Year 11 Revision Programme

- ❑ **Motivation**
- ❑ **What is Learning?**
- ❑ **Student Well-being**
- ❑ **Revision Techniques**
- ❑ **Final tips**

Opportunities are Created • Potential is Realised • Excellence is Achieved

So let’s break down the word ***REVISION***.

What does it actually mean in a school/ educational setting?

Revision

…. is the process of reinforcing and embedding school learning.

…. Allows students to identify what knowledge they know and what they don't know.

…. Encourages students to make links with other learning.

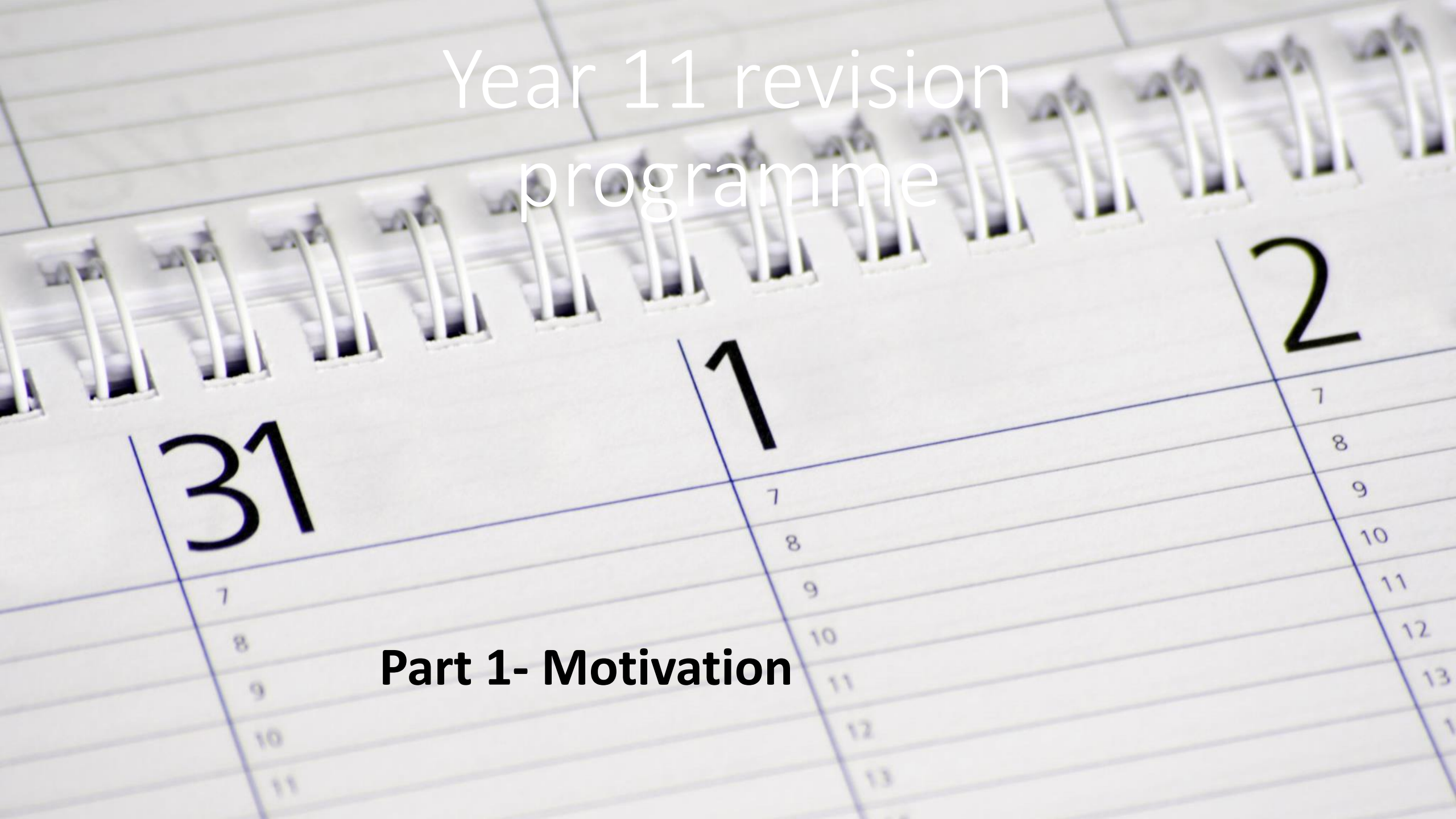
…. Should practise applying their knowledge and skills under exam conditions ready for terminal exams

Changing things – It is never too late!!!

nchester City 3-2 QPR - As it happened on Soccer Saturday

aul Merson reacts to Arsenal's winning goal and gives his thoughts on the 3-2 win over Bournemouth!

Year 11 revision programme



Part 1- Motivation

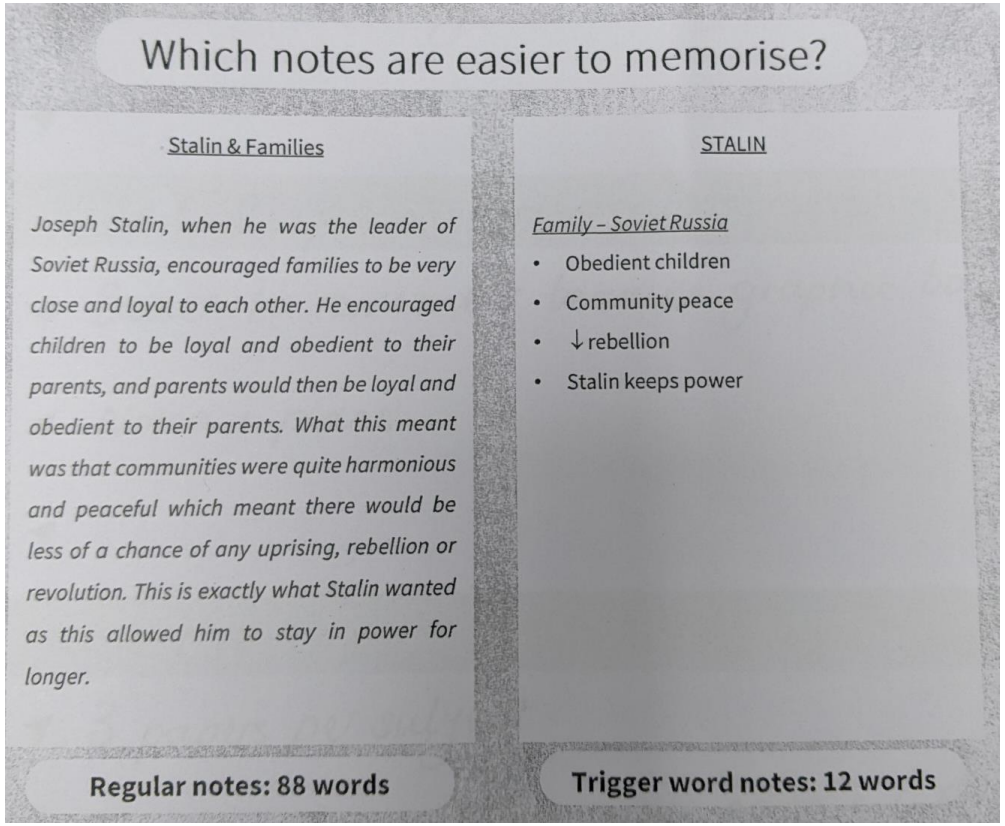
Revision session Part	What is covered?
1	1. Motivation-what are your aims/goals 2. Getting started- Elevate 3. Getting started- creating a revision timetable- Adapt App
2	1. Understanding what learning is 2. Importance of homework/classwork
3	Student wellbeing during exams and Year 11
4	Revision techniques and examples
5	Final tips

Motivation-what are your aims/goal

Over to you…

1. Write down all your subjects and the grades you would like to achieve in each of them
2. How likely are you to achieve these at the moment?
3. What do you want to do after GCSEs?
4. Will these grades allow you to do that?
5. What if you change your mind? What is your back up?
6. Are you already doing what needs to be done to achieve these grades? What do you need to do to achieve these grades?

Getting started- Using Elevate



Look through your Elevate notes from last term-

1. Use your Syllabus
2. Make notes Continuously
3. Use Trigger words. Most people need to reduce the numbers of words from their notes by **80%**
4. Use Colour

Getting started- Using Elevate

Master your work

1. System of Review
2. Create Mind Maps
3. Practice papers
4. Support your notes with extra information

Getting started- Creating a written revision timetable

Creating a revision timetable-

1. Write down all your subjects
2. Then choose 3 subjects that you feel you need more help with
3. Write down the main topics for these subjects- use the learning ladders to help you with this
4. Put these topics into you revision timetable. Be clear what the topic is and what revision you are going to do- for example make revision flashcards, do some Qs and As, practice exam questions etc.

Over to you… Until you have your training on the Adapt App on the 6Th October. Use the paper copies provided to start to think about how you could create a revision timetable for one week and see how well you use it. Add your lessons to the timetable and breaks.

