

YEAR 11

YEAR OVERVIEW - EXAMS

HOW TO REVISE EFFECTIVELY

YEAR OVERVIEW - EXAMS

Mock Examination Series 1

Start on Monday 28th Nov 2022

Mock Examination Series 2

Start on Monday 27th February 2023

GCSE Examinations

Monday 14th May to Friday 30th June 2023

Results Day Thursday 24th August 2023

STUDY SUPPORT:

How to make your
learning stick

REVISION GUIDANCE

PRINCIPLES OF EFFECTIVE TEACHING & LEARNING OUR LESSON INGREDIENTS



RETRIEVAL



READING



QUALITY EXPLANATION



CHECK
UNDERSTANDING



SCAFFOLD,
SUPPORT &
CHALLENGE

KNOWLEDGE FOLDER



Every knowledge
organiser
Every subject



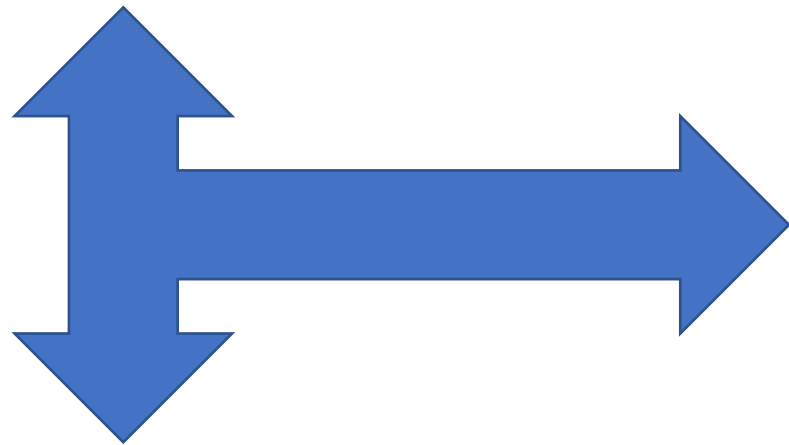
Every student



Every day



Self-quizzing
Flashcards
Encoding



Year 11



Establishing a **knowledge base** through **rehearsal and retrieval practice**,
independent revision and **coursework** (guideline = 15 hours per week)

We want you to spend time conducting **effective** revision practice and two of the most effective techniques we recommend are *practice testing* and *distributed practice*.

Technique	Effectiveness	Description of Technique
Practice Testing	High	Self-testing or using past-exam questions while learning.
Distributed practice	High	Developing a schedule of revisions / learning activities over time.
Elaborative Interrogation	Moderate	Thinking about 'why' you have answered a question or creating an explanation for a response.
Self-explanation	Moderate	Linking new information to known information or using applied questions (problem based learning).
Interleaved Practice	Moderate	Developing a schedule that mixes different techniques during a period of study.
Summarisation	Low	Writing summaries of concepts / area of study.
Highlighting	Low	The use of highlighters or underlining while read / rereading.
Keyword Mnemonic	Low	Use of key terms / acronyms / images to associate with concepts to be learned.
Imagery	Low	Attempting to form mental images of materials while reading.
Rereading	Low	Revisiting text that has already been read.

Table 1: Learning techniques and their effectiveness adapted from Dunlosky et al (2013) pg 6.

Look at some of the ways you may have revised for assessments in previous years – how effective were you?

Practice Testing; Self-quizzing

- You work hard to create many flash cards for your subject areas; the next step is to ensure that you are using your flash cards in the most effective way and this is by **practice testing**.
- You can self-quiz, where you test yourself using your flash cards, or be quizzed by somebody else.
- If you use the quizzing technique frequently, you are less likely to forget the knowledge that you have been taught.

Distributed Practice

- Ideally, over the course of the year you should aim to revisit each topic area in each subject several times.
- Evidence suggests that **distributing** your revision practice in this way is one of the most effective ways to learn the material and knowledge for the course.
- You should continue to revisit the flash cards that you feel less confident with or aren't always sure of the answer

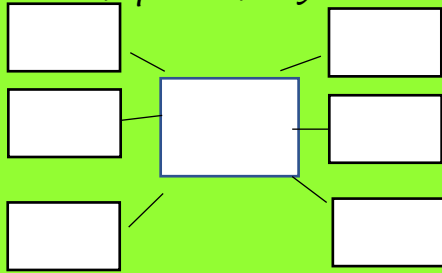
How to make my learning stick

We know that to move something into your long-term memory - so that you have REALLY learnt it, you need to practice and keep retrieving this knowledge. Here are 4 ways that you can do this.

