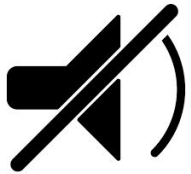
Westfield Academy

Seeing the qualities in every child

Supporting Your Child for Success

2022

What will effective revision in your household look and sound like?



How do you know your daughter/ son is revising? What do you see/ hear them doing?

How do you know it's working?

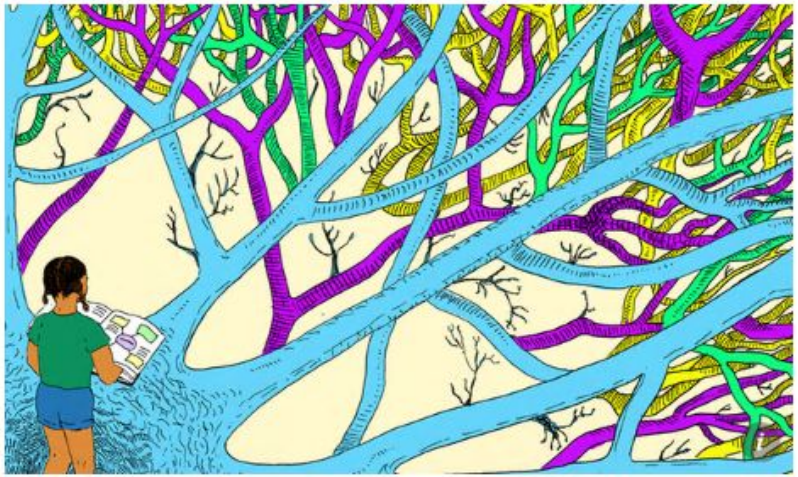
Students
Use your head

The way you're revising may let you down in exams – and here's why

Most people practise the wrong tasks, reveals a psychologist. Take your head out of those textbooks for a few minutes and read his advice

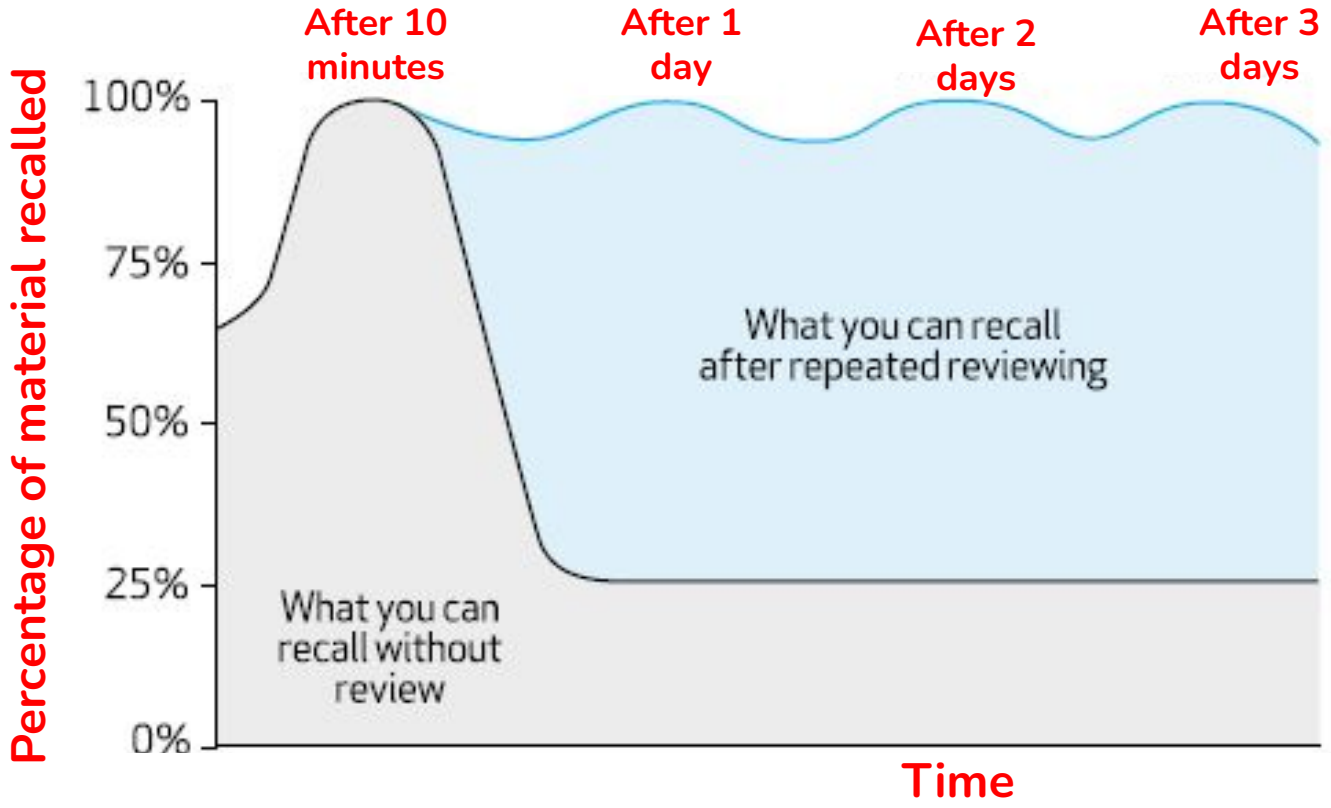
Tom Stafford
Tom Stafford is a lecturer in psychology and cognitive science at the University of Sheffield

@tomstafford
Sat 7 May 2016 09.00 BST



Even the most dedicated study plan can be undone by a failure to understand how human memory works. Only when you're aware of the trap set for us by overconfidence, can you most effectively deploy the study skills you already know about.

Memory performance over time



Which do you think were found to have higher – moderate – lower effectiveness?

Distributed practice
Elaborative interrogation
Self – explanation
Regular practice testing
Interleaved practice
Summarising
Highlighting
Mnemonics
Regular practice testing
Imagery to represent text
Re-reading

Dunlowsky et al (2013) studied 10 strategies used by students to revise and prepare for examinations.

What has the lowest impact?

1)Unstructured revision:

revision needs to be planned, with a realistic goal for each session

2)Reading:

unless you go over everything again and again, which is time-consuming

3)Highlighting/underlining:

although useful when done well, it is often done poorly

Effective revision strategies – what the research says

- Higher effectiveness
  - **Regular practice testing**
  - **Distributed practice (short sessions)**
- Moderate effectiveness
  - Elaborative interrogation (turning facts to be learned into why-questions and then answering them)
  - Self – explanation (explaining to yourself what you are doing and thinking)
  - Interleaved practice

A blend of these techniques is most effective

A recent study shows music did not improve learning;

Start early

Getting an early start on your revision is only a good thing. The more time you allow yourself to revise, the more room you'll have to cover each subject without needing to cram. You'll have more time to practice what you need to learn and consolidate it into your memory.

Make a revision timetable

Creating a revision timetable should be your first step. This will allow you to spread out your study time evenly and avoid cramming during the days leading up to your assessments. You can also allocate more time to any subjects you're struggling with.

