

# Year 11

## Revision booklet

**This booklet contains links to resources that you can use independently to help you with your revision in each subject. It also lists the course content for your subjects, so you can target your revision.**

There is always one  
more thing you can do  
to increase your odds  
of success

Hal Moore

PICTUREQUOTES.com



**The City of Leicester College**  
A Specialist Business & Enterprise College

**Be Happy, Be Ambitious, Make a Difference**

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Year 11



**DO YOU THINK YOU  
COULD DO 110 HOURS OF  
REVISION BEFORE THE  
CHRISTMAS BREAK?  
TAKE THE CHALLENGE**

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**2 hours** of revision 5 times a week will mean  
you will have completed 110 hours of  
revision before the end of December.

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# Top Tips



Use your mocks to target your revision – spend time on the things you haven't got right yet.



Get away from distractions – find somewhere quiet to work, tell whoever is at home you are revising, and leave your phone in a different room whilst you are revising.



Work in 30-40 minute chunks of time.



Have a reward planned for completing your revision – suggest your favourite meal, go to the park, watch a short programme...



Make sure you are doing more than reading notes. Make flashcards with a question on one side and a test on the other, do practice questions, get someone to test you...



Review what you've learnt. It's okay to go back over things, it's more likely you'll remember them that way.



# MOCKS

THERE ARE NO SHORTCUTS TO SUCCESS.

**Week commencing  
23rd November 2020  
for 2 weeks.**

**Revision timetable – October Half-term****Fill it in and tick it off when you complete it!**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-9am							
9-10am							
10-11am							
11am-12pm							
12-1pm							
1-2pm							
2-3pm							
3-4pm							
4-5pm							
5-6pm							
6-7pm							
7-8pm							

# MATHS

**Be exam ready to complete your GCSE Maths exam OCR J560**

For the Maths exams students will need the following equipment

Pen

Pencil

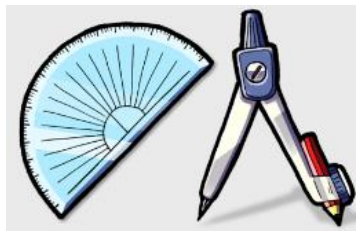
Ruler

Rubber

Protractor

Compass

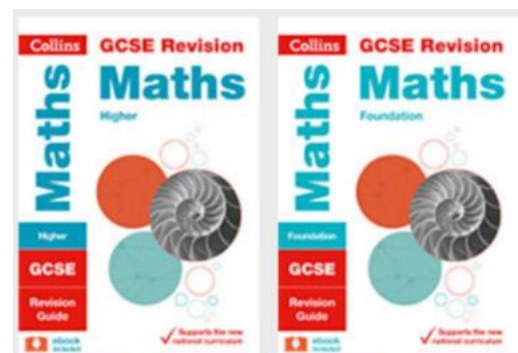
Scientific Calculator



The **Scientific Calculator** that we recommend is the CASIO fx-83GT PLUS, these can be bought at lots of shops including ASDA, TESCO and Wilkinsons among others. It is better to buy these sooner rather than later so students can practice using them in lessons and understand what all the different buttons can be used for.

We are also recommending that students purchase the following 9 to 1 **GCSE Maths revision guide**, available at Foundation or Higher tier.

These are £10.99 in the shops but are being sold through TUCASI for £4. The calculators can also be bought this way for £8.99.



## EXAM DATES

**Paper 1 Non Calculator**

**Morning 9am Tuesday 25th May 2021**

**Paper 2 Calculator**

**Morning 9am Tuesday 8<sup>th</sup> June 2021**

**Paper 3 Calculator**

**Morning 9am Tuesday 15<sup>th</sup> June 2021**

Student can also access the following websites to help with revision of their personal immediate learning targets

Past papers and mark schemes can be downloaded at <https://www.ocr.org.uk/qualifications/past-paper-finder/>

Select → Mathematics → GCSE → Mathematics (J560) → You can select any year and find papers and markschemes for both tiers of entry so choose the foundation or higher

Mymaths website [www.mymaths.co.uk](http://www.mymaths.co.uk) username – colc password – multiply from this they can use all of the area to practice homeworks on different topics or use the grade booster packs. They can also log on to their own student portal. It is

important that students click on the tab on the left hand side and select

Classic MyMaths



The Pixl Maths App, will be available to use after Christmas, at <http://mathsapp.pixl.org.uk/>, *students will receive their own user ID and password. For John Smith user is SMITHJ and password is SMITHJ*

MathsWatch - Videos explaining key concepts plus worked examples. Practice questions with solutions

*Students can access this through Sharepoint (via Office 365 using their email account logins)*

Two more really useful sites, with lots of resources, are <http://corbettmaths.com/> with practice GCSE questions by topic and also <https://www.savemyexams.co.uk/gcse-maths-ocr/>

Other exam boards have GCSE Maths papers that students could look at for support, lots of these can be found on

<https://www.mathsgenie.co.uk/papers.html>

OCR GCSE Maths J560 Topics  
completed in year 10 - FOUNDATION

	<b>NUMBER</b>
N1	Order numbers
N2	Add, subtract, multiply, divide
N3	Operations
N4	Factors, multiples and primes
N6	Powers and roots
N7	Powers and roots and fractional indices
N8	Exact calculations
N9	Standard form
N10	Fractions and decimals
N11	Fractions and ratios
N12	Fractions and percentages
N13	Units of measurement
N14	Estimation
N15	Rounding

	<b>ALGEBRA</b>
A1	Basic notation
A2	Substitution
A3	Algebraic terms
A4	Manipulate algebra
A5	Formulae
A6	Expressions
A17	Linear equations
A18	Quadratic equations
A21	Creating expressions and equations
A22	Inequalities
A23	Sequences



	<b>RATIO, PROPORTION AND RATES OF CHANGE</b>
R1	Units
R3	Finding a fraction
R4	Simple ratios
R5	Using ratios
R6	Writing as a ratio
R7	Proportion
R8	Ratio and fractions
R9	Percentages
R10	Proportion
R11	Compound units
R16	Growth and decay

	<b>GEOMETRY</b>
G1	Understanding terms
G3	Basic angle facts
G4	Triangles, quadrilaterals and other polygons
G6	Applying angle facts and other properties
G9	The circle
G11	Geometry on a grid
G12	Solid shapes
G13	Plans and elevations
G14	Units of measure
G16	Area and volume
G18	Sectors and arcs
G20	Pythagoras and trigonometry

	<b>STATISTICS</b>
S1	Sample populations
S2	Graphs and diagrams
S4	Measures of data
S5	Describing a population
S6	Scatter graphs

OCR GCSE Maths J560 - Topics  
completed in year 10 - HIGHER

	<b>Number</b>
N1	Order numbers
N2	Add, subtract, multiply, divide
N3	Operations
N4	Factors, multiples and primes
N6	Powers and roots
N7	Powers and roots and fractional indices
N8	Exact calculations
N9	Standard form
N10	Fractions and decimals
N11	Fractions and ratios
N12	Fractions and percentages
N13	Units of measurement
N14	Estimation
N15	Rounding

	<b>Algebra</b>
A1	Basic notation
A2	Substitution
A3	Algebraic terms
A4	Manipulate algebra
A5	Formulae
A8	Graphs
A9	Straight line graphs
A10	Gradients and intercepts
A11	Key features of graphs
A17	Linear equations
A18	Quadratic equations
A21	Creating expressions and equations
A22	Inequalities
A23	Sequences
A24	Sequences
A25	Nth term of a sequence

	<b>Ratio, proportion and rates of change</b>
R1	Units
R3	Finding a fraction
R4	Simple ratios
R5	Using ratios
R6	Writing as a ratio
R7	Proportion
R8	Ratio and fractions
R9	Percentages
R10	Proportion
R11	Compound units
R12	Comparisons
R13	Direct and inverse proportion
R16	Growth and decay

	<b>Geometry</b>
G1	Understanding terms
G3	Basic angle facts
G4	Triangles, quadrilaterals and other polygons
G6	Applying angle facts and other properties
G9	The circle
G11	Geometry on a grid
G12	Solid shapes
G13	Plans and elevations
G14	Units of measure
G15	Maps and scale drawings
G16	Area and volume
G17	Circles and other shapes
G18	Sectors and arcs
G20	Sectors and arcs
G21	Exact values of sin, cos and tan

	<b>Statistics</b>
S1	Sample populations
S2	Graphs and diagrams
S3	<b>Grouped data</b>
S4	Measures of data
S5	Describing a population
S6	Scatter graphs

