



CARDINAL HEENAN CATHOLIC HIGH SCHOOL  
SPECIALIST SPORTS COLLEGE

# Year 11 Revision Evening 2021 22



## What will be happening tonight?

- **Dates for assessment weeks and GCSE exams\***
- **Guide to revision (How to use revision materials)**
- **A revision pack with resources to use**
- **Time management**
- **A presentation from English, maths and science**
- **An opportunity to buy revision materials**

# Revision and Assessment Weeks – Mock examinations

## When?

	Assessment Week	
Assessment Week 1	13 <sup>th</sup> to 17 <sup>th</sup> December 2021	
Assessment Week 2	21 <sup>st</sup> – 29 <sup>th</sup> March 2022	
Real GCSE exams begin	11 <sup>th</sup> May 2021*	

## What and Where?

- Written test paper under exam conditions in the sports hall
- Practical assessment in the classroom
- Tested on everything covered so far

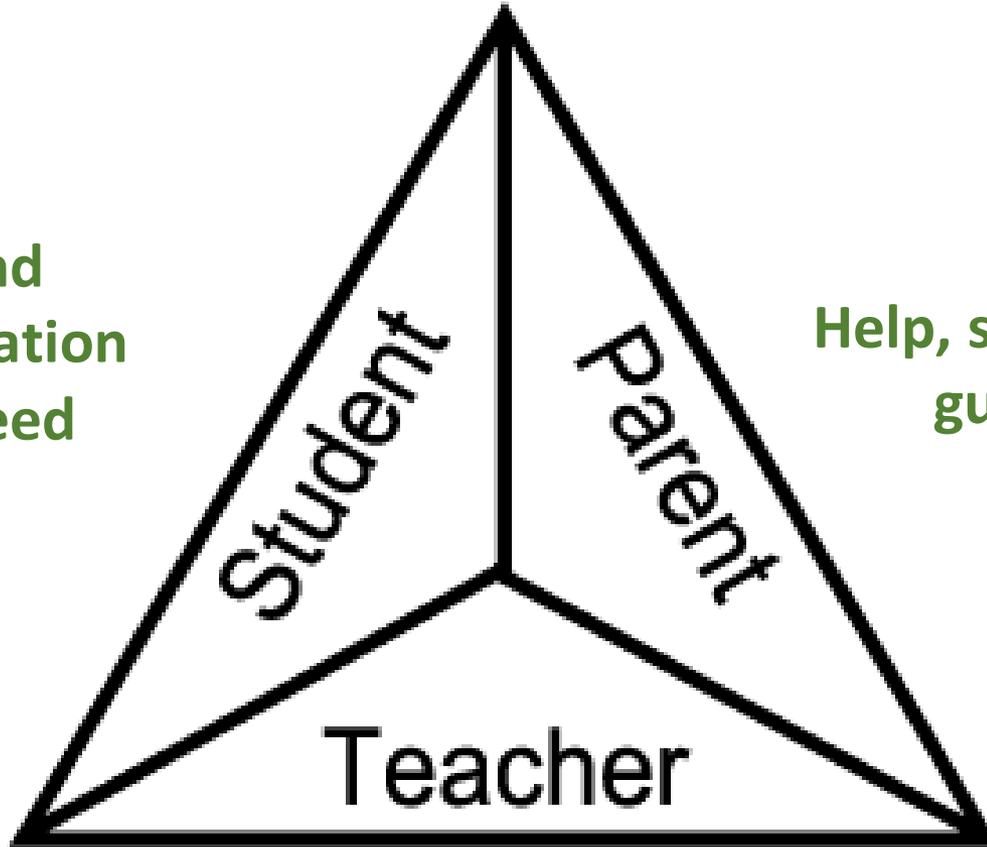
## Why?

- Allows teachers to assess pupils current understanding/learning and identifies gaps in knowledge and skills
- Allows interventions to be put in place for pupils needing additional support or extra challenge
- Allows pupils to understand what is working well/they need to do improve
- Allows you as parents/carers to support your son

# \*The Government's Contingency Plan – Centre Assessed Grades

- The government has published papers with a contingency plan if GCSE examinations are cancelled.
- This will mean the work pupils complete in lessons, including **formative assessments** and **mock examinations** throughout the year will be used as **'evidence indicators'** to form an overall GCSE grade.
- Therefore, pupils should be fully aware that the work they produce and the effort they put in every day **counts**.
- If this does happen, we will fully communicate the process to parents/carers.

