



St Dunstan's School
GLASTONBURY



Year 11
On Track for Success
2024-25

**Investing in the Future of
Secondary Education in Glastonbury**

Contents

<i>Headteacher's welcome</i>	3
<i>Key Dates for Year 11</i>	4
<i>Examination Equipment</i>	5
<i>GCSE Art and Design (Fine Art)</i>	6
<i>NCFE Level 1/2 Technical Award in Business and Enterprise</i>	7
<i>GCSE Computer Science</i>	8
<i>GCSE Design and Technology</i>	9
<i>GCSE Drama</i>	10
<i>GCSE English Language/English Literature</i>	12
<i>GCSE Food Preparation and Nutrition</i>	13
<i>GCSE French</i>	14
<i>GCSE Geography</i>	15
<i>GCSE History</i>	16
<i>GCSE Mathematics</i>	17
<i>GCSE Media Studies</i>	18
<i>GCSE Science</i>	19
<i>Cambridge Nationals Sports Studies</i>	20
<i>What does effective revision look like?</i>	21
<i>What else helps?</i>	24
<i>Reading and Resources</i>	25
<i>Guidance for Parents</i>	26
<i>How to cope with stress</i>	27
<i>Useful Websites to support with Revision and Exam Preparation</i>	28

Headteacher's welcome

Dear Parents/Guardians,

Thank you for taking the time to read this booklet. It is intended to provide all the key information you and your child will need over the course of Year 11.

Our key message at this time of year is to 'make every day count!' Whilst the exams seem like a distant landmark in the future, the reality is that they come around very quickly. Students also will be completing formally assessed components across the year. This booklet has been designed to support our students to 'Stay on Track'.

In 2024 St Dunstan's School celebrated an outstanding set of GCSE results. The progress scores were above the national average and significantly above the average for the local area. This was achieved through the hard work of our fantastic students along with an outstanding package of support on offer throughout the year. This support includes after school revision sessions, holiday revision sessions and keeping our students in school for the duration of the exam period.

Year 11 can be a challenging time for our students, however we know that with your support and the input of our dedicated teaching team here at St Dunstan's the children have the opportunity to realise their potential.

Finally, on behalf of all the staff and myself, I would like to thank you for your continued support and wish the students the best of luck for what will be a successful year ahead.

Best Wishes



Mr Paul Balkwill

Headteacher



Key Dates for Year 11

Dear Parents,

I always enjoy seeing so many members of our brilliant community on our year 11 information evening. We are always looking to improve the events we run in the future and I will be emailing you with a google form for you to provide feedback on this event. Parents who were unable to attend the event can view the information on our website.

Key Events for Year 11

As promised at the event here are the key dates for our Year 11s for 2024/25:

November Mocks – the week beginning 11th November 2024

Report 1 Home – the week beginning 9th December

Year 11 Parents' Evening - Thursday 16th January 2025 (16.00 – 19.00)

February Mocks – the week beginning 24th February 2025

Report 2 home – the week beginning the 24th March 2025

GCSE Examinations begin – the week beginning 5th May 2025

Best wishes



Mr T Armstrong

Assistant Headteacher



Examination Equipment

All students will be expected to arrive at examinations with the following equipment.

Clear Pencil Case



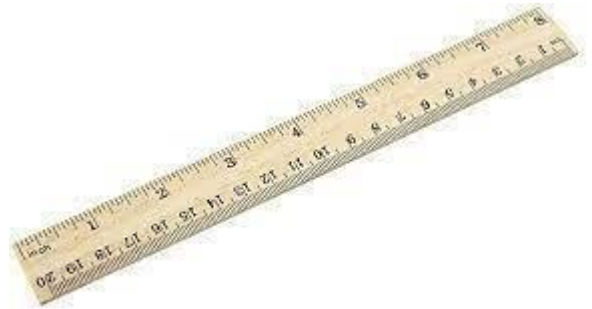
3 Black Biro's or Ball point pens



A highlighter



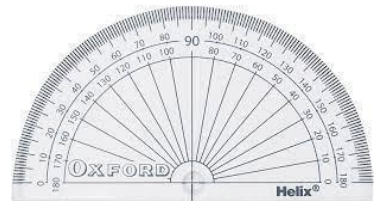
A ruler



A scientific calculator



A Protractor



A Compass



HB Pencils



GCSE Art and Design (Fine Art)

Awarding body: AQA

Subject Exam Code: 8202

For further information please contact:
Miss A Hart

Use the email address:
ahart@stdunstansschool.com

How will I be graded for this GCSE?

Examination: 40% - 10 hour timed piece plus supporting preparation work - Year 11: term 3 Exam paper is released. Students will choose between 7 themes to create their project on.

Coursework: 60% - Includes classwork, extended learning and sketchbook activity. Two sketchbooks will be marked.

Contribution: A list of equipment will be given out that will benefit the students progression. A contribution of £4.50 is required for the sketchbook provided.

What will come up in my mock exam?