# English Language and Literature

Exam board – AQA

## Resources



**Quizlet** – Various flashcards on both English Papers



**SharePoint** - Resources for all English papers as well as digital copies of revision guides



**Recommended YouTube Channels**  
Mr Bruff Mr Salles Teaches English  
Mrs Wheelan's English  
Nic Worgan



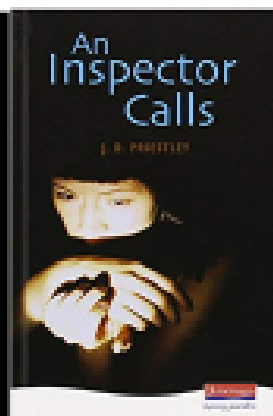
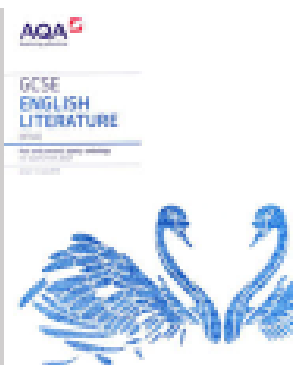
**BBC Bitesize**  
Various resources for both Language and Literature



**Once Upon A Picture**  
Creative writing tasks. Really good practice for language paper one



**KEY  
TEXTS**



## ENGLISH LANGUAGE - 2020-2021 Course information

Exam board and course code	Changes to the specification	How course content is going to be covered and revised
AQA ENGLISH LANGUAGE 8700	NO CHANGES TO THE PAPER <b>NEA:</b> S&L RECORDINGS DO NOT NEED TO BE SENT TO EXAM BOARD.	<ul style="list-style-type: none"> <li>- Retrieval practise through DO NOWs</li> <li>- In class timed responses</li> <li>- End of unit PPE/Mock assessment</li> <li>- Interleaved homework booklets</li> </ul>

### Topic and skills checklist

Topic or skill	Red	Amber	Green
English Language paper 1: Q1 (list 4 things /4marks)			
English Language paper 1: Q2 (language/8 marks)			
English Language paper 1: Q3 (structure/ 8 marks)			
English Language paper 1: Q4 (to what extent /20 marks)			
English Language paper 1: Q5 (descriptive/narrative writing /40 marks )			
English Language paper 2: Q1 (true or false /4 marks)			
English Language paper 2: Q2 (summary /8 marks)			
English Language paper 2: Q3 (language /12 marks)			
English Language paper 2: Q4 (comparison of writer's viewpoints /16 marks)			
English Language paper 2: Q5 (transactional writing: Article/newsletter/blog/letter/speech etc. /40 marks)			

## ENGLISH Literature - 2020-2021 Course information

Exam board and course code	Changes to the specification	How course content is going to be covered and revised
AQA ENGLISH LITERATURE 8702	<p>Schools will now have a free choice of any two of the following three areas:</p> <ul style="list-style-type: none"> <li>- Anthology of poetry</li> <li>- Modern text</li> <li>- 19th century novel.</li> <li>- Shakespeare and unseen poetry will still be compulsory.</li> </ul> <p>We have decided to 'drop' Jekyll and Hyde'.</p>	<ul style="list-style-type: none"> <li>- Retrieval practise through DO NOWs</li> <li>- In class timed responses</li> <li>- End of unit PPE/Mock assessment</li> <li>- Interleaved homework booklets</li> </ul>

### Topic and skills checklist

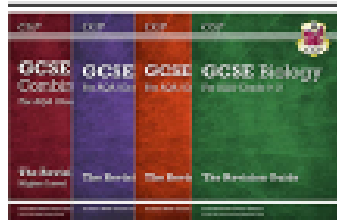
Topic or skill	Red	Amber	Green
<b>Poetry:</b>			
Ozymandias			
London			
Extract from The Prelude			
My Last Duchess			
The Charge of the Light Brigade			
Exposure			
Storm on the Island			
Bayonet Charge			
Remains			
Poppies			
War Photographer			
Power and conflict comparison question ( /30 marks)			
Unseen Poetry analysis			
Unseen poetry question ( /24 marks )			
Unseen poetry analysis (only A02 /8 marks)			
<b>Macbeth:</b>			
-Plot			
-Characters			
-Key themes			
-Key quotes			
Context- what was happening at the time socially, historically			
Macbeth extract based question ( /30 marks + 4 SPaG)			
<b>An Inspector Calls:</b>			
-Plot			
-Characters			
-Key themes			
-Key quotes			
Context- what was happening at the time socially, historically			
AIC choice of 2 questions ( /30 marks + 4 SPaG)			

# AQA GCSE Science Revision

GCSE Science, Exam board is AQA.

There have been no specification changes this year. The only change is students are not required to complete required practicals, observing required practicals is sufficient.

We started the course in year 9, therefore we have plenty of time to finish the course. Time to revisit lockdown topics has been accounted for in the calendar.



GCSE Revision Guides available to purchase on Tucasi. Ensure you order the correct tier. Your Science teacher will pass it on.



The EverLearner

The EverLearner  
Access to a range of lessons, short quizzes, and assignments. Ask your teacher for your login.



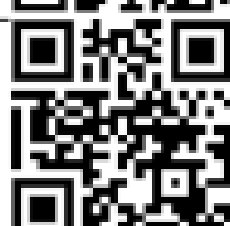
All appropriate PiXL materials such as knowledge mats and question pages can be found on TCOLC SharePoint.



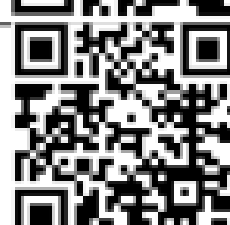
Focus eLearning  
Information and guides for all required practicals.  
User: Student@tcolc  
Pass: tcolc



Kerboodle, Access textbooks, as well as a range of question sheets for independent learning. Ask your teacher for your login.



Physics and Maths Tutor, revision note, ready-made Q cards, and exam style questions for all three sciences.



Useful YouTube channels:

- Primrose Kitten
- Fuse School
- Free Science Lessons
- Science with Hazel



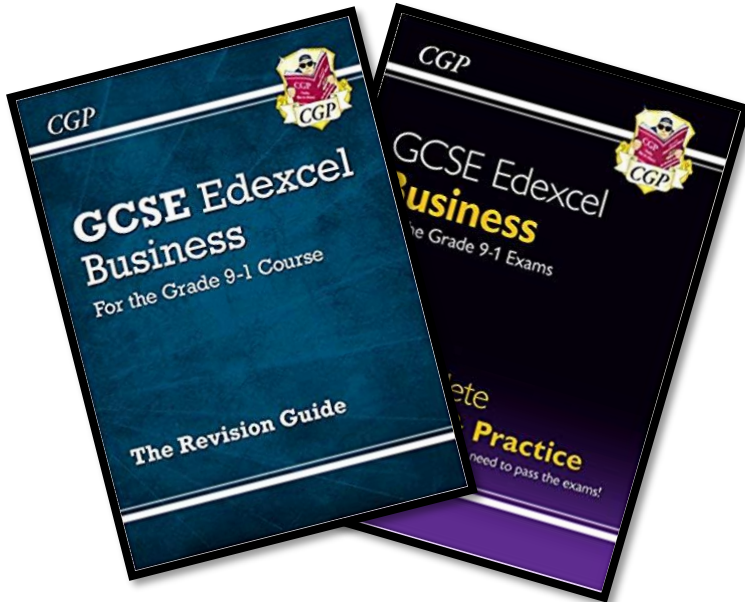
# GCSE Science Course Topics

GCSE Topics <i>Topics and order are the same for combined and separate science</i>		
<b>Biology</b>	<b>Chemistry</b>	<b>Physics</b>
Cell Biology	Atomic Structure	Energy
Organisation	Bonding	Electricity
Infection and Response	Quantitative Chemistry	Molecules and Matter
Bioenergetics	Chemical Changes	Radioactivity
Homeostasis	Energy Changes	Forces
Inheritance	Rates of Reaction	Waves
Ecology	Organic Chemistry	Electromagnetism
	Atmosphere and Resources	



# BUSINESS

**Exam Board:**



Use the revision guide to check your understanding of Business theory.

Revise topics and test your knowledge.

Take practice tests and check if you have nailed it!



**senecalearning.com:** Revise your Business knowledge and test yourself with some interactive quizzes!



**bbc.co.uk/bitesize:** Go over your Business class notes and theory, revise, listen to what the experts have to say and take part in interactive quizzes!



