

How to use this booklet

Do

- ✓ Flick through the booklet to see what each of the sections is about.
- ✓ Try out any new ideas that appeal to you and don't be afraid to change the new ideas to suit you.
- ✓ Add any new ideas to the ways you already have for revising
- ✓ Try out the new ideas when you get bogged down with your revision.
- ✓ Keep this booklet in a handy place throughout your revision and dip into it from time to time to give your revision a boost.
- ✓ Have a pen or highlighter handy as you are reading and highlight the ideas you like as you go along.
- ✓ Start by thinking about the areas of revision you would like some help with.

Don't

- ✗ Stop using any of your own methods if they have worked for you in the past.
- ✗ Read the booklet through from start to finish.

How can this booklet help?

- ✓ Boost your confidence
- ✓ Give you lots of ideas about how to revise
- ✓ Help you make the most of your time

What's in the booklet?

- 1) Doing your revision
- 2) Revision timetable hints and tips
 - Blank revision timetable
 - Topic planner
- 3) Organising your revision
- 4) Aiming for top grades

- 5) Revision websites
- 6) Sitting your exams
- 7) Coping with exam stress
- 8) Exam information
- 9) Results day

1) Doing your revision

Active or passive revision?

- Active revision means involving your eyes, ears and hands in a variety of ways. Revising actively is the best way to make sense of the material you're revising and also helps you to remember it.
- Active methods of revision include: writing revision notes, reading notes aloud, recording key points onto your phone, discussing topics with a friend, testing yourself, getting others to test you, rewriting notes, doing examples, trying past exam papers and using revision websites. Use as many of these methods as you find useful.
- Passively reading through your notes and books is a very poor method of revision. It doesn't help you to understand or remember what you are revising. Don't just sit there reading page after page until you get bored!
- Find out what your learning style is and use techniques that will help you to remember more effectively.

Fill up the tank!

- Revising burns a lot of energy so it's important to eat properly and regularly.
- If you need to snack whilst working try eating fruit or nuts rather than fatty foods.
- Drink water rather than fizzy drinks which are full of sugar.

Did you know?

Your brain uses 20% of all your body's energy.



2) Revision timetable hints and tips

- Get some paper and some different coloured pens. A ruler might help, too, if you want to make a table rather than a list.
- Make a revision timetable – it helps you to feel in control.
- Display your timetable. This will reduce pressure from family and reduce your stress levels.
- List all the subjects you do and break them down into sub-categories. English Literature, for example, may be broken down into the different books you are studying and then further into chapters/themes/quotes etc. Highlight or circle the different subjects using different colours.
- Mix your subjects up. Don't put all your nightmare subjects on one day, and the ones you like on another day.
- Decide which tasks you should only spend short bursts of time on and you should maybe spend a whole day on to get out of the way. The second should be reserved for big projects that you won't get tired with.
- Allocate days for the big projects. Do this first, keeping in mind you may need to go back and change things later, so allow time for this.
- Out of the remaining days, make sure you write down any other commitments you have e.g. a job, lessons, meeting or social events.
- Decide what times you work best and put the tasks that require more energy or concentration during your optimum times.
- When putting the rest of your revision into your diary or table, put times down and make sure you start each day reasonably early.
- Start your day off with something you know you can accomplish. This will give you motivation for the rest of the day. Make sure the next slot is something heavier so you don't put off your worst subjects until the end.

- It has been said the optimum concentration time is 32 minutes so keep this in mind when deciding how long each session should last.
- Give yourself regular breaks. If when doing your revision you are doing well, you can always decide to keep going.
- Cross things off as you do them because it will give you a sense of accomplishment.
- Be realistic about what you can achieve but remember it is all about trial and error. Even if it goes wrong, you can always adjust your timetable.
- When you are drawing your timetable, draw one with just the subjects you have to revise and then draw another one with which topics within each subject to revise (e.g. angles, periodic table, etc.). This way you have a quick table and one, which is more precise, detailed and focused!
- Don't spend ages making your timetable look pretty. If you are a perfectionist and having a messy timetable will unnerve you, make it look clean and tidy, but don't spend precious time on drawing pretty pictures or colouring things in.
- The most important thing – don't panic.



When to Revise? What to Revise? How to Revise?

Plan revision time by subject - stick to it.

Mindmapping, PPQs, Note Reading, Revision Card Making, Self-tests, Collaborative Work,

General Revision Materials that Oldbury Wells students have access to.

GCSE Pod

Accessing the information is easy with your current Oldbury Wells login (first name.surname@oldburywells.com)

Click Forgotten Login Details and a new password is sent to your inbox.

GCSE Pod offers a wide of podcasts for all subjects, including maths and both language and literature qualifications in English. Many of our students have made use of GCSE Pod already and have greatly benefitted from it.

Youtube

Most of us know Youtube has plenty of 'tragic' videos on. However there is a wealth of videos out there that are fabulous to help understand difficult concepts.

The difficult part is staying focussed on the task in hand.

Just a Quick Search in Google for the Subject, the Exam board and GCSE - away you go.

For English language and literature qualifications we thoroughly recommend Mr Bruff's YouTube channel. We were fortunate to have Mr Bruff visit us last year and his videos have been invaluable in helping students to prepare for their English exams.

English Language and Literature: A Guide for students and parents
Revision and home learning guide for Linear June exams
Advice to students and parents

Resources available

A variety of resources will be provided to ensure that every student is fully prepared for the Language and Literature exams.

Resource 1: Mock exams and teacher feedback

Students have taken two mock exams as part of their preparation for the actual exam. Students will be provided with individualised and whole class feedback based on their performance in the weeks following the exams.

Resource 2: Previous and sample examination papers

Students will be given copies of past paper and sample examination papers, as well as teacher produced materials which will be the main focus of classroom revision in the weeks prior to the examination.

Resource 3: – Web based revision sites

BBC Bitesize - <https://www.bbc.com/education/examspecs/zxqncwx>
(Literature)

<https://www.bbc.com/education/examspecs/zcbchv4> (Language)

This is an excellent free site website which includes video lessons for all set texts, including: short, informative video clips; small test bites; extended explanations and sample exam-style questions.

Mr Bruff's YouTube Channel - <https://www.youtube.com/user/mrbruff>

A former English teacher and specialist with specifically tailored videos to suit the AQA English language and literature exams.

Purchasable resources

Copies of set texts: Macbeth, An Inspector Calls, A Christmas Carol,

Frankenstein, Romeo and Juliet, Merchant of Venice, Julius Caesar

GCP Revision Guides: All of the above plus Power & Conflict Poetry and Unseen Poetry

York Notes Revision Guides

Useful information

The qualification consists of 2 papers per qualification. Each paper contributes to 50% of the overall grade. There is **no** higher/foundation tier separation.

- **English Literature Paper 1** (*Shakespeare/pre 1900 novel*) **1h45m**
- **English Literature Paper 2** (*An Inspector Calls & Poetry/Unseen Poetry*) **2h15m**
- **English Language Paper 1** (*Fiction & Creative Writing*) **1h45m**
- **English Language Paper 2** (*Non-fiction & Writing for a Purpose*) **1h45m**

<http://www.aqa.org.uk/>

What can parents do to help?