November Mock Week

We give our students the best possible practice for the real exam. We take our students off timetable for a whole day in order to give them practice at a 5 hour timed piece. Students are given the opportunity to demonstrate their artistic abilities with all the time pressure they will encounter in the real examination.

How should I be revising?

Students should currently be building on their portfolio during their evenings and weekends. Students should be completing all homework set and attending catch up and revision sessions on Wednesdays and Thursdays.

Useful Websites	QR Code / Website Link
Bitesize	https://www.bbc.co.uk/bitesize/examspecs/zjymp9q
AQA	https://www.aqa.org.uk/subjects/art-and-design/gcse/art-and-design-8201/specification

NCFE Level 1/2 Technical Award in Business and Enterprise

Awarding body: NCFE

Subject Exam Code: 603/7004/X

For further information please contact:
Mr J Waugh

Use the email address:
jwaugh@stdunstansschool.com

How will I be graded?

40% Exam - The written examined assessment will assess the learner’s knowledge and understanding of all content areas and target assessment objectives. It comprises a mixture of multiple-choice, short-answer and extended response questions. The exam is worth a maximum of 80 marks and lasts for 1 hour 30 minutes. This assessment takes place during the summer exam period of Year 11.

60% Internally Assessed Synoptic Assessment - This assessment takes place once the key content has been delivered and will assess the learner’s ability to effectively draw on their knowledge, understanding and skills from across the whole specification as they apply it to a business case study. This assessment is worth 120 marks and will be completed during lessons. This takes place in the first 2 terms of Year 11.

What will come up in my mock exam?

November Mock Week	March Mock Week
Supply and Demand; E-Commerce; Pricing Strategies; Human Resources; Production Methods; Quality Control; Economies of Scale; Impact of External Environment	NCFE Past Paper 2 (June 2024)

How should I be revising?

Students should complete the revision guide they have been provided with (paper copy). In addition to this all students should have access to all revision materials on Google Classroom, which includes lesson slides, past papers and revision mats.

Useful Websites	QR Code / Website Link
Revision Booklet	https://classroom.google.com/c/NjMzMzAzODg4Nzc3/m/NzE5NjcxNjkwNzk4/details
Assessment Booklet	https://classroom.google.com/c/NjMzMzAzODg4Nzc3/m/NzE5NjUwODU3Njk3/details
Quizlet	https://quizlet.com/search?query=ncfe-business&type=all

GCSE Computer Science

Awarding body: OCR

Subject Exam Code: J277

For further information please contact:
Mr T Norris

Use the email address:
tnorris@stdunstansschool.com

How will I be graded?

Computer systems - 80 marks - 1h30m - 50%

Introduces students to the central processing unit (CPU), computer memory and storage, data representation, wired and wireless networks, network topologies, system security and system software. It also looks at ethical, legal, cultural and environmental concerns associated with computer science.

Computational thinking, algorithms and programming - 80 marks - 1h30m - 50%

Students apply knowledge and understanding gained in component 01. They develop skills and understanding in computational thinking: algorithms, programming techniques, producing robust programs, computational logic and translators.

What will come up in my mock exam?

November Mock Week	March Mock Week
OCR J277 secure past paper (paper 1)	OCR J277 secure past paper (paper 1) OCR J277 secure past paper (paper 2)

How should I be revising?

A range of revision materials are available on Google classroom to best prepare for each mock including use of revision guides, tools such as Seneca and relevant lesson slides.

Useful Websites	QR Code / Website Link
Seneca	https://senecalearning.com/en-GB/
Craig 'n' Dave	https://student.craigndave.org/j277
Bitesize	https://www.bbc.co.uk/bitesize/examspecs/zmtchbk

GCSE Design and Technology

Awarding body: AQA

Subject Exam Code: 8552

For further information please contact:
Mr D Pridham

Use the email address:
dpridham@stdunstansschool.com

How will I be graded?

Paper 1 - Content studied throughout year 10

- Written exam: 2 hours
- 100 marks
- 50% of GCSE

NEA - Classroom based assessment, starting term 6 of year 10

- Non-exam assessment (NEA): 30–35 hours approx
- 100 marks
- 50% of GCSE

What will come up in my mock exam?

November Mock Week	March Mock Week
<ul style="list-style-type: none"> ● Metal casting ● Wood turning ● Polymer extrusion ● Scales of production (pros and cons of each) ● Modelling/prototyping ● Ergonomics/anthropometrics ● User centred design 	<p>Secure past paper - content tbc.</p>

How should I be revising?

Use the revision document on Google Classroom, practice exam questions in the revision guide you were issued, and look through the past papers available on the AQA website (<https://www.aqa.org.uk/find-past-papers-and-mark-schemes?qualification=GCSE%20Design%20and%20Technology>)

Useful Websites	QR Code / Website Link
BBC Bitesize	https://www.bbc.co.uk/bitesize/examspecs/zby2bdm
Technology Student	https://www.technologystudent.com/pdf19/exam-guidance1.pdf
Revision booklet	https://classroom.google.com/c/Njc3MzA1OTM2NDQ3/m/NzlwMDc4MDI2NTgz/details

GCSE Drama

Awarding body: Eduqas

Subject Exam Code: C690QS

For further information please contact:
Mrs J Pulford

Use the email address:
jpulford@stdunstansschool.com

How will I be graded?