Set mini goals

Have a few mini goals you'd like to achieve by the end of each day. You can add these in when making your revision timetable. This'll give you an idea of how much revision you need to do and what's coming up. You'll avoid feeling overwhelmed and can break your study down into smaller chunks

Mix it up

Work out which learning styles work for you. This could be visual, auditory, kinesthetic or through reading and writing. Once you have a few different revision techniques, mix up which ones you want to use so that revision doesn't become repetitive or dull.

Revise with others

You may benefit from teaching others what you know or testing them on what they know. Not only is this a great way to help your friends but you'll see where there's still holes in your own learning. Having a small study group can also be a great way to come up with unique methods for remembering key ideas.

Practice papers

Use practice papers to familiarise yourself with the format of your assessment and how questions may be structured. Time yourself to avoid getting flustered when sitting the actual assessment, and you'll be able to gauge how much time to roughly spend on each question.

Take breaks

Revision is only effective when split up by breaks. Don't overwork yourself and make sure you're giving your brain some space to breathe. You'll get distracted less and be able to focus for longer. Use these breaks to fit in any exercise or healthy eating, which will only improve the quality of your revision.

Move around

A productive way to spend your study break. The benefits of exercise on revision include increased focus, improved memory and the chance to readdress any hard topics with a fresh mind. A simple walk around the block can be all it takes to improve your quality of learning.

Eat healthy

Choose healthy foods to eat during your study breaks. The quality of what you put in will dictate the quality you put out. Swapping crisps or chocolate for nuts or fruit will leave you feeling less lethargic in the afternoon and with more energy to learn. But do remember balance. You don't have to cut out your favourite treats completely. Moderation is key.

Sleep

These GCSE revision tips won't be effective unless you get sufficient sleep. Prioritise getting 7–9 hours a night. Sleep is a powerful tool for not only committing what you've learnt during the day to long-term memory, but it also improves your cognitive ability to learn again the following day. You'll be better able to concentrate, and feel more motivated, after a good night's rest.

Healthy Eating

Top tips for healthy eating during exams -

- Make sure you drink enough water or sugar free squash (no fizzy drinks!).
- Make sure you eat three meals a day -
    1. **Breakfast** - This is especially important before exams - this doesn't have to mean getting up really early and cooking yourself a full english! Just grab a banana and a drink as you go out of the door. Other examples could be wholegrain cereals, porridge or wholemeal toast.
    2. **Lunch** - It will be easier for you to prepare your lunch the night before so you are not rushing in the morning. Lunch doesn't have to be a sandwich, it can be a wrap's, pitta's, bagels and pasta salads.
    3. **Dinner** - Dinner is a good time to catch up with the people you live with. Use the eatwell plate for guidance

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Eat less often and in small amounts

Choose unsaturated oils and use in small amounts

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Dealing with exam stress

- Anxiety is normal during exam time and lots of people will feel the same - as long as you're prepared you have nothing to worry about it!
- If you have any questions, concerns or feedback about your GCSE's make sure you ask a teacher or a member of staff straight away - they are always there to help you.
- Be organised - have the date, time, location and what you need for each exam written down and keep a copy at home so you're always prepared.
- Exercise is really important in helping with stress and anxiety - it helps to clear your thoughts and helps you to deal with your problems calmly.
- If you are finding that you are losing concentration then take a break and get some fresh air, this can help to ground you - especially if you really focus on your senses, for example, what you can see and hear around you. You can even take your revision outside with you!
- Make sure you set aside some time for yourself - put the revision away and do something you enjoy.

Before Half Term

Before Half Term	Morning - 9:05am start	Afternoon - 1:00pm start
Mon 16th May		Computer Science Paper 1 (1hr 30m)
Tue 17th May	Biology Paper 1 (1hr 45m) Combined Science Biology Paper 1 (1hr 15m)	
Wed 18th May	English Language Paper 1 (1hr 45m)	German Paper 1 & 3 Foundation (1hr 20m) German Paper 1 & 3 Higher (1hr 45m)
Thur 19th May	History Paper 1 - The Elizabethans (1hour)	
Fri 20th May	Maths Paper 1 (1hr 30m)	
Mon 23rd May	Geography Paper 1 (1hr 30m)	
Tue 24th May	French Paper 1 & 3 Foundation (1hr 20m) French Paper 1 & 3 Higher (1hr 45m)	
Wed 25th May	English Literature Paper 1 (50m per option)	
Thur 26th May	Spanish Paper 1 & 3 Foundation (1hr 20m) Spanish Paper 1 & 3 Higher (1hr 45m)	
Fri 27th May	Chemistry Paper 1 (1hr 45m) Combined Science Chemistry Paper 1 (1hr 15m)	Computer Science Paper 2 (1hr 30m)
Half Term		
Mon 6th June	German Paper 4 Foundation (1hr 15m) German Paper 4 Higher (1hr 20m)	
Tue 7th June	Maths Paper 2 (1hr 30m)	Geography Paper 2 (1hr 15m)
Wed 8th June	English Literature Paper 2 (1hr 45m)	
Thur 9th June	History Paper 2 - The People's Health (1hour)	Physics Paper 1 (1hr 45m) Combined Science Physics Paper 1 (1hr 15m)
Fri 10th June	English Language Paper 2 (1hr 45m)	Japanese Paper 1 & 3 Foundation (1hr 25m) Japanese Paper 1 & 3 Higher (1hr 50m)