- Encourage rather than push.
- Help structure the revision so time is not wasted.
- Encourage reading for pleasure to expand imagination and develop vocabulary.
- Test your child on key quotes linked to set texts.
- Purchase your child their own copies of the set texts to allow them to annotate.

What should my child be doing?

- Practice makes perfect – creative writing and extracting information from texts.
- Seek out novel extracts or short stories to broaden your horizons.
- Re-read your set texts.
- Learn from mistakes – use the mock exams to identify the topics that need improving.
- Listen to the advice given by teachers – even if they do not like it!
- Help their teachers, by letting them know what topics they need help with and what makes them difficult.
- Make the most of the revision resources available.
- Do not waste lesson time.

Contact email: sally.lawson@oldburywells.com

GCSE Mathematics: A Guide for students and parents

Resources available

Resource 1: Mathswatch - <https://vle.mathswatch.co.uk/vle/>

Mathswatch is an internet based resource that requires a username and password. Students have all been provided with a personal login which will allow them to view videos and attempt practice exam questions on all topics.

Resource 2: Mock exams and teacher feedback

Students will complete 2 sets of three mock papers as part of their preparation for the actual exam. Students will complete review sheets for each paper which give them a clear picture of their specific topics of weakness. These should form the focus of their revision.

Resource 3: Practice exam papers

Students will be given copies of practice exam papers which they can work through as an important part of their revision and exam preparation.

Resource 4: – Web based revision sites

There are now many fantastic, free to use maths revision sites, including the 3 below.

Hegarty Maths - <http://www.hegartymaths.com/>

This is an excellent free site website which includes video lessons for all GCSE topics. In addition it has video explanations to a number of old examination papers.

M4ths.com- <http://www.m4ths.com/the-best-cd-borderline-page-ever.html>

This website has lots of videos with explanations about topics as well as C/D grade questions to try.

Mr Barton's Maths - <http://www.mrbartonmaths.com/gcse.htm>

This site has links to past exam papers and mark schemes, as well as written solutions for many. It also has some notes about topics as well as questions sorted by topic.

Purchasable resources

Revision guides and workbooks are available to buy from lots of places including amazon and WH Smith. It is a good idea to choose one which is

specifically for the Edexcel syllabus and you should check whether you need a foundation or higher guide before buying.

It is essential that your son/daughter has their own scientific calculator. We recommend Casio scientific calculators. It is important that they have a scientific calculator to bring to maths lessons now, so that they can learn how to make best use of it before the exams.

Useful information

The qualification consists of three equally-weighted written examination papers at either Foundation tier or Higher tier.

- Paper 1 (Non-calculator)
- Paper 2 (Calculator)
- Paper 3 (Calculator)

Each paper is 1 hour and 30 minutes long

What can parents do to help?

- Encourage them not to give up. Confidence plays such an important role in maths, and many students decide early on that they “can’t do maths”.
- If you aren’t sure how to help them, point them in the direction of one of the many online resources that are available.
- Encourage them to plan their time effectively, scheduling in regular slots for maths revision.

What should my child be doing?

- Making the most of lesson time. Year 11s have 9 hours of Maths lessons each fortnight and from now on, most of this will be spent on revision and exam practice.
- Practice makes perfect! The best way to revise Maths is to practice it, by completing lots of questions and papers. When they get stuck, they should then revise the particular topic using their Maths book, revision guide or suggested websites until they can do that question.
- Learn from mistakes – use the mock exams to identify the topics that need improving and focus on those.
- Help their teachers, by letting them know what topics they need help with and what makes them difficult.
- Start now. The Maths GCSE covers a huge amount of content and is entirely tested by exam. It will take time to revisit each topic and then practice exam technique.

Contact email: john.kiapene@oldburywells.com

GCSE Sciences: A Guide for students and parents

Revision and home learning guide for Linear June exams

Advice to students and parents

Resources available

A variety of resources will be provided to ensure that every student is fully prepared for the Triple Science and Combined Science papers. These should be used to complement the work covered in class and will allow students to tailor their efforts to their own individual needs.

Resource 1: Mock exams and teacher feedback

Students have taken a mock paper in each subject as part of their preparation for the actual exam. Students should revisit mock papers and attempt questions again based on individual feedback indicating topics of weakness that need to be the focus of their own revision. A good starting point is to identify topics where you scored low and focus revision on these topics.

Students will be provided with Knowledge organisers and mind map starters for all Science topics as well as information on required practicals via Sharepoint

Resource 2: Previous and sample examination papers

Specimen papers are available on the AQA web site. There are a number of papers available for each Science subject. Last years Science papers are not yet available on the web site but will be after April. This was the first year of the new exams so there are no other past papers that you can practise.

Resource 3: – Web based revision sites – make sure you use AQA specific resources

BBC Bitesize - <https://www.bbc.com/bitesize/levels/z98jmp3>

This website has lots of summary notes and some videos to support you. The Combined Science is AQA Combined Science Trilogy. Triple Science are listed as the separate science subjects.

MyGCSEScience – you tube <https://www.youtube.com/user/myGCSEscience>

A number of summary videos containing all the science topics in each science. Remember to select the AQA videos.

Physics & Maths tutor - <https://www.physicsandmathstutor.com/>

A website covering all sciences with excellent revision notes, worksheets and practise questions.

Kahoot - <https://kahoot.com/>

Lots of interactive quizzes on different topics

GCSE Pod - <https://www.gcsepod.com/>

Access by Office 365 and school email, it provides online podcasts with practice questions to confirm knowledge and areas of focus for revision that matches AQA curriculum. The GCSE Pod Mobile App is great for short snapshots of content.

Pass My Exams - <http://www.passmyexams.co.uk/>

A good revision site containing notes and animations on all the Sciences

Seneca Learning - <https://senecalearning.com/en-GB/>

Free revision for your GCSE already used by most science teachers as a revision tool and home learning. It provides analysis of strength of knowledge and areas for improvement for each topic.

Purchasable resources

A scientific calculator.

It is essential that your son/daughter has their own scientific calculator and that students know how to use it correctly – especially when rounding up numbers on calculations and recurring values for decimal points.

A ruler, pencil, rubber and black biro

Useful information

The **Triple Science** qualification consists of two equally-weighted written examination in each of the Science subjects at either Foundation tier or Higher tier.

- Biology Paper 1
- Biology Paper 2
- Chemistry Paper 1
- Chemistry Paper 2
- Physics Paper 1
- Physics Paper 2

Each paper is 1 hour and 45 minutes long. You can choose different tiers for each subject but the same tier has to be chosen for each paper within a subject. The lowest grade on a higher tier Paper is a 4 (small number may gain a 3 if close to a 4).

The **Combined Science (Trilogy)** qualification consists of six equally-weighted written examination with 2 papers in each of the Science subjects at either Foundation tier or Higher tier.