Getting started- Creating a revision timetable

Using the **Adapt App**

Watch the video first

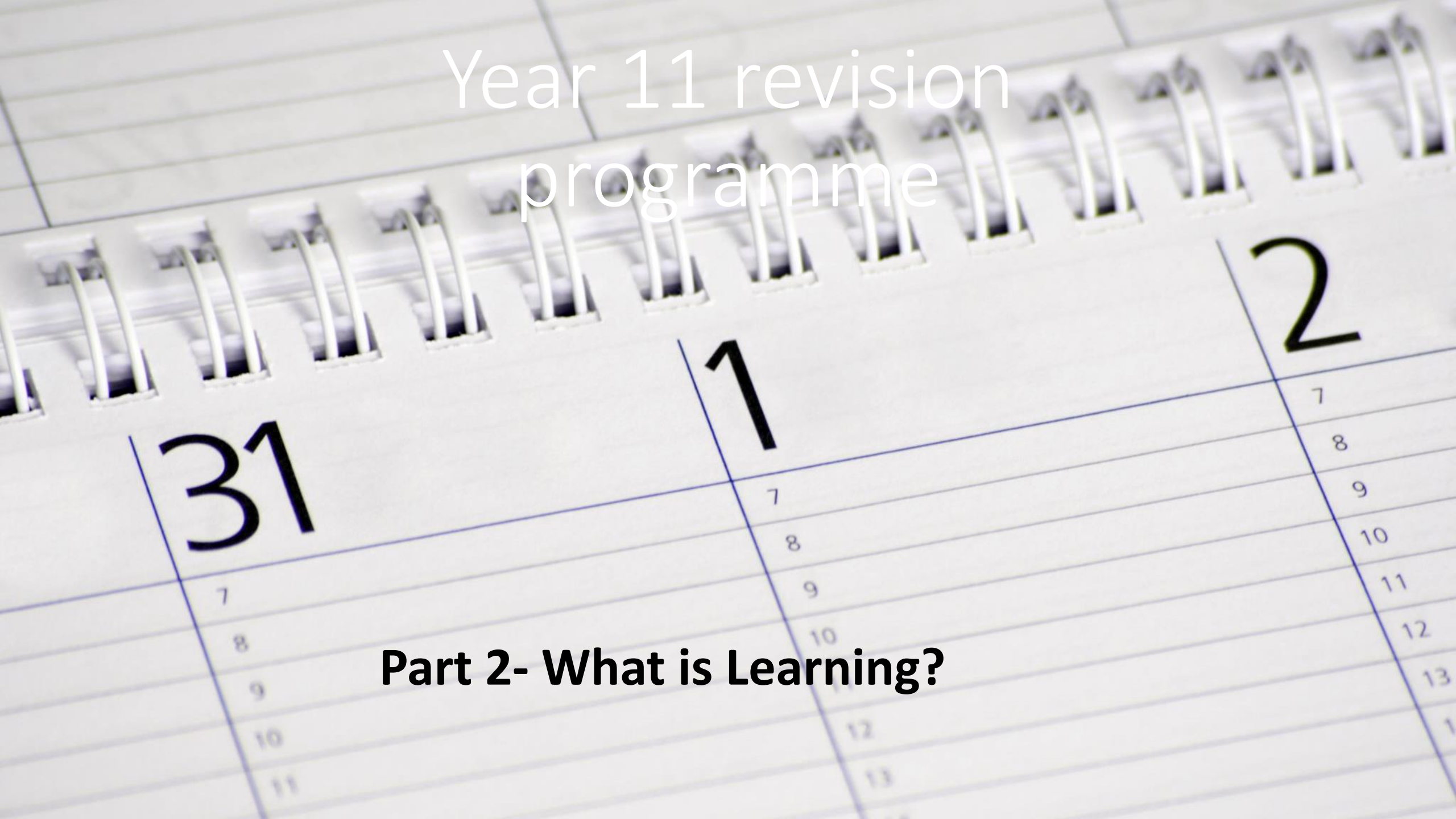
You will then have training on this on 6th October at 9:30am in the school hall.

Exam boards for the Adapt App

ENGLISH LANGUAGE: AQA syllabus 8700
ENGLISH LITERATURE: AQA syllabus 8702
MATHS: EDEXCEL 1MA1
GCSE COMBINED SCIENCE TRILOGY (double award): AQA syllabus 8464 (Biology AQA 8461, Chemistry AQA 8462, Physics AQA 8463)
GCSE SCIENCE SEPARATE (triple award): Biology AQA 8461, Chemistry AQA 8462 and Physics AQA 8463)
CITIZENSHIP: EDEXCEL 1CS0
RELIGION, PHILOSOPHY & ETHICS: AQA Specification A 8062
ART & DESIGN: AQA syllabus 8201
CHILD DEVELOPMENT: OCR Cambridge National Certificate
DRAMA: OCR 4240
GEOGRAPHY: OCR Syllabus A J383
HOSPITALITY & CATERING: WJEC syllabus 5596 UAO-1

HISTORY: (Edexcel 1HI0)
MEDIA STUDIES: GCSE (AQA Syllabus 8572 Single Award)
FRENCH: AQA syllabus 8658
SPANISH: AQA syllabus 8698
MUSIC: Eduqas (part of WJEC)
PHYSICAL EDUCATION: OCR J587
GCSE STATISTICS: EDEXCEL 1ST0
DESIGN & TECHNOLOGY: RESISTANT MATERIALS OCR syllabus J310
DESIGN & TECHNOLOGY: GRAPHICS OCR syllabus J310
DESIGN & TECHNOLOGY: TEXTILES OCR syllabus J310
FOOD AND NUTRITION: OCR syllabus J309
COMPUTER SCIENCE: AQA – 8525
BUSINESS: OCR J204

Year 11 revision programme



Part 2- What is Learning?

“Learning happens when people have to think hard”

Prof. Robert Coe – Durham University

As humans at all stages of our lives we need to engage in **higher-order thinking** if **knowledge** is going to go into the **long-term memory**

Knowledge vs. familiarity

- How well do you know the 50p coin? You have seen it thousands of times, used it thousands of times, touched it thousands of times so you should know all about it. Think about the front of a 50p coin.

There is an image of Britannia.

1. What is in her left hand?
2. What is in her right hand?
3. What is on the shield?
4. What is on her head?
5. What is at her feet?

Ask yourself….

If you knew the answers – why was this?

If you were not correct – why was that???

We have seen the coin many times (‘shallow repetition’) but we have not thought about it. Therefore we are familiar with it but we do not know it!

Your task is to remember this… 30 seconds..

106 6191 4181 21966

Now write down the numbers

Now remember this… 30 seconds

1066 1914 1812 1966

Now write down the numbers

1066 1914 1812 1966

106 6191 4181 21966

Is one easier? Why?

The difference between the two is that for the second series of letter we already have a **schema.**

A **schema** is a cognitive framework or concept that helps organize and interpret information.

Schemas can be useful because they allow us to take shortcuts in interpreting the vast amount of information that is available in our environment) to make sense of the information in order to memorise it.

All of these schemes are designed to make you think hard and therefore understand more

The more you can do this now in lessons, the easier your revision will be and therefore the less stress it will cause

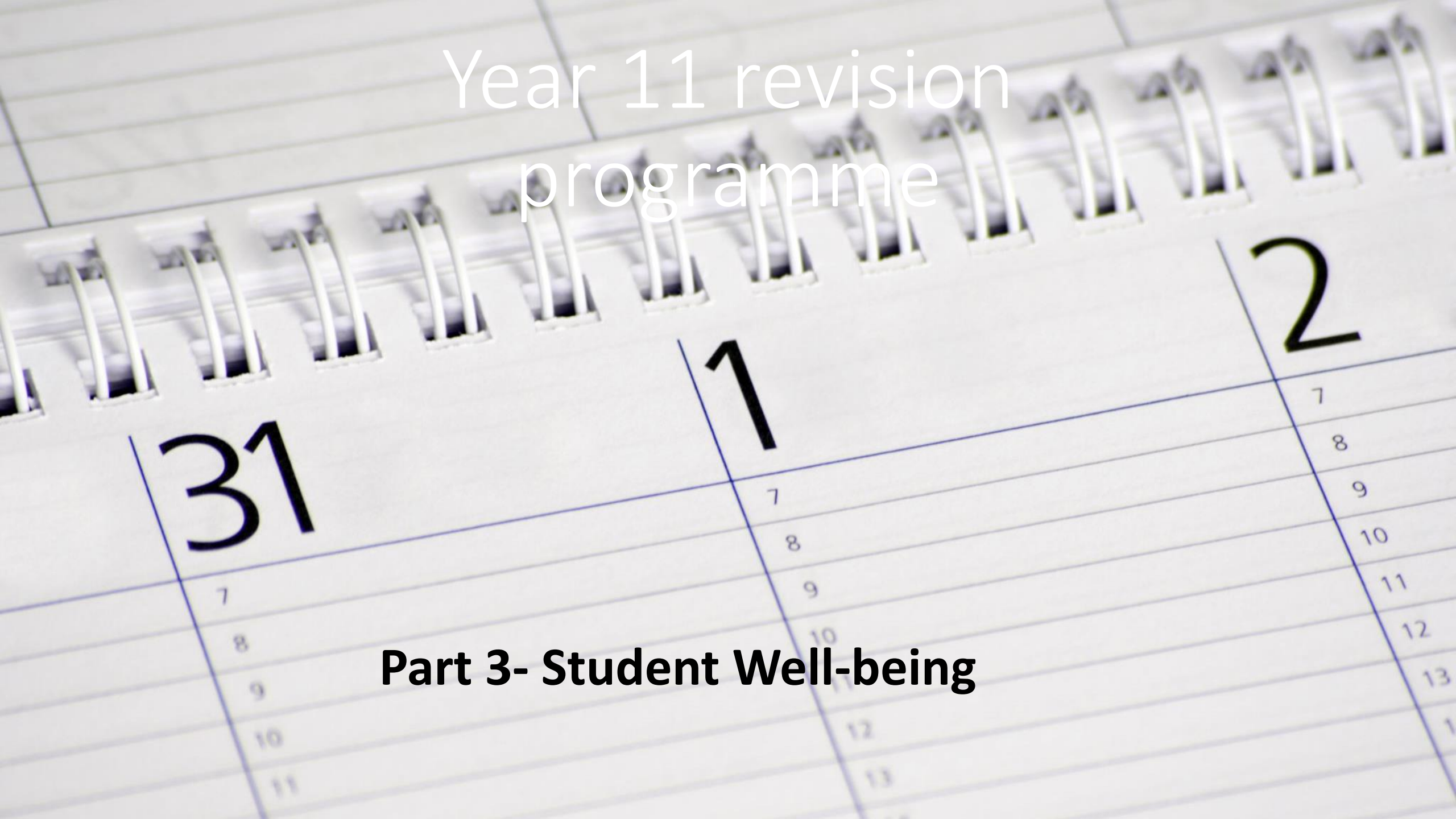
Making the most of your lesson time

Use the teacher as a resource- ask questions, answer questions- get involved- this way your brains are thinking more and you are understanding more and therefore you are going to remember more

Over to you… What subjects do you feel you are making the most of the lesson time? What subjects are you not? How are you going to develop your thinking skills in these lesson? Write down 3 actions to do next lesson to put this into practice.

As a group discuss what these actions could be?

Year 11 revision programme



Part 3- Student Well-being

Creating the right environment for working and sleeping

How many of your bedrooms look like this?

This is not conducive to either revising or sleeping

A messy environment will keep your stress levels higher ensuring poor revision and poor sleep

Creating the right environment for working and sleeping

For some of you the bedroom may be the best place for revising/working as it is quiet.

