

Year 11

Revision Booklet



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KS4 Qualification Summary

Subject	Level	Exam Board	Specification Number	Link to Spec
Art and Design (Art, Craft and Design)	GCSE	EDUQAS	C650QS	Link
Art and Design (Fine Art)	GCSE	EDUQAS	C651QS	Link
Art and Design (Textile design)	GCSE	EDUQAS	C653QS	Link
Business	GCSE	Pearson Edexcel	1BS0	Link
Business and Enterprise	Level 1/2 Certificate	NCFE	601/0048/5	Link
Biology	GCSE	AQA	8461	Link
Chemistry	GCSE	AQA	8462	Link
Computer Science	GCSE	Pearson Edexcel	ICP2	Link
Creative Media Production	BTEC Level 1/2 Tech Award	Pearson Edexcel	603/1238/5	Link
Creative Media	Cambridge National Certificate	OCR	J817	Link
Dance	GCSE	AQA	8236	Link
Design Technology (Graphic Products)	GCSE	AQA	8552	Link
Design Technology (Resistant Materials)	GCSE	AQA	8552	Link
Design Technology (Textiles)	GCSE	AQA	8552	Link
Drama	GCSE	Pearson Edexcel	1DR0	Link
English Language	GCSE	AQA	8700 option PN	Link
English Literature	GCSE	AQA	8702	Link
Food Preparation and Nutrition	GCSE	AQA	8585	Link

Subject	Level	Exam Board	Specification Number	Link to Spec
French	GCSE	AQA	8658	Link
Geography	GCSE	AQA	8035	Link
German	GCSE	AQA	8668	Link
Health and Social Care	Cambridge National Certificate	OCR	J811	Link
History	GCSE	Pearson Edexcel	1H10 Option FR	Link
Maths	GCSE	Edexcel	1MA1	Link
Music	GCSE	AQA	8271	Link
Physical Education	GCSE	AQA	8582	Link
Physics	GCSE	AQA	8463	Link
Religious Studies A	GCSE	AQA	8062	Link
Science Trilogy	GCSE (double award)	AQA	8464	Link
Spanish	GCSE	AQA	8698	Link
Sports Studies	Cambridge National Certificate	OCR	J813	Link

Key Dates 2022-23

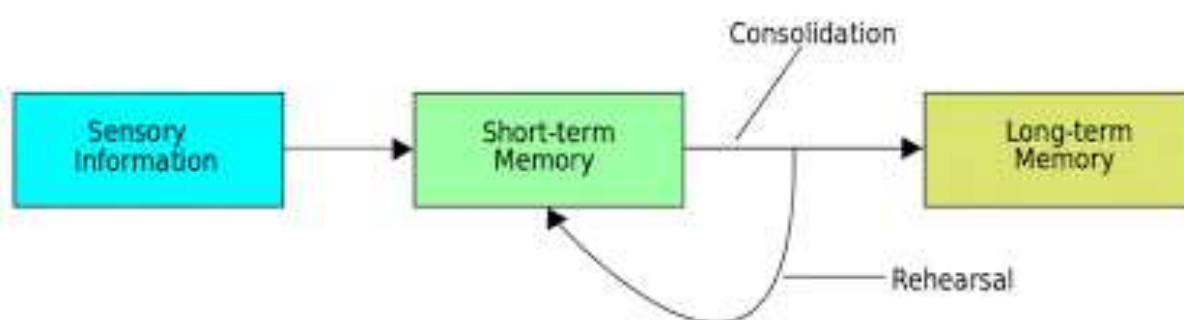
Virtual Parent's Evening	01.12.2022
Face-to-face Parents' Evening	19.04.2023
Interim reports home	23.03.2023
Internal Assessments – week beginning	16.01.2023
Examinations start	15.05.2023
Examinations end	23.06.2023

Revision tips and advice

How does learning happen?

In lessons content taught will go into students' working memories. For examinations students need to retrieve or recall information from their long-term memories.

In order for information to pass from working to long-term memory students need to revise or regularly recap and practise the information that has been taught.



How to revise effectively

- Research clearly shows students need to be active rather than passive.
- Reading and note taking is a start, but to be able to remember information you need to regularly test what you do and don't know.
- Don't waste time re-making lots of notes and making pretty revision materials.
- Instead quizzes, flashcards, mind maps, mnemonics are better ways of remembering information.
- Start revision early and plan for a little but often revision.

How can parents help support their child?

- Make sure your son/daughter has a quiet place to work.
- Help them to be organised.
- Ask them to teach you something they have learned.
- Help them stay positive.
- Help them avoid distractions.
- Ensure they are getting enough exercise, rest and are eating well.