Examination: 40% Written exam.

Practical Work: 60% Practical Performances, Written Portfolio.

What will come up in my mock exam?

November Mock Week	March Mock Week
<p>Areas to revise:</p> <ul style="list-style-type: none"> • Section A – Set text: Noughts and Crosses <ul style="list-style-type: none"> • Plot/characters • How you would perform as specific characters and the vocal/movement skills you would utilise. • How would you design key scenes – lighting, set, costume, sound? • Section B – Live theatre review: Show <p>TBC</p> <ul style="list-style-type: none"> • How different design elements were used in key scenes. E.g. When was lighting most effective and what was the impact? • How was sound design used? Which costumes stood out and what did they reflect about the character? • How did the set and props impact the communication of the narrative/ location/ atmosphere etc? 	

How should I be revising?

There are three components to the course – some have already been completed and do not need explicit revision, others do.

1. Learn key terminology using revision cards – you can use Quizlet to do this or make your own.
2. Know the set text really well. Ensure that you fully understand the storyline and how each family copes with each situation that arises.
3. Select key scenes and plan what you would do in terms of lighting, costume, set and sound design and the reasons for your ideas.
4. Work through both the Noughts and Crosses revision on BBC Bitesize and the Live Theatre tasks- complete all short revision tasks.
5. Ensure that you know which key scenes you plan to discuss in the written exam from The live Theatre Production that we see.

Useful Websites	QR Code / Website Link
Past Papers	Eduqas GCSE Drama Past Papers - Revision World
Set Text notes and Live Theatre notes	GCSE Drama - Eduqas - BBC Bitesize
Set Text notes	https://resource.download.wjec.co.uk/vtc/2021-22/wjec21-22_1-2/batch-b-pdf/noughts-and-crosses.pdf

GCSE English Language/English Literature

Awarding body: AQA

Subject Exam Code: 8700 and 8702

For further information please contact:
Mrs Gregory

Use the email address:
kgregory@stdunstansschool.com

How will I be graded?

Examination: For **English Language**, each paper will be worth 50% of the final exam grade. All students will sit the same exam. Two papers lasting 1 hour 45 minutes assessing quality of reading and writing skills.

For **English Literature**, Paper 1 (Shakespeare and the 19th century novel) will be worth 40% of the final Literature grade and Paper 2 (Modern text and Poetry) will be worth 60% of the final grade.

Controlled Assessment: There are no controlled assessments in English so grades will be awarded solely on performance in the exam. Papers are not tiered and students will achieve grades 9-1.

Spoken Language Endorsement: All students will be assessed on the quality of their communication and presentation skills. This will take the form of a presentation to a group or teacher. They will be graded at Pass, Merit or Distinction. AQA requires all presentations to be recorded.

What will come up in my mock exam?

November Mock Week	March Mock Week
<p>Language: Students will be completing a past paper 2. This is a non-fiction exam and will require students to read 2 non-fiction texts linked thematically. They will answer 4 questions which will test their reading skills and 1 question which will test their written communication.</p> <p>Literature: Students will complete half of a Literature Paper 1; the 19th Century text (A Christmas Carol). This will be an extract to whole text essay question.</p>	<p>Language: Students will be completing a past paper 1. This is a fiction exam and will require students to read 1 unseen extract from a piece of fiction, often the opening pages. They will answer 4 questions which will test their reading skills and 1 question which will test their creative writing skills and their command of written language.</p> <p>Literature: Students will sit a past paper 2. This exam is 2 hours 15 minutes long and is comprised of Power and Conflict Poetry, Modern Text (An Inspector Calls) and Unseen Poetry.</p>

How should I be revising?

Students may access any past papers online and Google Classroom has a wealth of links to these and to knowledge organisers and Youtube support. English revision takes place every Thursday from January after school.

Useful Websites	QR Code / Website Link
Seneca Learning	https://senecalearning.com/en-GB/
Mr Bruff - Youtube	https://www.youtube.com/channel/UCM2vdqz-7e4HAuzhpFuRY8w
PMT	https://www.physicsandmathstutor.com/english-revision/gcse-aqa/

GCSE Food Preparation and Nutrition

Awarding body: Eduqas

Subject Exam Code: C560P1

For further information please contact:
Mrs H Potter

Use the email address:
hpotter@stdunstansschool.com

How will I be graded?

Non-Examination Assessment (NEA)	Written Exam
2 x Practical based assignments (Controlled Assessment) <ul style="list-style-type: none"> ● 15% Food investigation assessment (Food science task) - term 1 in year 11 ● 35% Food preparation assessment (three dishes including accompaniments and side dishes) - term 2 - 4 in year 11 	1 x Written exam = 50% <ul style="list-style-type: none"> ● June, year 11

What will come up in my mock exam?