- Biology Paper 1
- Biology Paper 2
- Chemistry Paper 1
- Chemistry Paper 2
- Physics Paper 1
- Physics Paper 2

Each paper is 1 hour and 15 minutes long. You have to sit the same tier of entry in **ALL** papers. The lowest grade on a higher tier paper is 4-3. Below this you are ungraded.

What can parents do to help?

- Encourage rather than push. – students can get no grade at all if they sit higher papers and cannot cope with this
- Follow school advice on tier of entry
- Help structure the revision so time is not wasted.
- Help students practise questions against the clock.....1 mark is roughly 1 minute.
- If you were good at Science do not get frustrated by your child.
- If you were poor (or hated) Science do not let this discourage them.
- Provision of a scientific calculator. The Casio fx-83 or fx-85 is used in school maths lessons and hence is our recommendation.
- Reassure students if 1 paper in the exam does not go to plan....there are several more than still count and can massively influence the final grade.

What should my child be doing?

- Past paper and examination question practise is vital.
- Learn from mistakes – use the mock exams to identify the topics that need improving.
- Listen to the advice given to them by teachers – even if they do not like it!
- Help their teachers, by letting them know what topics they need help with and what makes them difficult.
- Make the most of the revision resources available and attend revision classes.
- Do not waste lesson time.
- Ensure that regular revision in the run up to the exam.
- Last minute revision is fine (**But** only useful if a lot of revision has already taken place)

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Subject	Art and Design
Exam Board	OCR

Date of Exam:	Art and Design SET TASK EXAM Weds 1st and Thurs 2nd May. With normal breaktime and lunch	
Tier:	N/A	
Paper number / name:	N/A	
Length of exam:	Practical exam in Art rooms under exam conditions 10 hours over 2 days as above.	
Content of paper, topics, units, focus of question, other useful information:	<p>SET TASK EXAM INFORMATION</p> <p>Objective 4: Final piece- 20 marks out of 80 and 10% of the GCSE</p> <ul style="list-style-type: none"> • All exam preparation will be complete from Jan- May. Using a plan of lessons and HL to ensure students are up to date and on target. This is worth 30% of the overall grade. • Use of Monday afterschool club for extra support and catch up. • They will complete the 10 hour final design in the exam sessions worth 10% of the overall grade. • Students can prepare materials and equipment for the exam E.g. cut out stencils, do tracings, cut up/ rip collage, before the exam starts. <p>There will be a PowerPoint provided to launch the set task exam for artist inspiration and ideas in student resources on Sharepoint.</p>	

Subject	GCSE Business – IBS0	
Exam Board	Edexcel	
Paper Number/Name	Theme 1: Investigating Small Business Paper 1 (IBS0/01)	Theme 2: Building a business Paper 2 (IBS0/02)
Tier	All the same Tier	All the same Tier
Length of Exam	1 hour 45 minutes	1 hour 45 minutes
Content of Paper, Topics, Units, Focus of questions, other useful information	<p>Enterprise and entrepreneurship Spotting a business opportunity Putting a business idea into practice Making the business effective Understanding external influences on business</p> <p>90 Marks – 50%</p> <p>Section A: mixture of multiple choices and short answer knowledge questions Section B: Case study – mix of short answer, data response and extended answer. Section C: Case study – mix of extended answer questions</p>	<p>Growing the business Making marketing decisions Making operational decisions Making financial decisions Making human resource decisions</p> <p>90 Marks – 50%</p> <p>Section A: mixture of multiple choices and short answer knowledge questions Section B: Case study – mix of short answer, data response and extended answer. Section C: Case study – mix of extended answer questions</p>
Revision Resources:	<p>BBC Bitesize: GCSE Business - Edexcel - BBC Bitesize</p> <p>Suggested Revision Guide: Edexcel GCSE 9-1 Business All-in-One Complete Revision and Practice Collins GCSE Grade 9-1 Revision</p>	

Subject	GCSE Computer Science – J277		
Exam Board	OCR		
Paper Number/Name	Computer systems Paper 1 (J277/01)	Computational thinking, algorithms and programming Paper 2 (J277/02)	Practical Programming Project
Tier	All the same Tier	All the same Tier	All the Same Tier
Length of Exam	1 hour 30 minutes	1 hour 15 minutes	20 hours practical programming
Content of Paper, Topics, Units, Focus of questions, other useful information	<p>Systems architecture Memory and storage Computer networks, connections and protocols Network security Systems software Ethical, legal, cultural and environmental impacts of digital technology</p> <p>80 Marks – 50% Mixture of Multiple Choice, short answer and extended answer questions</p>	<p>Algorithms Programming fundamentals Producing robust programs Boolean logic Programming languages and Integrated Development Environments</p> <p>80 Marks – 50% Mixture of Multiple Choice, short answer and extended answer questions In Section B, algorithm questions must be answered using either the OCR Exam Reference Language or the high-level programming language they are familiar with (Python).</p>	All pupils must participate in 20 hours practical programming. This is non graded but must be completed.
Revision Resources:	Suggested Revision Guide: GCSE Computer Science OCR Complete Revision & Practice (CGP OCR GCSE Computer Science) CGP Books		

Subject	Level 1/Level 2 OCR Cambridge National in Creative iMedia- J834		
Exam Board	OCR		
Paper Number/Name	Creative iMedia in the media industry R093	Visual identity and digital graphics NEA: R094	Characters and comics NEA R095
Tier	All the same Tier	All the same Tier	All the Same Tier
Length of Exam	1 hour 30 minutes	Approximately 10-12 hours	Approximately 12-15 hours
Content of Paper, Topics, Units, Focus of questions, other useful information	<p>The media industry Factors influencing product design Pre-production planning Distribution considerations</p> <p>70 Marks – 40%</p> <p>Part A – includes closed response, multiple choice and short answer questions. Part B – includes closed response, short answer and three extended response questions. All part B questions relate to a single scenario</p>	<p>Develop visual identity Plan digital graphics for products Create visual identity and digital graphics</p> <p>50 Marks – 25%</p> <p>This set assignment contains two practical tasks.</p> <p>NOTE: pupils will not be awarded a qualification if they fail to submit the NEA</p>	<p>Plan characters and comics Create characters and comics Review characters and comics strongest sports</p> <p>70 Marks – 35%</p> <p>This set assignment contains three practical tasks.</p> <p>NOTE: pupils will not be awarded a qualification if they fail to submit the NEA</p>
Revision Resources:	Suggested Revision Guide: OCR Creative iMedia Levels 1/2: Illustrated Revision and Practice (ClearRevise OCR Creative iMedia Levels 1/2 J834 (R093, R094) PG Online Ltd		