Watch Dragons Den and be inspired by Entrepreneurs!



Keep up-to-date with the latest Business News!



Watch contestants go through a grilling elimination demonstrating business skills!

# BUSINESS - 2020-2021 Course information

Exam board and course code	Changes to the specification	How course content is going to be covered and revised
Edexcel  1BSO	<p>No changes to specification. Course information and practice papers can be found at:</p> <p><a href="https://qualifications.pearson.com/en/qualifications/edexcel-gcses/business-2017">https://qualifications.pearson.com/en/qualifications/edexcel-gcses/business-2017</a></p>	<p>The course will be covered by Easter.</p> <p>*Early independent revision for Theme 1 has been advised to all students and P6 revision for Theme 1 to be confirmed in Term 2.</p> <p>All sub-topics within Theme 1 &amp; 2, have booklets to help with catch up/revision and reinforcement and the department have put together revision chapter booklets and practice questions to work alongside each sub-topic within Theme 1 &amp; 2.</p> <p>Do Now activities are based on previous topics to help students to recognise what they can and cannot do and remember well.</p> <p>We will be doing exam questions in class for assessment and focus on how to structure answers.</p>

## Topic and skills checklist

Theme	Sub Topic Title	Checklist:
<b>1</b> <i>Investigating the Business</i>	1.1 - Enterprise & Entrepreneurship 1.2 - Spotting a Business Opportunity 1.3 - Putting Business ideas into Practice 1.4 - Making the Business effective 1.5 - Understanding External Influences on Business	<p>This is what every student should have or will be given to help them prepare</p> <ul style="list-style-type: none"> <li>• Course overview, PLC, Calendar</li> <li>• Companion booklets for every sub-topic.</li> <li>• Revision chapter for every sub-topic</li> <li>• Practice questions for every sub-topic including sub-topic mind maps</li> <li>• Exam question structure Mats</li> <li>• Past papers as practice before PPE/Live exams</li> </ul>
<b>2</b> <i>Building the Business</i>	2.1 - Growing the Business 2.2 - Making Marketing Decisions 2.3 - Making Operational Decisions 2.4 - Making Financial Decisions 2.5 - Making Human Resource decisions	

Paper 1 1 hour and 30 minutes, 90 Marks	Paper 2 1 hour and 30 minutes, 90 marks
<p>Content Assessed:</p> <p><b>Theme 1 – Investigating the Business 1BSO/01</b></p> 1.1 - Enterprise & Entrepreneurship 1.2 - Spotting a Business Opportunity 1.3 - Putting Business ideas into Practice 1.4 - Making the Business effective 1.5 - Understanding External Influences on Business	<p>Content Assessed:</p> <p><b>Theme 2 – Building a Business 1BSO/02</b></p> 2.1 - Growing the Business 2.2 - Making Marketing Decisions 2.3 - Making Operational Decisions 2.4 - Making Financial Decisions 2.5 - Making Human Resource decisions
<p><b>Section A:</b> 35 Marks  <b>Section B:</b> 30 Marks  <b>Section C:</b> 25 Marks</p> <p>The paper will consist of calculations, multiple-choice, and short-answer and extended-writing questions. Questions in Sections B and C will be based on business contexts given in the paper</p>	<p><b>Section A:</b> 35 Marks  <b>Section B:</b> 30 Marks  <b>Section C:</b> 25 Marks</p> <p>The paper will consist of calculations, multiple-choice, and short-answer and extended-writing questions. Questions in Sections B and C will be based on business contexts given in the paper</p>

# Exam Board: OCR

# Computer Science & iMedia

# Revision



**Python Programming Revision: useful online tutorials:**

**Python.org**

**Teachyourselfpython.com**



**Video tutorials: Paper 1 & Paper 2:**

**Crash Course Computer Science**

**Code.org**



**Exam revision Paper 1, Paper 2:**

**Bbc.co.uk/bitesize/examspecs**



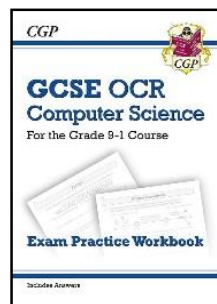
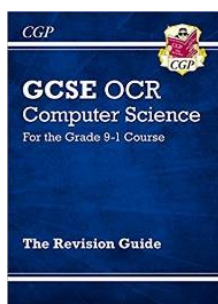
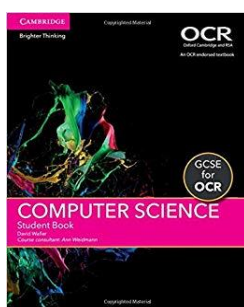
**Sharepoint: Programming video tutorials. Videos relevant to Paper 1 and course information**



**[www.ishs.org.uk](http://www.ishs.org.uk)**

**R081: Preproduction revision booklet**

# Reading



# Computer Science - 2020-2021 Course Information

Exam board and course code	Changes to the specification	How course content is going to be covered and revised
OCR J276	20 hour controlled assessment is no longer controlled. We will use the 20 hours lesson time to work through Component 2 content	Time plan has changed so we have more lesson time to cover content. We will start learning component 2 then revisit component 1.

## Topic and skills checklist

Topic or skill	Red	Amber	Green
<b>Component 1 (Paper 1)</b>			
1.1 System Architecture			
1.2 Memory			
1.3 Storage			
1.4 Wired & wireless networks			
1.5 Network topologies			
1.6 System security			
1.7 System software			
1.8 Ethical, legal, cultural and environmental concerns			
<b>Component 2 (Paper 2)</b>			
2.1 Algorithms			
2.2 Programming techniques			
2.3 Computational logic			
2.4 Translators and facilitators of languages			
2.5 Data representation			

# Creative iMedia - 2020-2021 Course information

Exam board and course code	Changes to the specification	How course content is going to be covered and revised
OCR J817	No changes as of yet	We will continue with coursework during lessons. You will complete and submit your current unit R087

## Topic and skills checklist

Topic or skill	Red	Amber	Green
<b>R087: Creating interactive multimedia product</b>			
LO1 – Understand the use and properties of interactive multimedia products			
LO2 – Be able to plan interactive multimedia products			
LO3 – Be able to create interactive multimedia products			
LO4 – Be able to review interactive multimedia products			
Revisit completed units			
<b>R085: Creating a multipage webpage</b>			
<b>R082: Creating digital graphics</b>			

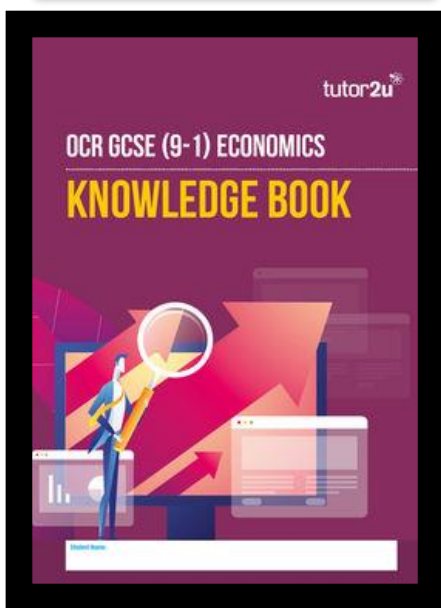
# Economics

**Exam Board:**



Use the revision guide to check your understanding of Economic theory.

Revise topics and test your knowledge.



**Economic Topic Companion:** complete note sections, secure knowledge and use as revision!

**Economic Knowledge Book:** complete all activities to secure your learning!

**Economics Assessment Books:** Test your knowledge and get feedback!



Keep up-to-date with the latest News on the Economy such as Inflation, Unemployment and Economic Growth!