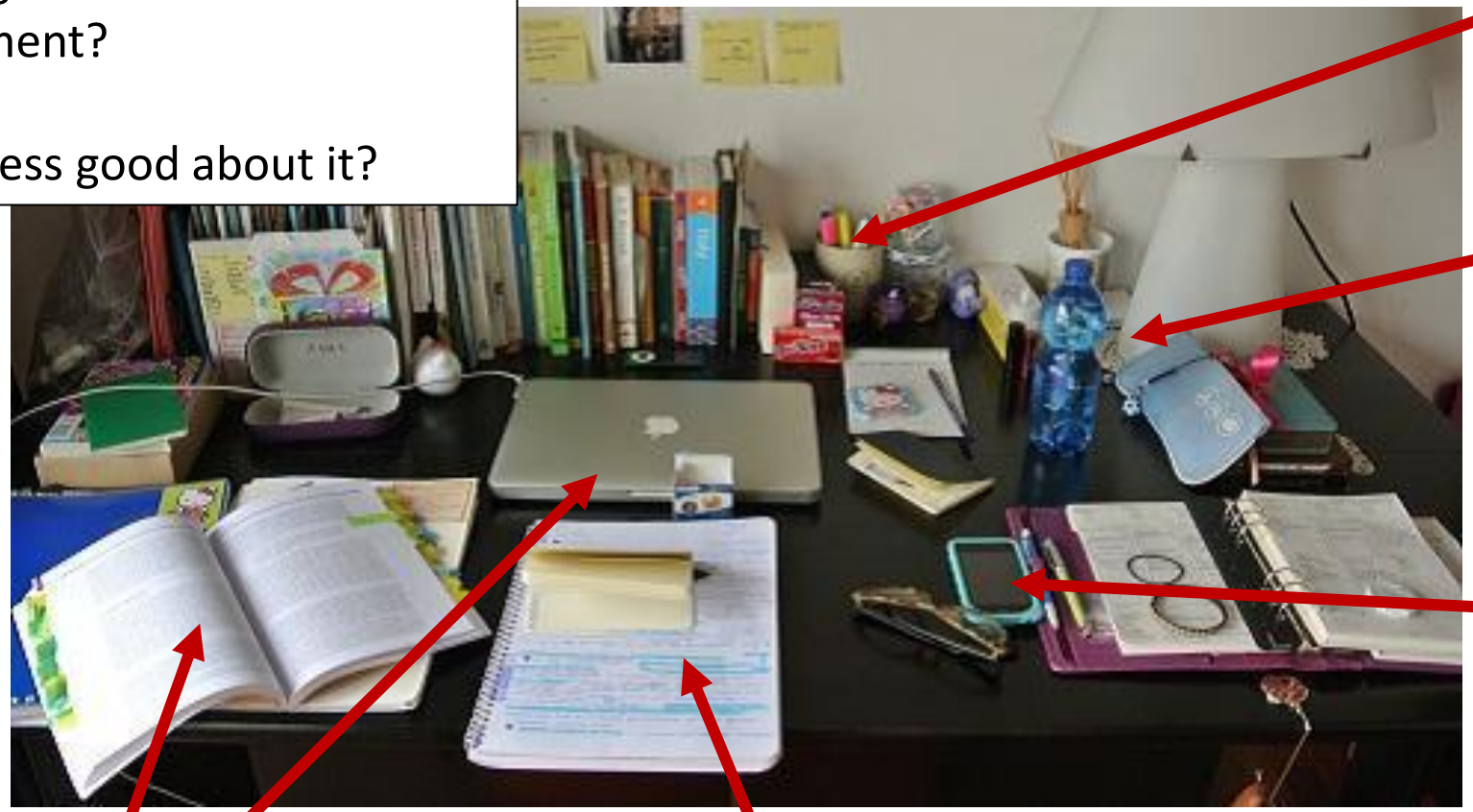
For others you may prefer working downstairs for a larger table and to keep your bedrooms as somewhere for sleep only.

If you know there are no good places to work/revise at home then use school-library, my office after school is always available.

Creating the right environment for working

What is good about this work environment?

What is less good about it?



Equipment ready

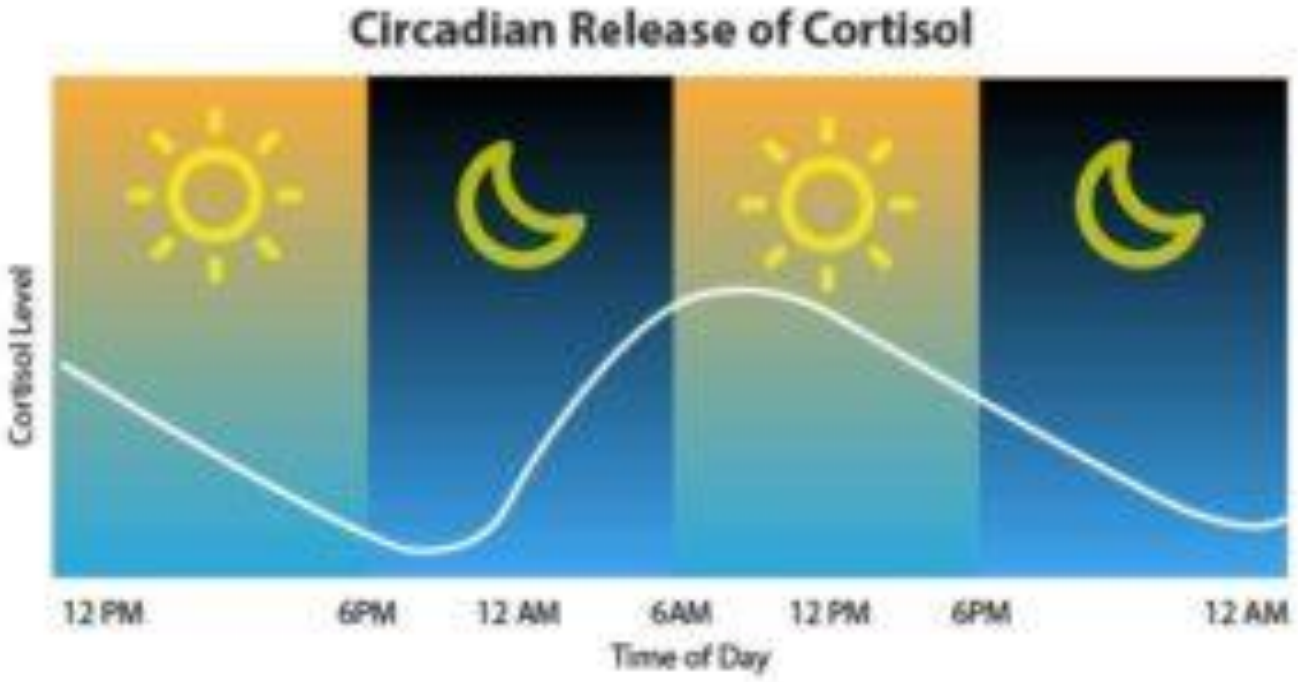
Water bottle- keeping hydrating helps maintain concentration

Phone- not good for revising. Breaks concentration-put it downstairs and give yourself a break.
Use your phone for revision material/apps when you are downstairs/on the bus/on the sofa

Range of resources- Laptops are better for researching-less distractions from social media notifications etc.

Clear revision notes- use of highlighter for key points

The importance of quality sleep



Cortisol is one of the bodies main stress hormones

It is really important as it is what wakes you up in the morning and gets you ready for the day ahead

HOWEVER, a lot of studies have shown that if your cortisol levels are not low enough before bed, this will affect the quality of your sleep.

Often, people struggle in 2 ways- they can't get to sleep as their cortisol levels are too high, or they get to sleep easily but struggle to stay asleep- both are linked to high cortisol levels.

The importance of quality sleep

Watch this video used by the military to get to sleep quickly-

Why is good sleep important for revision and memory?

Top tips to reduce your cortisol levels for a good night's sleep-

1. Good quality sleep will be better than cramming
2. Your body needs time to go through these sleep cycles- so making sure you are getting the 8 solid hours needed
3. Avoid use of phones/TVs/screens- this will affect your body's ability to go into deep and REM sleep, which is when learning and memory happen
4. Use breathing exercises, reading a book or listening to audiobooks before bed to help your body relax before sleep
5. Maintain/increase your physical exercise throughout the day to ensure your body is physically tired

The importance of a good diet

Watch this video for the best foods to eat to boost concentration and memory-

Top tips-

1. Don’t skip sleep to revise- think Will in the Inbetweeners! This is also a good lesson for NOT drinking energy drinks as well!
2. Find relaxing ways to go to sleep- get in the habit of doing this weeks before your exams
3. Phones not in bedrooms-create a warm comfortable environment- ask your parents for an alarm clock for Christmas
4. Eat well- simple science- brain needs nutrients to function best. In particular protein
5. Drinks lots of water
6. Use your timetables to factor in breaks
7. Quality over quantity
8. Start revision now, use lesson time wisely
9. Continue sports and other curriculum activities
10. Create action plans/questions for teachers if stuck

Over to you...

Which of these areas are you doing well in?

Physical exercise?

Sleep?

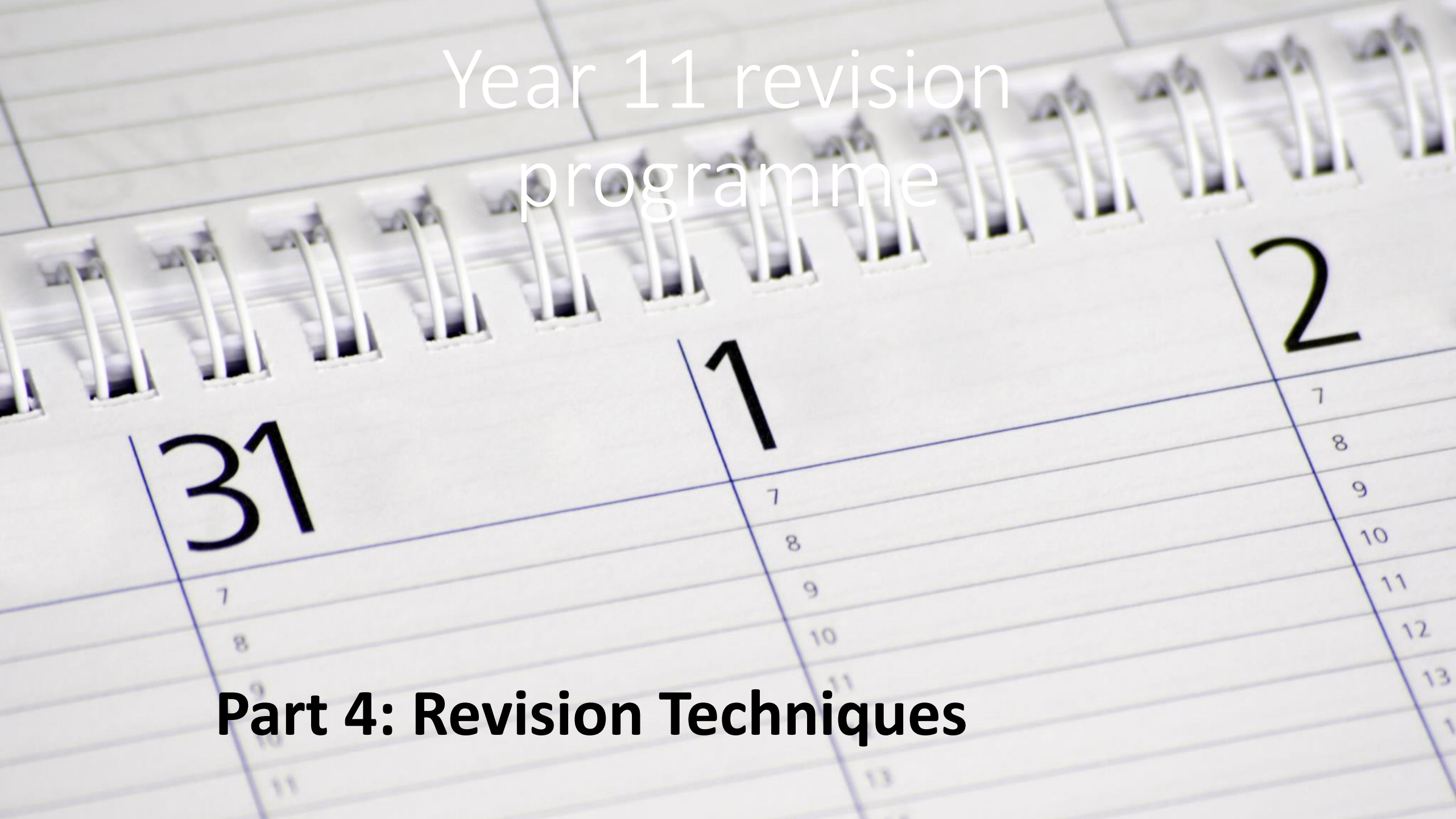
Diet?

