

H E D I N G H A M S C H O O L



**IT'S
TIME
FOR
THE
BIG
PICTURE**

ARE YOU EXAM READY?

The 6Rs for Successful Revision

RAG Rating

How?

Break down each subject into topics. **Red, Amber, Green** (RAG) your knowledge and skills. Your analysis should be based on mocks/self-assessment/teacher assessment and not your opinion.

Every few weeks, you should RAG rate topics again to inform your revision. Don't spend too long on this. As long as your reflection is accurate, you should move onto the next stage.

Benefits

Helps focus more time on what we don't know and, likewise, less on what we do know.

Red

How?

Based on your RAG rating, spend less time on the **Green** areas in your revision (quick revisits for 5 minutes). Climb the mountain and tackle the **Red** areas. You can do this by: informing your teachers who in turn plan revision around this; studying the topic for longer periods at home; turning anything you don't know into a question. Ask your teacher next lesson.

Benefits

Helps your teachers plan revision lessons. Helps inform learning conversations between you and your teachers.

Revise

Methods

Revision is learning to unlock your memory. You need to have memory prompts to help you 'call up' what you know.

Use your RAG rating to decide how long to spend on each topic.

For some topics, it should be little and often.

Don't have distractions (music with lyrics/ beats/social media/ television/mobile phone).

Revision should be active not passive revision.

Notes

Revision Cards

Mind Maps

Memory Aids

Past Papers

(including mark scheme)

On-Line Resources

Benefits

Applying yourself during your five lessons each day is the most important preparation for your exams. However, it is also important to revisit the knowledge and skills needed for each exam.

Review

Test Your Knowledge Recall & Skills

Without notes, you should complete parts or whole past papers to apply your knowledge and skills.

Ensure you understand the mark scheme, timings and command word for each question.

Benefits

Show if your revision is working or not - can you recall key points? Become familiar with the written exam.

Repeat

How Our Brain Works

Another word for revision is repetition. This process is an on-going cycle for all your subjects.

Your RAG rating should slowly change from **Red** to **Green** the more you repeat the cycle.

Benefits

The more you revisit and repeat revision areas, the more likely you will remember it.

Rest

Time management is key to ensuring you are mentally prepared for your exams.

A Revision

Timetable will help you plan your life and be more efficient.

Have quality revision time and, likewise, quality time off.

Emotional Support

Speak to friends, family, teachers or

kooh

for support.

Ensure you are eating and sleeping well.

Benefits

You need to feel mentally prepared for your exams: charged up, switched on and focused for the challenge ahead.

Revision Cards

- When making revision cards, like note-taking, we must be careful not to just be passive in making them. The learning really starts when we use them!
- Read/ Cover/ Write/ Check
- Exam question on one side/ bullet point the answer (key words & case studies) on the other side.
- Test each other. The 'winner' keeps the card.

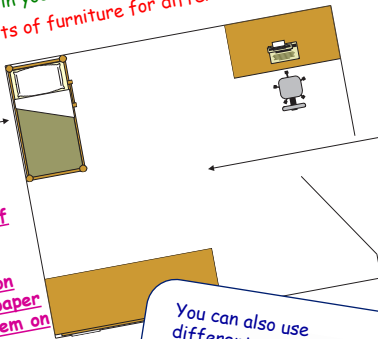


Walk 'n' Talk

Take over a room in your house.
Use different bits of furniture for different bits of the topic

Bed - the main character in a novel

Write bits of information about the character on pieces of paper and lay them on the bed



The floor is the plot
Other pieces of furniture or areas of the room can represent other characters

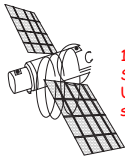
You can also use different rooms in the house to represent different ideas



To learn the ideas walk around the room or house, looking at the points you have written. Say them out loud; point to each piece as you speak. Use lots of arm movements

Clock Sequence

A way of connecting key points to an idea or mental picture that is already familiar to you. For example a clock face can help you sequence key ideas. You don't have to have twelve items. It's the thought that counts. You can remember different parts of the topic as hours on the clock.