Subject	GCSE Music – 601/8131/X		
Exam Board	Eduqas		
Component	Component 1 Performance	Component 2 Composition	Component 3 Listening and Appraising
Tier	All the same Tier	All the same Tier	All the Same Tier
Coursework % or Exam details	NEA 30% Coursework	NEA 30% Coursework	End of course Examination 40%
Content	A 4-6 minute portfolio of solo and ensemble performances on instrument or voice of choice	A 3-6 minute portfolio of two compositions, one of which must be in response to a choice of four composition briefs released by Eduqas in Year 11	8 questions, 2 on each area of study: AoS 1 Musical Forms and Devices (including a set work*) AoS 2 Music for Ensemble AoS 3 Film Music AoS 4 Popular Music (including a set work*) Mixture of Multiple Choice, short answer and extended answer questions
Revision Resources:	<p>Bitesize with Teacher guidance: https://www.bbc.co.uk/bitesize/examspecs/zbmct39</p> <p>Teaching Gadget: Access using pre- issued login details</p> <p>Suggested Revision Guide: CGP GCSE Music Complete Revision & Practice - £7.75 To be purchased via ParentPay</p>		

Subject	OCR Cambridge National Level 1/2: Sports Studies (J829)		
Exam Board	OCR		
Unit Number	R185 – Performance and Leadership in Sports Activities	R187 – Increasing Awareness of Outdoor and Adventurous Activities	R184 – Contemporary Issues in Sport
Tier	All the same Tier	All the same Tier	All the Same Tier
Length of Exam	Coursework unit	Coursework unit	1 hour 15 minutes
Content of Paper, Topics, Units, Focus of questions, other useful information	<p>Performance in 2 selected activities</p> <p>Applying practice methods to support improvement in a sporting activity</p> <p>Organising and planning a sports activity session</p> <p>Leading a sports activity session</p> <p>Reviewing own performance in planning and leading a sports activity session</p> <p>80 marks – 40%</p>	<p>Provision of outdoor activities in the UK</p> <p>Equipment, clothing and safety aspects of participating in outdoor activities</p> <p>Plan for and be able to participate in an outdoor activity</p> <p>Evaluate participation in an outdoor activity</p> <p>40 marks – 20</p>	<p>Issues which affect participation in sport</p> <p>The role of sport in promoting values</p> <p>The implications of hosting a major sporting event for a city or country</p> <p>The role National Governing Bodies (NGB's) play in the development of their sport</p> <p>The use of technology in sport</p> <p>80 marks – 40%</p>
Revision Resources:	<p>eRevision – Online resource arranged through school.</p> <p>Suggested Revision Guide: Cambridge National in Sports Studies Revision Guide https://www.cambridgebookshop.co.uk/products/cambridge-national-in-sport-studies-revision-guide-and-workbook?variant=43444599947503&currency=GBP&utm_medium=product_sync&utm_source=google&utm_content=sag_organic&utm_campaign=sag_organic&utm_campaign=gs-2021-11-03&utm_source=google&utm_medium=smart_campaign&gclid=EAlaIqobChMik9f1mcO0gQMVjsftCh2mJAUOEAYABEgIPw_D_BwE</p>		

Subject	GCSE Design and Technology (8552)	
Exam Board	AQA	
Paper Number/Name	Non-Examination Assessment (NEA) 50% of the final GCSE mark	Exam 50% of final GCSE mark
Tier	All the same Tier	All the same Tier
Length of Exam	30–35 hours approximately 100 marks	2 hours 100 marks
Content of Paper, Topics, Units, Focus of questions, other useful information	<p>Substantial design and make task</p> <p>Assessment criteria:</p> <ul style="list-style-type: none"> Identifying and investigating design possibilities Producing a design brief and specification Generating design ideas Developing design ideas Realising design ideas Analysing & evaluating <p>There are 3 Contextual challenges- one to be chosen by the student. Students will produce a prototype and a portfolio of evidence Work will be marked by teachers and moderated by AQA</p> <p>Practical application of:</p> <ul style="list-style-type: none"> Core technical principles Specialist technical principles Designing and making principles 	<p>Section A – Core technical principles (20 marks)</p> <p>A mixture of multiple choice and short answer questions assessing a breadth of technical knowledge and understanding.</p> <p>Section B – Specialist technical principles (30 marks)</p> <p>Several short answer questions (2–5 marks) and one extended response to assess a more in-depth knowledge of technical principles.</p> <p>Section C – Designing and making principles (50 marks)</p> <p>A mixture of short answer and extended response questions.</p>
Revision Resources:	Suggested Revision Guide: CGP Design and Technology Revision guide and workbook PG Online power point presentations and worksheets	

Subject	GCSE French - 8658		
Exam Board	AQA		

Paper Number/Name	French GCSE – Paper 1 Listening	French GCSE – Paper 2 Speaking	French GCSE – Paper 3 Reading	French GCSE – Paper 4 Writing
Tier	Foundation or Higher	Foundation or Higher	Foundation or Higher	Foundation or Higher
Length of Exam	Foundation – 35 min Higher – 45 min	Foundation – 7 to 9 min Higher – 10 to 12 min	Foundation – 45 min Higher – 1 hour	Foundation – 1 hour min Higher – 1 hour 15 min
Content of Paper, Topics, Units, Focus of questions, other useful information	<p>Content:</p> <p>- Theme 1: Identity and culture: Topic 1: Me, my family and friends Topic 2: Technology in everyday life Topic 4: Customs and festivals in French-speaking countries/communities</p> <p>- Theme 2: Local, national, international and global areas of interest: Topic 1: Home, town, neighbourhood and region Topic 2: Social issues () Topic 3: Global issues Topic 4: Travel and tourism</p> <p>- Theme 3: Current and future study and employment: Topic 1: My studies Topic 2: Life at school/college Topic 3: Education post-16 Topic 4: Jobs, career choices and ambitions</p> <p>Questions: Section A in English, Section B in French - multiple choice questions - gap fills - short written answers - true or false - positive, negative or both</p>	<p>Content:</p> <p>- Theme 1: Identity and culture: Topic 1: Me, my family and friends Topic 2: Technology in everyday life Topic 4: Customs and festivals in French-speaking countries/communities</p> <p>- Theme 2: Local, national, international and global areas of interest: Topic 1: Home, town, neighbourhood and region Topic 2: Social issues () Topic 3: Global issues Topic 4: Travel and tourism</p> <p>- Theme 3: Current and future study and employment: Topic 1: My studies Topic 2: Life at school/college Topic 3: Education post-16 Topic 4: Jobs, career choices and ambitions</p> <p>Questions: - Role-Play (15 marks, untimed) <i>Any theme</i> - Photo Card (15 marks, timed) <i>Theme that not covered in the conversation</i></p>	<p>Content:</p> <p>- Theme 1: Identity and culture: Topic 1: Me, my family and friends Topic 2: Technology in everyday life Topic 4: Customs and festivals in French-speaking countries/communities</p> <p>- Theme 2: Local, national, international and global areas of interest: Topic 1: Home, town, neighbourhood and region Topic 2: Social issues () Topic 3: Global issues Topic 4: Travel and tourism</p> <p>- Theme 3: Current and future study and employment: Topic 1: My studies Topic 2: Life at school/college Topic 3: Education post-16 Topic 4: Jobs, career choices and ambitions</p> <p>Questions: Section A in English, Section B in French, Section C translation into English - multiple choice questions - gap fills - short written answers - true or false - positive, negative or both - translation</p>	<p>Content:</p> <p>- Theme 1: Identity and culture: Topic 1: Me, my family and friends Topic 2: Technology in everyday life Topic 4: Customs and festivals in French-speaking countries/communities</p> <p>- Theme 2: Local, national, international and global areas of interest: Topic 1: Home, town, neighbourhood and region Topic 2: Social issues () Topic 3: Global issues Topic 4: Travel and tourism</p> <p>- Theme 3: Current and future study and employment: Topic 1: My studies Topic 2: Life at school/college Topic 3: Education post-16 Topic 4: Jobs, career choices and ambitions</p> <p>Questions: Foundation: - Photocard description (4 sentences, 8 marks) - 40-word paragraph (16 marks) - Translation into French (5 sentences, 10 marks) - 90-word paragraph, choice of 2 questions (16 marks)</p>