**Grit and  
determination  
to succeed**



**Help, support and  
guidance**

**Subject knowledge and curriculum/exam board expertise**





- Look at your pack



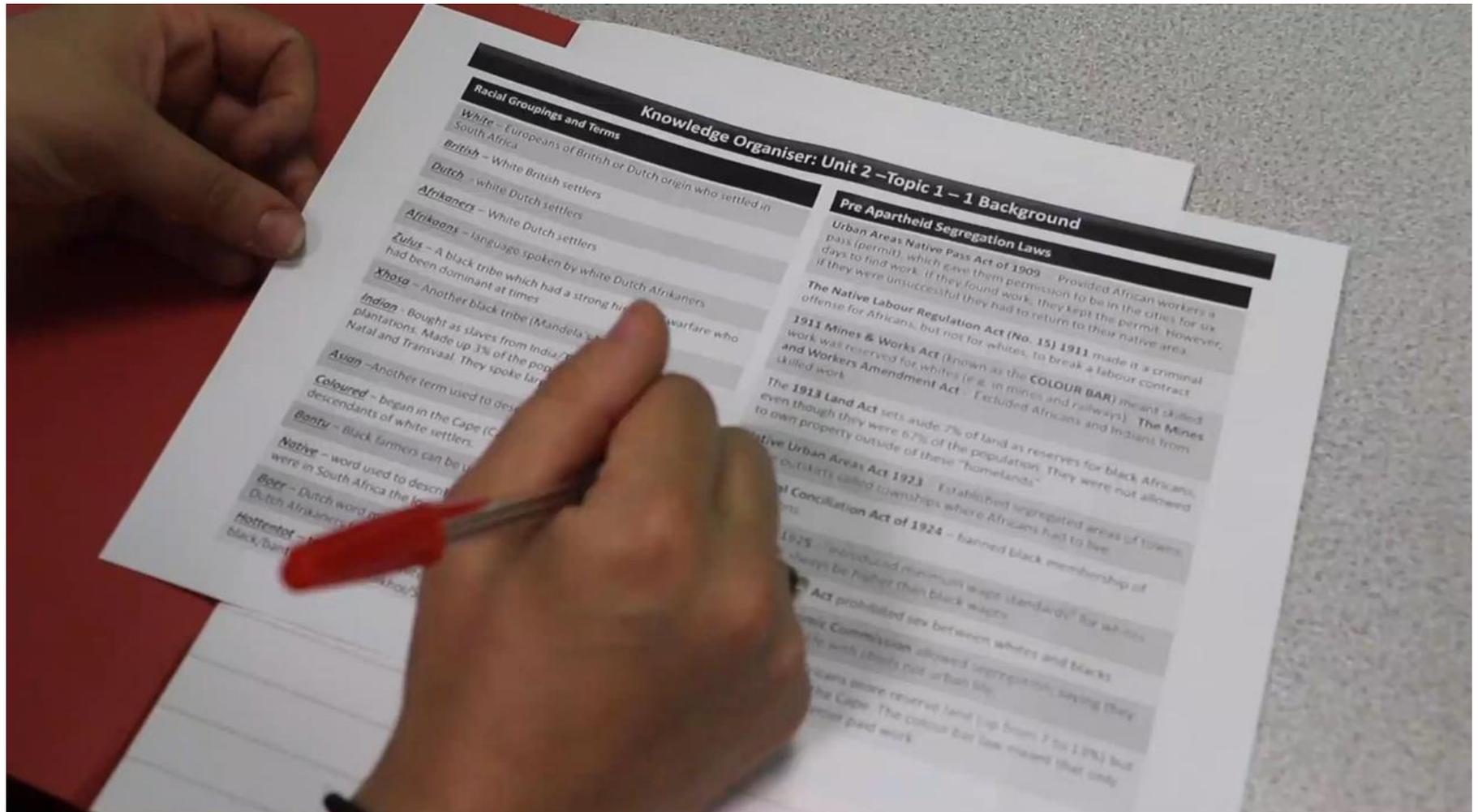
# ACTIVE REVISION

- Research shows that active revision techniques such as making mind maps, revision notes or practicing past papers is the most effective way of preparing for an examination.