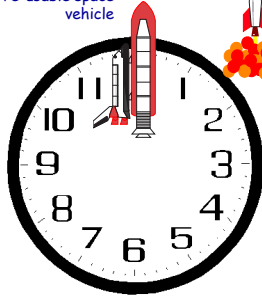


11 o'clock - SKYLAB - USA spacestation

12 o'clock - SHUTTLE - first re-usable space vehicle



1 o'clock V2 rocket - WW2 at Peenemunde



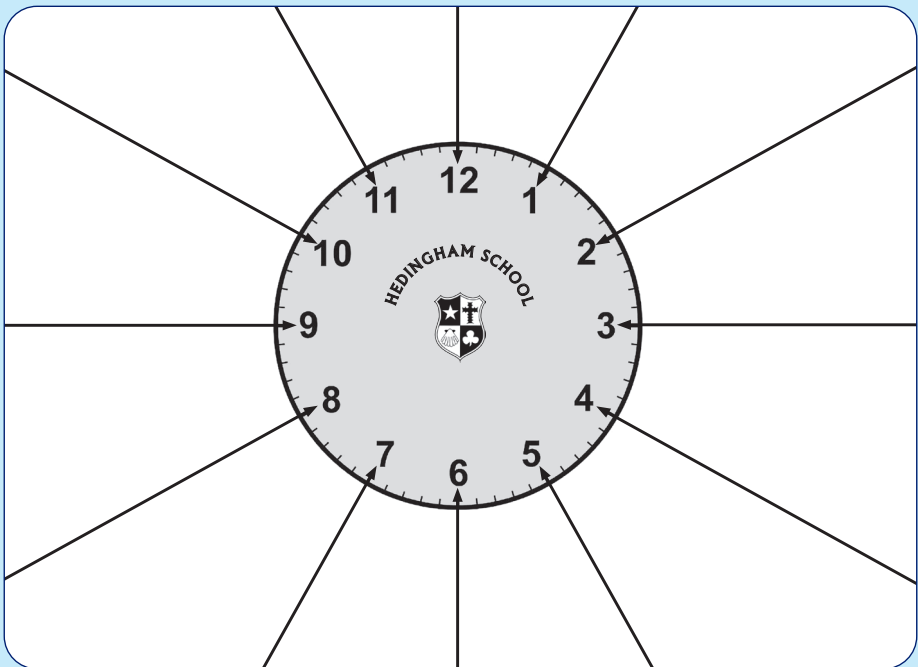
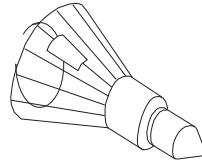
2 o'clock - SPUTNIK - 4/10/57



9 o'clock - APOLLO 11 first man on the moon - Neil Armstrong - 20/7/69

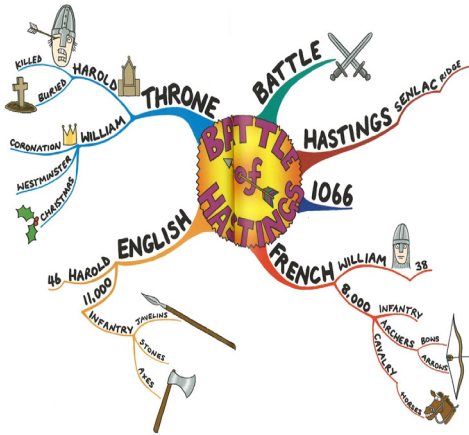


4 o'clock - GAGARIN - first man into orbit - 12/4/61

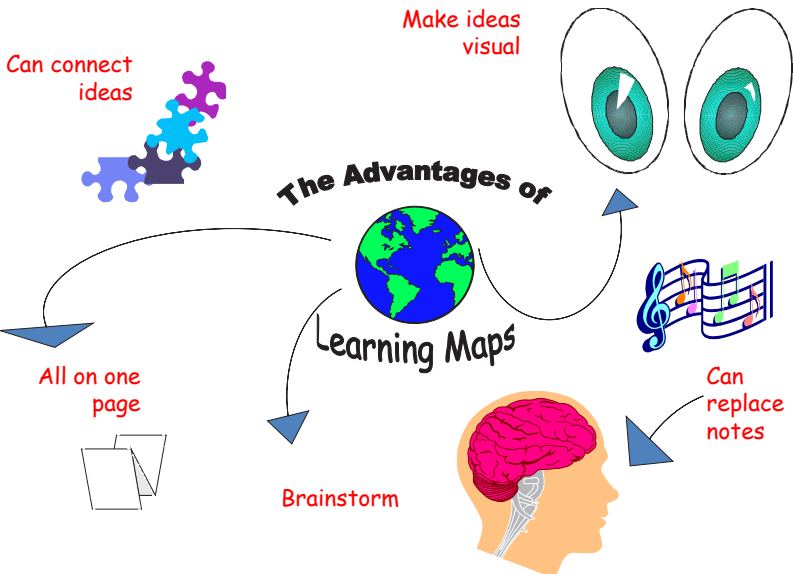


Mind Maps

What is a mind map?



- To start off, draw an appropriate picture in the middle of the page and label it.
- Next, let your imagination go wild.
- Select the main branches for your Mind Map and add your key words and images.
- Then, draw some thinner lines from them so that you can add more detail.



Notes!

Making notes is one of the most popular ways of revising. But does it help us learn if we are just copying? We have to THINK when we are revising. Therefore, if you are making notes, do not just copy passively.

However, if we are more creative with our note taking, it can help us learn.

The golden rules of note taking for revision are:

You must think about what you are writing;

You must do something with the notes after writing them (repetition);

You should vary your note-taking strategies.