Right environment?

Which do you need to improve?

How are you going to do this?

Year 11 revision programme



Part 4: Revision Techniques

The revision card/ slide….

Facts – on ***CLIMATE CHANGE***

What causes ***CLIMATE CHANGE***?
Human:

Natural:

What are the responses to ***CLIMATE CHANGE***?
Individual:

National:

Global:

What are the impacts of ***CLIMATE CHANGE*** ?
UK:

Global:

Quiz time!

Memory

House	*Rope*
Floor	*Watch*
Wall	*Mary Poppins*
Glass	*Ring*
Roof	*Apples*
Tree	*Of*
Sky	*The*
Road	*Table*
The	*Pen*
Of	*Flower*
Apples	*Pain*
Of	*Dog*

Read the list in order once.

You will only have a short amount of time.

Now try to recall the words – on the paper, write the words you can remember, in the correct order.

Which ones did you remember?

Why?

How can that help us?

Memory

1. *House*
2. *Floor*
3. *Wall*
4. *Glass*
5. *Roof*
6. *Tree*
7. *Sky*
8. *Road*
9. *The*
10. *Of*
11. *Apples*
12. *Of*
13. *Rope*
14. *Watch*
15. *Mary Poppins*
16. *Ring*
17. *Apples*
18. *Of*
19. *The*
20. *Table*
21. *Pen*
22. *Flower*
23. *Pain*
24. *Dog*

Useful tips-

- Look at the beginnings and ends of the words
- Number the words
- Which words are repeated?
- Which words are memorable/different?
- Are there any links between the words?

Now try to recall the words again – on the paper, write the words you can remember, in the correct order.

How much better did you do?

That is because those tips helped you to think more about the words and therefore increased the chance of you remembering them

Part 4: Revision Techniques

1. Condensing notes
2. Use learning ladders and Teams
3. Mind Maps
4. Flow charts
5. Flash Cards
6. Past paper questions/approaching exam questions

Learn

↓

Revise

↓

Test yourself

↓

Repeat

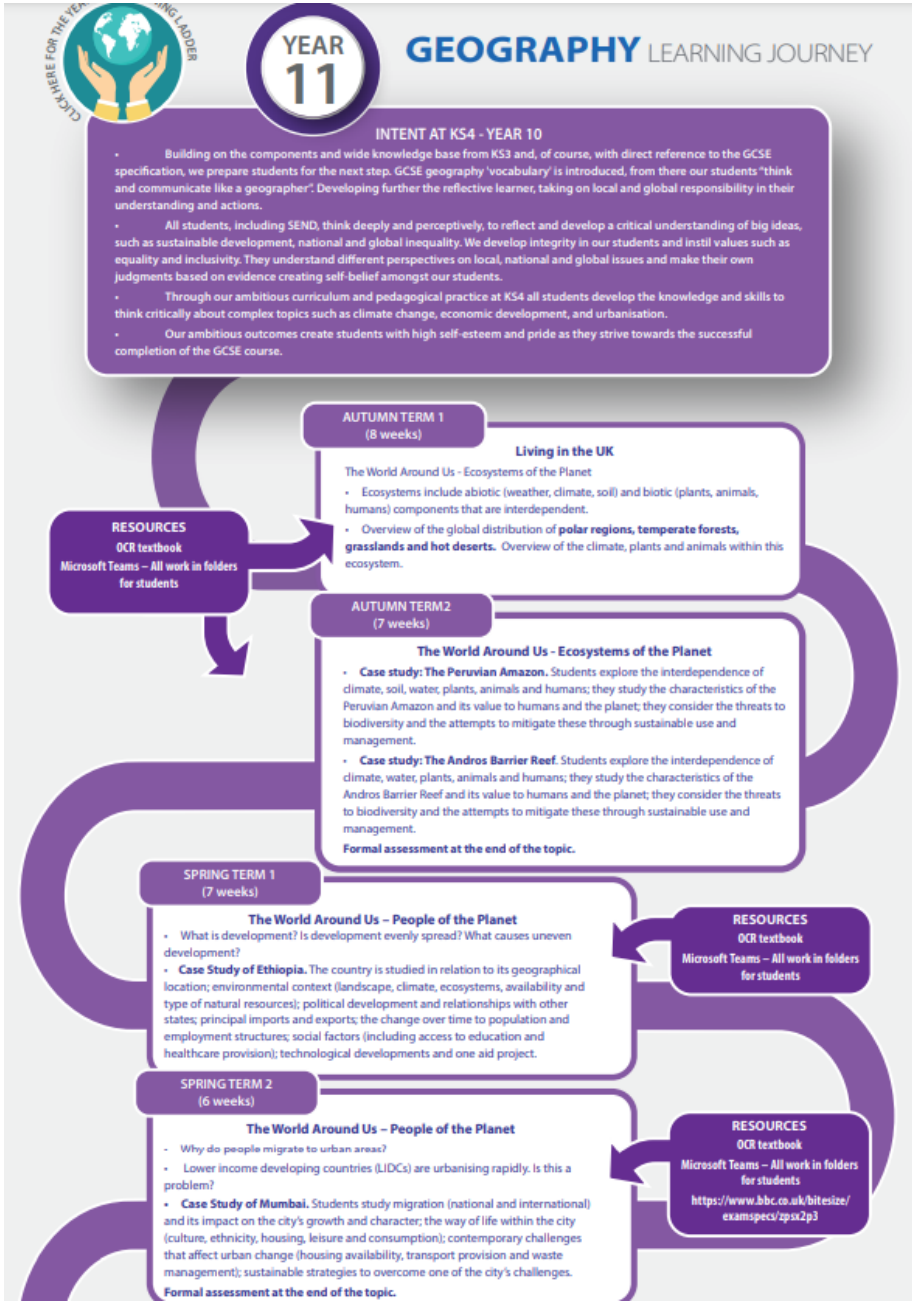
Use the Learning Ladders and Teams

Designed to help give you an overview of your subjects for your revision and extra revision material.

All available on the school website

Use your Teams accounts- there will be a lot of revision material on there- please ask your teacher if you need help

Over to you… Go on to the school website. Go to Curriculum- Departments A-Z- chose a subject you study-click on **learning ladders** and investigate



This is an example from **Geography** of a revision grid.

Here you can use the learning ladders to divide your notes into the key questions you need to answer.

You can then create revision grids, mind maps etc. using these key questions

Component 1: Theme 1 - Landscapes of the UK **Revision Grid**

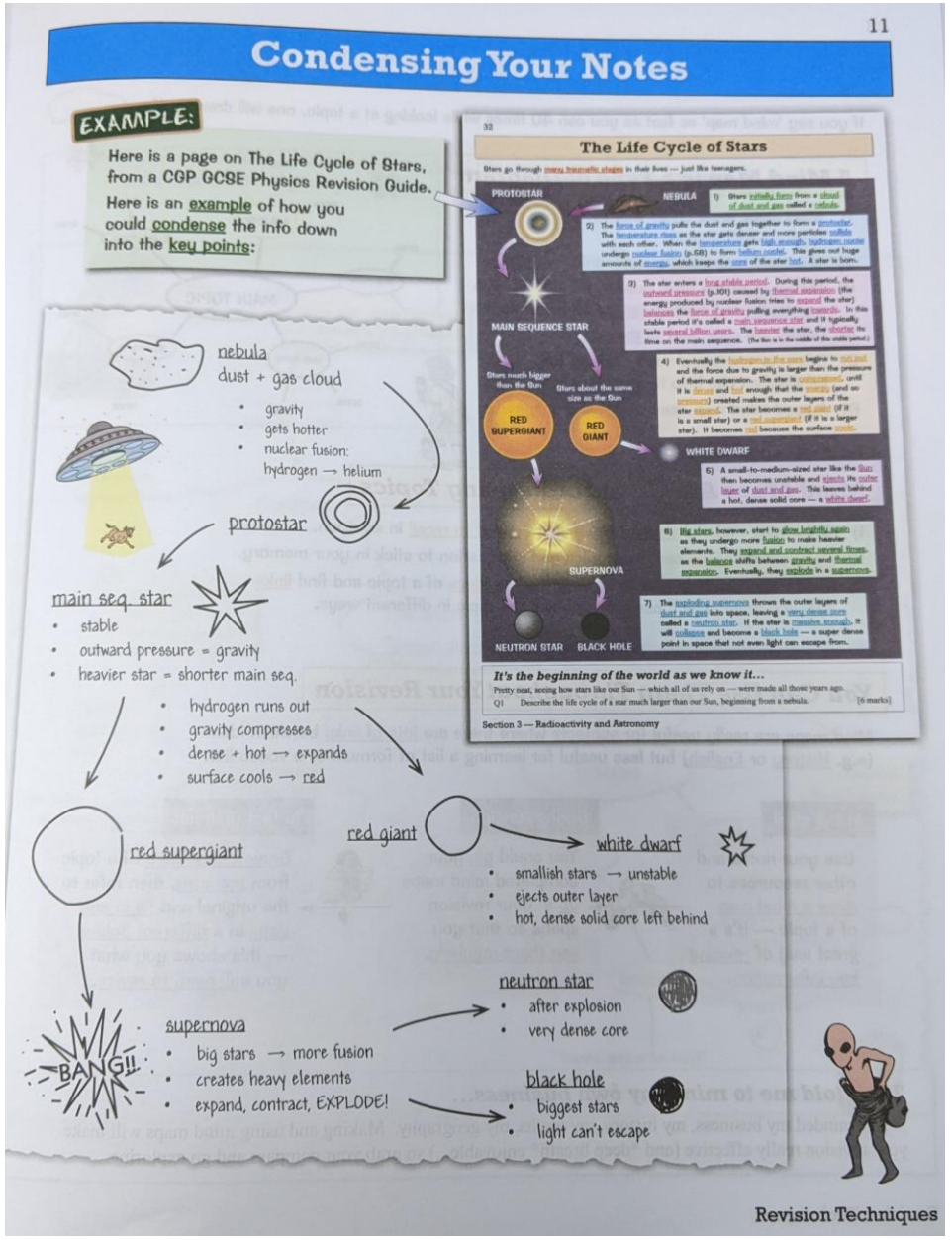
What were the impacts of the last Pleistocene (ice age)?	Characteristics of upland glacial landscapes (climate, geology, human activity)	Characteristics of upland landscapes (climate, geology, human activity)
Define the river key terms: • Drainage basin • Watershed • Tributary • Source • Mouth	Draw an annotated sketch of the long profile of a river.	