	40 marks at Foundation 50 marks at Higher 25% of grade	- Conversation (30 marks, timed) <i>Chosen theme + given theme</i> 60 marks at Foundation or Higher 25% of grade	60 marks at Foundation or Higher 25% of grade	Higher: - 90-word paragraph, choice of 2 questions (16 marks) - 150-word paragraph, choice of 2 questions (32 marks) - Translation into French (paragraph, (12 marks) 50 marks at Foundation 60 marks at Higher 25% of grade
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Revision Resources:	Paper guides: CGP GCSE AQA French – For the grades 9-1 Exams revision guide and workbook (listening, reading, writing) Pearson – Target 5 or Target 9 workbooks (reading or writing) Online resources: GCSE Pod – French (revision skills, grammar) Language Nut for vocabulary and exam skills (listening, reading, writing, speaking) AQA website – past papers (listening, reading, writing, speaking) Quizlet for vocabulary (listening, reading, speaking) Lyrics training, Spotify, Youtube, Netflix and other online platforms to watch content in French, subtitled in French to get familiar with phonics and pace (culture, listening and speaking)
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Subject	GCSE Food Preparation and Nutrition – 8585		
Exam Board	AQA		
Component	Component 1 NEA 1 Food Investigation	Component 2 NEA 2 Practical investigations are a compulsory element of this NEA task. Task 2: Food preparation assessment	Component 3 Written exam: 1 hour 45 minutes 100 marks 50% of GCSE
Tier	All the same Tier	All the same Tier	All the Same Tier
Coursework % or Exam details	NEA Coursework (30 Marks)	NEA Coursework (70 Marks)	End of course Written Examination (100 Marks)
Content	Task 1: Investigation task released 1 st September in year 11. Written or electronic report (1,500–2,000 words) including photographic evidence of the practical investigation.	Task 2: task released in year 11. Students will prepare, cook and present a final menu of three dishes within a single period of no more than three hours, planning in advance how this will be achieved. Written or electronic portfolio including photographic evidence. Photographic evidence of the three final dishes must be included.	Mixture of Multiple Choice, short answer and extended answer questions.
Revision Resources:	Bitesize with Teacher guidance: https://www.foodafactoflife.org.uk/ Suggested Revision Guide: www.cgpbooks.co.uk/secondary-books/gcse/design-technology/food-prep-nutrition/fnar41		

Subject	GCSE Drama – 8261		
Exam Board	AQA		
Component Number/Name	Understanding Drama Section A: Drama theory (multiple choice) Section B: Study of a set text (Blood Brothers) Section C: Live Theatre Review	Devising Drama (NEA) 1 Group Performance 3 pieces of coursework Section 1: Response to a stimulus Section 2: Development and Collaboration Section 3: Analysis and Evaluation	Texts in Practice Performance of 2 scripted extracts to a visiting examiner
Tier	All the same Tier	All the same Tier	All the Same Tier
Length of Exam	1 hour 45 minutes	Between 10-20 minutes depending on group size	Between 5-20 minutes depending on group size
Content of Paper, Topics, Units, Focus of questions, other useful information	Stage Directions Stage Configurations Theatre Roles and Responsibilities Design- Costume, Lights, Sound and Set Vocal and Physical Skills Performance Space and Interaction Skills 80Marks – 40% Mixture of Multiple Choice, short answer and extended answer questions	80Marks – 40% Performance /20 Coursework /60 Course wordcount: 3000 words max	Practical Performance of 2 scripted extracts from 1 play. Acting examination 40 overall. 20% Extract 1 /20 Extract 2 /20
Revision Resources:	After school revision session with CM- Ask for details Suggested Revision Guide: CGP GCSE Play Guide Blood Brothers £6.50 www.cgpbooks.co.uk/secondary-books/gcse/drama/dmpbb41-gcse-drama-play-guide-blood-brothers Illuminate Publishing Blood Brothers Play Guide for AQA GCSE Drama £13.99 Blood Brothers Play Guide for AQA GCSE Drama: Amazon.co.uk: Fox, Annie: 9781911208709: Books		

BBC Bitesize GCSE Drama: AQA
[GCSE Drama - AQA - BBC Bitesize](#)

	<p>BBC Bitesize GCSE Drama: AQA GCSE Drama - AQA - BBC Bitesize</p>		
Subject	GCSE History (9-1)		
Exam Board	Edexcel		
Paper Number/Name	<p>Paper 1 – Thematic study and historic environment Wed 15th May 2024 AM</p>	<p>Paper 2 – Period Study and British Depth Study Tues 4th June 2024 PM</p>	<p>Paper 3 – Modern Depth Study Tues 11th June 2024 PM</p>
Tier	All the same tier	All the same tier	All the same tier
Length of Exam	1 hour 15 minutes	1 hour 45 minutes	1 hour 20 minutes
Content of Paper, Topics, Units, Focus of questions, other useful information	<p style="text-align: center;">Medicine in Britain c1250-present</p> <p>The British sector of the Western Front, 1914-1918; injuries, treatment and the trenches.</p> <p>Question Types: short answer (4 marks), sources (usefulness 8 marks and enquiry 4 marks), 3 paragraph essay (12 marks) and 5 paragraph essay (16 marks +4 SPAG)</p>	<p style="text-align: center;">The American West, c1835-c1895</p> <p>Anglo-Saxon and Norman England c1060-88</p> <p>Question Types: short answer (4 marks), 3 paragraph essay (12 marks) and 5 paragraph essay (16 marks +4 SPAG)</p>	<p style="text-align: center;">Weimar and Nazi Germany 1919-39</p> <p>Question Types: Sources (inference 4 marks, usefulness 8 marks), interpretations (difference 4 marks, reasons for difference 4 marks, how far do you agree 16 marks + SPAG) and 3 paragraph essay (12 marks).</p>

		<p>Consequence question (8 marks), narrative account (8 marks) and importance (16 marks)</p>	
<p>Revision Resources:</p>	<p>Students have been provided with a range of revision booklets, summer work, satchel knowledge quizzes and recall materials.</p> <p>GCSE POD has a full range of short films on all the topics that could appear on the exams.</p> <p>The recommended revision guides for the course are: 'My Revision Notes – GCSE (9-1) History by Hodder.</p>		