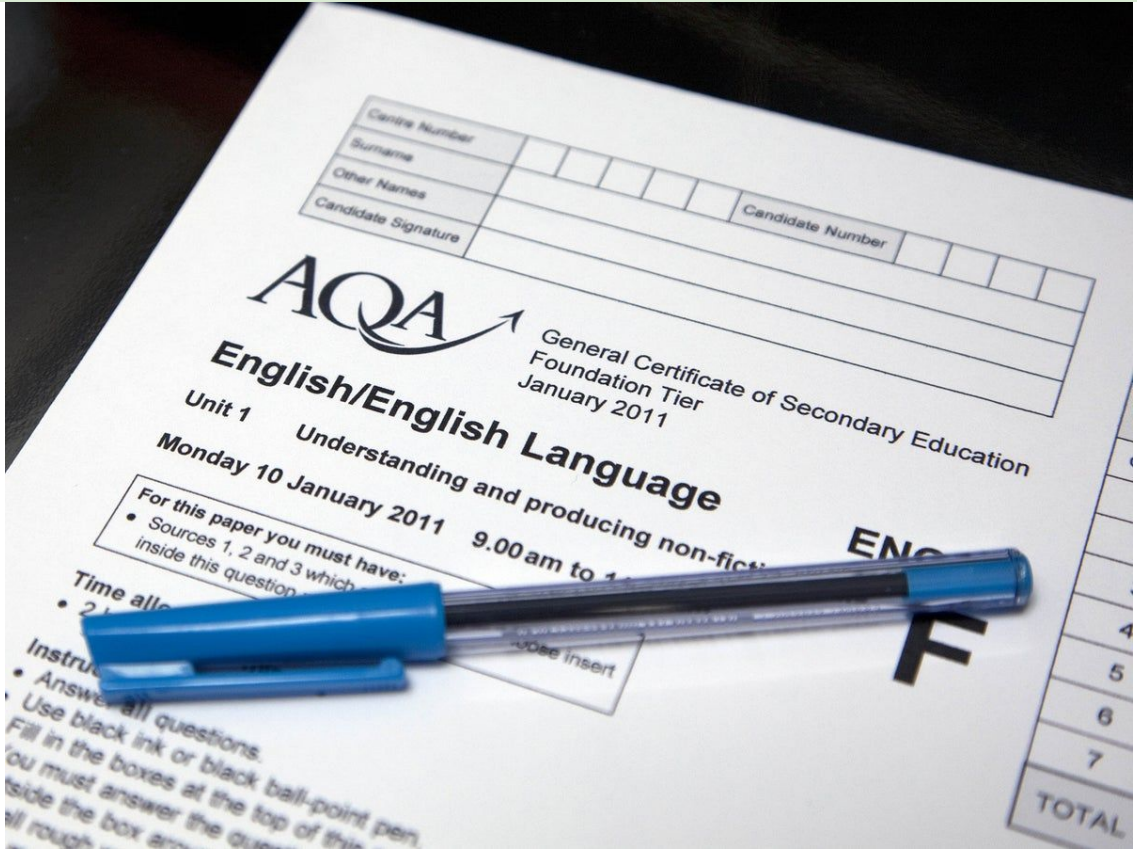
After Half Term

After Half Term	Morning - 9:05am start	Afternoon - 1:00pm start
Mon 13th June	Maths Paper 3 (1hr 30m)	
Tue 14th June	Geography Paper 3 (1 hour)	Statistics Paper 1 Foundation (1hr 30) Statistics Paper 1 Higher (1hr 30)
Wed 15th June	Biology Paper 2 (1hr 45m) Combined Science Biology Paper 2 (1hr 15m)	
Thur 16th June	History Paper 3 - History Around Us (1hour)	French Paper 4 Foundation (1hr 15m) French Paper 4 Higher (1hr 20m)
Fri 17th June	Spanish Paper 4 Foundation (1hr 15m) Spanish Paper 4 Higher (1hr 20m)	Polish Paper 1 & 3 Foundation (1hr 20m) Polish Paper 1 & 3 Higher (1hr 45m)
Mon 20th June	Chemistry Paper 2 (1hr 45m) Combined Science Chemistry Paper 2 (1hr 15m)	Food Component 1 (1h 45m) Japanese Paper 4 Foundation (1hr 20m) Japanese Paper 4 Higher (1hr 25m)
Tue 21st June		
Wed 22nd June	Music Component 3 (1hr 15m approx.)	
Thur 23rd June	Physics Paper 2 (1hr 45m) Combined Science Physics Paper 2 (1hr 15m)	
Fri 24th June	Statistics Paper 2 Foundation (1hr 30) Statistics Paper 2 Higher (1hr 30)	
Mon 27th June	Polish Paper 4 Foundation (1hr 05m) Polish Paper 4 Higher (1hr 20m)	History Paper 4 - Living Under Nazi Rule (1hour)
Tue 28th June		
Wed 29th June	*Contingency day*	*Contingency day*
END OF SUMMER EXAM SCHEDULE 2022		

Wed 29th June - National Contingency Day for GCSEs

This day has been set aside in case there is a local/national disruption during one of the exam dates. We hope that this date will not be needed but you should not make plans to travel / take holidays on this date until after students have completed all of their exams

Impress the examiner



Impress the examiner

Impress the examiner

Each week for 17 weeks

- English
- Maths
- Science

Impress the examiner

1. **Initial Assessments:** Please complete your initial assessments for each course. These are available within each course. You can access your courses via the 'My courses' link in the navigation menu or via your Dashboard.

2. **Wellness Questionnaire:** Please complete your Wellness Questionnaire. This link will open in a new browser tab, where you will complete a brief questionnaire. After you have finished, please return to this window to continue.

Impress the examiner

- Mon 24th Jan

Week 1 - Developing basic comprehension skill

- Mon 31st Jan

Week 2 - Developing knowledge and skill with language

- Mon 7th Feb

Week 3 - Applying language knowledge and skill to P1 Q2

- Sun 20th Feb

Week 4 - Ratio problems

- Sun 27th Feb

Week 5 - Units and measures

- Tues 5th Apr

Week 11 - Physics: Electricity

- Tues 12th Apr

Week 12 - Physics: Forces

- Tues 19th Apr

Week 13 - Physics: Energy

Personalised timetable

The Key Stage 4 Online Timetable							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 24th January – 30th January							
15:30 – 17:00	English (1) 15:30– 17:00	Science (1) 15:30-17:00					Maths (2) 14:00–15:30
17:15 – 18:45							
19:00 – 20:30							
Week 2 – 31st January – 6th February							
15:30 – 17:00	English (1) 15:30– 17:00	Science (1) 15:30-17:00					Maths (2) 14:00–15:30
17:15 – 18:45							
19:00 – 20:30							
Week 3 – 7th February – 13th February							
15:30 – 17:00	English (1) 15:30– 17:00	Science (1) 15:30-17:00					Maths (2) 14:00–15:30
17:15 – 18:45							
19:00 – 20:30							