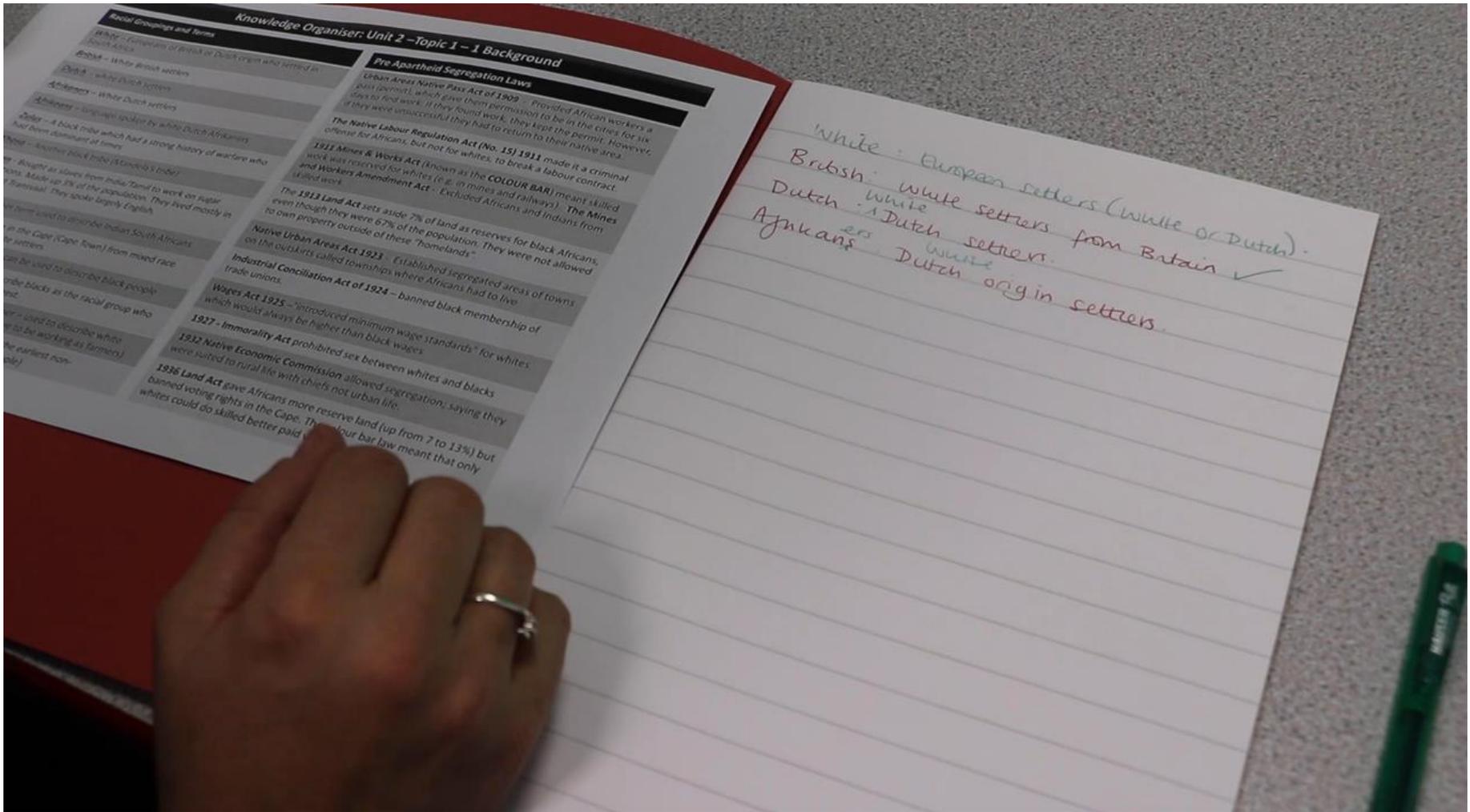
***I hear and I forget  
I see and I remember  
I do and I understand***