November Mock Week
<ul style="list-style-type: none"> ● Diet, nutrition and health ● Food provenance ● Food science ● Food spoilage ● Commodities ● Food choices

How should I be revising?

- Important Seneca Revision links can be found on google classroom.
- Knowledge organisers and PLCs have also been provided on google classroom.

Useful Websites	QR Code / Website Link
BBC Bitesize	https://www.bbc.co.uk/bitesize/subjects/zdn9jhv
Revision World	https://revisionworld.com/gcse-revision/food-preparation-and-nutrition-gcse-revision
Eduqas	https://resources.eduqas.co.uk/Pages/ResourceByArgs?subId=52

GCSE French

Awarding body: AQA

<https://www.aqa.org.uk/subjects/french/gcse/french-8658/specification>

Subject Exam Code: 8658

For further information please contact:
Mrs S Easterbrook or Mr Bestic

Email address:
seasterbrook@stdunstansschool.com
jbestic@stdunstansschool.com

How will I be graded?

Paper 1: Listening	25%	(Foundation 35 mins/Higher 45 Mins)
Paper 2: Speaking	25%	(Foundation 7-9 mins/Higher 10-12 mins)
Paper 3: Reading	25%	(Foundation 45 mins/Higher 1 hour)
Paper 4: Writing	25%	(Foundation 1 hour/ Higher 1 hour 15 mins)

What will come up in my mock exam?

November Mock Week	March Mock Week
Listening and Reading papers which will cover all topics on the syllabus Writing paper covering topics from Year 10 and 11 covered so far	Listening, Reading and Writing papers which will cover all topics on the syllabus

How should I be revising?

- Students should be completing the revision materials on google classroom.
- Students should also be using ActiveLearn and completing the revision activities on this website.
- Google classroom also has links to past papers, revision booklets and speaking booklets.

Useful Websites	QR Code / Website Link
ActiveLearn	https://www.pearsonactivelearn.com/app/home
Kerboodle	https://www.kerboodle.com/users/login
Linguascope	https://www.linguascope.com/
BBC Bitesize	https://www.bbc.co.uk/bitesize/examspecs/zr8bmfr

GCSE Geography

Awarding body: AQA

Subject Exam Code: 8035

For further information please contact:
Mrs Manning

Use the email address:
jmanning@stdunstansschool.com

How will I be graded?

Exam: 100% - 3 x 1 ½ hour examinations

What will come up in my mock exam?

November Mock Week	March Mock Week
<p>Students will be sitting an AQA Paper 1 exam. This will test all of their physical geography topics (Natural Hazards, The Living World, Coasts and Rivers). Students must therefore revise all of these topics in detail.</p> <p>The exam will test a range of geographical knowledge and skills through a variety of questions (ranging from multiple choice to extended written answers). There may be questions in the exam where students will need to use examples or a case study(ies) so it is important they are familiar with any case study content.</p>	<p>Students will be sitting an AQA Paper 2 exam. This will test all of their human geography topics (Urban world, Economic World and Resources). Students must therefore revise all of these topics in detail.</p> <p>The exam will test a range of geographical knowledge and skills through a variety of questions (ranging from multiple choice to extended written answers). There may be questions in the exam where students will need to use examples or a case study(ies) so it is important they are familiar with any case study content.</p>

How should I be revising?

All revision material including knowledge organisers, links to past papers, video clips and Seneca revision links can be found on Google Classroom. A 6 week revision programme will be given to students before the mock exams and emailed home to parents.

Useful Websites	QR Code / Website Link
Time for geography	https://timeforgeography.co.uk
BBC bitesize Geography	https://www.bbc.com/education/examspecs/zy3ptyc
Internet Geography	https://www.internetgeography.net/aqa-gcse-geography/
Seneca Learning	https://senecalearning.com/en-GB/seneca-certified-resources/geography-gcse-aqa/

GCSE History

Awarding body: AQA

Subject Exam Code: Paper 1)AB,BC
Paper 2)AA, BC

For further information please contact:
Mr Brown

Use the email address:
gbrown@stdunstansschool.com

How will I be graded?

Paper 1: Two hours (50%)	Paper 2: Two hours (50%)
Section A – six compulsory questions (40 marks) Section B – four compulsory questions (40 marks) Plus 4 marks for spelling, punctuation and grammar	Section A – four compulsory questions (40 marks) Section B – four compulsory questions (40 marks) Plus 4 marks for spelling, punctuation and grammar

What will come up in my mock exam?

November Mock Week	March Mock Week
Students will be sitting an AQA Paper 1 exam in full. They will be answering questions on Germany 1880-1945 and Cold War 1945-1972.	Students will be sitting an AQA Paper 2 exam in full. They will be answering questions on Health 1000 - present day and Elizabethan England 1568-1603

How should I be revising?