Subject	GCSE Physical Education - 8582		
Exam Board	AQA		
Paper Number/Name	The human body and movement in physical activity and sport Paper 1 (8582/1)	Socio-cultural influences and well-being in physical activity and sport Paper 2 (8582/2)	Practical Performance – 30% Analysis of Performance – 10% NEA – Practical Performance and Analysis of Performance
Tier	All the same Tier	All the same Tier	All the Same Tier
Length of Exam	1 hour 15 minutes	1 hour 15 minutes	3 Sports 1 team, 1 individual, 1 either Analysis of Performance on another sport (from an approved list of activities)
Content of Paper, Topics, Units, Focus of questions, other useful information	Applied Anatomy and Physiology Movement Analysis Physical Training Use of Data 78Marks – 30% Mixture of Multiple Choice, short answer and extended answer questions	Sports Psychology Socio-cultural Influences Health, Fitness and Well being Use of Data 78Marks – 30% Mixture of Multiple Choice, short answer and extended answer questions	Practical Performances in the three strongest sports. 25 marks per sport, 75 overall. 30% 25 Marks on NEA – Analysis of Performance 10% 100Marks

<p>Revision Resources:</p>	<p>eRevision – Online resource arranged through school.</p> <p>Suggested Revision Guide: CGP GCSE AQA Physical Education Complete Revision & Practice - £5.50 https://www.cgpbooks.co.uk/secondary-books/gcse/physical-education/jas41-grade-9-1-gcse-physical-education-aqa-comple</p>
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Subject	GCSE PR (RE qualification)	
Exam Board	AQA	
Paper Number/Name	Paper 1 Component 1: The study of religions: beliefs, teachings and practices	Paper 2 Component 2: Thematic studies
Tier	n/a – all students sit same exam	n/a – all students sit same exam
Length of Exam	Written exam: 1 hour 45 minutes	Written exam: 1 hour 45 minutes
Content of Paper, Topics, Units, Focus of questions, other useful information	<p>Religious belief and practice of Christianity and Buddhism</p> <p>Each religion has a common structure of two five-part questions of 1, 2, 4, 5 and 12 marks.</p> <p>Each religion is marked out of 48.</p>	<p>Religious, philosophical and ethical studies themes:</p> <p>Theme A: Relationships and families. Theme B: Religion and life. Theme C: The existence of God and revelation. Theme D: Religion, peace and conflict. Theme E: Religion, crime and punishment. Theme F: Religion, human rights and social justice.</p> <p>Students complete 4 from these six</p> <p>Each theme has a common structure of five-part questions of 1, 2, 4, 5 and 12 marks.</p>
Revision Resources:	<p>All students have revision guide given to them at the start of the course</p> <p>Revision resources will be given in class for specific units</p>	

Subject		GCSE Geography	
Exam Board		Edexcel Specification B	
Paper Number/Name	Paper 1 Global Geographical Issues	Paper 2 UK Geographical Issues	Paper 3 People and Environment Issues – Making Geographical Decisions
Tier	All the same Tier	All the same Tier	All the Same Tier
Exam paper information	Written examination: 1 hour and 30 minutes, 94 marks over three sections. 37.5% of the qualification	Written examination: 1 hour and 30 minutes, 94 marks over three sections. 37.5% of the qualification	Written examination: 1 hour and 30 minutes, 64 marks over four sections. 25% of the qualification
Content of Paper, Topics, Units, Focus of questions, other useful information	<p>Content overview</p> <ul style="list-style-type: none"> ● Topic 1: Hazardous Earth ● Topic 2: Development dynamics ● Topic 3: Challenges of an urbanising world <p>The exam includes multiple-choice questions, short open, open response and extended writing questions, calculations and 8-mark extended writing questions. Detailed knowledge of case studies in each topic is required.</p>	<p>Content overview</p> <ul style="list-style-type: none"> ● Topic 4: The UK’s evolving physical landscape, including sub-topics 4A: Coastal change and conflict and 4B: River processes and pressures. ● Topic 5: The UK’s evolving human landscape – including Birmingham Case Study - Dynamic UK cities. ● Topic 6: Geographical investigations – including our physical fieldwork investigation on River processes and pressures and our human fieldwork investigation linked to Dynamic urban areas. 	<p>Content overview</p> <p>Section A: People and the biosphere Section B: Forests under threat Section C: Consuming energy resources Section D: Making a geographical decisions.</p> <p>The exam includes multiple-choice questions, short open, open response and extended writing questions. Section C will include 8-mark extended writing questions and Section D will offer a choice of one from three decisions, assessed through a 12-mark extended writing question.</p>
Revision Resources:	<p>eRevision : Online resources on the school’s student OneDrive ‘GCSE Geography Spec B revision support’ GCSE pod Edexcel Specification B Exam board website https://qualifications.pearson.com/en/qualifications/edexcel-gcses/geography-b-2016.html Suggested Revision Guides and workbooks : Must be Edexcel Specification B. A wide range available such as: Oxford GCSE 9-1 Edexcel B by Bob Digby / CGP / BBC Bitesize</p>		

Subject	BTEC Tech Award Level 1/2 in Health and Social Care		
Exam Board	Pearson		
Paper Number/Name	Component 1: Human Lifespan Development Pearson Set Assignment – NEA Coursework Worth 30%	Component 2: Health and Social Care Services and Values Pearson Set Assignment – NEA Coursework Worth 30%	Component 3: Health and Wellbeing Exam Worth 40%
Tier	All the same Tier	All the same Tier	All the Same Tier
Length of Exam	Approximately 6 hours of supervised assessment	Approximately 6 hours of supervised assessment	2 hours – 07/05/2024 Morning
Content of Paper, Topics, Units, Focus of questions, other useful information	<p>The assignment for this component consists of four tasks:</p> <ul style="list-style-type: none"> •Task 1 – knowledge and understanding of the PIES growth and development through the life stages •Task 2 – knowledge and understanding of the impact of different factors on PIES growth and development through the life stages <ul style="list-style-type: none"> •Task 3a – knowledge and understanding of the impact of life events on PIES growth and development •Task 3b – knowledge and understanding of how individuals adapt to life events <p style="text-align: center;">Total – 60 marks</p>	<p>The assignment for this component consists of five tasks:</p> <ul style="list-style-type: none"> •Task 1 – knowledge and understanding of how health care services work together to meet the needs of an individual •Task 2 – knowledge and understanding of how social care services meet the needs of an individual •Task 3 – knowledge and understanding of barriers an individual could face when accessing services in health or social care •Task 4 – knowledge and understanding of how health professionals demonstrate the skills, attributes and values when delivering care to an individual •Task 5 – knowledge and understanding of how the skills, attributes and values of care professionals can help an individual to overcome potential obstacles <p style="text-align: center;">Total – 60 marks</p>	<p style="text-align: center;">Content:</p> <p style="text-align: center;">Physical Factors Social Factors Cultural Economic Factors Environment Factors Impact on PIES of Life Events</p> <p style="text-align: center;">Physiological Indicators Lifestyle Indicators</p> <p style="text-align: center;">Person Centred Approach Recommendations and Actions to Improve Health and Wellbeing</p> <p style="text-align: center;">Links to content from component 1 and 2 60 marks</p>
Revision Resources:	Tutor2u - https://www.tutor2u.net/hsc/topics eRevision (need to pay for access) Suggested Revision Guide: https://www.cgpbooks.co.uk/secondary-books/btec/health-and-social-care - CGP Revision Guide & Workbooks		