***Chinese Proverb***

# Strategy 1 - Look – Cover – Write – Check – Swap Pens



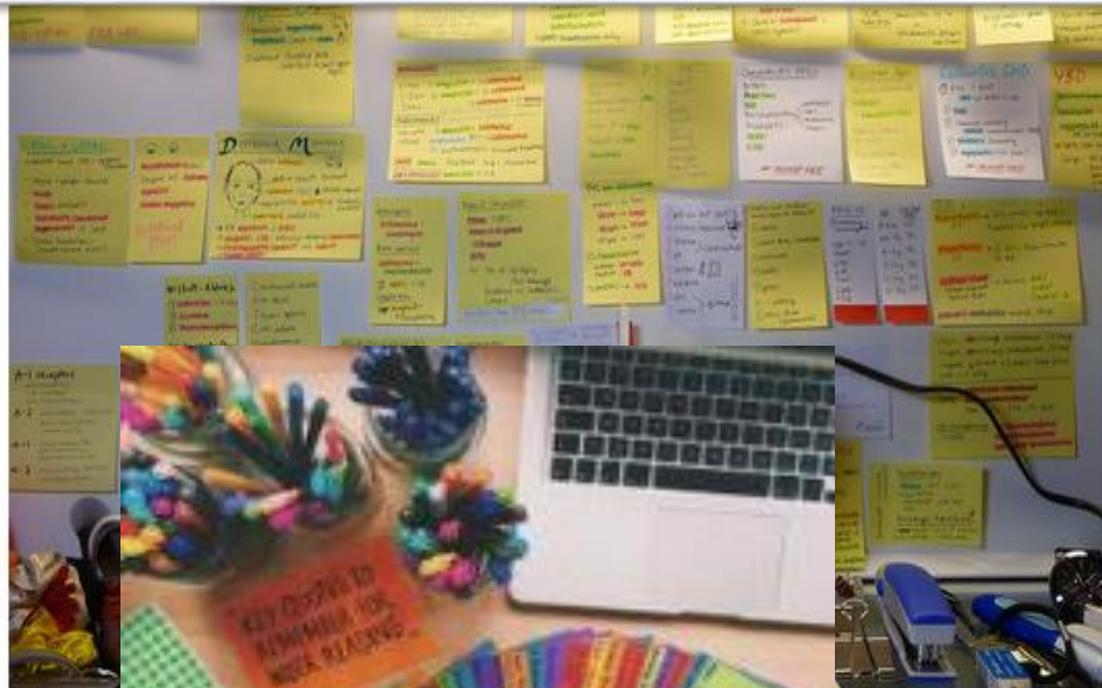
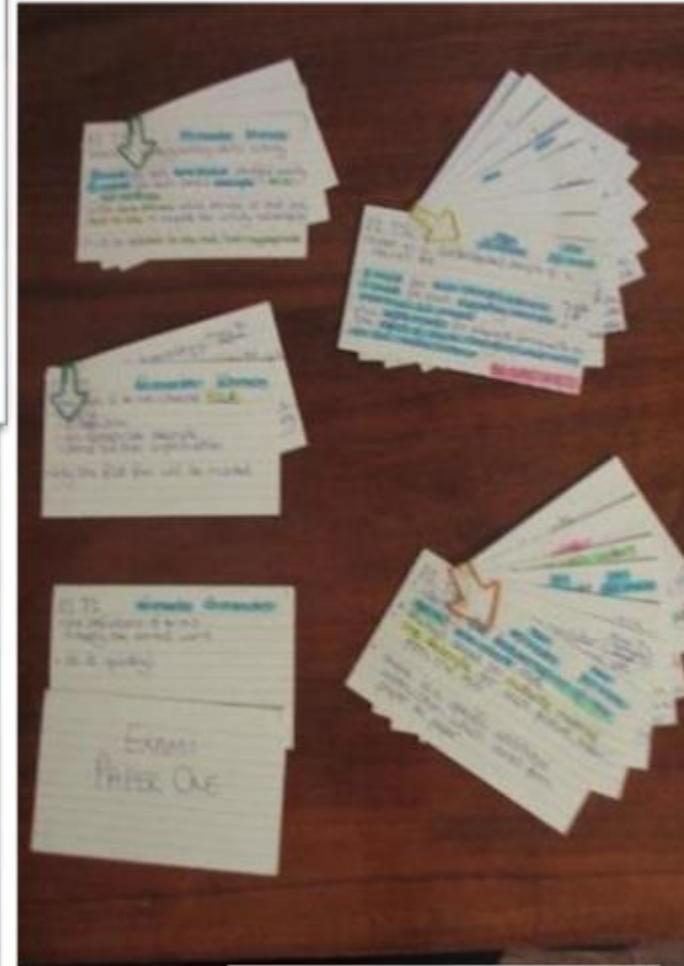
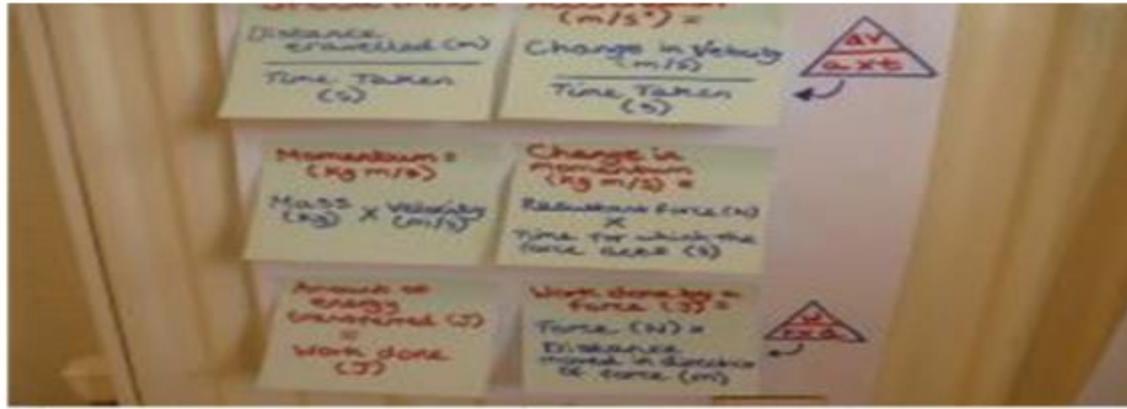
# Strategy 2 - Blanking out Sections