# Economics - 2020-2021 Course information

Exam board and course code	Changes to the specification	How course content is going to be covered and revised
OCR J205	<p>No changes to specification. Course information and practice papers can be found at:</p> <p><a href="https://www.ocr.org.uk/qualifications/gcse/economics-j205-from-2017/">https://www.ocr.org.uk/qualifications/gcse/economics-j205-from-2017/</a></p>	<p>The course will be covered by Easter.</p> <p>1 lesson per fortnight will be Unit 1 revision.</p> <p>All units have booklets now produced to help with catch up and the department has purchased revision books which it has subsidised for all learners.</p> <p>Do Now activities are based on previous topics to help you recognise what you can and cannot remember well.</p> <p>We will be doing exam questions in class for practice and focus on how to structure answers.</p>

## Topic and skills checklist

Unit	Title
1	Introduction to Economics
2	The Role of Markets and Money
3	Economic Objectives and the Role of Governments
4	International Trade and the Global Economy

Paper 1 1 hour and 30 minutes, 80 marks	Paper 2 1 hour and 30 minutes, 80 marks
<p>Content Assessed:</p> <p>Introduction to Economics The Role of Markets and Money</p> <p><b>Section A</b> comprises 20 multiple choice questions</p> <p><b>Section B</b> comprise three data response/case study materials with each split into approximately six questions.</p>	<p>Content Assessed:</p> <p>Economic Objectives and the Role of Money International Trade and the Global Economy</p> <p><b>Section A</b> comprises 20 multiple choice questions</p> <p><b>Section B</b> comprise three data response/case study materials with each split into approximately six questions.</p>

Check list – This is what every student should have or will be given to help them prepare

- Course overview, PLC, Calendar
- TOPIC COMPANIONS (Intro to economics & National and International economics)
- Workbooks for every unit with end of unit tests
- Knowledge book for revision
- Revision booklet with questions
- Practice exam questions booklet (To be given Feb Half term)



# FILM STUDIES

## Exam board – WJEC/Eduqas



Visit the exam board website:

Get familiar with exam style questions and mark schemes.



You can also find the specifications and teaching resources.



**youtube.com** – loads of fantastic videos on the history of film and clips from our chosen films.

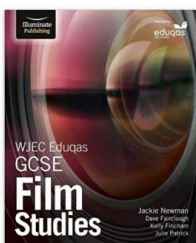
**Search for ‘Film Studies Fundamentals’**



**Quizlet** – great for revising terminology



**Sharepoint** – revisit all of our films and analyse key scenes for revision.



**Text book** – there is a text book available, but it is expensive and not as useful as the resources above.



## Film Studies- 2020-2021 Course information

### Topic and skills checklist

Exam board and course code	Changes to the specification	How course content is going to be covered and revised
WJEC - C670QS	No Changes	New content will be covered in class. Booklets will be given for revision.

Topic or skill	Red	Amber	Green
Component 1: Key Developments in US Film <ul style="list-style-type: none"><li>- Rebel without a Cause</li><li>- Ferris Bueller's Day Off</li><li>- Little Miss Sunshine</li><li>- Film and Technology History</li></ul>			
Component 2: Global film – Narrative, Representation and Film Style <ul style="list-style-type: none"><li>- Slumdog Millionaire</li><li>- Attack the Block</li><li>- Spirited Away</li></ul>			
Component 3: Production (Screenplay)			
Genre			
Narrative			
Representation			
Comparing films			
Cinematography			
<i>Mise-en-scène</i>			
Editing			
Sound			
The contexts of film			

# Food Preparation & Nutrition

## GCSE

### Exam board - AQA

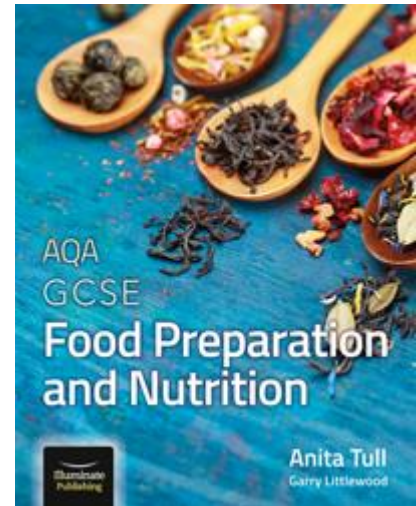
#### Resources available

Free access to the online AQA course text book. There are animations, films, quizzes, practise questions and key terms available throughout the book. Access is via the internet at

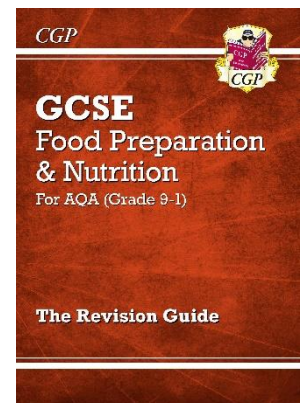
<https://www.illuminate.digital/aqafood/>

Log in: TCITYOFLEICESTER3

Password: STUDENT3



You can purchase the CPG Food & Nutrition revision guide which is a very useful revision tool with practice questions & answers.



Seneca learning is a great online testing resource. The food link to this will be emailed to all students for them to work on at any time.



Any practise of your high level cooking skills will build your confidence in preparation for your practical exam. High level skills – bread making, pasta, pastry, de-boning chicken, filleting fish, sauce making, desserts & decoration.



# FOOD PREPARATION & NUTRITION - 2020-2021 Course information

Exam board and course code	Changes to the specification	How course content is going to be covered and revised
AQA 8585	<ul style="list-style-type: none"> <li>- NEA 1 CANCELLED</li> <li>- NEA 2 cook 2 complex dishes in 3 hours instead of 3.</li> </ul>	Dessert project covered Sept-Oct  NEA 2 practise  Real NEA 2  Exam preparation/Re-cap knowledge from the course

## Topic and skills checklist

Topic or skill	R	A	G
<b>Practical Skills</b>			
<ul style="list-style-type: none"> <li>- Doughs – bread/pasta &amp; pastry</li> <li>- Sauce Making</li> <li>- Knife Skills</li> <li>- Meat &amp; Fish preparation</li> <li>- Decoration</li> <li>- Desserts</li> <li>- Using electrical equipment</li> <li>- Controlling the cooker</li> </ul>			
<b>Macro &amp; Micro Nutrients</b>			
<b>Diet through life &amp; nutritional needs</b> <ul style="list-style-type: none"> <li>- Age groups</li> <li>- Recommended amounts -RI &amp; DRV's</li> <li>- Diet related disease</li> </ul>			
<b>Heat transfer &amp; cooking foods</b>			
<u>Food science</u> <ul style="list-style-type: none"> <li>- Gelatisation</li> <li>- Caramelisation</li> <li>- Dextrin</li> <li>- Coagulation</li> <li>- Denature</li> </ul>			
<b>Factors affecting food choice</b> <ul style="list-style-type: none"> <li>- Budget</li> <li>- Religion</li> <li>- Special Diets</li> <li>- Lifestyle</li> </ul>			
<b>Grown, Caught &amp; Reared Food</b> <ul style="list-style-type: none"> <li>- Organic</li> <li>- Symbols</li> <li>- Fairtrade</li> </ul>			

The environment Food Miles Production			
Production & Processing Primary Secondary Milk Wheat Cheese			
<b>Food Safety</b> <ul style="list-style-type: none"> <li>- Hygiene &amp; safety</li> <li>- Food contaminants</li> <li>- High -risk foods</li> <li>- KEY storage temperatures</li> <li>- Storage</li> <li>- Cross-contamination</li> </ul>			
Planning for NEA 2 Research methods Selecting dishes Sensory evaluation Justifying Choice Complex skills – timed Presentation Evaluation Costing Nutritional analysis			
<b>Healthy Eating</b> <ul style="list-style-type: none"> <li>- The Eatwell guide</li> <li>- The government guidelines</li> <li>- Portion control</li> </ul>			
<b>Exam Practise</b> Multiple choice Long mark answers using PEE			

# Geography



Get your login and password details form Mr. Van Wyk

Quick tests will be made available to you in a booklet – make sure you work through them and hand them in to your Geography teacher for marking and feedback. They are also available on Sharepoint.

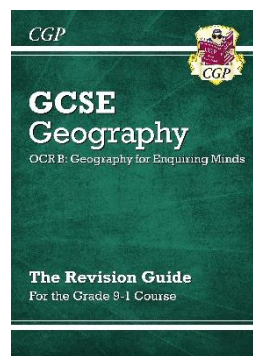


All PLCs are available on Sharepoint. Quick tests covering whole topics can also be found on Sharepoint.

All past for OCR B are available on Sharepoint. Your subject teachers will issue booklets covering all three papers.



Geography revision sessions will take place after October half-term.



You will be able to buy this revision guide from the school at a reduced price. Speak to your subject teacher.