https://www.gcsepod.com/parents/

English Language
English Literature

4 exams
2 separate GCSE qualifications
Spoken Language Endorsement

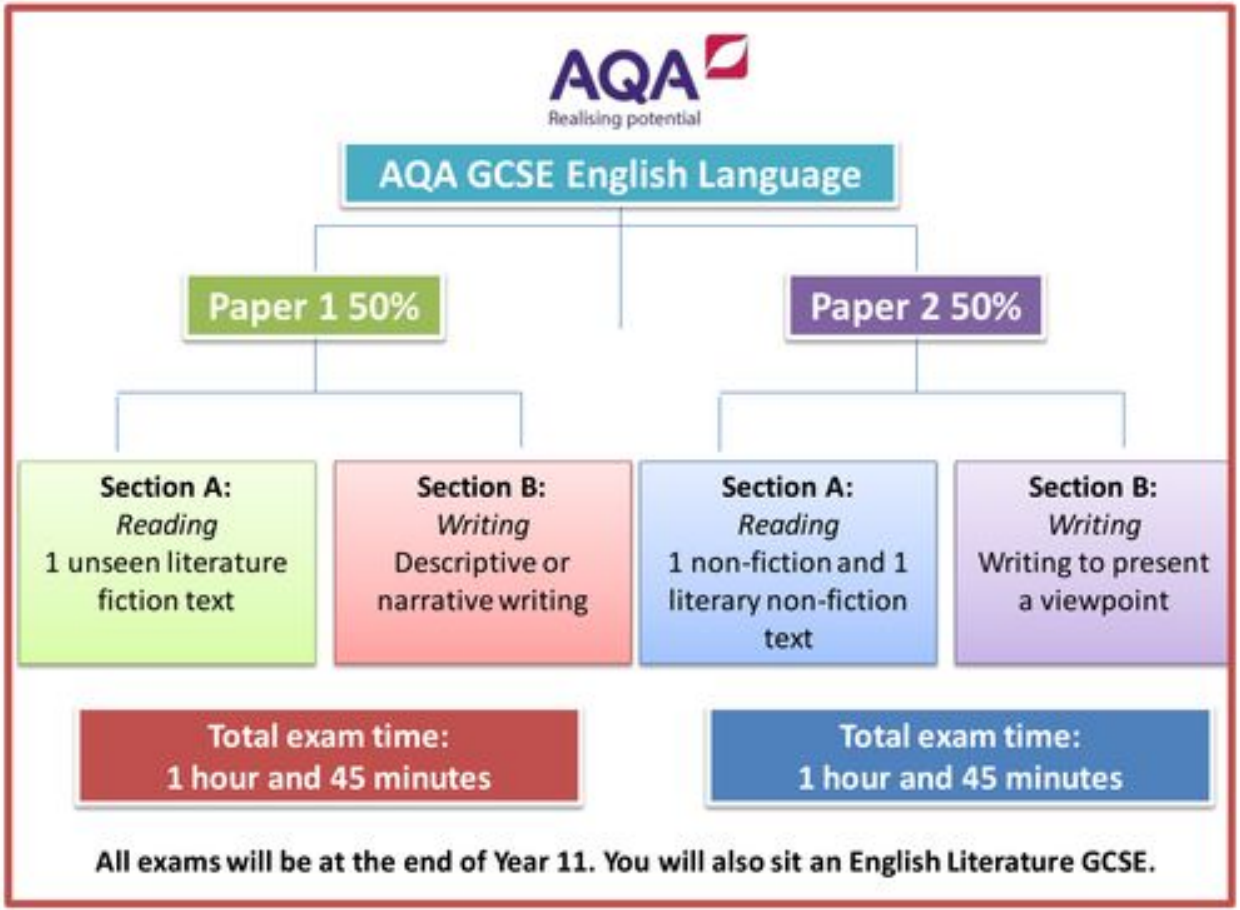
Supporting for Success in English

Knowing what you need to know

Resources on the internet

Retrieval Practice / Practice Questions

Support in school


AQA
Realising potential
AQA GCSE English Language
Paper 1 50%
Paper 2 50%
Section A:
Reading
1 unseen literature fiction text
Section B:
Writing
Descriptive or narrative writing
Section A:
Reading
1 non-fiction and 1 literary non-fiction text
Section B:
Writing
Writing to present a viewpoint
Total exam time:
1 hour and 45 minutes
Total exam time:
1 hour and 45 minutes
All exams will be at the end of Year 11. You will also sit an English Literature GCSE.

What has changed in 2022: Anthology from Literature has been taken away from the exam.

Key Dates for the diary:

English Language 8700

English Language Paper 1- AM 1h 45m 18th May 2022

English Language Paper 2- AM 1h 45m 10th June 2022

Non-exam assessment: Spoken language 9 & 10 Submit by 07 May 2022

Key Dates for the diary:

English Literature 8702

Modern Text and 19th century novel- 1h 40m 25th May 2022 am

Shakespeare and Unseen Poetry- 1h 45m 8th June 2022 am

Supporting for Success in English

Knowing what you need to know

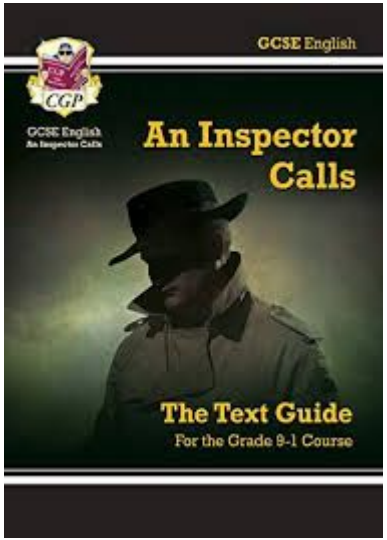
Revision resources

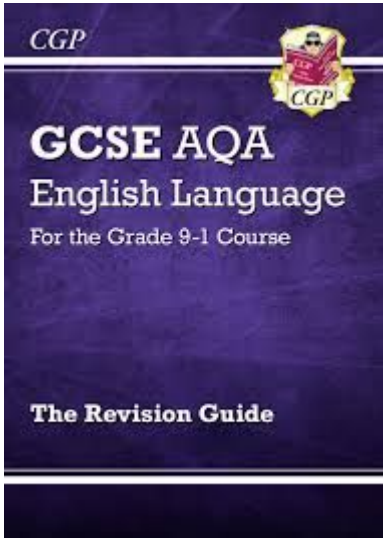
Retrieval Practice / Practice Questions

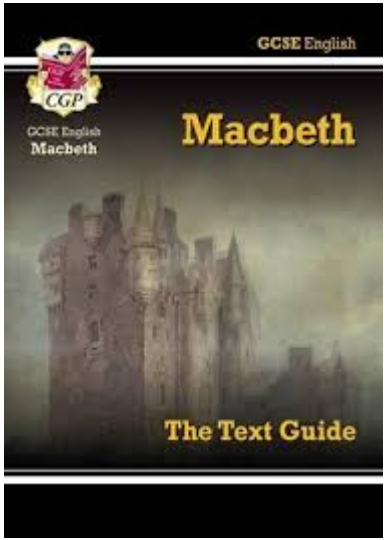
Support in school

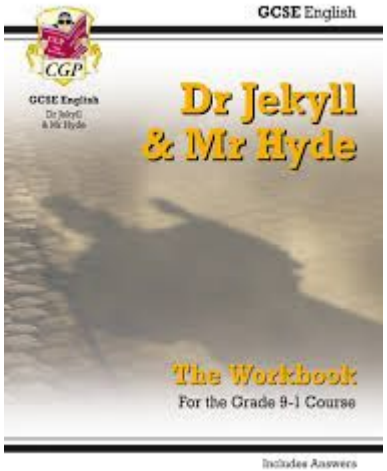
Having them is half the battle, using them well is the next...

Revision guides:









AQA

How can the internet help with English revision?

BBC Bitesize

Use it to our advantage

gcsepod
education anywhere

The ways to revise English:

FOCUS ON BEING PRODUCTIVE INSTEAD OF BUSY.

Tim Ferriss

Supporting for Success in English

Knowing what you need to know

Revision resources

Retrieval Practice / Practice Questions

Support in school

Let’s use AQA:

https://www.aqa.org.uk/subjects/english

- All past exam papers
- Mark schemes
- Examiner reports
- Advice for students

Supporting for Success in English

Knowing what you need to know

Revision resources

Retrieval Practice / Practice Questions

Support in school

What are we doing to support?

- In class mocks for Language and Literature. End of January/ February.
- Big Writes every week to prepare for exam skills.
- Impress the Examiner- every Monday...PLEASE PUSH THIS!
- Intervention sessions- selected students. Boys groups, girls group, challenge group, ⅘ border, secure the 5. Lunch times, tutor time, after school.
- An amazing team of teachers wanting to help you!

What can you do to support with English?

1. Support with the revision timetable.
2. Encourage attendance of all sessions.
3. Read the key Literature texts together.
4. Watch the Literature films.
5. Make sure they have some fun!

(Knowing what you need to know/ knowing the key texts. + Revision resources. + Retrieval Practice / Practice Questions.) x Taking the support from teachers and using lesson time.