Condensing notes

Your notes will be taken from your exercise books, revision guides and text books

Simplify and summarise- reduce words by 80%.

Over to you… Look at the example. Now choose a page from one of your exercise books and reduce it into simple notes



TOPIC REVISION SHEET: INJURY, HEALTH FITNESS & WELLBEING, AND DIET

This is an example from **PE**.

You can make your own versions of these

Diet

COMPONENT	FUNCTION	EXAMPLE

DIET MANIPULATION BEFORE AN EVENT

Sporting Examples

COMPONENTS OF A HEALTHY BALANCED LIFESTYLE

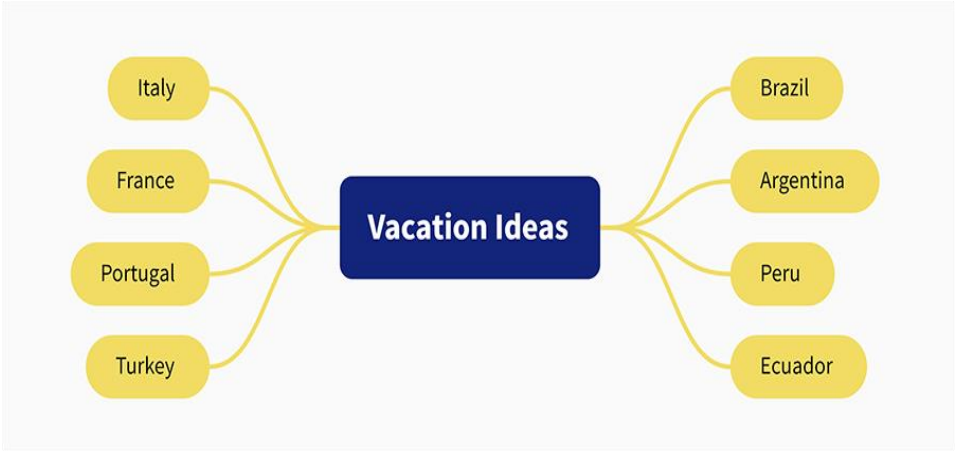
ENERGY BALANCE

Mind Maps

Not the same as a spider diagram!

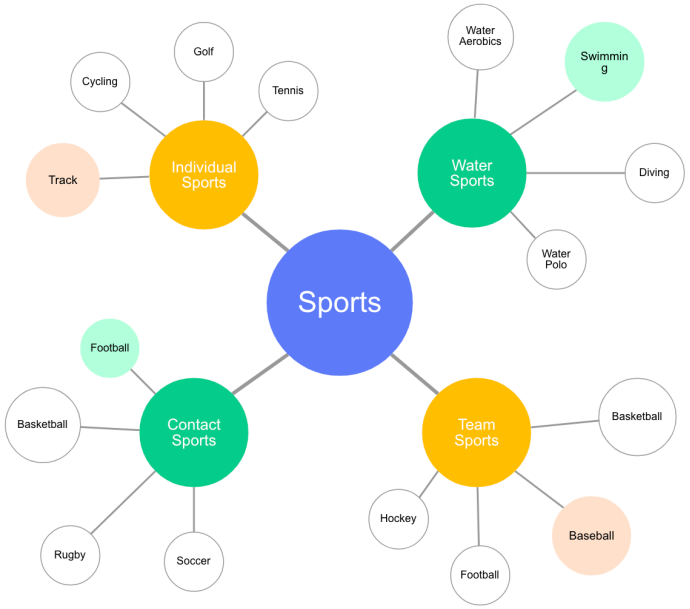
An easy way to condense notes

Make you THINK, when you THINK you UNDERSTAND and when you UNDERSTAND you can REMEMBER!



Mind maps- great for topics that contain sub topics. English texts- characters, storyline, quotes, language etc.

Spider diagrams- useful for one sub topic of information, such as types of bonds in science

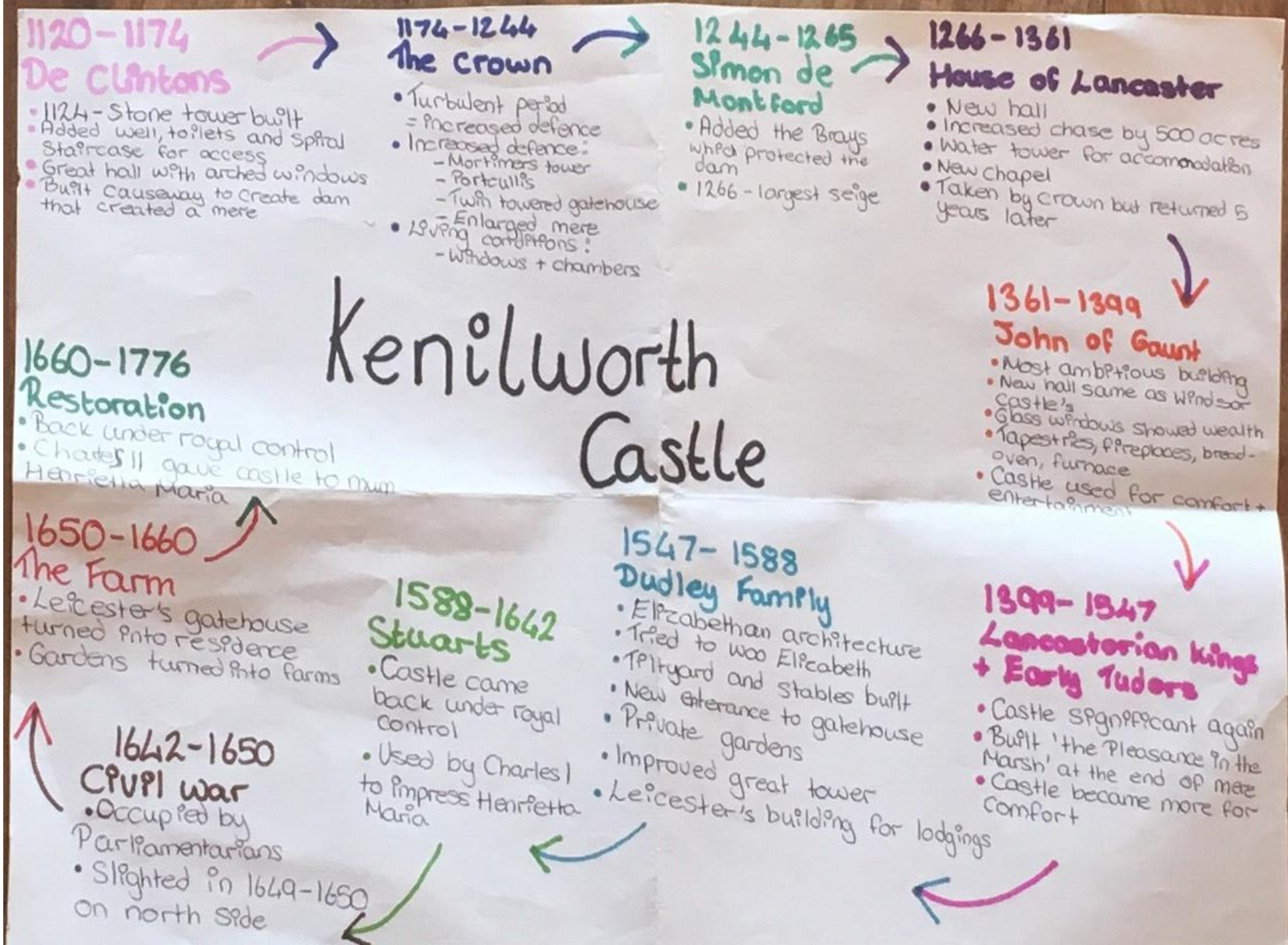


Over to you… Choose a page from one of your exercise books and create mind maps and spider diagrams

Here is an example from **History-**

Note the use of colour for key dates and names.

The notes are bullet points of the essential information

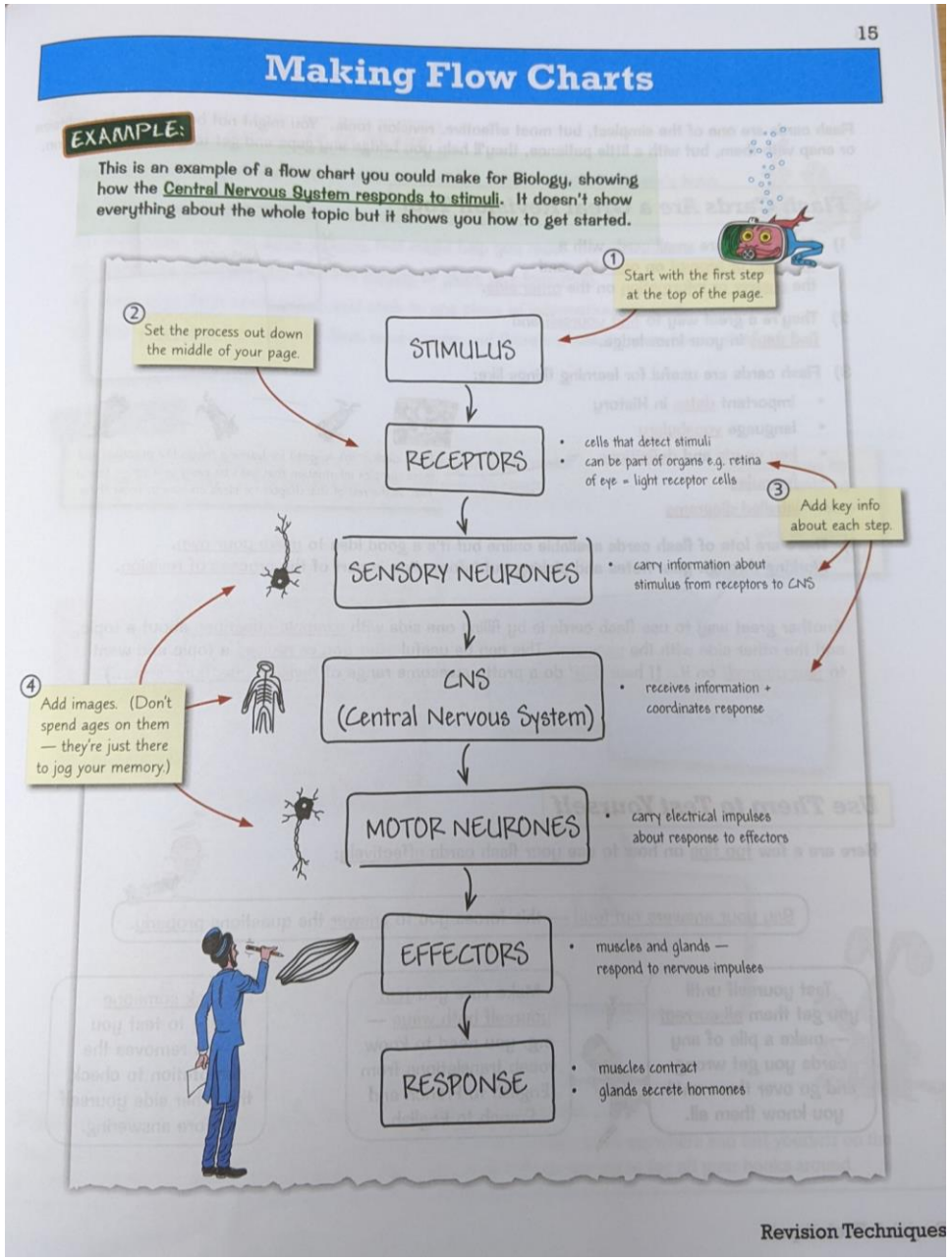


Flow Charts

Really useful for showing how something changes and moves over time.