## GEOGRAPHY - 2020-2021 Course information

Exam board and course code	Changes to the specification	How course content is going to be covered and revised
OCR B	No compulsory field trips	<p>The course will be covered by Easter.</p> <p>Exam practice questions will be done in lessons.</p> <p>After school sessions will start after the October halfterm.</p> <p>Revision of past topics will be done in lessons once a month.</p> <p>Knowledge organisers have been issued, these will be the basis of quick tests in lessons.</p> <p>Booklets of past exam questions will be issued to all students – can be answered at home and brought in to school for marking and feedback by teachers.</p>

### Topic and skills checklist

Important skills	R	A	G
<ul style="list-style-type: none"> <li>- Distribution</li> <li>- Graphs (drawing and describing)</li> <li>- Mathematical calculations (mean, mode, median)</li> </ul>			
<b>Topics:</b>			
<b>Urban futures</b> Case studies: <ul style="list-style-type: none"> <li>- London (AC)</li> <li>- Rio de Janeiro (EDC)</li> </ul>			
<b>Climatic hazards</b> Case studies: <ul style="list-style-type: none"> <li>- Extreme weather event in the UK: Boscastle flash flood</li> <li>- Extreme weather event outside the UK: Drought in the Sahel</li> </ul>			
<ul style="list-style-type: none"> <li>- <b>Dynamic development</b></li> <li>- <b>Case study: ZAMBIA</b></li> <li>- Influences of population, society, technology and politics</li> <li>- Rostow's model</li> <li>- Millennium Development Goals</li> <li>- Wider political, social and environmental context</li> </ul>			
<b>Resource reliance</b> <b>Case study: TANZANIA</b> <ul style="list-style-type: none"> <li>- attempts to achieve food security:</li> <li>- food consumption and availability over</li> <li>- time.</li> <li>- one attempt in helping achieve food security at a local scale</li> <li>- The effectiveness of one past and one present attempt to achieve food security</li> <li>- at a national scale</li> </ul>			

<b>Changing climates:</b> <ul style="list-style-type: none"> <li>- natural causes of climate change</li> <li>- human reasons of climate change</li> <li>- evidence for climate change</li> <li>- impacts of climate change in the UK</li> <li>- impacts of climate change globally</li> <li>- the enhanced greenhouse effect</li> </ul>			
<b>Landscapes of the UK</b> <ul style="list-style-type: none"> <li>- definition of a landscape</li> <li>- physical landscaped of the UK</li> <li>- physical processes</li> </ul> <b>Case studies:</b> <ul style="list-style-type: none"> <li>- Coasts: HOLDERNESS</li> <li>- Rivers: TEES</li> </ul>			
<b>UK in the 21<sup>st</sup> century</b> <ul style="list-style-type: none"> <li>- Human geography of the UK</li> <li>- Physical geography of the UK</li> <li>- UK's ageing population</li> <li>- London as an economic hub</li> </ul>			
<b>Sustaining ecosystems:</b> <ul style="list-style-type: none"> <li>- Interdependence</li> <li>- Biomes across the world</li> <li>- Tropical rainforests (goods and services and its impacts)</li> <li>- Polar regions (the arctic vs the Antarctic)</li> </ul> <b>Case studies:</b> <ul style="list-style-type: none"> <li>- Nunavut (local management of the Arctic)</li> <li>- The Antarctic treaty (global management of the Antarctic)</li> <li>- Pacuare Lodge (local attempt at rainforest sustainable management)</li> </ul>			

# History

## Exam board – AQA

### Weekly knowledge tests

- Prepare for your **weekly knowledge tests** using the text book chapters on **Sharepoint**, and the work in your folders.
- Go back over previous knowledge tests to check that you are **retaining** the information – you need to get it into your **long-term memory**.

### Practice questions

- **Practice questions** for all the GCSE History topics are available on **Sharepoint**. Your teacher will be happy to look at any answers to practice questions that you attempt.

### Revision guides and revision timetable

- You will receive **revision guides** after the Christmas Holiday, along with a suggested **revision timetable** to follow, to help you cover all the units in manageable chunks.

### Exam board – AQA (8145)

#### Paper 1:

- USA, 1920-1973: Opportunity and inequality
- Conflict and tension in Asia, 1950-1975

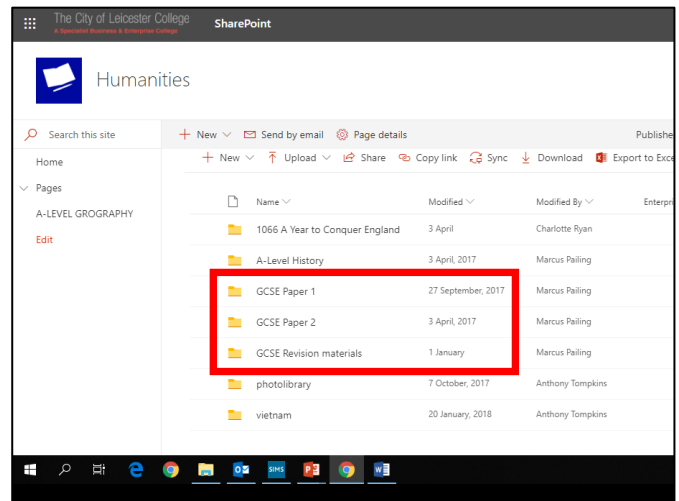
#### Paper 2:

- Migration, empires and the people, c.790 to the present day
- Norman England, 1066-c.1100

### Exam dates

*Paper 1:* Monday, 1 June (morning)

*Paper 2:* Thursday, 4 June (afternoon)



**BBC Bitesize** has a lot of good material on *Norman England* (Paper 2), *Conflict and tension in Asia* (Paper 1), and *Migration, empires and the people* (Paper 2).

# HISTORY - 2020-2021 Course information

Exam board and course code	Changes to the specification	How course content is going to be covered and revised
AQA (8145)	<p>You will only be examined on three of the four units of study in the 2020 exams.</p> <p><b>Compulsory unit</b></p> <ul style="list-style-type: none"> <li>Paper 1: Conflict and tension in Asia, 1950-1975.</li> </ul> <p><b>Optional units</b></p> <p>We still have to make a final decision on the other two units. At the moment, we intend to enter all students for the following two units:</p> <ul style="list-style-type: none"> <li>Paper 2: Norman England, 1066-c.1100.</li> <li>Paper 2: Migration, empires and the people, c.790 to the present day.</li> </ul> <p>If there is any change we will let you know.</p>	<ul style="list-style-type: none"> <li>We will complete 'Migration, empires and the people' around February half-term. After that we will concentrate on revision up to the exams.</li> <li>You will complete weekly knowledge tests from early October.</li> <li>You will receive a full revision timetable, and revision guides, from January.</li> <li>You need to ensure that you are signed up to Google Classroom, as many revision materials will be posted there.</li> <li>You need to ensure that you have all the knowledge booklets for all the units of study – let your teacher know if you are missing any of them.</li> <li>You need to ensure that you have the PLCs (Personal Learning Checklists) for all the units of study – let your teacher know if you are missing any of them.</li> </ul>

## Topic and skills checklist

Topic or skill	Red	Amber	Green
<b>Paper 1: Conflict and tension in Asia, 1950-1975</b>			
<b>Paper 2: Migration, empires and the people, c.790 to the present day</b>			
<b>Paper 2: Norman England, 1066-c.1100</b>			

# HEALTH & SOCIAL CARE

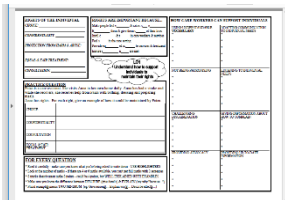
Exam board – OCR

JUST £ on  
TUCASI  
RRP £9.99

A copy of the  
revision guide has  
been emailed to all  
students

Use the revision guide for further reading on topics studied in class. It features:

- Exam Tips
- Common Mistakes you should avoid
- Definitions of key words
- Revision Activities where you can go online to check your answers to the 'Now Test Yourself' questions at:  
[www.hoddereducation.co.uk/myrevisionnotes](http://www.hoddereducation.co.uk/myrevisionnotes)



**Resources from your teacher** – attempt all revision maps given by your teacher after each learning outcome has been taught. Use this to review and reflect on what you know and what you need to work on.



**Revision Flashcards** – produce some revision flashcards. These are great for revising vocabulary/key words and can be used with your peers and family to test you.



**Exam Builder** – your teacher can create practice exams, using questions from past papers and will use these in class. If you would like to further practice at home, ask your teacher to build you a test on topics of your choice.