Brain dump

Write the name of a topic at the top of the page and write down everything you can remember about this topic. This could include diagrams, pictures, formulae, quotes, key names.

Give yourself a time limit! (e.g. 4 mins)



When you have included as much as you can (from memory), then check your notes/knowledge organiser and add these on. Highlight those and focus on these next time.

Look, Cover, Write, Check

Using your knowledge organiser:

- Look at a section for 3 mins and try to memorise the information.
- Cover over the knowledge organiser
- Write down what you can remember on a blank sheet of paper
- Check it against the knowledge organiser. What did you miss?
- Repeat this process regularly and build this up until you can reproduce the whole knowledge organiser without looking

Flash cards

Create your own flashcards. Question or key word on one side, answer/definition on the other.

Rules of creating effective flashcards:

- Keep the answer brief and focussed.
- Use visual images to help prompt the memory.
- When using them to test yourself, give thinking time before turning over the card.
- Keep revisiting the flashcards.



You need to use these flashcards regularly - revisiting the ones you get wrong more frequently. Get someone to test you.

Self-testing and quizzing





Use multiple-choice questions to 'test yourself'. You can also use your flashcards for this.



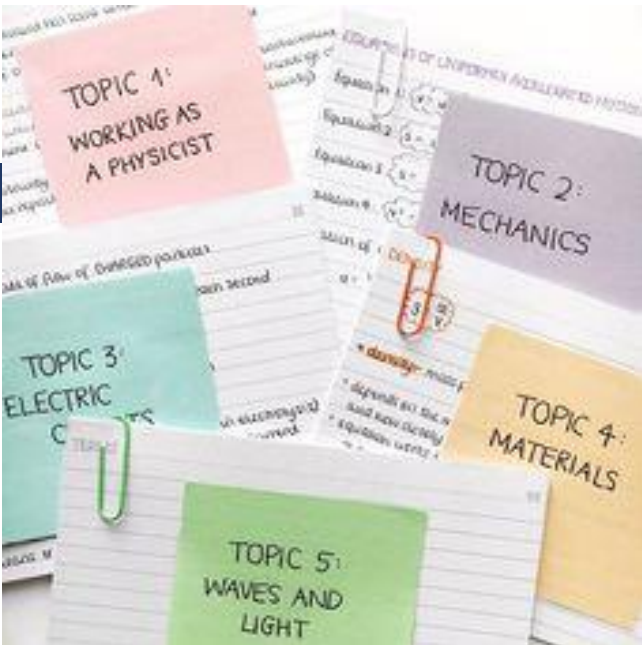
You will get it wrong sometimes - this is not failure, this is part of the learning process. Stick with these methods and it will

Creating flash cards

Creating flashcards step by step...

<p>1. Pick out an important piece of information you want to remember</p>	<p>2. Turn it into a question to answer and write this on one side of your flashcard</p>	<p>3. Turn over your flashcard and very neatly, write your answer in as few words as possible</p>
<p>Calcium is a mineral and is one of the most abundant in the body. It can be found in certain foods and is added to others. Having enough calcium is important for people of all ages. Babies and young children need calcium to develop strong teeth and bones while adults need calcium to maintain healthy teeth and a strong skeleton.</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Why do we need the mineral calcium in our diet?</p> </div>	<div style="border: 1px solid black; padding: 10px; margin-bottom: 10px;"> <p>We need this for strong bones and teeth</p> </div> <div style="border: 1px solid black; padding: 10px;"> <p>Why do we need the mineral calcium in our diet?</p> </div>
<p>4. Underline important words, and include all different colours to make different words stand out</p>	<p>5. Try to add to your flashcard clues and hints which will help you to recall the answer</p>	<p>6. Use cards both way round, testing yourself regularly, the trickiest ones the most often</p>
<div style="border: 1px solid black; padding: 10px; margin-bottom: 10px;"> <p>We need this for strong bones and teeth</p> </div> <div style="border: 1px solid black; padding: 10px;"> <p>Why do we need the mineral calcium in our diet?</p> </div>	<div style="border: 1px solid black; padding: 10px; margin-bottom: 10px;"> <p>We need this for strong bones and teeth</p>  </div> <div style="border: 1px solid black; padding: 10px;"> <p>Why do we need the mineral calcium in our diet?</p>  </div>	<div style="border: 1px solid black; padding: 10px; margin-bottom: 10px;"> <p>We need this for strong bones and teeth</p>  </div> <div style="border: 1px solid black; padding: 10px;"> <p>Why do we need the mineral calcium in our diet?</p>  </div>

Organising your flash cards



We highly recommended that you collate / organise your flash cards for each subject area.