Subject	GCSE Spanish - 8698
Exam Board	AQA

Paper Number/Name	Spanish GCSE – Paper 1 Listening	Spanish GCSE – Paper 2 Speaking	Spanish GCSE – Paper 3 Reading	Spanish GCSE – Paper 4 Writing
Tier	Foundation or Higher	Foundation or Higher	Foundation or Higher	Foundation or Higher
Length of Exam	Foundation – 35 min Higher – 45 min	Foundation – 7 to 9 min Higher – 10 to 12 min	Foundation – 45 min Higher – 1 hour	Foundation – 1 hour min Higher – 1 hour 15 min
Content of Paper, Topics, Units, Focus of questions, other useful information	<p>Content:</p> <p>- Theme 1: Identity and culture: Topic 1: Me, my family and friends Topic 2: Technology in everyday life Topic 4: Customs and festivals in Spanish-speaking countries/communities</p> <p>- Theme 2: Local, national, international and global areas of interest: Topic 1: Home, town, neighbourhood and region Topic 2: Social issues () Topic 3: Global issues Topic 4: Travel and tourism</p> <p>- Theme 3: Current and future study and employment: Topic 1: My studies</p>	<p>Content:</p> <p>- Theme 1: Identity and culture: Topic 1: Me, my family and friends Topic 2: Technology in everyday life Topic 4: Customs and festivals in Spanish-speaking countries/communities</p> <p>- Theme 2: Local, national, international and global areas of interest: Topic 1: Home, town, neighbourhood and region Topic 2: Social issues () Topic 3: Global issues Topic 4: Travel and tourism</p> <p>- Theme 3: Current and future study and employment: Topic 1: My studies</p>	<p>Content:</p> <p>- Theme 1: Identity and culture: Topic 1: Me, my family and friends Topic 2: Technology in everyday life Topic 4: Customs and festivals in Spanish-speaking countries/communities</p> <p>- Theme 2: Local, national, international and global areas of interest: Topic 1: Home, town, neighbourhood and region Topic 2: Social issues () Topic 3: Global issues Topic 4: Travel and tourism</p> <p>- Theme 3: Current and future study and employment: Topic 1: My studies</p>	<p>Content:</p> <p>- Theme 1: Identity and culture: Topic 1: Me, my family and friends Topic 2: Technology in everyday life Topic 4: Customs and festivals in Spanish-speaking countries/communities</p> <p>- Theme 2: Local, national, international and global areas of interest: Topic 1: Home, town, neighbourhood and region Topic 2: Social issues () Topic 3: Global issues Topic 4: Travel and tourism</p> <p>- Theme 3: Current and future study and employment: Topic 1: My studies</p>

	<p>Topic 2: Life at school/college Topic 3: Education post-16 Topic 4: Jobs, career choices and ambitions</p> <p>Questions: Section A in English, Section B in Spanish</p> <ul style="list-style-type: none"> - multiple choice questions - gap fills - short written answers - true or false - positive, negative or both <p>40 marks at Foundation 50 marks at Higher 25% of grade</p>	<p>Topic 2: Life at school/college Topic 3: Education post-16 Topic 4: Jobs, career choices and ambitions</p> <p>Questions:</p> <ul style="list-style-type: none"> - Role-Play (15 marks, untimed) <i>Any theme</i> - Photo Card (15 marks, timed) <i>Theme that not covered in the conversation</i> - Conversation (30 marks, timed) <i>Chosen theme + given theme</i> <p>60 marks at Foundation or Higher 25% of grade</p>	<p>Topic 2: Life at school/college Topic 3: Education post-16 Topic 4: Jobs, career choices and ambitions</p> <p>Questions: Section A in English, Section B in Spanish, Section C translation into English</p> <ul style="list-style-type: none"> - multiple choice questions - gap fills - short written answers - true or false - positive, negative or both - translation <p>60 marks at Foundation or Higher 25% of grade</p>	<p>Topic 2: Life at school/college Topic 3: Education post-16 Topic 4: Jobs, career choices and ambitions</p> <p>Questions:</p> <p>Foundation:</p> <ul style="list-style-type: none"> - Photocard description (4 sentences, 8 marks) - 40-word paragraph (16 marks) - Translation into Spanish (5 sentences, 10 marks) - 90-word paragraph, choice of 2 questions (16 marks) <p>Higher:</p> <ul style="list-style-type: none"> - 90-word paragraph, choice of 2 questions (16 marks) - 150-word paragraph, choice of 2 questions (32 marks) - Translation into Spanish (paragraph, (12 marks) <p>50 marks at Foundation 60 marks at Higher 25% of grade</p>
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<p>Revision Resources:</p>	<p>Paper guides: CGP GCSE AQA Spanish – For the grades 9-1 Exams revision guide and workbook (listening, reading, writing) Pearson – Target 5 or Target 9 workbooks (reading or writing)</p> <p>Online resources: GCSE Pod – Spanish (revision skills, exam skills, grammar) AQA website – past papers (listening, reading, writing, speaking) Quizlet for vocabulary (listening, reading, speaking) Lyrics training, Spotify, Youtube, Netflix and other online platforms to watch content in Spanish, subtitled in Spanish to get familiar with phonics and pace (culture, listening and speaking)</p>
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Weekly Revision Timetable (Week 1)

		MON	TUE	WED	THU	FRI	SAT	SUN
Morning	8.00am							
	9.00am							
	10.00am							
	11.00 am							
Afternoon	12.00pm							
	1.00pm							
	2.00pm							
	3.00pm							
Evening	4.00pm							
	5.00pm							
	6.00pm							
	7.00pm							
	8.00pm							
	9:00pm							

Weekly Revision Timetable (Week 2)

		MON	TUE	WED	THU	FRI	SAT	SUN
Morning	8.00am							
	9.00am							
	10.00am							
	11.00 am							
Afternoon	12.00pm							
	1.00pm							
	2.00pm							
	3.00pm							
Evening	4.00pm							
	5.00pm							
	6.00pm							
	7.00pm							
	8.00pm							
	9:00pm							

3) Organising your revision sessions

Location, Location

- Think about where you do your revision – is it somewhere quiet and comfortable (but not too comfortable!)
- NOT in front of the TV
- Get everything together so it's close at hand
- Fresh air and natural light are good

Avoid distractions!