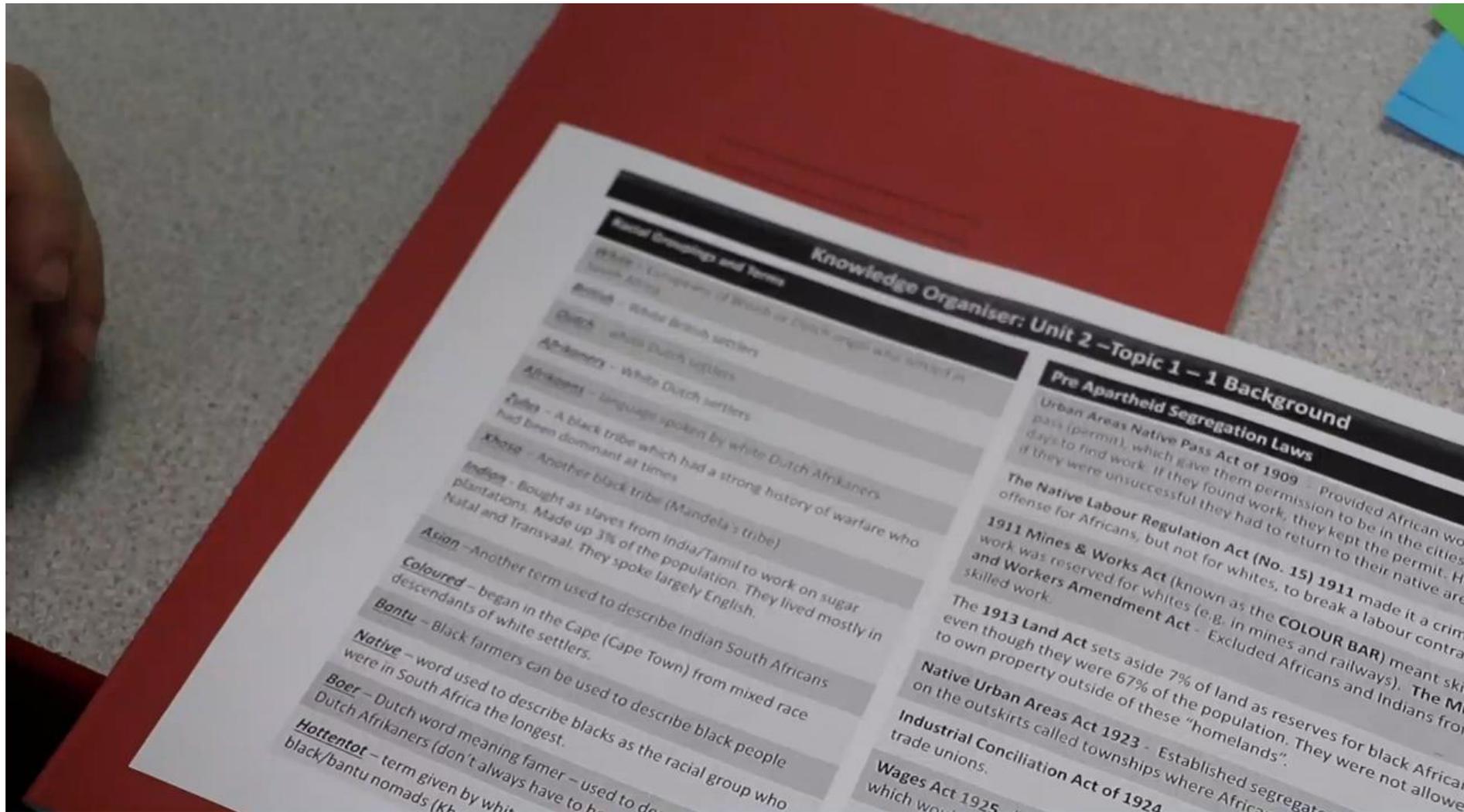
# Strategy 3 - Create Q and A Cards



# Strategy 4 – Post it notes

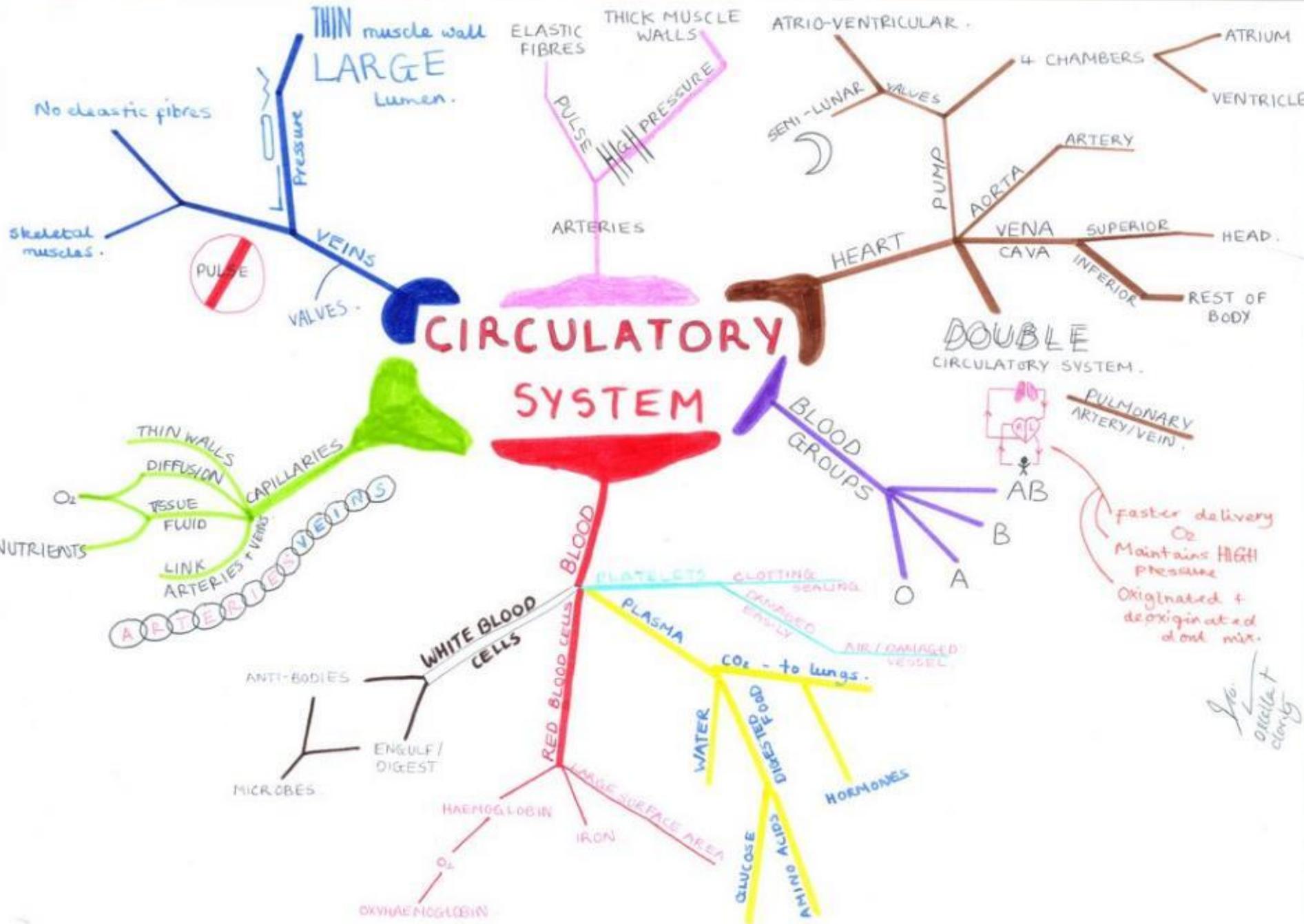


# Strategy 5 - It's Good to Talk





# CIRCULATORY SYSTEM



faster delivery  
O<sub>2</sub>  
Maintains HIGH  
pressure  
OXiginated +  
deOXiginated  
blood mix.

Jyo.  
11/11/2019

Practise! Practise! Practise!