= Success in English

Science

Combined Science
6 exams
(2 Biology, 2 Chemistry and 2 Physics) 1 hour 15 mins each

Triple Science
6 exams
(2 Biology, 2 Chemistry and 2 Physics) 1 hour 45 mins each

Supporting for Success in Science

Knowing what you need to know

Resources on the internet

Retrieval Practice / Practice Questions

Support in school

Knowing what you need to know (1)

The AQA Specification:

- AQA Combined Science (Trilogy)

https://www.aqa.org.uk/subjects/science/gcse/combined-science-trilogy-8464

- Triple Science (Biology, Chemistry, Physics)

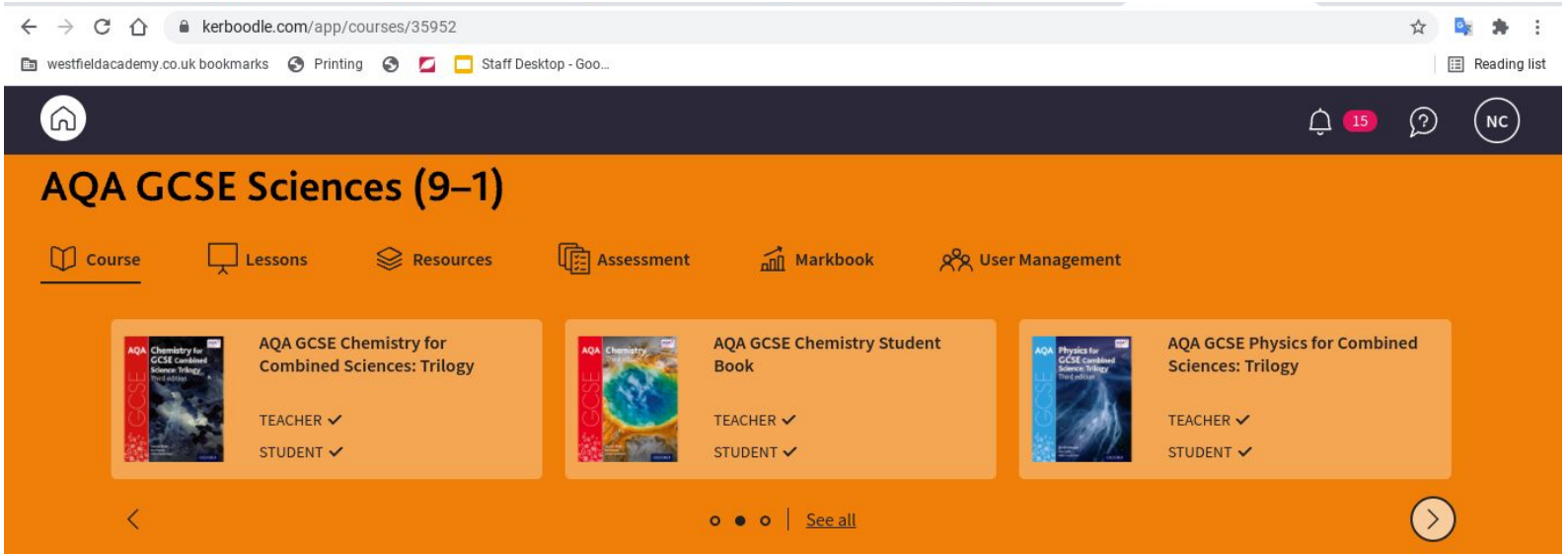
https://www.aqa.org.uk/subjects/science/gcse/biology-8461

https://www.aqa.org.uk/subjects/science/gcse/chemistry-8462

https://www.aqa.org.uk/subjects/science/gcse/physics-8463

Knowing what you need to know (2)

Kerboodle - Self Assessment Checklists



oxo_AQA16_C7_cc01_csaann.pdf

AQA Chemistry GCSE Student Check

C7 Energy changes

Name

Date

Lesson	Aiming for 4		Aiming for 6		Aiming for 8	
C7.1 Exothermic and endothermic reactions	I can define exothermic and endothermic reactions.	☐	I can describe examples of exothermic and endothermic reactions.	☐	I can explain a chemical reaction in terms of energy transfer.	☐
	I can state that energy is conserved in a chemical reaction.	☐	I can explain, using observations from calorimetry, how to classify a reaction as exothermic or endothermic.	☐	I can plan, carry out, and evaluate the errors in a calorimetry investigation.	☐
	I can safely complete a calorimetry experiment for a reaction that takes place in solution.	☐	I can explain in detail how to carry out a calorimetry experiment.	☐		
C7.2 Using energy transfers from reactions	I can state a use of an exothermic reaction and an endothermic reaction.	☐	I can explain how an energy change from a chemical reaction can be used.	☐	I can suggest a chemical reaction for a specific purpose based on the energy change for the reaction.	☐
	I can write word equations for familiar reactions.	☐	I can write balanced symbol equations for familiar reactions.	☐	I can evaluate in detail the uses of exothermic and endothermic reactions.	☐
C7.3 Reaction profiles	I can define activation energy.	☐	I can label activation energy on a reaction profile diagram.	☐	I can explain why chemical reactions need activation energy to start them.	☐
	I can sketch a generic reaction profile diagram for an exothermic or endothermic reaction.	☐	I can generate a specific reaction profile diagram for a given chemical reaction when its energy change is also supplied.	☐	I can use the particle model to explain how a chemical reaction occurs.	☐

Supporting for Success in Science

Knowing what you need to know

Revision resources

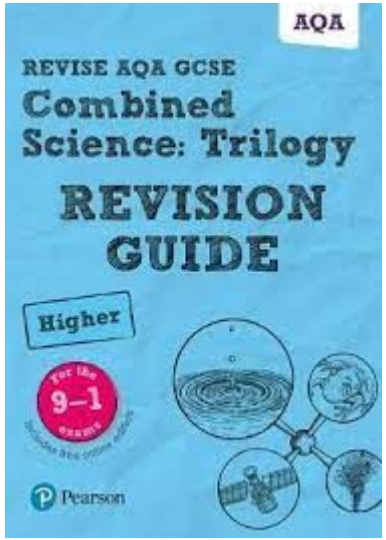
Retrieval Practice / Practice Questions

Support in school

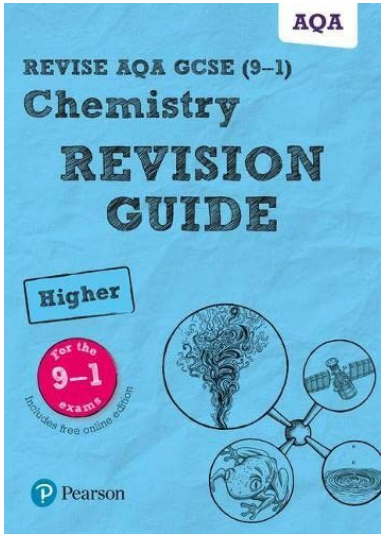
Revision resources (1)