You may also label them / collate them together for different topic areas; this way you can revisit those topic areas you feel less confident with.

REVISION SUPPORT:

Planning your revision time

TABLE

ordinary.com

THURSDAY	FRIDAY	SATURDAY
ave		
ve		



Planning revision time

How to get your revision plan right

- Be **realistic** and plan time away from your work to avoid burn-out!
- Make sure you study your least favourite / most challenging subjects first, and not at end of day when you are tired
- **Be focused**: Give yourself short breaks
- Planning helps you to balance your time so that you don't spend all your time revising one subject
- If you **share** your revision plan with friends or family then you are more likely to stick to it
- Don't worry about other students' revision plans, everyone does it differently!

Week beginning: 23rd March 2015

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EARLY MORNING	Metals and Alloys	Atmosphere Chemistry	Genetics	Cells Structure		
LATE MORNING	Covalent bonds	Plant reproduction	Coastal erosion	Cell structure		
EARLY AFTERNOON	Metals Alloys	Food production	Water and Dissolution	Plants		
LATE AFTERNOON	Carbonate rocks	Water and Dissolution	Organic Chemistry	Hardy poems / letters		
EVENING	Metals Alloys	Metals Chemistry	Metals Genetics	Metals Cell structure		

Legend:

- Blue: Biology
- Green: Geography
- Yellow: Chemistry
- Pink: English Lit

Your weekly revision plan

Write your name on your individual revision timetable



FRAMWELLGATE
SCHOOL DURHAM

Excellence, compassion & respect for all

Student Name:

Weekly revision timetable – Preparation for Mock Exam Series 1

Time/Day	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Time/Day	SATURDAY	SUNDAY
STEP						8-9am		
PERIOD 1	P1	P1	P1	P1	P1	9-10am		
PERIOD 2	P2	P2	P2	P2	P2	10-11am		
PERIOD 3	P3	P3	P3	P3	P3	11am-12pm		
PERIOD 4	P4	P4	P4	P4	P4	12-1pm		
LUNCH						1-2pm		
PERIOD 5	P5	P5	P5	P5	P5	2-3pm		
AFTER-SCHOOL REVISION						3-4pm		
4-5pm						4-5pm		
5-6pm						5-6pm		
6-7pm						6-7pm		
7-8pm						7-8pm		
8-9pm						8-9pm		

MOCK EXAM SERIES 1 – Starts Monday 7th December

Vocational Courses: External Examinations – Monday 11th January (Sport & Health)

Example: Weekly revision plan

1) Block out *hobbies / interests or other commitments*
(time that you are unable to study)

Time/Day	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Time/Day	SATURDAY	SUNDAY
STEP						8-9am		
PERIOD 1	P1	P1	P1	P1	P1	9-10am	Football Training	
PERIOD 2	P2	P2	P2	P2	P2	10-11am		
PERIOD 3	P3	P3	P3	P3	P3	11am-12pm		
PERIOD 4	P4	P4	P4	P4	P4	12-1pm		
LUNCH						1-2pm		
PERIOD 5	P5	P5	P5	P5	P5	2-3pm		
AFTER-SCHOOL REVISION						3-4pm		
4-5pm		Piano lesson	Childmind younger sibling			4-5pm		
5-6pm						5-6pm		
6-7pm				Badminton Club		6-7pm		
7-8pm	Choir					7-8pm		
8-9pm						8-9pm		

Example: Weekly revision plan

2) Timetable the *school sessions* you will attend at lunch or straight after school