- Use the revision guides and checklists to make flashcards or mind maps as shown in class.
- There are revision sessions on Friday after school from 15.20-15.50
- Pupils should be using checklists given to ensure they have no gaps in their knowledge.

Useful Websites	QR Code / Website Link
BBC Bitesize	https://www.bbc.co.uk/bitesize/examspecs/zxjk4j6
Seneca	https://senecalearning.com/en-GB/

GCSE Mathematics

Awarding body: Edexcel

Subject Exam Code: 1MA1

For further information please contact: Mr R Conway

Use the email address:
rconway@stdunstansschool.com

How will I be graded?

Assessment is examination only: The qualification consists of three equally weighted written exam papers at either Foundation tier or Higher tier. Paper 1 is a non-calculator assessment. On Paper 2 and Paper 3, students are permitted to use a calculator. Each paper is 90 minutes long. The content outlined for each tier will be assessed across all three papers. Each paper has a range of question types, some questions will be set in both mathematical and non-mathematical contexts. New knowledge, skills and understanding will be tested at both tiers. The qualification will be graded and certificated on a nine-grade scale from 9 to 1 using the total mark across all three papers where 9 is the highest grade. Individual papers are not graded. Foundation tier: grades 1 to 5. Higher tier: grades 4 to 9.

What will come up in my mock exam?

November Mock Week	March Mock Week
There will be three papers, one non-calculator and two where a calculator is allowed. Each paper is 90 minutes long. There will be two tiers: Higher and Foundation. Students are aware of which tier they are sitting.	There will be three papers, 1 non-calculator and two where a calculator is allowed. Each paper is 90 minutes long. There will be two tiers: Higher and Foundation. Students are aware of which tier they are sitting.

How should I be revising?

Students have been provided with a comprehensive revision list. The list includes hyperlinks to the Maths department (MET) website which has tuition videos and recommended revision websites. The revision list is available on Google Classroom.

Useful Websites	QR Code / Website Link
Maths department website (the "MET Website")	https://met.midsomernortonschoolpartnership.com/
Maths Genie	https://www.mathsgenie.co.uk/

GCSE Media Studies

Awarding body: Eduqas

Subject Exam Code: C680Q

For further information please contact:
Mrs K Gregory

Use the email address:
kgregory@stdunstansschool.com

How will I be graded?

Examination: 70% exam topic specified by exam board - 2 x 1hr 30min exams

Non Examined Assessment: 30% - example tasks below:

Television: Create a key sequence for a new Scifi or Sitcom television programme for an audience aged 16-24.

Music Marketing: Create a music video or a website to promote a new artist/band in the dance music genre.

Film Marketing: Print-based marketing material for a new Horror or Crime genre film (DVD cover and film poster)

Magazines: Create the front cover and a double page spread for a new Sport or Fashion print or online magazine.

What will come up in my mock exam?

November Mock Week	March Mock Week
Students will complete a Component 1 paper which will look at Media Language, Representation, Audiences and Industries. They will analyse at least 2 of the printed products that we have studied and there will be an unseen image. The topics to prepare for are: Quality Street, This Girl Can, No Time to Die, The Man with the Golden Gun, Vogue, GQ, The Sun, Fortnite, The Archers.	Students will complete half of a component 2 exam. This will be on the Crime Drama texts: Luther and The Sweeney. This exam will involve viewing and analysing a short sequence of moving image from Luther, which the exam board will select. The questions that follow will test knowledge of media language, media contexts and representation.

How should I be revising?

Exam board fact sheets are on Google Classroom as well as past paper links. Students can use Mrs Fisher on Youtube to help revise the key areas.

Useful Websites	QR Code / Website Link
Mrs Fisher - Youtube	https://www.youtube.com/@mrsfisher8961
Eduqas knowledge organisers	https://resources.eduqas.co.uk/Pages/ResourceSingle.aspx?rId=1439&_gl=1*_eksuc5*_ga*Mjc0ODcwMDk1LjE2OTUxMzc1NTI.*
Eduqas exam walk throughs	https://resources.eduqas.co.uk/Pages/ResourceSingle.aspx?rId=1526&_gl=1*_1m9yn6r*_ga*Mjc0ODcwMDk1LjE2OTUxMzc1NTI.*

GCSE Science

Awarding body: AQA Trilogy

Subject Exam Code: 8464

For further information please contact:
Ms C Hutchinson

Use the email address:
cthomason@stdunstansschool.com

How will I be graded?

Examination: 100%

- 6 terminal exams at the end of year 11.
- Each exam is 1h 15 mins and worth 70 marks
- Each exam contributes 16.7% to the final grade
- Consists of 2 Biology, 2 Chemistry and 2 Physics exams
- Papers are a mixture of multiple choice, short answer and long answer questions.

What will come up in my mock exam?