DON'T PRACTICE

UNTIL YOU GET IT

**RIGHT**

PRACTICE UNTIL

YOU CAN'T GET IT

**WRONG**

# GOOD REVISERS

by @Inner\_Drive  
www.innerdrive.co.uk

# POOR REVISERS

Eat breakfast



Skip breakfast

Sleep 8-10 hours a night



Get little sleep

Have regular  
bed times



Have inconsistent  
bed times

Get fresh air each day



Stay indoors all day

Exercise regularly



Do no exercise

Do past papers



Mostly revise highlighting  
"key" passages

Spread out their revision



Cram their revision

Keep a diary to capture  
negative thoughts



Dwell on worst  
case scenarios

Revise in a quiet  
environment



Revise while listening  
to music or TV

Drink water regularly



Forget to stay hydrated

Put their phone away  
during revision



Revise with their mobile  
phone next to them

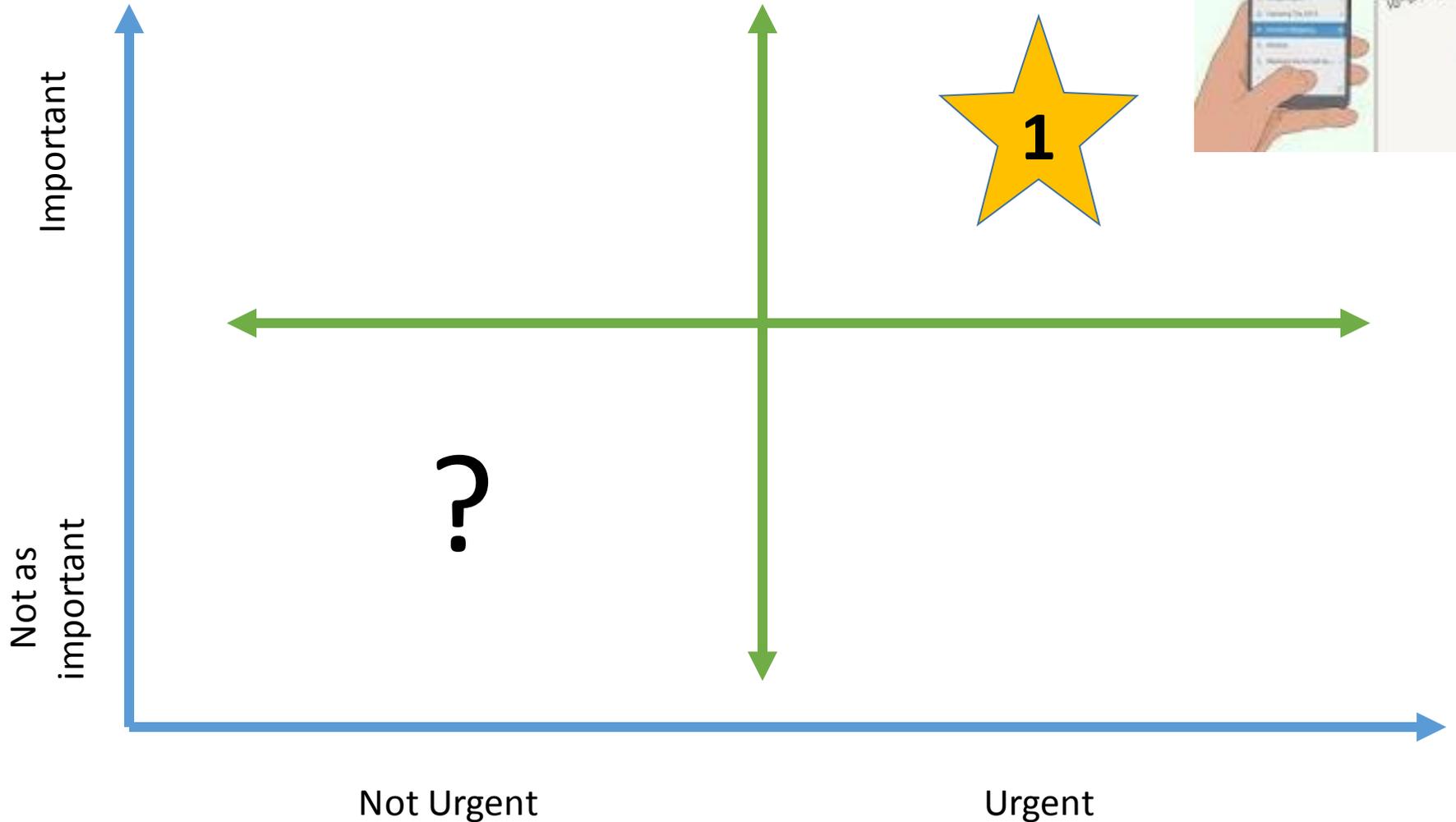


## Avoid Distractions



# Being Organised

Place your tasks in this grid to help you work out which are important and need doing now, and which can be saved for when you are less busy.



Prioritizing Your Life:

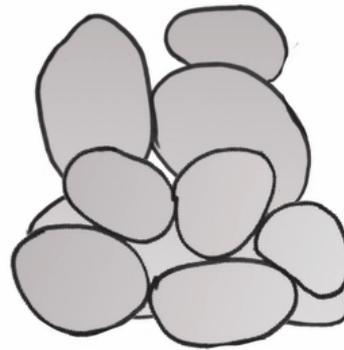
# Rocks, Pebbles and Sand



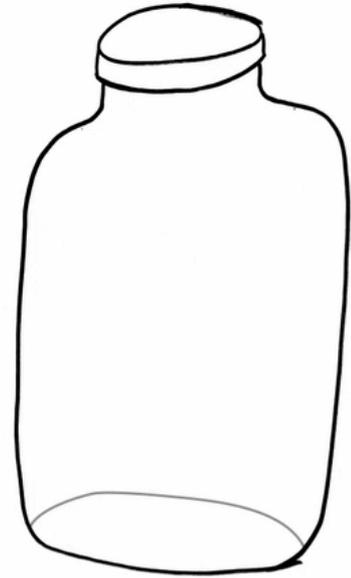
Sand



Pebbles



Rocks



Jar

Less important



Important





# My GCSE Revision Timetable



- Start revising as early as possible
- Make sure your plan covers all subjects
- You should be planning around 2-3 hours revision per night as well as completing all homework set
- You should plan around six hours revision over the weekend
- Make sure you plan time for leisure and fun activities

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7am-8am							
8am-9am							
9am-10am							
10am-11am							
11am-12pm							
12-pm-1pm							
1pm-2pm							
2pm-3pm							
3pm-4pm							
4pm-5pm							
5pm-6pm							

When creating a revision timetable , you should...

- Start NOW!
- Include all subjects, not just the ones you like or find easy
- Update it weekly, as you sit exams or hand in coursework you priorities will change

## Steps in creating your timetable

1. Add in time for leisure , sports, clubs, family and friends (although still important, you may have to be realistic and sacrifice some time with friends for a short time if you want to reach your target grades)
2. Add in meal times
3. Add any other regular commitments
4. Add after school revision/coursework sessions
5. Add in independent revision

Remember break up revision sessions into manageable chunks that suit you



**DO IT NOW.**

**SOMETIMES  
'LATER'  
BECOMES  
'NEVER'**