- If it helps, listen to music but play it at low volume and choose something that won't distract you. If you do find yourself singing along, then you are distracted!
- DO NOT be tempted to keep checking your 'status'.
- DO NOT answer text messages immediately!
- LOG OFF Facebook and Twitter and leave your phone in another room

Understanding

- Understanding a topic helps you to remember information and structure answers more easily.
- First break the information down – a simple way is to consider the overall theme, the main ideas then any details.
- Then put it back together so you can see the whole picture! A bit like doing a jigsaw puzzle

4) Aiming for top grades

Practice makes perfect

- No athlete ever turns up for a match / race without putting in hours of training first.
- No performer ever goes onto stage without first having a dress rehearsal.
- You need to look through past exam papers so you can get used to how the questions are asked and how many questions from each section you need to be answering.
- Take every opportunity to revise – revision is a skill that needs practising, the more you do it the better you get. Make it a habit right from the beginning of your GCSE course to take every opportunity to revise. Revise for classroom tests, end of unit tests, end of year exams and especially pre-public exams and mocks.
- Attend the revision sessions at lunchtime and after-school
- Use exam board websites. On them you will find the specification for each subject (a list of the topics you need to cover and details of the exams), past papers, mark schemes and information on level/grade boundaries. Check with your teacher which exam board each subject is taken with and the exact specification you are working to.



5) Sitting your Exams

- Only attempt light revision the night before using your revision notes and try not to do any totally new revision.
- Be organised - Get all your equipment ready that you will need (i.e. pens, calculator, ruler, etc.) the night before. The last thing you want in the morning is to be rushing around trying to find things.
- Try to get a normal night's sleep (if you can!)
- Get up in plenty of time and make sure you try and have something to eat and drink – now's a good time to fill up your water bottle to bring with you.
- Check you have everything you need before you leave home.
- If you really want to, do some last minute revision by flicking through your revision notes.
- Compose yourself – the moment you first open your exam paper is always a bit of a shock. The exam never looks or reads quite the way you expect it to, so be prepared for this.
- Don't worry about your classmates who may already be scribbling away.
- If it helps you, write down anything you are afraid of forgetting.
- Read the whole paper through carefully, noting all the instructions given and the number of choices – if it helps underline them.
- Decide on your question order then start by answering the questions you know you can answer well. This gives you more time to think about the difficult questions and boosts your confidence.
- Timing – How long is the exam? How many questions do you need to answer and how much time is allocated to each answer?
- Understanding – What are you being asked? It's worth spending time getting to grips with command words e.g. describe vs explain.

- Question choice – Read all choices and answer the correct number in each section etc.
- SPG – Some marks are awarded for spelling, punctuation and grammar. Practice difficult spellings so you don't lose marks.
- Read every question at least twice, picking out key words – if it helps underline them.
- Think about the question and analyse it before you get into your answer. Get a sense of how long and detailed an answer is expected to be – use the number of marks awarded to help you with this.
- For long detailed answers outline the main points you intend to include. Without this you are likely to stray from the point or forget important points.
- Remember to stick to what the question is asking!



6) Coping with exam stress

- Be prepared - Make sure you know what you are supposed to have learned and that you have all your notes, books and essays to hand. Do you know what format the exam takes and how the marks are allocated? If not, ask your teacher and/or study the marking scheme, which is often on the exam board's website. This can be particularly important with GCSE stress, when there are so many exams, all structured in different ways.
- Know when and where you work best - Work when you are most alert. We all have slightly different body clocks – are you a night owl or a dawn lark? Everyone has different revision styles – maybe you like to sit at a tidy library desk or under the duvet with your laptop. Wherever you feel calm and in control is the best place for dealing with exam stress.
- Take a break - Psychologists suggest that we can only concentrate properly for about 32 minutes at one stretch, while neuroscientists tell us that the longer we try and focus on one thing, the less our brains are able to deal with it effectively. Take breaks to stay refreshed. Instead of cramming in more revision or, indeed, stressing over how to deal with exam stress, the best thing might simply be to do something completely different.
- Eat well - Keeping your blood sugar levels steady so that you don't have energy dips during the day and can sleep well at night is a vital way of dealing with exam stress. Avoid lots of processed, sugary foods like cereal, biscuits, sweets and chocolate.
- Drink well - Staying hydrated with lots of water, low-calorie sodas or herbal teas is key to feeling alert. Juices or sugary drinks can make you feel jittery and mess up your energy levels. Caffeinated tea and coffee perk you up, but stick to about five cups a day, and if you feel jittery or have problems sleeping, drink your last one in the late afternoon. Bear in mind that colas, energy and sports drinks may all contain a lot of sugar and caffeine.
- Get exercise - This is probably one of the best ways of dealing with exam stress. Anything from walking the dog to going for a swim, run or bike ride helps reduce physical tension that can lead to aches and pains, and releases natural feel-good brain chemicals. If you can't get motivated, rope in friends – it's much harder to make excuses.
- Sleep well - Tossing and turning the night before an exam is understandable, and our bodies are able to cope with lack of sleep for a day or so. Worrying about not being able to nod off only makes matters worse.

A hot bath and having somewhere dedicated just to sleeping (and not to watching TV or going on a computer, phone or tablet) will help you switch off. If you really can't get to sleep, do something repetitive like a jigsaw or ironing.

If you really, really can't sleep, don't panic. Sheer adrenaline will help you get through most exams the next day better than you might expect.

- Relaxation - If you are really anxious, find a calm, quiet space and try breathing deeply in and out for a few minutes, focusing your mind on something pleasant, like a beautiful place with happy memories – anything that helps you wind down.
- Talk about it with someone - Almost everyone finds exams stressful – so you are not alone. Expressing your worries to a good friend, family member, your school tutor or a student counsellor will help get them out of your system.
- Reward yourself - Build in treats to your timetable – anything you can look forward to as a reward for sticking to it. Plan something exciting to celebrate the end of the exams.

7) Exam information: Be Prepared

- You must be on time for all your examinations.
- Equipment to be brought to **EVERY** exam:
 - Clear pencil case or bag**
 - Black pens**
 - Pencil**
 - Eraser**
 - Pencil sharpener**
 - Ruler**
 - Coloured pencils**
 - Calculator (apart from non-calculator Maths paper)**
 - Protractor**
 - Compass**
- You may have a clear drinks bottle but all labels must be removed.
- Glasses cases should be put onto the floor along with calculator lids.
- You will be under exam conditions as soon as you enter the examination room which means complete silence. You must not talk to, attempt to communicate or disturb other candidates. This will also be the case when the exam has finished and until you have left the exam hall.
- All mobile phones should be switched off and in your bag, not on your person. Possession of a mobile phone or other unauthorised material is breaking the rules, even if you do not intend to use it and you will be subject to penalty and possible disqualification.
- No watches of any kind will be permitted. Please remove and leave in your bag or hand in to an invigilator as you enter the exam hall.
- You must follow the instructions of the invigilator.

8) Results day GCSE Results

Thursday 24th August 2024

If you are unable to collect your results in person you must provide Mrs Wellings (Exams Officer) with a personal email address or stamped addressed envelope to send your results.

Exam certificates

Exam certificates will be available from **West Reception** Monday to Friday between **8am and 3pm** from **1st December 2024** until **14th February 2025**.

A letter of authorisation will be required if anyone else is picking these up. Certificates will be returned to the exam boards if not collected by this date and you may be charged if required at a later date.