

Co-Curricular Life

Foundation Year pupils enjoy the full range of activities that make King's so vibrant. Our extensive co-curricular programme includes music, drama, art, debating, outdoor learning and community service. Pupils are encouraged to explore new interests, discover hidden talents and participate in performances, trips and cultural events that enrich their learning experience.

Participation in clubs and societies is an important part of life at King's. From the Duke of Edinburgh's Award and Model United Nations to choir, coding, sport and volunteering, there is something for everyone. These opportunities build leadership, teamwork and confidence - skills that extend well beyond the classroom.



Sport and Wellbeing

Sport is a key element of the Foundation Year, promoting fitness, teamwork and resilience. Pupils take part in at least four hours of timetabled games each week, choosing from a wide variety of sports including rowing, football, rugby, netball, cricket, swimming, athletics, badminton and tennis. Those with particular talent can train with senior teams or receive additional coaching through the School's specialist programmes.

Physical activity is complemented by a strong emphasis on wellbeing. King's pupils are supported by a dedicated team including tutors, Houseparents and our Wellbeing Coordinator, helping every individual to thrive both physically and emotionally.

Performing Arts

Foundation Year pupils have the opportunity to take part in the School's annual drama production and can work towards LAMDA qualifications. Musically inclined pupils may take individual lessons, join the orchestra or perform in chamber groups, supported by expert coaching from our Music Department. The School's choir performs regularly at services in Rochester Cathedral, giving pupils memorable opportunities to be part of our long-standing choral tradition.





Progression to Sixth Form

The Foundation Year is designed to prepare pupils for entry into the King's Sixth Form. By the end of the programme, pupils will have developed the academic foundation, English proficiency and personal maturity required to succeed in A Level study. Many choose to continue their education at King's, benefitting from small class sizes, personalised guidance and a strong sense of continuity within our community.

Admissions and Visits to King's

We warmly welcome families and educational agents to learn more about the King's Foundation Year. Private visits and virtual tours can be arranged throughout the year, providing an opportunity to meet our staff and explore life at King's. Applications include a registration form, interview and entrance assessment.

Parents living overseas and unable to come on a private visit are encouraged to join an individual Virtual Tour. Visits or a Virtual Tour can be booked by emailing admissions@kings-rochester.co.uk.

For further information, please contact our Admissions Team:

Email: admissions@kings-rochester.co.uk

Telephone: +44 (0)1634 888590

Website: www.kings-rochester.co.uk



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