Time/Day	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Time/Day	SATURDAY	SUNDAY
STEP						8-9am		
PERIOD 1	P1	P1	P1	P1	P1	9-10am	Football Training	
PERIOD 2	P2	P2	P2	P2	P2	10-11am		
PERIOD 3	P3	P3	P3	P3	P3	11am-12pm		
PERIOD 4	P4	P4	P4	P4	P4	12-1pm		
LUNCH						1-2pm		
PERIOD 5	P5	P5	P5	P5	P5	2-3pm		
AFTER-SCHOOL REVISION	OCR Sport	Maths		Geography		3-4pm		
4-5pm		Piano lesson	Childmind younger sibling			4-5pm		
5-6pm						5-6pm		
6-7pm					Badminton Club	6-7pm		
7-8pm	Choir					7-8pm		
8-9pm						8-9pm		

Example: Weekly revision plan

3) Record the time you will plan to complete revision activities / retrieval practice for *each of your subject areas*

Time/Day	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Time/Day	SATURDAY	SUNDAY
STEP						8-9am		
PERIOD 1	P1	P1	P1	P1	P1	9-10am	Football Training	Physics
PERIOD 2	P2	P2	P2	P2	P2	10-11am		English Literature
PERIOD 3	P3	P3	P3	P3	P3	11am-12pm		
PERIOD 4	P4	P4	P4	P4	P4	12-1pm		History
LUNCH						1-2pm	Maths	
PERIOD 5	P5	P5	P5	P5	P5	2-3pm	Chemistry	OCR Sport
AFTER-SCHOOL REVISION	OCR Sport	Maths		Geography		3-4pm		
4-5pm		Piano lesson	Childmind younger sibling	English Language	Physics	4-5pm		
5-6pm	Biology					5-6pm		
6-7pm	Geography	Chemistry			Badminton Club		6-7pm	
7-8pm	Choir		History			7-8pm		
8-9pm				Biology		8-9pm		

Example: A school week plan

4) Now use this **weekly plan with flash cards, topic overviews and knowledge folders** for each of your subject areas to ensure you cover specific topics as guided by your teacher

Weekdays	Monday	T
8:40-9:40am	Period 1	P
9:40-10:40am	Period 2	P
10:55-11:50am	Period 3	P
11:50am-12:50pm	Period 4	P
Lunch		
1:30-2:30pm	Period 5	P
After-school Session	Maths	
4-5pm		
5-6pm		
6-7pm	Geography	
7-8pm	PE	
8-9pm		

Use revision overview and topics recorded in planner:

- Components of a healthy diet
- Training Principles
- Performance-enhancing drugs

Example: Weekly revision plan

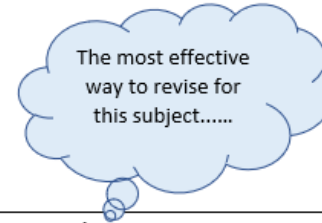
Revision Sessions in this subject: (Day/Time/Venue)			
Week Commencing	Weeks to mock exam	At home, you should be creating flash cards (if you do not already have them for this topic) but MOST IMPORTANTLY, <u>use your flash cards</u> to self-quiz. At home this week, focus on the following topics:	Revision sessions available this week will cover the following topics
2 nd November	5		
9 th November	4		
16 th November	3		
23 rd November	2		
30 th November	1		
7 th December	Mock Exam Series 1		

You will receive this overview from your teachers this week to plan out the topics to focus on over the next 5 weeks leading up to the mock exams

Example: Weekly revision plan



(Insert Subject) Revision Overview Preparation for Mock Exam Series 1



Your exam in this subject in Mock Exam Series 1 will be:

Paper 1: The human body and movement in physical activity and sport
What's assessed? <ul style="list-style-type: none">• Applied anatomy and physiology• Movement analysis• Physical training• Use of data
How it's assessed <ul style="list-style-type: none">• Written exam: 1 hour 15 minutes• 78 marks• 30% of GCSE
Style of questions <ul style="list-style-type: none">• A mixture of multiple choice/objective test questions, short-answer questions and extended answer questions
Additional equipment required for exam:

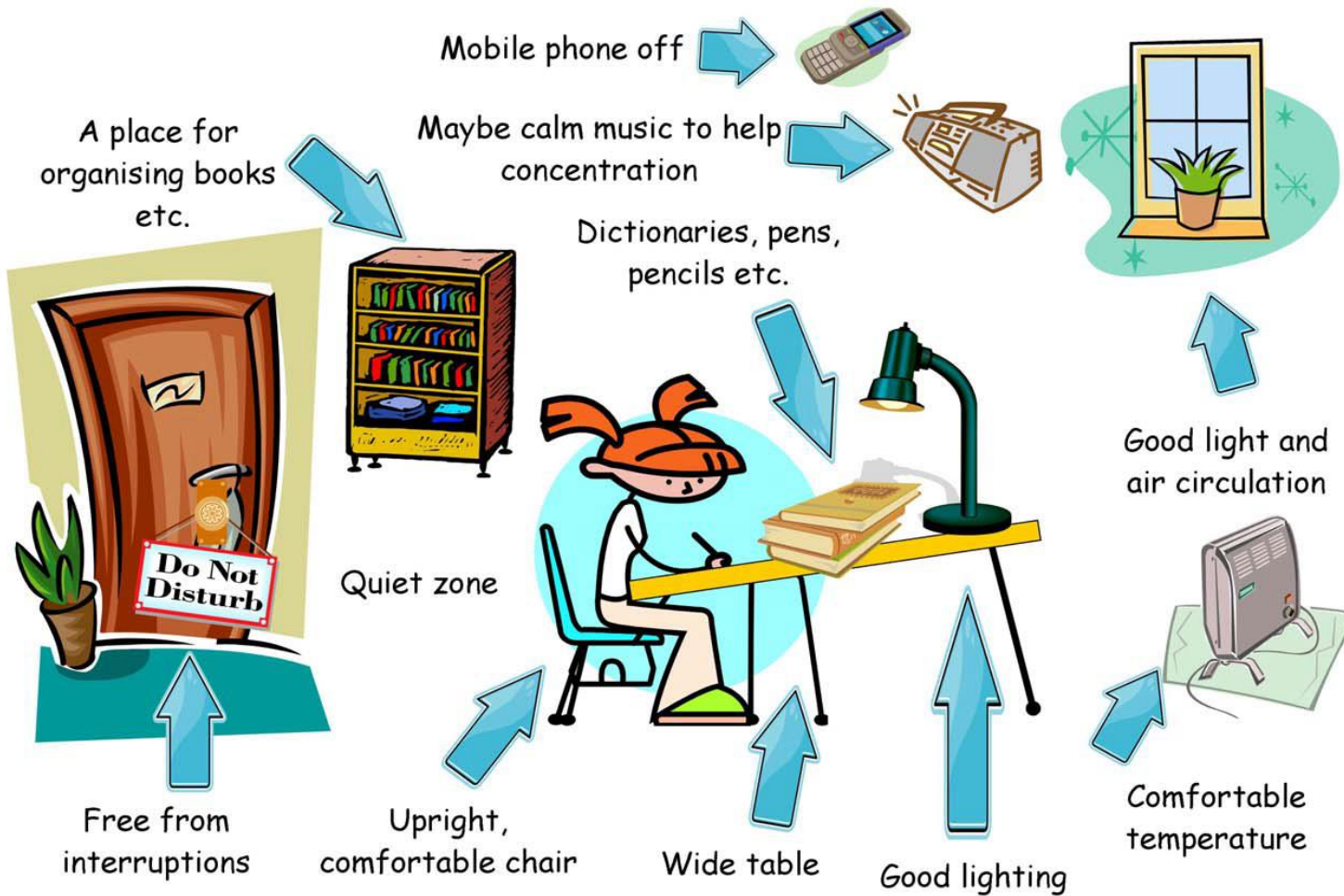
Key Revision Points / useful resources:

:

REVISION SUPPORT:

The ideal study environment

An ideal revision area



Sharepoint: Revision Hub and Study Support

SharePoint

Search this site

YR Revision Hub

Private group ☆ Not following 👤 3 members

Home + New Page details Analytics Published 5/27/2022 Edit

Conversations

Documents

Notebook

Pages

Site contents

Recycle bin

Edit

Revision sessions [See all](#)

+ Add event

Create an event
When you add an event, it will show here where your readers can see it.

Month	Title of event	Month	Title of event
01	Tuesday 12:00 AM - 1:00 PM	01	Tuesday 12:00 AM - 1:00 PM
01	Tuesday 12:00 AM - 1:00 PM		

Gradebuster and Quicktip sessions

Subject specific revision resources

- Revision videos
- Study skills
- Maths
- English
- Science
- History
- Geography
- MFL
- RE
- PE
- DT
- Food
- Computer science
- Art
- Music
- Health and
- Business
- Media

<https://framdurham.sharepoint.com/sites/RevisionHub>