Creating a revision timetable:

- Remember English and Science count as two GCSEs so twice as much time should be spent on them.
- Always leave a buffer slot which can be used if your plans change.
- Find out what you need to know for each subject
- Start with your weakest areas
- Either allocate a topic or area to each revision session or make a list of what needs to be done and tick it off as you go
- Don't waste time deciding what to do – be ready to start revising!
- Don't let the timetable add to the stress! Use it as a guide to help you manage your time

Revision timetable steps:

- Write in when your exams are
- Blank out commitments such as Christmas day!
- Schedule in time for hobbies – be realistic. Agree with work in advance days off for revision
- Block out time for subjects
- List of topics to cover for each subject from least confident to most confident (don't always start with subjects you are good at)

Timetable template example

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<u>21</u> <u>School</u> <u>day</u>	<u>22</u>	<u>23</u>	<u>24</u>	<u>25 SD</u> <u>Day</u>	<u>26</u>	<u>27</u>
			<u>Revision</u> <u>Evening</u>			
<u>28</u>	<u>29</u>	<u>30</u>	<u>1</u> <u>December</u>	<u>2</u>	<u>3</u>	<u>4</u>
<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>
<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u> <u>End of</u> <u>term</u>	<u>17</u>	<u>18</u>
<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>
						<u>Christmas</u> <u>day</u>
<u>26</u>	<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>	<u>31</u>	<u>1 January</u>

<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>
<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>

What revision techniques work?

Anything that tests your memory:

- Online quizzes.
- Your own set of questions and answers.
- Flash cards.
- Mind maps.
- Brain dumps.
- Visual prompts e.g. dual coding or timelines

Flash cards

You do not need to buy special cards!

- You can cut regular paper or cards into rectangles.
- Once you have your flashcards made, you should revisit them regularly.



- One side of the flashcard contains the information you need to recall.
- The other side has the prompt. This could be text, an image or both!
- They can be used in a range of subjects from key vocabulary for Languages to memorising mathematical equations.
- Remember to keep them brief. The prompt should be brief and the information should also be brief. Yet, it should be able to help you use the information more effectively.
- There is also a website called Quizlet where you can create your own flashcards and other resources online!

Mind Maps

- Take a sheet of **white unlined paper** and turn it 'landscape'.
- Choose some **bright felt tip pens**.
- Draw a **picture/ large heading in the centre of the page** which connects with what you want to learn.
- Choose a colour and draw a **main branch** off the central picture/heading.
- Write the first idea/key concept about the subject in **CAPITAL letters**.
- Draw separate branches for **each idea in different colours**.

- Develop each main branch into separate **smaller branches** as you add more ideas with a **minimal number of words**.
- Finally **add pictures** to each branch to aid your memory.



Wellbeing – how to deal with stress and anxiety.

Stress and a little bit of anxiety is part of normal daily life.

A little bit **can be a stimulus and motivator** for action by encouraging you to drive this energy into something positive and productive.

But it can also cause the inability to **concentrate, rapid** heartbeat, **nausea**, a sense of **loneliness, short-temper**, eating too much or not enough.

Talking about these effects will make it easier for students to recognise the signs in themselves, and help them seek support or advice to remain in control.

Top tips for managing stress.

- Have realistic expectations and see mistakes as opportunities to learn.
- Support revision and set deadlines together.
- Put phones away and avoid computer games late at night.

- Ensure your son/daughter gets enough sleep, eats well and gets some exercise.
- Students – talk to your parents and ask for help if needed.



“Before they go in for a test or exam, be reassuring and positive. Let them know that failing is not the end of the world.” - NHS.

Phones and computer games:



- The average person checks their phone about 85 times a day. Excessive use can lead to a wide range of negative consequences including:
 - **Reduced concentration and memory;**
 - **Increased stress, anxiety** and a fear of missing out.
 - Research has shown that playing computer games before bedtime can have a huge effect on the quality of sleep.

Sleep, food and exercise



- National Sleep Foundation recommends GCSE students get around **nine hours** sleep a night.
- Research suggests a strong relationship between getting a regular night's sleep and exam results (about half a grade difference per subject).
- Ensure students eat breakfast and try to avoid high sugar to avoid a crash of energy and select food that slowly release energy.
- Involve students in buying and cooking food.
- Exercise can help boost energy levels, clear the mind and relieve stress. It does not matter what it is – walking, cycling, swimming, football and dancing are all effective.

What if it all gets too much?