Good for showing chronological changes, like in English texts such as Romeo and Juliet or for subjects like Science that show how something changes from one stage to another.

Over to you… Choose a page from one of your exercise books and create a flow chart



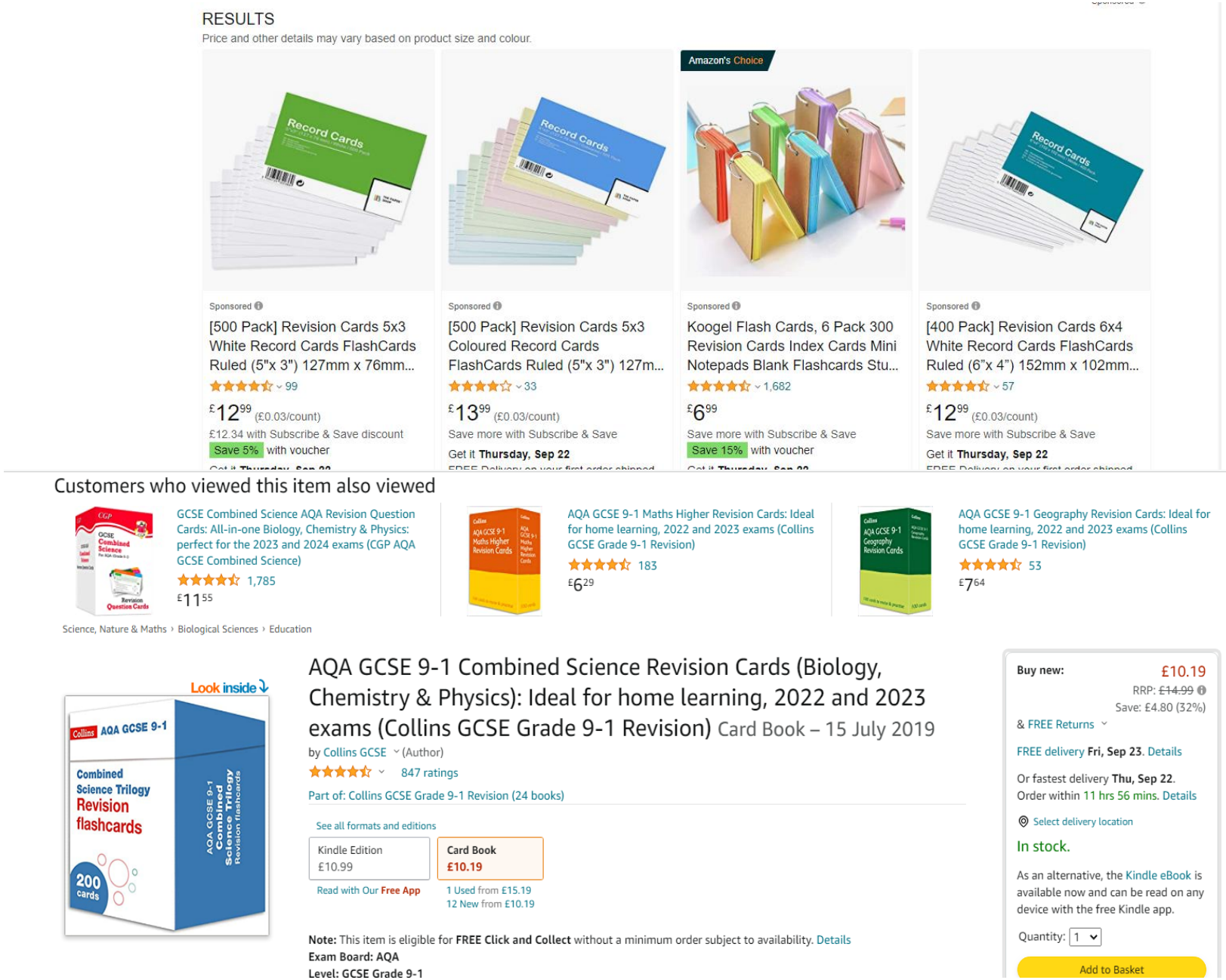
Flash Cards

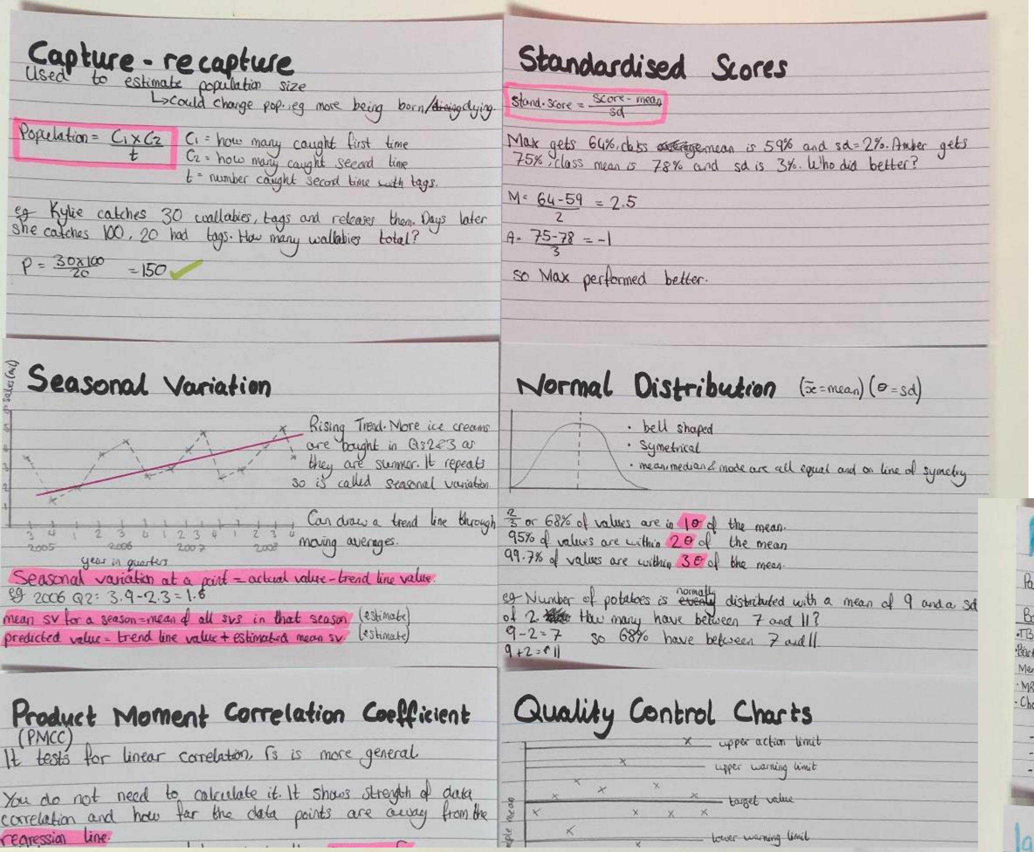
Can either be used for your condensed notes or for questions and answers

Good to use in a pair/small group

Can make yourself, some already exist

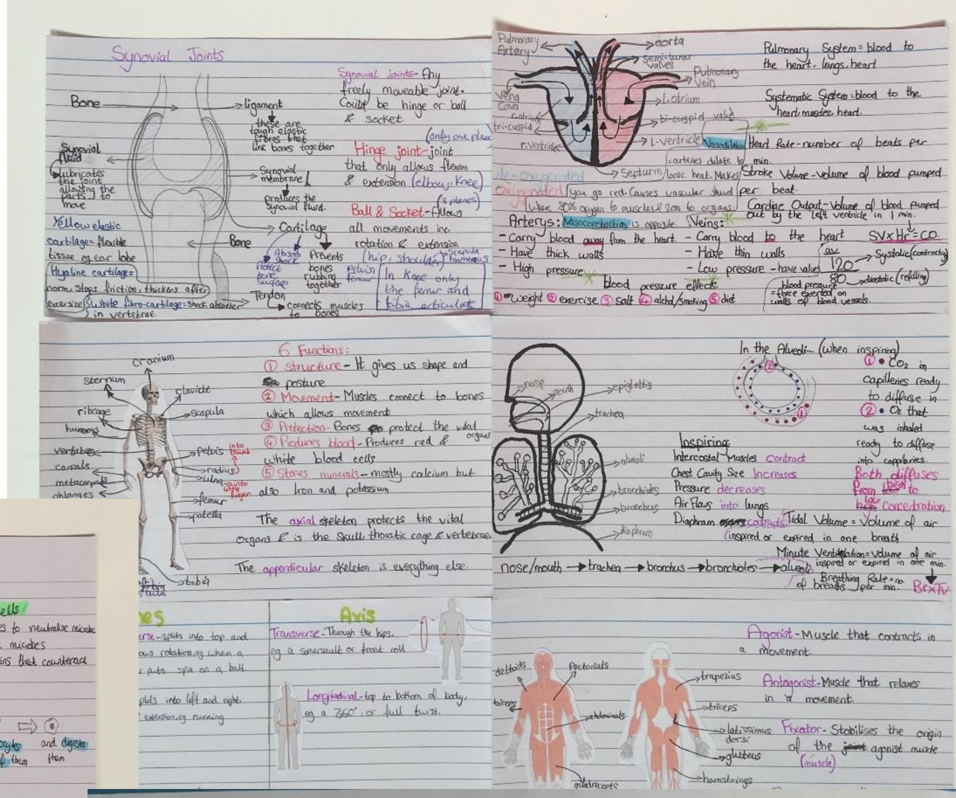
Over to you… Choose a page from one of your exercise books and create some flash cards