# HEALTH & SOCIAL CARE - 2020-2021 Course information

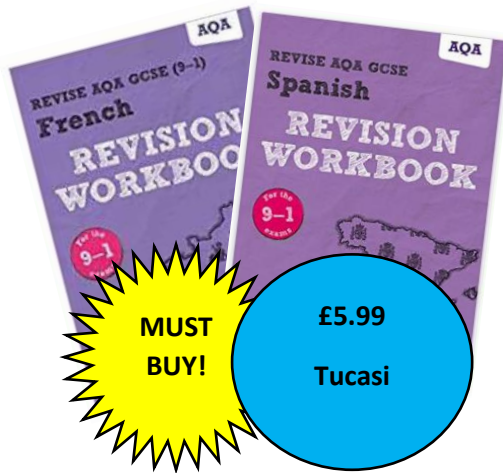
Exam board and course code	Changes to the specification	How course content is going to be covered and revised
OCR Health and Social Care	- Changes are not confirmed yet	Ofqual have advised us to continue with what we had planned to teach this academic year, this being, RO21: Essential Values of Care (exam unit), from September to December then moving on to the final coursework unit: RO31: Basic First Aid Procedures  Therefore, for now we do not need to return to incomplete coursework units from last academic year.

## Year 11 HSC Course Calendar:

Date	Unit and Topic	Additional notes
<b>Sep - Dec</b>	<b>RO21- Essential values of care for use with individuals in care settings</b> <b>Sept:</b> LO1 – Supporting Individuals to maintain their rights <b>Oct/Nov:</b> LO2 – Values of care and how they are applied <b>Nov:</b> LO3 – Legislation and its impact on care settings <b>Nov/Dec:</b> LO4 – How personal hygiene, safety and security measures protect individuals	Exam Unit Exam date – Monday 11 <sup>th</sup> January AM 2021 (Retake in May/June)
<b>Jan - May</b>	<b>RO31: Using Basic First Aid Procedures</b> <b>Jan:</b> LO1a – Assessing the scenes of accidents to identify risks and continuing danger <b>Feb:</b> LO1b - Assessing the scenes of accidents to identify risks and continuing danger <b>March:</b> LO2a – Understand the first aid procedures for a range of injuries <b>March:</b> LO2b - Understand the first aid procedures for a range of injuries <b>Apr:</b> LO3a – Apply basic first aid procedures <b>Apr/May:</b> LO3b – Apply basic first aid procedures	Coursework Unit (One assignment: 4 tasks) St John's Ambulance to deliver T&L for LO3. This optional coursework unit is dependent on the covid situation.

# FRENCH & SPANISH

## Exam board – AQA



When you do a question, time yourself and aim to spend **1 minute per mark**.

After you have done the question, **mark it** using the answers at the back.

Then, go through and **make a note of the vocabulary you didn't know** that would have helped you.

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**Quizlet** – great for revising vocabulary on all topics at Foundation and Higher.

French:



Spanish:



**Senecalearning.com** – covers all GCSE topics with some interactive quizzes.



**Language-gym.com** – revision of forming tenses

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**Speaking booklets** – complete answers to the questions in your speaking booklets, get your teacher to check them, then start trying to remember your answers – get someone at home to test you.

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Follow some Spanish/French YouTubers.

Watch a series in Spanish/French.

Have a French/Spanish only breaktime with your friends – you can only speak Spanish! This will massively help your speaking.

# FRENCH AND SPANISH - 2020-2021 Course information

Exam board and course code	Changes to the specification	How course content is going to be covered and revised
AQA French – Spanish -	<ul style="list-style-type: none"> <li>- Internally assessed speaking with pass/merit/distinction</li> <li>- No vocabulary from off the specification list</li> <li>- An extra choice in the writing task</li> </ul>	<p>The course will be covered by Easter.</p> <p>Until October half-term we are revising all topics from year 9 and 10.</p> <p>Do Now activities are based on previous topics to help you recognise what you can and cannot remember well.</p> <p>We will be doing exam questions in class for practice.</p>

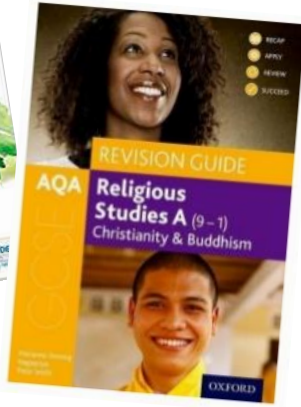
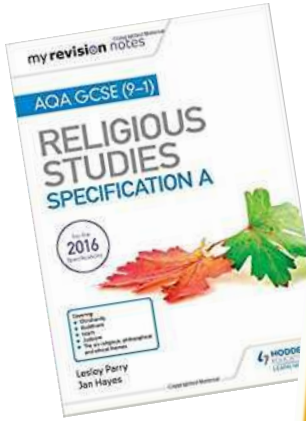
## Topic and skills checklist

Topic or skill	R	A	G
Grammar:			
<ul style="list-style-type: none"> <li>- Present</li> <li>- Past</li> <li>- Imperfect</li> <li>- Future</li> <li>- Conditional</li> </ul>			
“Wow” structures for writing and speaking			
Modal verbs			
Topics:			
Myself, family and friends <ul style="list-style-type: none"> <li>- Saying who you get on with</li> <li>- Describing people</li> <li>- Talking about marriage</li> </ul>			
Technology in everyday life <ul style="list-style-type: none"> <li>- Talking about the uses of social media</li> <li>- Advantages and disadvantages</li> </ul>			
Free-time activities <ul style="list-style-type: none"> <li>- Describing activities in the past</li> <li>- Food and healthy eating</li> <li>- Opinions about sports and extreme sports</li> </ul>			
Customs and festivals <ul style="list-style-type: none"> <li>- Talking about what you celebrate and how</li> <li>- Discussing the importance of traditions</li> <li>- Understanding international festivals</li> </ul>			

Home, town, neighbourhood and region <ul style="list-style-type: none"> <li>- Describing your home and ideal home</li> <li>- Describing your town and what you can do there</li> <li>- Describing your region</li> </ul>			
Social issues <ul style="list-style-type: none"> <li>- Describing charity work</li> <li>- Understanding the importance of charities</li> <li>- Describing health resolutions</li> </ul>			
Global issues <ul style="list-style-type: none"> <li>- Environmental problems</li> <li>- Discussing inequality and poverty</li> </ul>			
Travel and tourism <ul style="list-style-type: none"> <li>- Talking about holiday preferences</li> <li>- Describing your holidays, past and future</li> <li>- Talking about different places to visit in France</li> </ul>			
Life at school and college <ul style="list-style-type: none"> <li>- Describing a school day</li> <li>- Comparing schools in different countries</li> <li>- Talking about rules and uniform</li> </ul>			
Jobs, career choices and ambitions <ul style="list-style-type: none"> <li>- Talking about future options</li> <li>- Discussing apprenticeships and university</li> <li>- Discussing how to get a job</li> <li>- Advantages and disadvantages of different jobs</li> </ul>			

# Religion, Philosophy & Ethics

## AQA Specification A



Buy the right revision guide for you. There are many out there – if unsure, please see your RPE teacher who can show you examples, and discuss the best revision guides with you.



**BBC Bitesize** – Updated for Paper 1 (religions). Make sure you choose the right exam board! Helpful revision notes and end of topic multiple choice quizzes.

**YouTube** – Lots of great short explanations of religious concepts.

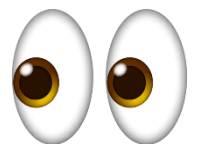
Suggested channels: BBC Teach (search Religious Studies), MrMcMillanREVis, Mr Finlayson



**AQA** – Look around the AQA website for key words and their definitions; wider reading and practice papers! Mrs Barron is happy to mark any extra exam questions you complete 😊

<https://www.aqa.org.uk/subjects/religious-studies/gcse/religious-studies-a-8062/assessment-resources>

**Watch the news!** The world around you is your best resource – especially for your 12-mark essays. Watch, listen or read the news at least twice a week to keep up-to-date with current affairs.



**Social Media** – Use social media platforms for good – follow influential activists and religious authorities e.g. Akala, Jameelajamilofficial, Stonewall, iweigh, simplepolitics, the Pope...