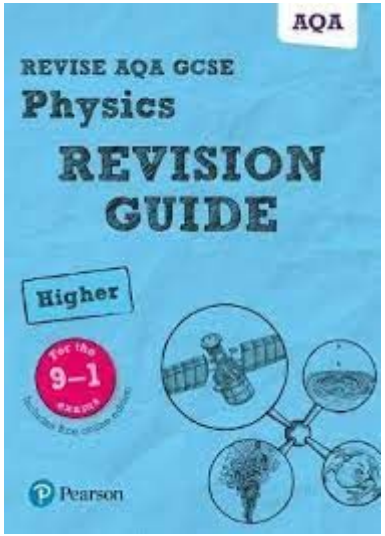
Revision guides (Higher tier):

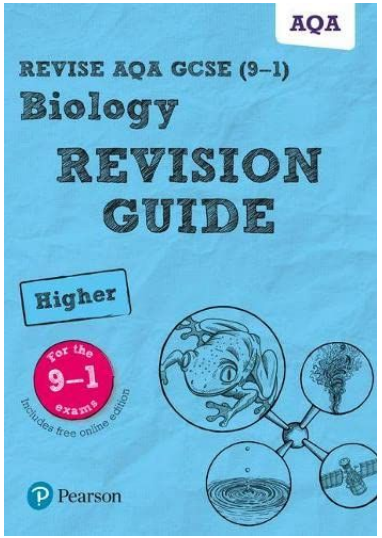
Combined



Triple





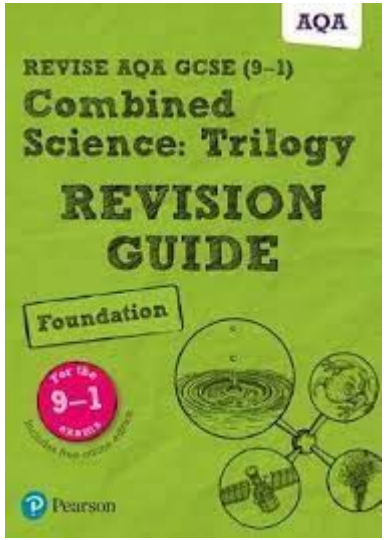


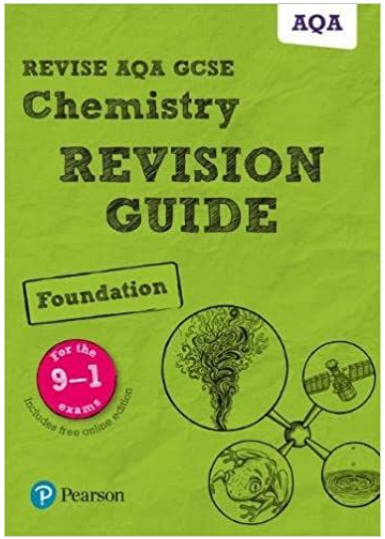
Revision resources (1)

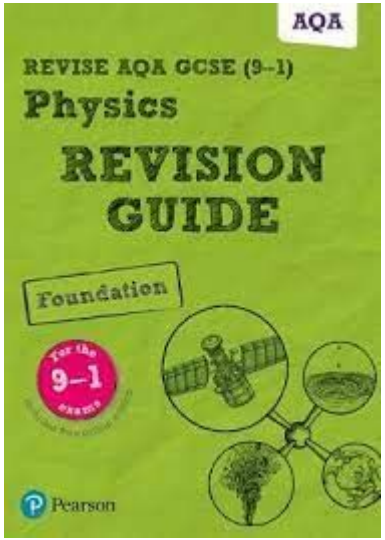
Revision guides (Foundation tier):

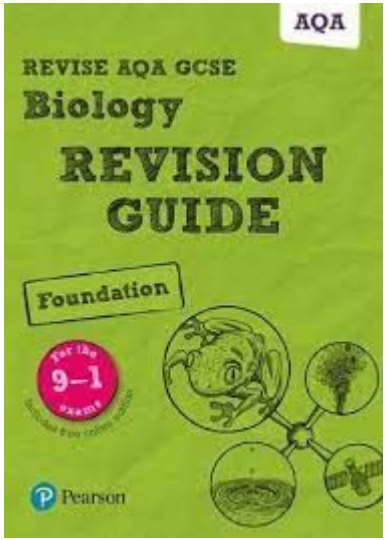
Combined

Triple







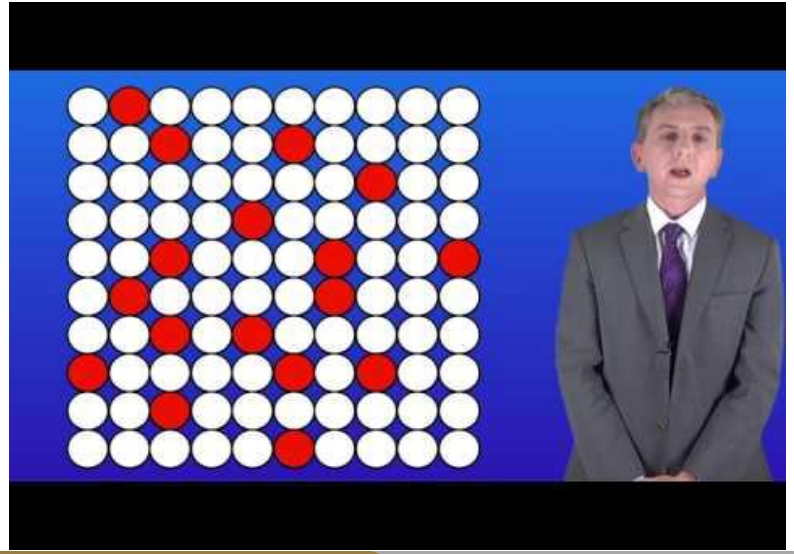


Revision resources (2)

GCSE free science lessons

The videos can be found at
https://www.freesciencelessons.co.uk/videos

Or on the youtube channel
'freesciencelessons'



Advantages:

- ❏ Exam board specific
- ❏ Slow pace
- ❏ Covers the whole specification in short bites

Revision resources (2)