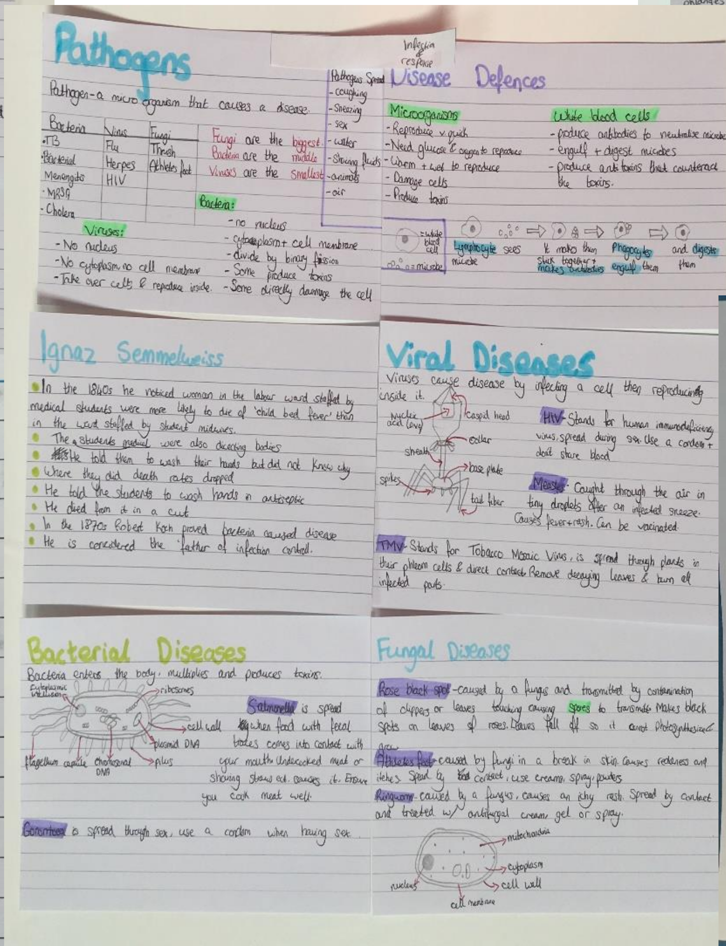


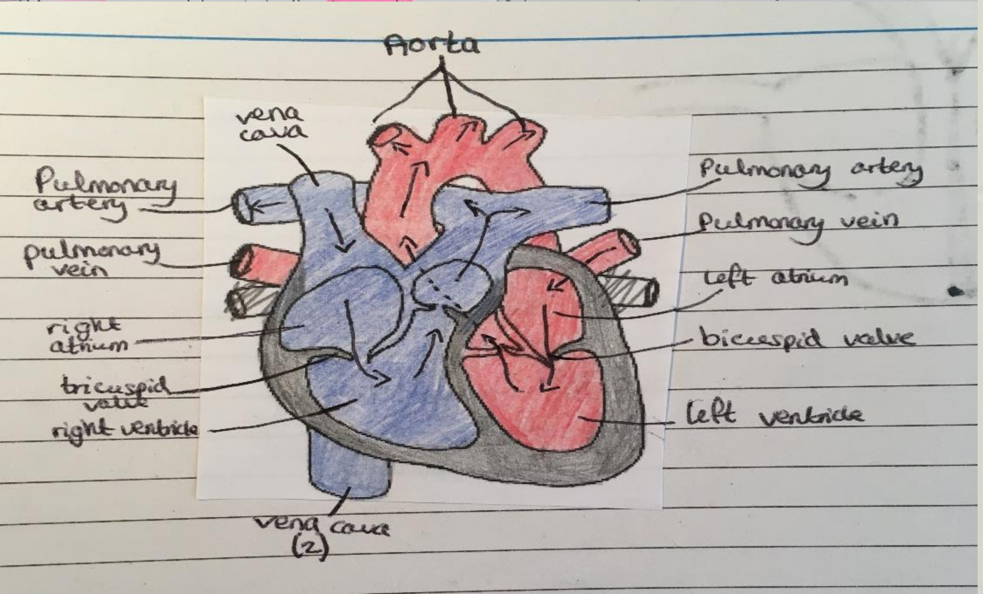


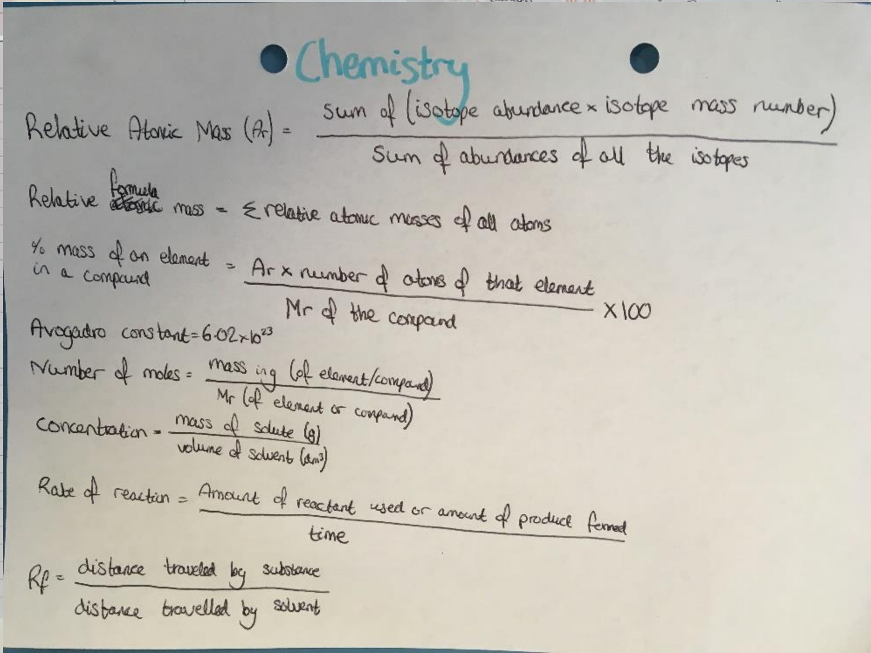
Here is an example from **Science**

Look at the use of the cards for a mixture of diagrams and key text







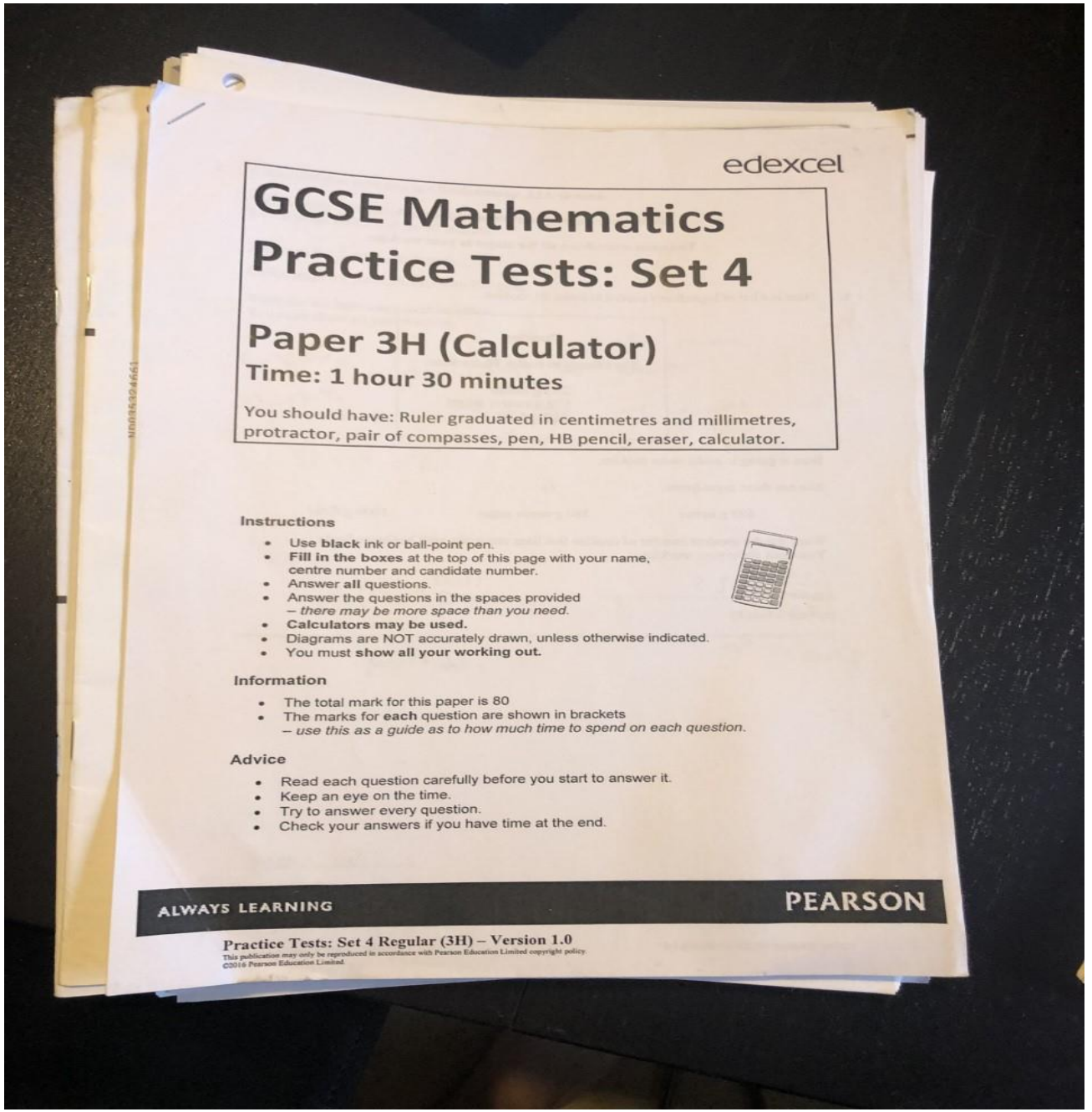


Use of Past Papers

Here is a list of all the exam boards

You can use this to find past papers

Ask your teachers for past papers as well



GCSE exam boards

ENGLISH LANGUAGE: AQA syllabus 8700
ENGLISH LITERATURE: AQA syllabus 8702
MATHS: EDEXCEL 1MA1
GCSE COMBINED SCIENCE TRILOGY (double award): AQA syllabus 8464 (Biology AQA 8461, Chemistry AQA 8462, Physics AQA 8463)
GCSE SCIENCE SEPARATE (triple award): Biology AQA 8461, Chemistry AQA 8462 and Physics AQA 8463)
CITIZENSHIP: EDEXCEL 1CS0
RELIGION, PHILOSOPHY & ETHICS: AQA Specification A 8062
ART & DESIGN: AQA syllabus 8201
CHILD DEVELOPMENT: OCR Cambridge National Certificate
DRAMA: OCR 4240
GEOGRAPHY: OCR Syllabus A J383
HOSPITALITY & CATERING: WJEC syllabus 5596 UAO-1