# Religious Studies - 2020-2021 Course information

Exam board and course code	Changes to the specification	How course content is going to be covered and revised
AQA Religious Studies A  8062	None	<p>We have already covered Paper 1 due to all your hard work over lockdown – well done!</p> <p>We did miss a couple of topics in Year 10 – but we have worked to rewrite our Y11 topics to allow time for these.</p> <p>Revision will be done through short knowledge recall activities during lessons (to help you recognise what you can and cannot remember well), supported by independent revision at home and revision sessions after school, if you feel you need them, or receive an invite.</p> <p>We will be doing exam questions in class for practise.</p>

## Topic and skills checklist

Topic or skill	R	A	G
<b>Buddhist Beliefs (Paper 1)</b>			
<ul style="list-style-type: none"> <li>- The Dhamma <ul style="list-style-type: none"> <li>▪ Three marks of existence</li> <li>▪ Dependent arising</li> <li>▪ Different ideals in Theravada and Mahayana traditions (Arhat and Bodhisattva)</li> <li>▪ Buddhahood and the Pure Land</li> </ul> </li> </ul>			
<ul style="list-style-type: none"> <li>- The Buddha and the Four Noble Truths <ul style="list-style-type: none"> <li>▪ Siddhartha's birth and his life of luxury</li> <li>▪ The Four Sights of Siddhartha Gautama</li> <li>▪ Siddhartha's Ascetic life</li> <li>▪ Siddhartha's Enlightenment</li> <li>▪ The Four Noble Truths (including the Eightfold Path)</li> </ul> </li> </ul>			
<b>Buddhist Practices (Paper 1)</b>			
<ul style="list-style-type: none"> <li>- Worship and Festivals <ul style="list-style-type: none"> <li>▪ Nature, use and importance of places of worship and key features</li> <li>▪ Meditation: different aims, significance and methods</li> <li>▪ Significance of different ceremonies associated with death and mourning (compare Theravada to Japanese and Tibetan Buddhism)</li> <li>▪ Festivals and retreats</li> </ul> </li> </ul>			

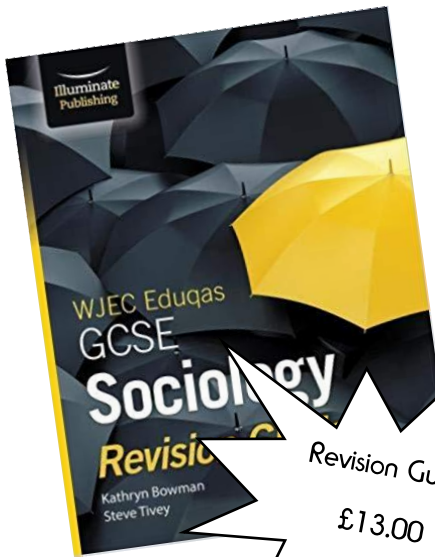
<ul style="list-style-type: none"> <li>- Buddhist Ethics <ul style="list-style-type: none"> <li>▪ Karma and rebirth</li> <li>▪ Compassion (karuna)</li> <li>▪ Loving kindness (metta)</li> <li>▪ The Five Moral Precepts</li> <li>▪ The Six Perfections</li> </ul> </li> </ul>			
<b>Christian Beliefs (Paper 1)</b>			
<ul style="list-style-type: none"> <li>- Key beliefs <ul style="list-style-type: none"> <li>▪ The nature of God</li> <li>▪ Problem of evil and suffering</li> <li>▪ The Trinity</li> </ul> </li> </ul>			
<ul style="list-style-type: none"> <li>- Jesus Christ and salvation <ul style="list-style-type: none"> <li>▪ The Incarnation</li> <li>▪ Jesus as God</li> <li>▪ Crucifixion, resurrection and ascension</li> <li>▪ Sin, including original sin <ul style="list-style-type: none"> <li>▪ The means of salvation, including grace and works</li> <li>▪ The role of Christ in salvation; including atonement</li> </ul> </li> </ul> </li> </ul>			
<b>Christian Practices (Paper 1)</b>			
<ul style="list-style-type: none"> <li>- Worship and festivals <ul style="list-style-type: none"> <li>▪ Prayer, including the Lord's prayer and other types</li> <li>▪ The role and meaning of the sacraments</li> <li>▪ The role and importance of pilgrimage – focus on Lourdes and Iona</li> <li>▪ Celebrations of Christmas and Easter and their importance for Christians in contemporary British society</li> </ul> </li> </ul>			

<ul style="list-style-type: none"> <li>- The role of the church in the local and worldwide community</li> <li>▪ Role of the Church in local community, including food banks and street pastors</li> <li>▪ Place of mission, evangelism and Church growth</li> <li>▪ Importance of worldwide Church for reconciliation, responding to persecution</li> <li>▪ The work of one of the following: CAFOD, Christian Aid, Tearfund</li> </ul>			
Theme C: The Existence of God and Revelation (Paper 2)			
<ul style="list-style-type: none"> <li>- Contrasting beliefs on the following three issues: visions; miracles; nature as general revelation</li> </ul>			
<ul style="list-style-type: none"> <li>- Philosophical arguments for and against the existence of God</li> <li>▪ Design Argument</li> <li>▪ First Cause Argument</li> <li>▪ Argument from miracles</li> <li>▪ Evil and suffering</li> <li>▪ Arguments based on science</li> </ul>			
<ul style="list-style-type: none"> <li>- Nature of the divine and revelation</li> <li>▪ Special revelation as a source of knowledge of the divine</li> <li>▪ Enlightenment as a source of knowledge of the divine</li> <li>▪ General revelation: nature and scripture</li> <li>▪ Different ideas about the divine – omnipotent and omniscient; personal and impersonal; immanent and transcendent</li> <li>▪ The value of general and special revelation and enlightenment</li> </ul>			
Theme D: Religion, Peace and Conflict (Paper 2)			
<ul style="list-style-type: none"> <li>- Contrasting beliefs on the following three issues: violence; weapons of mass destruction; pacifism</li> </ul>			
<ul style="list-style-type: none"> <li>- Religion, violence, terrorism and war</li> <li>▪ Violent protest</li> <li>▪ Terrorism</li> <li>▪ Reasons for war</li> <li>▪ Just war theory</li> <li>▪ Holy war</li> <li>▪ Pacifism</li> </ul>			
<ul style="list-style-type: none"> <li>- Religion and belief in 21<sup>st</sup> century conflict</li> <li>▪ Religion as cause of war</li> <li>▪ Nuclear weapons, including nuclear deterrence</li> <li>▪ Use of WMDs</li> <li>▪ Peace-making, including the work of 21<sup>st</sup> century religious figures</li> </ul>			

<ul style="list-style-type: none"> <li>▪ Religious responses to war e.g. religious charities</li> </ul>			
Theme E: Religion, Crime and Punishment (Paper 2)			
<ul style="list-style-type: none"> <li>- Contrasting beliefs on the following three issues: corporal punishment; the death penalty; forgiveness</li> </ul>			
<ul style="list-style-type: none"> <li>- Causes of crime</li> <li>▪ Poverty; mental illness; addiction, greed, opposition to an unjust law</li> <li>▪ Views about people who break the law for these reasons</li> <li>▪ Views about different types of crime: hate crimes, theft, murder</li> </ul>			
<ul style="list-style-type: none"> <li>- Religion and punishment</li> <li>▪ Aims of punishment</li> <li>▪ Treatment of criminals</li> <li>▪ Forgiveness</li> <li>▪ Death penalty – including arguments based on the principle of utility and sanctity of life</li> </ul>			
Theme F: Religion, human rights and social justice (Paper 2)			
<ul style="list-style-type: none"> <li>- Contrasting beliefs on the following three issues: the status of women in religion, the uses of wealth, freedom of religious expression</li> </ul>			
<ul style="list-style-type: none"> <li>- Human Rights</li> <li>▪ Prejudice and discrimination within religion and belief</li> <li>▪ Issues of equality, freedom of religion and freedom of religious expression</li> <li>▪ Human rights and responsibilities</li> <li>▪ Social justice</li> <li>▪ Racial prejudice and discrimination</li> <li>▪ Positive discrimination</li> </ul>			
<ul style="list-style-type: none"> <li>- Wealth and poverty</li> <li>▪ The right attitude to wealth</li> <li>▪ Uses of wealth</li> <li>▪ Responsibilities of wealth to tackle poverty</li> <li>▪ Exploitation of the poor, including issues related to fair pay, excessive interest on loans, people-trafficking</li> <li>▪ Responsibilities of those in poverty to overcome their difficulties</li> <li>▪ Charity</li> </ul>			

# SOCIOLOGY

EXAM BOARD: WJEC  
The Essentials...



Use the topic breakdowns on your PLC to revise the information in chunks.

After you have covered a small section make sure you test yourself using an exam question in timed conditions.

\*Remember you need just over a mark a minute!