November Mock Week	March Mock Week
<p>Biology paper 1, a secure past paper for both Higher and Foundation and includes contents from the first 4 biology modules.</p> <p>Chemistry paper 2, a secure past paper for both Higher and Foundation and includes contents from the last 5 chemistry modules.</p> <p>Physics paper 1, a secure past paper for both Higher and Foundation and includes contents from the first 4 physics modules.</p>	<p>Biology AQA 2024 Paper 2, Chemistry paper 1 and Physics Paper 2.</p> <p>Full assessments and additional materials as given by AQA used. The assessments test a range of information from biology modules 5-7, chemistry modules 1-5 and physics modules 5-7.</p>

How should I be revising?

Students have all been provided with DRIP sheet booklets and Trust developed PLCs. Details have been provided on the Google Classrooms along with revision materials.

Useful Websites	QR Code / Website Link
Cognito	https://cognitoedu.org/home
Free Science Lessons	https://www.freesciencelessons.co.uk/
BBC Bitesize	https://www.bbc.co.uk/bitesize/examspecs/z8r997h

Cambridge Nationals: Sports Studies

Awarding body: OCR Level 1 /2 Cambridge National

Subject Exam Code: J829

For further information please contact:
Miss C Pengelly

Use the email address:
cpengelly@stdunstansschool.com

How will I be graded?

- 1 x Mandatory externally assessed unit (exam) - **Contemporary Issues in Sport (40% of Grade)**
The exam is 75 minutes long.
- 2 x Mandatory NEA (Non-examined assessment) units:
Performance and Leadership in Sport Activities (40% of Grade)
Outdoor and Adventurous Activities (20% of Grade)

What will come up in my mock exam?

November Mock Week	March Mock Week
<p style="text-align: center;">Past paper questions covering the following topics:</p> <p>Topic Area 1 - Issues which affect participation Topic Area 2 - The role of sport in promoting values</p>	<p style="text-align: center;">Past Paper covering all topics:</p> <p>Topic Area 1 - Issues which affect participation Topic Area 2 - The role of sport in promoting values Topic Area 3 - The implications of hosting a major sporting event Topic Area 4 - The role of National Governing Bodies Topic Area 5 - The use of technology in sport</p>

How should I be revising?

- Students will be provided with past paper practice questions.
- Students will have access to all class slides on google classroom.
 - Revision guide.
 - Knowledge organiser from inside work booklets.

Useful Websites	QR Code / Website Link
Youtube - The EverLearner	https://www.youtube.com/watch?v=414Q-_YNIO0

What does effective revision look like?



Lots of testing – also known as retrieval practice – done in **silence**, is the best strategy when revising. How can you make this even more effective? on... walkthrus.co.uk Ideas and resources from www.innerdrive.co.uk

Retrieval practice

Retrieval is trying to remember information you have previously learned, so you can access it easily at a later date. When we are asked a question, our brain makes connections to other things we know. By repeating the question regularly, those connections are strengthened, and eventually the information transfers to our long term memory.

What does the research say?

This is one of the most extensively researched areas of learning - dating back to Ebbinghaus in 1885. **If we only learn something once, we are more than likely to forget it.** We need to force ourselves to remember and re-learn the information if we want to cement it in our long term memory. Studies showed that students who self-tested 3 times before the exam were far more successful than those who just re-read the text.

Spacing

Cutting up your revision into **smaller chunks** and **spacing them out** over a period of time is much more beneficial than cramming an entire subject in a day. An hour of Physics each day for 5 days is much more effective than 5 hours in one day.

Interleaving

To improve your results further, also consider interleaving. This is where you **mix up the subjects and topics you revise**: 30 minutes of Shakespeare, 30 minutes of algebra, 30 minutes of Poetry, 30 minutes of Ratio - rather than an hour of English and an hour of Maths.

A 2007 study (Rohrer and Taylor) found that students who spaced out their revision over a week, compared to one sitting, achieved a much higher average mark in their final exams. In a second study, students were given a mock test after blocking or interleaving and another test a week later. Even though blocking was effective in the mock test the next day, the students who used interleaving did considerably better a week later in the final exam.



Brain dump

Choose a topic and write down as much as you can remember, without referring to your notes. Check your notes and see what you missed then try to fill the gaps without the notes. Check your notes a third time and add the missing information.



Flash cards

Write flashcards for each topic, in all subjects, then mix them up for the most effective revision. Check out the Leitner System for effective spacing and interleaving. Keep your flashcards simple – one question, one answer per card.



Map it out

Take an essay question or writing question and map out your answer, without writing a full response. Look at the mark scheme and decide if your plan meets the criteria. Do this for a number of questions, then choose one and write the full response.



Past papers

Ask your teacher for practice questions or exam papers. Complete them without notes in exam conditions, then check your answers and identify the gaps in your knowledge, so you can target your revision.



Quizzes

Write a set of questions and answers and ask someone else to test you. It's important to either write or say your answers aloud. Reading through quizzes in your head can give you a false sense of security.



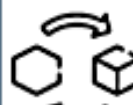
Practise introductions

For essay subjects, take a past exam question and practise writing effective introductions and conclusions. Look back at your notes and remind yourself of the important things to remember. Practise for different topics, texts and papers.