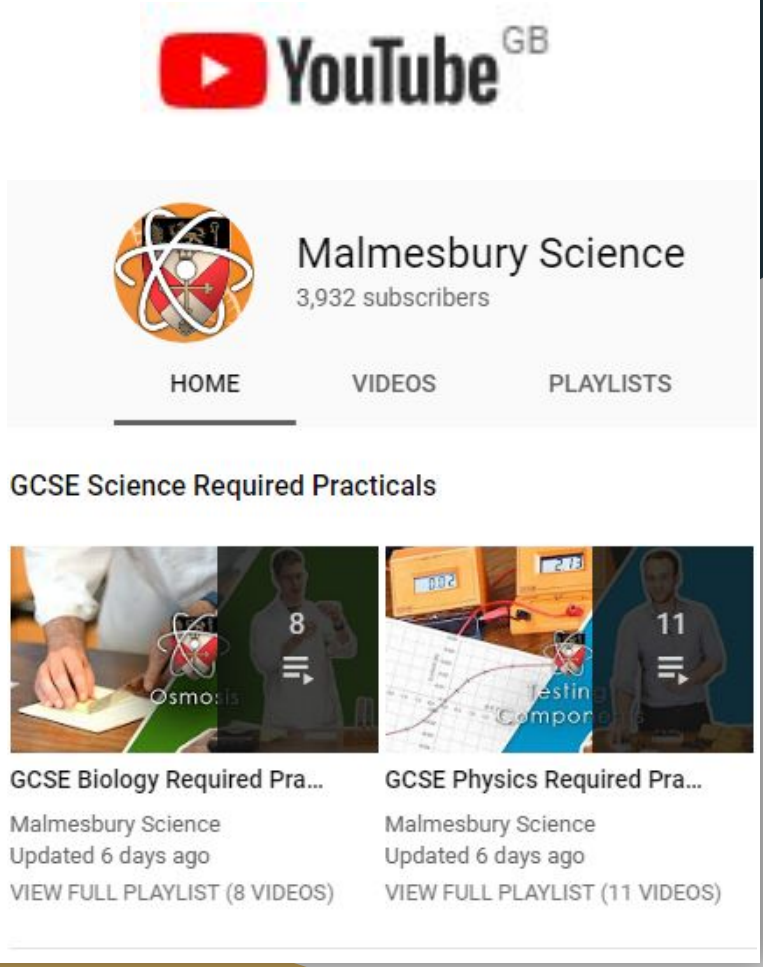
Malmesbury Science

[‘Malmesbury Science’](https://www.youtube.com/playlist?list=PLAd0MSIZBSsF3vV_uxzbcNHuDrQ6Hc-Ul)

https://www.youtube.com/playlist?list=PLAd0MSIZBSsF3vV_uxzbcNHuDrQ6Hc-Ul

Advantages:

- ❏ Exam board specific
- ❏ Produced by teachers for their students
- ❏ Excellent coverage of the required practicals

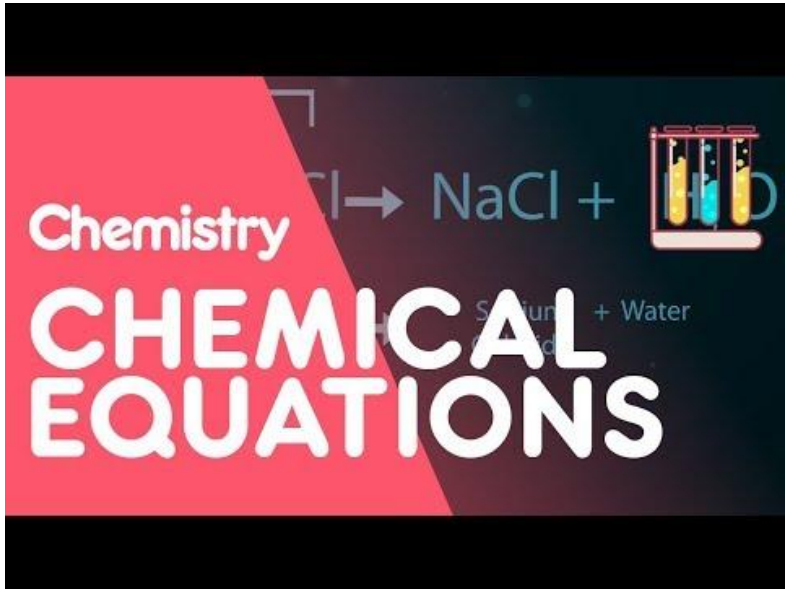


Revision resources (2)

Fuse School

The Internet

The videos can be found at the youtube channel
'FuseSchool-global education'

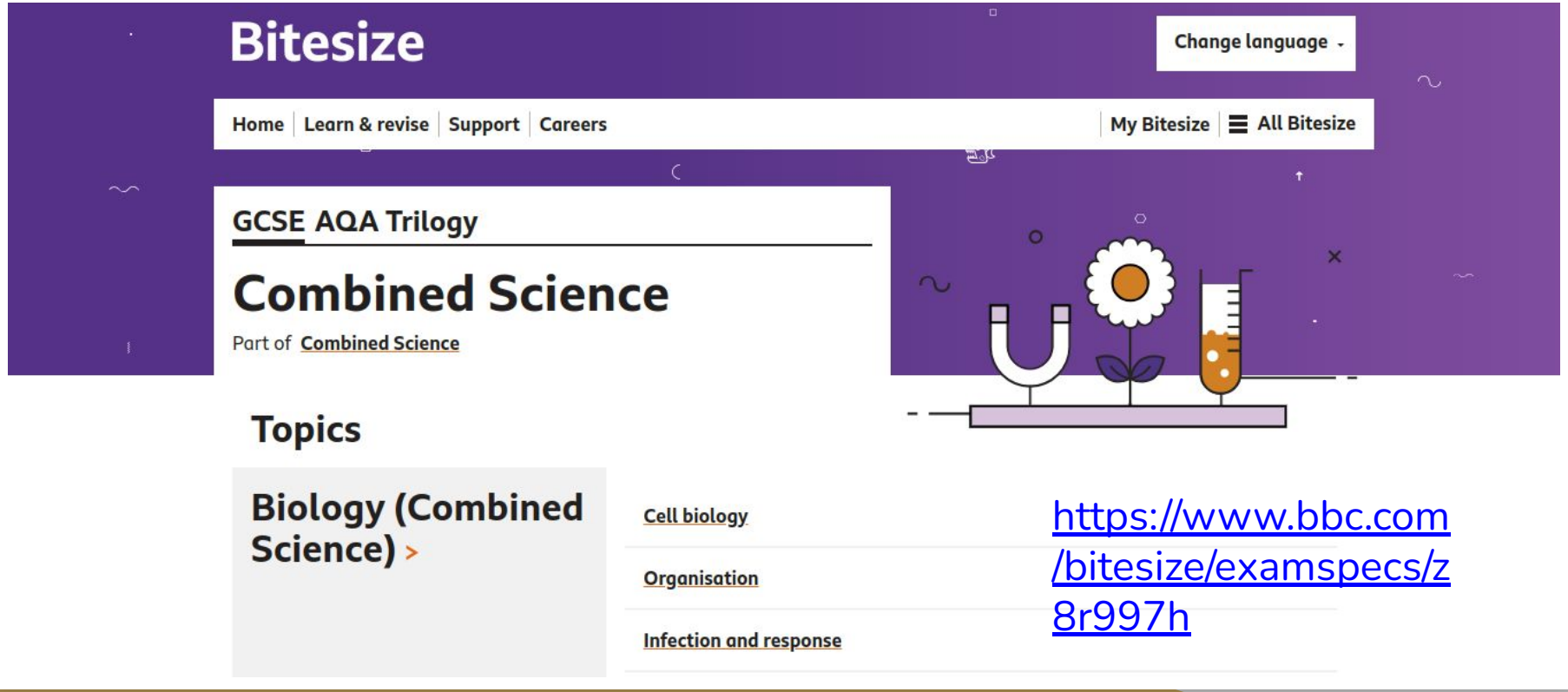


Advantages:

- Clear animations
- More engaging than free science lessons
- Very good for chemistry

Revision resources (2)