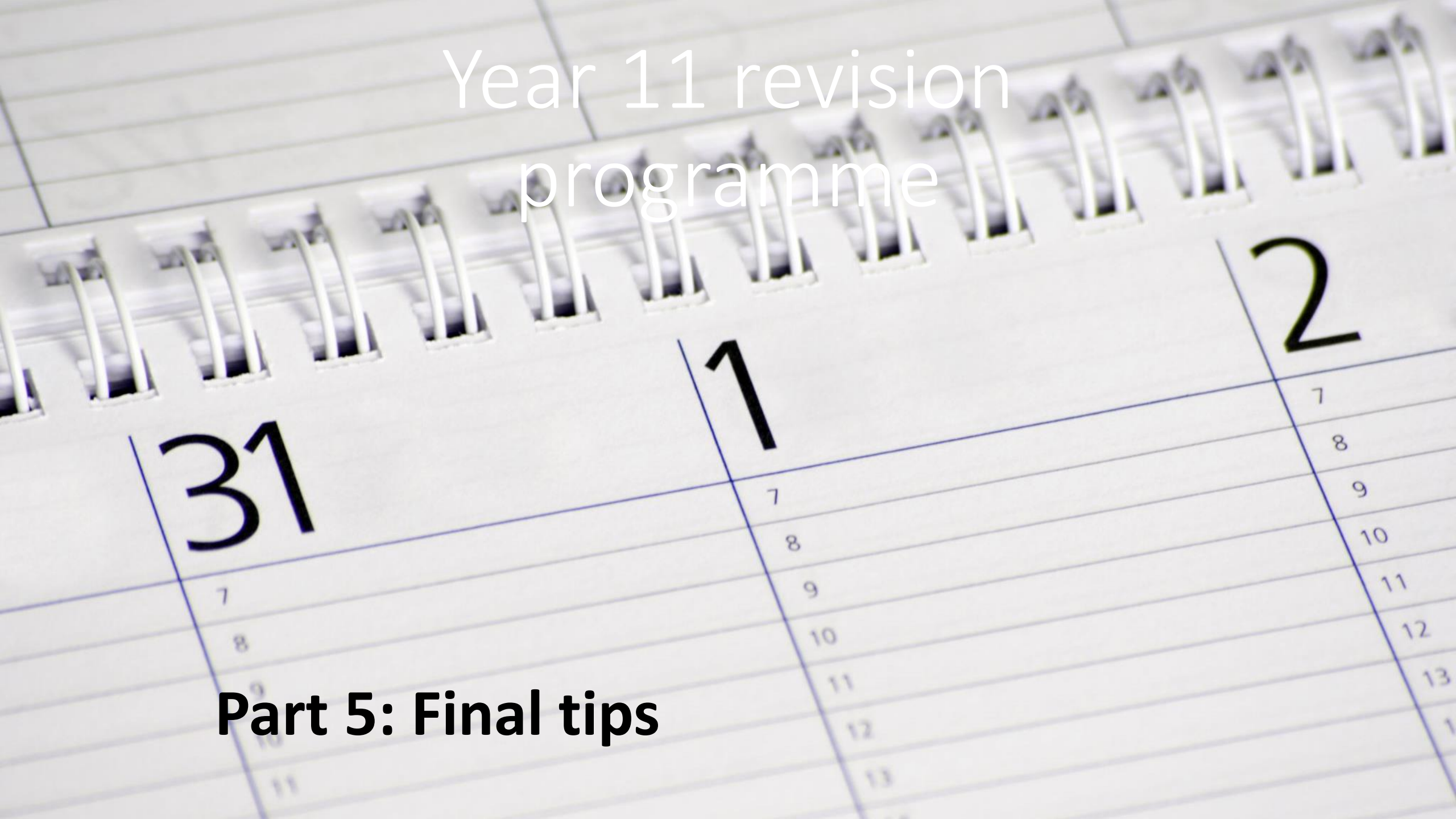
HISTORY: (Edexcel 1HI0)
MEDIA STUDIES: GCSE (AQA Syllabus 8572 Single Award)
FRENCH: AQA syllabus 8658
SPANISH: AQA syllabus 8698
MUSIC: Eduqas (part of WJEC)
PHYSICAL EDUCATION: OCR J587
GCSE STATISTICS: EDEXCEL 1ST0
DESIGN & TECHNOLOGY: RESISTANT MATERIALS OCR syllabus J310
DESIGN & TECHNOLOGY: GRAPHICS OCR syllabus J310
DESIGN & TECHNOLOGY: TEXTILES OCR syllabus J310
FOOD AND NUTRITION: OCR syllabus J309
COMPUTER SCIENCE: AQA – 8525
BUSINESS: OCR J204

Use of other resources

Here are some apps/online resources that you can also use

Pixl
Seneca
Quizlet
BBC bitesize
Teams
Educake- History
GMS website- Student area- independent learning- Link here

Year 11 revision programme



Part 5: Final tips

The night before-

1. Eat a good meal
2. Double check the exam and time
3. Get all equipment ready and put into a clear pencil case
4. Do something relaxing or gentle exercise
5. Read over notes
6. Go to bed at a good time that allows you to have your 8 hours
7. Set your alarm clock-not on your phone!
8. NO phones in your bedroom!

The day of the exam-

1. Wake up in good time to get ready
2. Double check your equipment is correct
3. Eat breakfast- brain needs fuel!
4. Get your clear water bottle ready
5. Go over your notes on your own/with friends
6. Use deep breathing to calm yourself down in the exam hall and allow your brain to function at its best
7. Listen to instructions given and read off the front of your exam paper

First hand experience from last year… (students)

- Attend all revision sessions as they will make a huge impact especially on exam technique.
- Set yourself a plan, by having a plan you will be able to keep track of your progress and feel as if you are achieving things along the way. It is a long journey so don't start sprinting it.
- Reward yourself as you go along- I would always go for a run afterwards to clear my head
- Don't listen to your friends as they most likely are revising just as much as you and everyone is different how they revise. Everyone sits the same exams after all.
- Flashcards, Quizlet, posters, notes, scribble pads- find what works for you. Mine was a mix of them all.
- Use form time effectively- 25 minutes to go over topics or make some revision notes (don't just chat).
- Go everything more than once- your long term memory won't remember it otherwise! I went over everything at least 6/7 times. Practise does really make perfect!
- Don't be afraid to ask for help- teachers, older students, siblings and friends can all help. Extra exams questions, quick tips or just checking over some class notes.

- Get someone to test you- its all good making pretty flashcards but you need to make sure it going in so small tests is a good check up. If you can teach someone what you have learnt you definitely understand the information. This I found was the best way for me to learn information.

- Late night revision will not work and you might as well go to bed as it is very unlikely you will benefit from it. Use class tests to practise revision techniques and to see if they work.

- Lastly, you get what you put in. I worked 7 till 5:30 (with breaks) Saturday and Sunday from about now till exams were over and during the week would attend all subject revision sessions and then do 2 hours of work at home. Proving it is never to late to start revising properly. It was horrible, but looking back on it all the hard work, long hours have paid off and I got beyond what I expected.

- Believe in yourselves as what you set your mind to, you can achieve if you really want to (cheesy as it sounds)! Please don't be the student crying on results day saying they wished they had done more. Put the work in now and then you won't have anything to look back on and feel bad about.

Over to you…

1. What are the most important tips that you need to apply for yourself?
2. How are you going to make sure you do this?
3. Communicate your action plan with your tutor/parents/friends/teachers so they can help support you as well

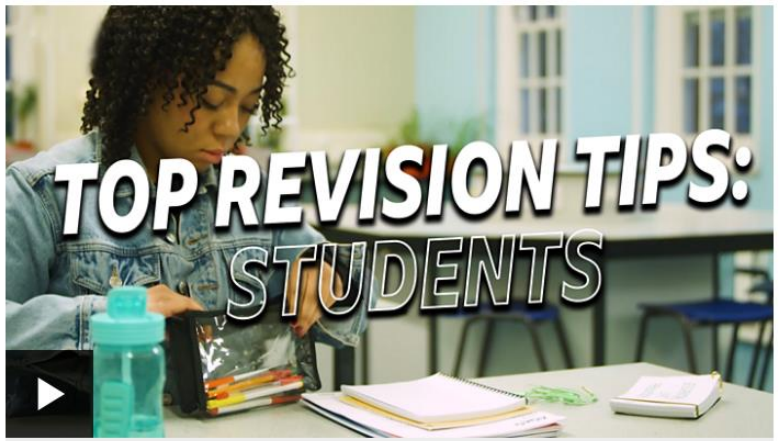
https://www.bbc.co.uk/bitesize/articles/zbcbd6f

Video: Study-life balance

Video Transcript

https://www.bbc.co.uk/bitesize/articles/zw8qpbk

Video: Our coaches' top revision tips



Video Transcript

https://www.bbc.co.uk/bitesize/articles/z83cqhv

Video: How to get organised

Video Transcript

Really worth a watch – students talking about their experiences of the revision process as they prepared for their final GCSE examinations.

What our coaches say about timetables and planning

Baxter says that it helped him to break down his subjects and then do a different topic each day. He found that focusing on one topic at a time rather than multiple subjects at once helped him better manage his time.

Jacintha "It's so important that your revision timetable is personalised to you…I like Fridays off, so I'm going to make sure I schedule in a rest day on Friday and I won't be doing any revision after the school day ends."

Nung focused on her favourite subjects at first, but she says that you do need to make sure that you revise equally on every single subject.

When revising, **Rohan** would do four hour chunks of one subject, but it didn't help him at all because he would procrastinate. He found that doing twenty minutes of work and then having a five minute break suited him better.

When **Lauren** got her exam timetable she made sure that she revised in the order of when her exams were.

Shay "I usually revised for 30 minutes at a time and then took a five minute break... something different might work for you, and different timings for each subject."

Revision **Timetable**

https://www.bbc.co.uk/bitesize/articles/zn3497h

Create your own revision timetable. You could use colour to identify individual subjects. Remember to plan for sensible breaks, drink lots of water and have healthy snacks to hand.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Subject	Sessions per week
9am								Maths	6
10am								Eng	4
11am								Sci	7
12pm								Geog	3
1pm								His	3
2pm								Media	5
3pm								PE	3
4pm									
5pm								Total	31
6pm									
7pm									
8pm									

- Each session 30-45 minutes in length
- Build in exercise time as well to your revision day
- Nothing wrong with a day off!!!
- Socialising will be important – so build in time for a meet up/ chat with friends
- Diet – fruit, water, snacks when you revise
- Environment – prepare the environment in which you will LEARN!!!