Thinking hard: reduce

Read a section of your notes then put them aside and reduce what you read to 3 bullet points, each one no more than 10 words. Look back at the notes and decide if you missed anything important. Hide the notes and write a fourth bullet point.



Thinking hard: transform

Read a paragraph from your notes or a text book and transform it into a diagram, chart or sketch – no words allowed. Look at a diagram in Science, for example, and transform it into a paragraph of explanation.



Thinking hard: connect

For each subject, consider the exam papers and group together questions that require the same technique to answer. Write down the requirements of each type. Find a previous example you've completed and identify where you've met the criteria.




Key vocabulary

For a particular topic, make a list of key vocabulary, then do the following: define each word; use each term in a sentence; create a question where the key word is the answer; identify other words which connect to each of the words in your list.

5

Step Study Plan

It's never too late to plan your revision!

This simple plan from @KateJones_teach & @Inner_Drive is a great place to start. 



Make a list

What do you need to know? Break it down into topics and units. When you can retrieve it without effort, cross it off the list. It might help with motivation and organisation to have a 'to do' and 'have done' list.



Timetable a spaced schedule

Look back at the notes about spacing and interleaving. Study each topic little and often and mix up subjects and topics so you are revising a mixture each day. Be sure to leave yourself enough time to cover everything.



Use effective study strategies

That's what this booklet is all about. Keep re-reading and highlighting to a minimum. Highlight what you need to learn – but that won't make you learn it. Test yourself, using retrieval strategies. Think twice before loading up your favourite playlist!



Identify the gaps in your knowledge

Having used the retrieval strategies, where are the gaps? What are you confident with? What do you need to go back to? What do you need to study more? Be honest with yourself – don't just focus on what you *do* know.



Close the gaps

Repeat the third and fourth steps of the plan until you are confident with everything. Some parts will be difficult, but don't give up. The harder you have to think, the more likely you are to remember in the end. 'Memory is the residue of thought.' (*Dan Willingham*)

What else helps?

Get some sleep. How many hours of sleep do you get each night? On average, teenagers claim to get 6-7 hours a night, when they should really be aiming for 9-10 hours. If you are only getting 6-7, you are depriving yourself of over 1000 hours of sleep each year. You must be exhausted!



What does the research say?

Put very simply, we experience two types of sleep: deep sleep, which helps our body to recover; and REM, which helps restore our mind. Without enough REM sleep, you are much more prone to anxiety, stress, lack of concentration, mood swings and poor decision making. A 2009 study (van der Helm and Walker) found a 40% reduction in memory when sleep deprived. Not only that, but you are more likely to forget positive memories when tired, just recalling and retaining negative memories. **Excessive sleep loss therefore impacts on our mental health and stress levels.**

Limit your screen time

Mobile phones can be great tools for learning but are they having a negative impact on your learning? Catching up with friends, social media, movies and box sets is great – but when is the best time to do these things?



What does the research say?

A 2014 study (Thornton et al) found that just having a mobile phone nearby can lead to a 20% reduction in attention, concentration and performance. Another study in 2013 (Wood et al) found that the glare from phones and iPads tricks our brain into thinking it is daytime, therefore stopping melatonin (the sleep hormone) being triggered. Two hours on your phone or iPad at night results in 20% less melatonin being released. At the very least, dim your screen prior to bedtime - or better still, **don't use it at all.**

Look after yourself

Being kind to yourself each day can have a big impact on your performance during revision and exams. **Take a break and get some exercise.** Aim to start the day with cereal or toast – but be sure to treat yourself later on in the day. Find time to do the things you love. **Reward yourself for your hard work.**

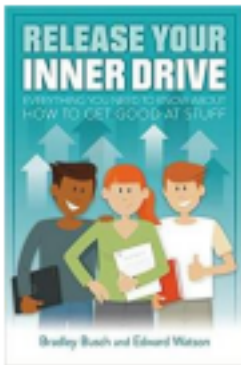
What does the research say?

A range of studies in 2016 (Miller and Krizen) found that students who took a 12 minute walk reported a 20% increase in happiness, attentiveness and confidence, compared to those who spent that time sitting down. Even taking a 5 minute walk resulted in similar benefits. Break up your study sessions with a quick stroll and see for yourself.

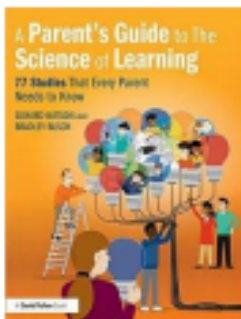
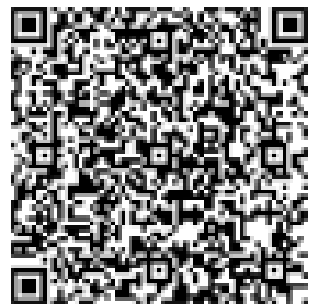
Reading and Resources



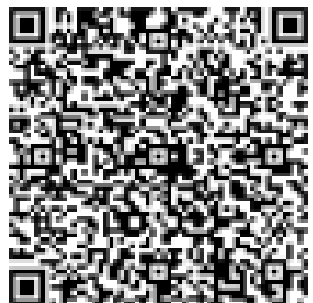
Don't fancy writing out flashcards? Take a look at the Anki app. There are banks of cards you can access, or you can make your own. The beauty of this app is that you tell it how difficult each card was, and it works out the best time to ask you that question again!