- Write down your worries - then throw the paper away or give it to someone you trust
- Draw a picture of how you want to feel or what you want to happen
- Go for a walk or do some exercise
- Listen to calming music
- Go and do something you enjoy
- Remember that everyone is different - try not to compare yourself to your friends
- Make a list of what you have to do and tick it off.



Useful online revision websites

All lessons:

[GCSEPod](#)



[BBC Bitesize](#)



[Seneca learning](#)



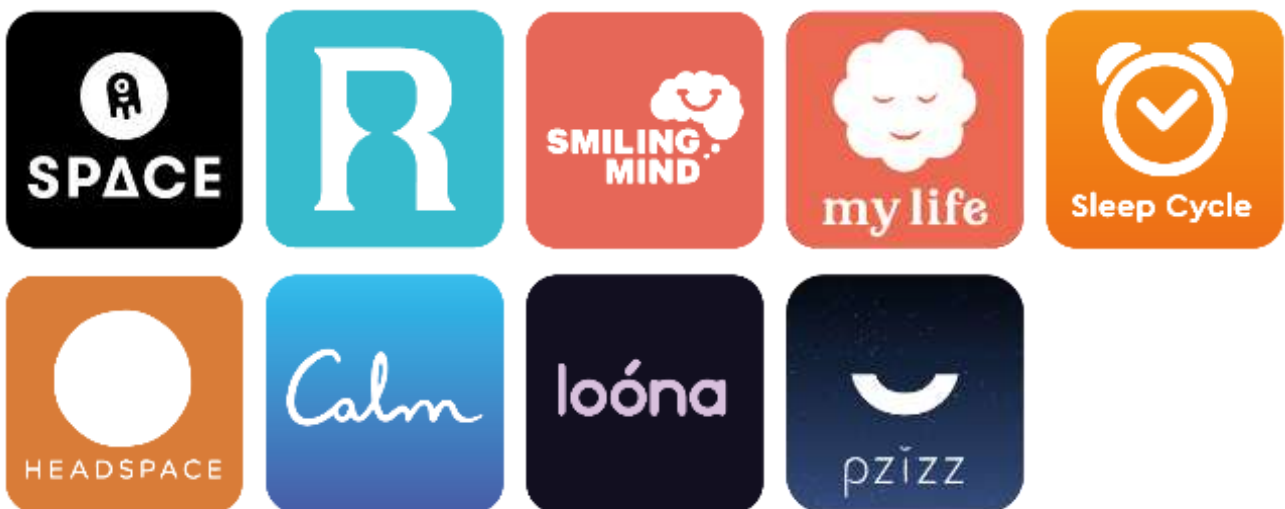
Subject specific Websites (with hyperlinks)

Business, Economics + Computing	KS4 Business Studies	Seneca Learning BBC Bitesize
	KS4 Computer Science	Smart Revise ISAA Computer Science BBC Bitesize
	KS4 Business VCERT	qualhub.co.uk businesscasestudies.co.uk bbc.co.uk bizkids.com beebusinessbee.co.uk Princes Trust
	KS4 iMedia	ocr.org.uk
Design Technology	KS4 Food Prep	Seneca Learning GCSEPod bbc.co.uk
	KS4 Graphics	
	KS4 Resistant Materials	
	KS4 Textiles	
English	Year 11 BTEC Media	bbc.co.uk GCSEPod
	Year 11 English	
Humanities	KS4 Geography	BBC Bitesize

	KS4 History	MrsAllen2016/coldwar MrsAllen2016/Elizabeth MrsAllen2016/Germany Seneca Learning GCSEPod BBC Bitesize
Languages	French	Kerboodle BBC Bitesize
	German	Kerboodle BBC Bitesize
	Spanish	Kerboodle BBC Bitesize
Maths	KS4 Maths	Hegarty Maths Mathed Up Corbett Maths connect.collins.co.uk
Performing Arts	KS4 Art	Edugas BBC Bitesize
	KS4 Dance	AQA Quizlet
	KS4 Drama	BBC Bitesize Subjects BBC Bitesize Exam Specs
	KS4 Music	BBC Bitesize Quizlet
PSRE	KS4 PSRE Vocational	asdan.org.uk
	KS4 PSRE GCSE	GCSE Pod BBC Bitesize
Science	KS4 Science Trilogy	Kerboodle BBC Bitesize Education Quizzes Seneca Learning
	KS4 Separate Biology	
	KS4 Separate Chemistry	
	KS4 Separate Physics	
Physical Education	KS4 PE	Seneca Learning
	KS4 Cambridge National	

Useful wellbeing apps (click on icons for links)

Apps



Fitness – (some on YouTube)



Magazines