Revision Guide  
£13.00

Once you have tested your knowledge go back and re-visit the information you missed in

GCSE Sociology tests and advice on Quizlet!



Use the **GCSE BBC Bitesize** website to support your revision. You will find articles, key words and videos all related to the topics we have covered!



[www.sociologytwynham.com](http://www.sociologytwynham.com) revision website!



Use a free online mind-mapping tool such as [mindmup.com](http://mindmup.com) to create colour coded mind-maps!



Make sure you are completing and keeping up to date with your 'revision task a day'!

- Watch some Sociology videos on YouTube!

- Follow some Sociology related accounts on Twitter e.g.

@ thesociologyguy  
@ teach\_soc\_psych  
@ HecticTeacher  
@ BrowneKen

- Create a Sociology tube map or game of snakes and ladders (see Ms Illston for more info!)

# SOCIOLOGY - 2020-2021 Course information

Exam board and course code	Changes to the specification	How course content is going to be covered and revised
WJEC EDUQAS	<ul style="list-style-type: none"> <li>- No changes have been made, at present the exam will take place in its entirety.</li> </ul>	Yr 11 Sociology finish their final unit of study in January and will therefore have 4 months left to go over and cover the self-taught work completed in lockdown, as well as some class wide revision on previously taught units.

## Year 11 HSC Course Calendar:

Date	Unit and Topic	Additional notes
<b>Sep</b> - <b>Jan</b>	<b>Crime &amp; Deviance Unit</b> <ul style="list-style-type: none"> <li>- Social construction of crime;</li> <li>- Social control;</li> <li>- Sociological explanations;</li> <li>- Sources of crime</li> </ul>	Component 2 Exam Date:  Thursday 27 <sup>th</sup> May PM (provisional) 1hr 45mins
<b>Jan</b> - <b>May</b>	<b>Revision of the following units:</b> <ul style="list-style-type: none"> <li>- Social Stratification,</li> <li>- Research Methods,</li> <li>- The Family,</li> <li>- The Education System,</li> </ul>	Component 1 Exam Date:  Tuesday 18 <sup>th</sup> May PM (provisional) 1hr 45mins



# YEAR 11 WELLBEING TIPS

## SLEEP

- NHS SUGGESTS 9 HOURS PER NIGHT
- AVOID TECHNOLOGY BEFORE BED, THE BLUE LIGHT MAKES IT HARDER TO FALL ASLEEP
- IF YOU HAVE THINGS ON YOUR MIND, TRY WRITING A TO-DO LIST BEFORE BED.

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## TALK

- TALK TO YOUR FRIENDS, FAMILY, TUTOR, TEACHERS
- FOCUS ON WHAT YOU CAN CONTROL
- ASK FOR HELP WHEN YOU NEED IT

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## BREATHE

- TAKE A WALK OUTSIDE - FRESH AIR CAN MAKE US FEEL MORE RELAXED
- TRY BREATHING IN THROUGH YOUR NOSE FOR 4 COUNTS AND OUT THROUGH YOUR MOUTH FOR 4 COUNTS

## FOOD

- EAT BREAKFAST!
- EAT A BALANCED DIET
- KEEP HYDRATED

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## ENJOYMENT

- EXERCISE RELEASES ENDORPHINES WHICH MAKE US FEEL GOOD
- FIND TIME TO DO SOMETHING YOU ENJOY EVERY DAY

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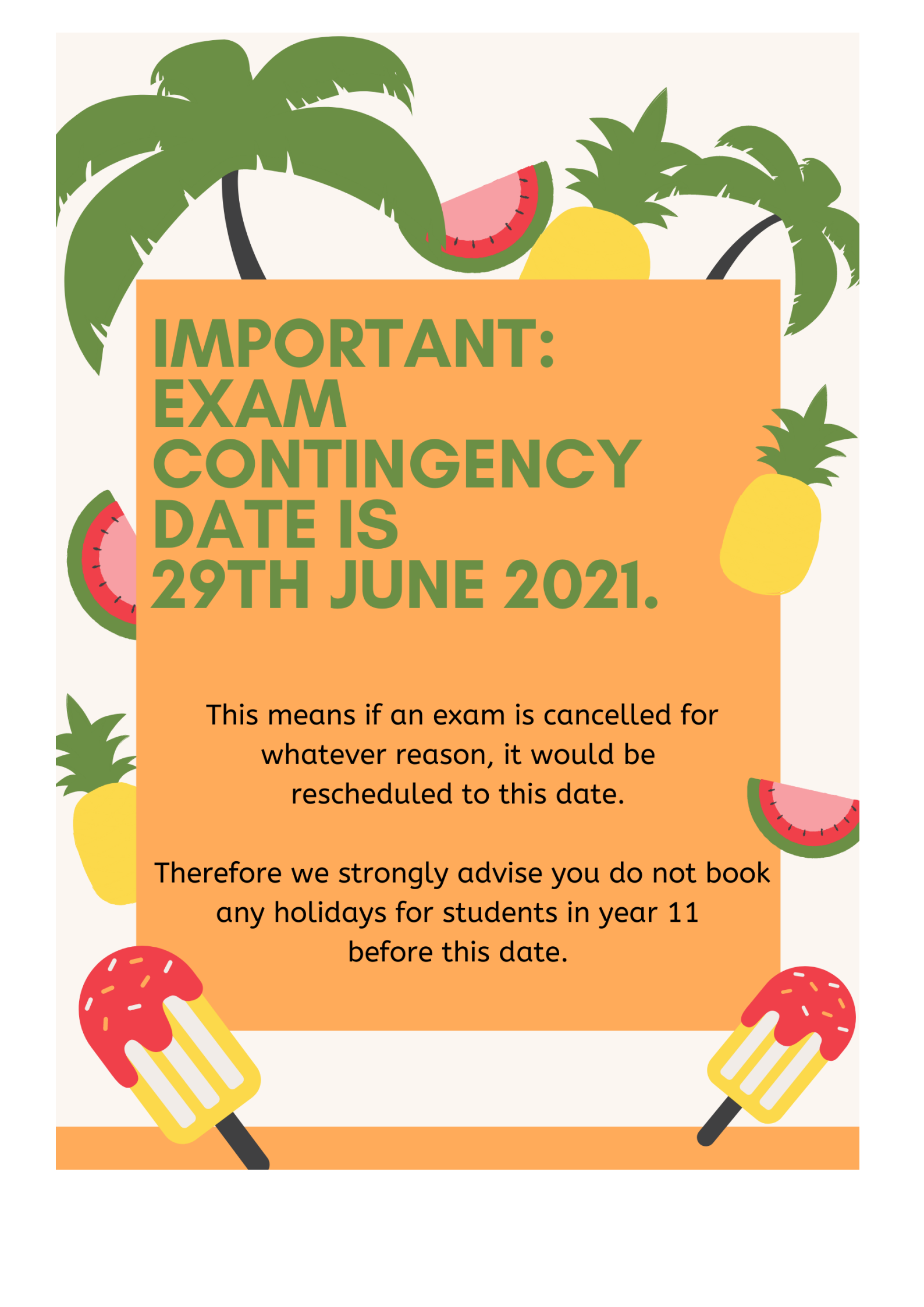
## ENVIRONMENT

- TRY CLEARING YOUR PERSONAL SPACE AT HOME
- SPEND TIME IN DIFFERENT SPACES AT HOME



**REVISION SESSIONS  
WILL BE STARTING  
AFTER OCTOBER  
HALF TERM.**

**Make a note of any  
sessions you are  
invited to attend and  
when they are.**



# IMPORTANT: EXAM CONTINGENCY DATE IS 29TH JUNE 2021.

This means if an exam is cancelled for whatever reason, it would be rescheduled to this date.

Therefore we strongly advise you do not book any holidays for students in year 11 before this date.

# Y11 Roadmap for Success

**GCSE exams**

**Apr - Jun**

- PP3 report – 21st April
- Easter school

**Apr**

**Feb Half-term school**

- Mock exam results afternoon
- 14th January - PP1 report
- Mock Interviews

**Jan**

- 6th form Interviews
- Mock exams –  
(23rd November to  
4th December)

**Nov**

- Revision booklet  
& resources provided
- External tuition programme
- PP1 report – 14th October
- Parents' evening – 28th October
- Revision guidance for parents  
– 29th October

**Oct**

- Post-18 support
- Wellbeing mentoring
- Subject specific PB sessions
- VESPA sessions in tutor time
- PB Independent Study

**Sept**