BBC Bitesize



https://www.bbc.com/bitesize/examspecs/z8r997h

Triple Science

Biology

https://www.bbc.com/bitesize/subjects/z9ddmp3

Chemistry

https://www.bbc.com/bitesize/subjects/zs6hvcw

Physics

https://www.bbc.com/bitesize/subjects/zpm6fg8

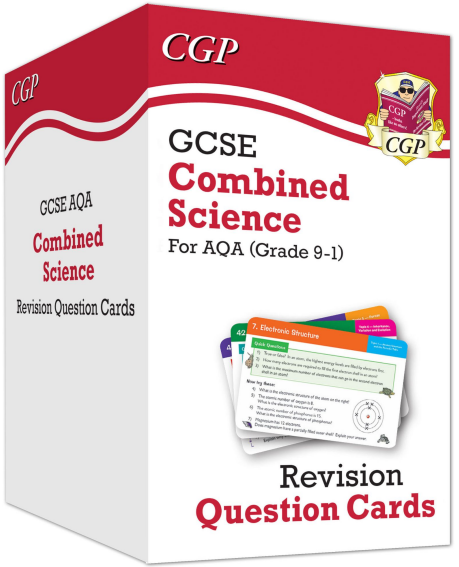
Supporting for Success in Science

Knowing what you need to know

Revision resources

Retrieval Practice / Practice Questions

Support in school



“Retrieval practice” (remembering facts)

Assessment resources

June 2018 papers and mark schemes

Insight report: results at a glance June 2018 (1.1 MB)

Specimen papers and mark schemes

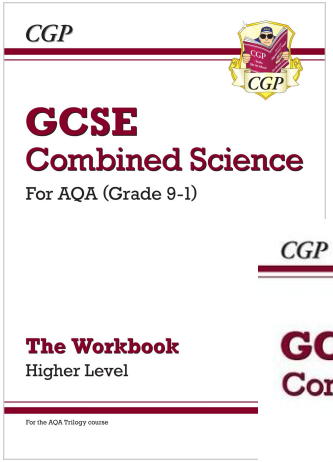
Foundation

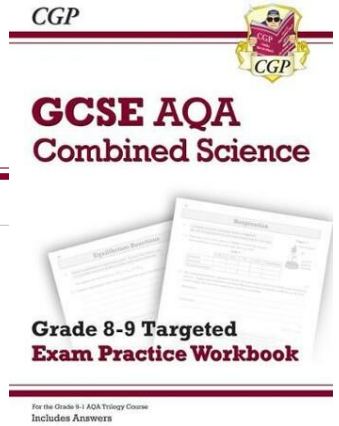
Paper 1 (Foundation): Specimen mark scheme (180.6 KB)
Paper 1 (Foundation): Specimen question paper (666.2 KB)
Paper 2 (Foundation): Specimen mark scheme (219.3 KB)
Paper 2 (Foundation): Specimen question paper (782.4 KB)

Higher

Paper 1 (Higher): Specimen mark scheme (232.2 KB)
Paper 1 (Higher): Specimen question paper (623.8 KB)
Paper 2 (Higher): Specimen mark scheme (252.4 KB)
Paper 2 (Higher): Specimen question paper (677.9 KB)

https://www.aqa.org.uk/subjects/science/gcse/combined-science-trilogy-8464/assessment-resources
https://www.aqa.org.uk/subjects/science/gcse/biology-8461/assessment-resources
https://www.aqa.org.uk/subjects/science/gcse/chemistry-8462/assessment-resources
https://www.aqa.org.uk/subjects/science/gcse/physics-8463/assessment-resources





https://www.cgpbooks.co.uk/secondary-books/science

Supporting for Success in Science

Knowing what you need to know

Revision resources

Retrieval Practice / Practice Questions

Support in school

Support from us

- ★ All classes have finished content delivery by February half term
- ★ All teachers are creating a revision plan for their classes with the aim of covering the content again briefly between now and the examinations
- ★ Intervention sessions- Thursday after school

  (15:15 - 16:15)

What can you do to support with Science?

1. Support with the revision timetable.
2. Encourage attendance and engagement at school
3. Quiz your child using their flashcards
4. Display their mind maps and checklists around the house
5. Ask them to talk you through what they did in their lesson that day

(Knowing what you need to know + Revision resources + Retrieval Practice / Practice Questions) x Using lesson time wisely

= Success in science

Key dates for the diary:

- **17th May 2022** Biology Paper 1
- **27th May 2022** Chemistry Paper 1
- **9th June 2022** Physics Paper 1
- **15th June 2022** Biology Paper 2
- **20th June 2022** Chemistry Paper 2
- **23rd June 2022** Physics Paper 2

Students need to remember to bring the following to their science exams:

- Black pen
- Pencil
- Scientific Calculator
- Ruler
- Protractor

MATHS

Maths Exam Board - Edexcel
Specification - 1MA1

Supporting for Success in Maths

Knowing what you need to know

Resources on the internet

Retrieval Practice / Practice Questions

Support in school

Key dates for the diary:

Paper 1 Non- Calculator
Friday 20th May (am)

Paper 2 – Calculator
Tuesday 7th June (am)

Paper 3 – Calculator
Monday 13th June (am)

Students need to remember to bring the following to their Maths exams:

- Black pen
- Pencil
- Ruler
- Rubber
- Protractor
- Compass
- Scientific Calculator (for papers 2 & 3)

Supporting for Success in Maths

Knowing what you need to know

Resources on the internet

Retrieval Practice / Practice Questions

Support in school

Useful websites

gcsepod
Education on Demand

MathsWatch

Corbettmaths

dfm
drfrostmaths.com

MyMaths.co.uk

BBC Bitesize

What are we doing to support?

- 45 minute assessments once a fortnight. Revision lists with direct links to topics on MathsWatch are posted on Google Classroom.
- Mock exams of all three papers at end January/beginning February
- Weekly Skills Check booklets and Goal Free Problems.
- Intervention sessions with selected students after school every Wednesday.
- Drop in revision sessions every Tuesday and Thursday after school.
- Focus tasks in lessons

What can you do to support with Maths?

- Encourage attendance of after school revision sessions
- Watch the MathsWatch videos together
- Encourage regular revision at home
- Have a positive attitude towards Maths to help reduce Maths Anxiety
- Check they have all the correct equipment needed for the exam. Calculators can be purchased through the Finance Office.

Top Tips

- Before you start revising, get all your notes sorted, and draw up a list of all the topics you need to cover.
- Plan exactly when you are going to revise, and be strict with yourself.
- The best way to revise Maths is to practise Maths - use DFM and MathsWatch to answer interactive questions.
- Revise little and often, spending 10-15 minutes a day on one topic is better than spending one day revising all topics.

Remember

Don’t just practise the topics you can do

Make sure you ask for help if you don’t understand a topic

Practise doing questions under exam conditions

Practise using your calculator!

Use MathsWatch to revise topics of a specific grade

Try revising with a friend for a bit of the time

Most important of all, try not to worry.

What else will make the difference?

- Attending revision sessions
- Prepare thoroughly for the 45 minutes assessments each fortnight
- Use MathsWatch and DFM to revise topics
- Ensure you have a calculator and know how to use it!
- Please ASK FOR HELP.

Revising little BUT often will make all the difference in Maths.