This excellent book is designed to show teenagers how they can excel at school and in life. Discover how to: take control, concentrate better, find your motivation, fail better, make revision stick, perform under pressure, ace those exams, put down that phone when you're meant to be revising, get over FOMO, stop procrastinating, get a good night's sleep, take care of yourself and your mental health, learn from sporting champions and grow your mindset to get ahead.



This book answers the sort of questions that every parent wants to know. How much sleep does your child need? Should you help them with their homework? Why does your child forget what they have just learnt? How much screen time is too much? What can you do to help them do better at school? How can you help your child learn to better manage their emotions?



Guidance for parents

Exam time can be a cause of stress for children and parents during year 11. During this time, many parents are anxious about how much their children are studying, whether they are looking after themselves, and whether they will get the results they need. Some parents also find their own difficult memories of exams or school return and this can make it harder for them to help their children.

Before their exams

It's always worth planning ahead and preparing as well as you can as a family. Accept that this is going to be a stressful time that should be managed with a calm, consistent approach.

- Try and find out as **early as possible** what is expected of your child, when their exams will be and when coursework needs to be handed in.
- **Don't avoid difficult topics or subjects.** Be clear that avoiding subjects they find difficult will not be helpful in the long run.
- Encourage your child to **talk to you** if they are really worried that they haven't done enough work - reassure them that if they do not get their expected grades, there will be other opportunities ahead and they should just do their best.
- Find out what revision techniques are **recommended by the school**, what revision sessions they are providing and check out online revision sites too. If you have any concerns or queries, contact the school rather than relying on your child to do it.

Tips for revision

While children are revising, they may become anxious or irritable. During the exam period, some children may even have trouble with eating or getting to sleep. However there are a few simple things that can really help:

- Encourage your child to have **regular breaks**, to do something they enjoy, even if it's just half an hour off to listen to some music or to watch their favourite soap.
- Make sure they **eat healthy snacks** and **drink enough water**, you can always pop your head in to see how they are doing and bring them a drink.
- **Exercise** is also a good way to relax, even just a walk round the block.

When it's all over

- After the exams, there may be feelings of relief, but also stress and anxiety if things haven't gone well. Feelings may 'catch up' with your child after a sustained effort of studying hard, and you may need to 'let them be' for a while.
- After an exam or hand-in, they might not want to talk about it immediately so let them decide.
- Try and plan something nice for when it's all over - reward them for trying their best, however they feel it went.

How to cope with stress

The best way to combat stress is to recognise and deal with it. It is perfectly normal to feel stress over examinations. It is a matter of finding the best strategies to reduce it. Stress becomes a problem when parents and children handle it by denying its presence or by doing things to reinforce it.

Parents

- **Don't go on about it** - Being asked how you feel often makes things worse. Try to be a listener rather than to give advice. It is normal to say that each exam paper was a total disaster, so don't join the inquest!
- **Be encouraging** - Even if you feel that your child has been lazy over the past few months, now is not the time to bring it up.
- **Talk to teachers** if you're worried. An apparently stressed child at home may be coping well at school and vice versa.
- **Expect a 'bumpy' ride** during the exam period. Slamming doors, tears and pointless arguments are simple safety valves and not a cause for worry. However, watch out for the child who is having real difficulty sleeping or is very quiet and withdrawn, or the one who is apparently "studying" diligently but really doing nothing - copying out the text book, for example.

Students

- **Relax for an hour a day** at least - listen to music, watch television and get some exercise.
- **Revise hard in slots** of an hour or less - write rather than read - and take a 10-minute break in-between.
- **Get regular sleep** and avoid too much junk food and caffeine (coffee, cola, and tea). The best revision is done in the morning.

Useful Websites to support with Revision and Exam Preparation

St Dunstan's - Exams Page	https://www.stdunstansschool.com/information-for-students-and-parentscarers/information-on-exams.htm
Seneca Learning	https://senecalearning.com/en-GB/
BBC Revision Website	https://www.bbc.co.uk/bitesize/levels/z98jmp3
BBC Study Support	https://www.bbc.co.uk/bitesize/articles/z877wnb
BBC Exam Support	https://www.bbc.co.uk/bitesize/articles/zghhxbk
BBC Exam Support for Parents	https://www.bbc.co.uk/bitesize/articles/zmxc96f
Quizlet	https://quizlet.com/en-gb
Exam Stress Advice	https://www.mind.org.uk/information-support/for-children-and-young-people/exam-stress/ https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/