Here are some suggestions.

Highlight key points. Think about the information you are selecting. Why are you highlighting it? Are they key terms? Is it helping you to reduce content in your exercise book?

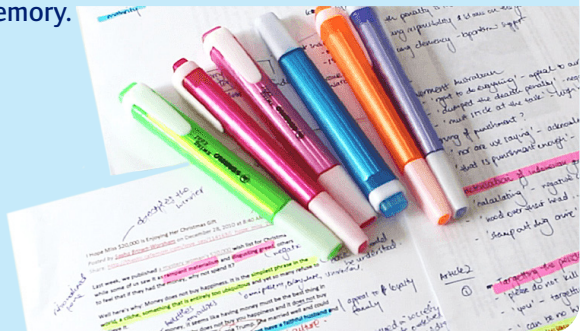
Re-write your notes putting what is in the middle at the beginning and end (we tend to forget what is in the middle).

Write 20 WHAT WHY WHERE HOW WHO questions based on your notes, then answer them! Get your parents/carers to test you.

Annotate the margins in your exercise books with symbols to help you remember the information.

Relate your notes to exam questions – the higher mark questions do not just ask for factual recall. What skills are needed next to knowing the content?

Do all of the above! Information will then transfer from your short term memory to your long term memory.



Past Exam Questions

- Ensure you know which exam board you are studying for your subject.
- Access past papers on-line or ask your teacher for some.
- Revision guides often have past paper questions.

Ensure you are familiar with the assessment criteria for this question.

This means knowing what you have to do to attain marks e.g. explain four points, present arguments for and against, include a conclusion. Know how many marks a question is worth. This will reflect how much time you should spend on it.

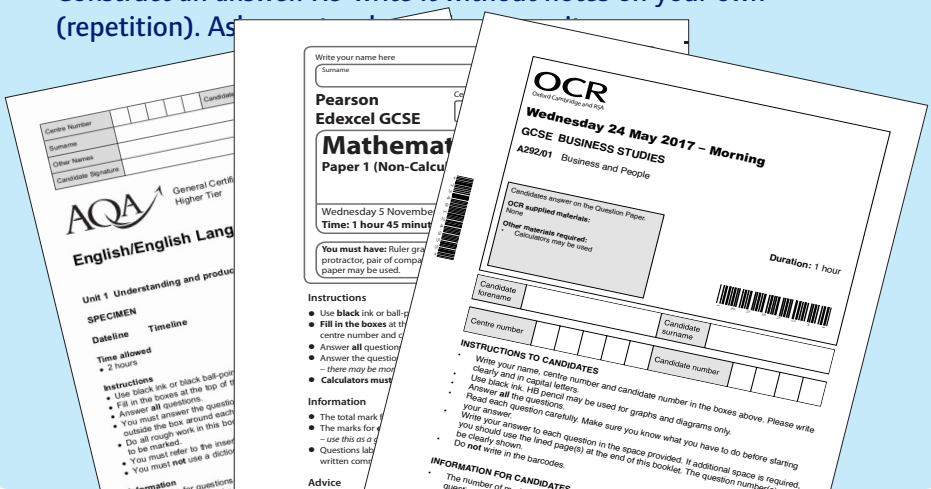
- Ensure you are familiar with what the command words mean. The command word is 'commanding' you to write in a certain style (e.g. PEE for Explain or alternative views for assess/ evaluate)

Use sentence stems to help your structure. These can often be the same across several subjects. To include new points, include phrases such as '**In addition to this,**' '**another reason,**' '**moreover.**' To change the argument, you may write, '**however**' or '**on the other hand.**'

Look at model answers. Identify different parts of the question e.g. language of explanation, key words, evidence.

- Write your own exam questions using exam command words.

Construct an answer. Re-write it without notes on your own (repetition). As



On-Line Resources

Teams

To access a wealth of revision materials for both English Language and Literature, log on to Teams and select Year 11 English 2024-2025, click on Files and then Class Materials. Here you will find past papers, knowledge organisers and quotation sheets.

Pixl English App www.pixl.org.uk

Login - HG1282

Password - Brilliant329WTMa#

Subject and Tools - choose your subject; PIXL strategies or PIXL Independence.

School Portal

To access the school portal, go to the school website. Under the school information tab, go to useful links, then RM Unify (portal). You then need to log on with your school username details that you use to log onto the school computers. Under the English and Maths tabs there are lots of useful support materials.

Sparx Maths

You have your own individual logins, which are the same as their details to login to the school system. They can access any topic through the independent learning section.

Mathsgenie mathsgenie.co.uk

You do not need a login. Revision resources including videos and practise questions are organised by grade. Post papers are also available to print.

Seneca Learning senecalearning.com

Seneca is a highly regarded revision tool, supporting learning across all topics in English and Science. Work through the sections frequently to stop forgetting the content. Don't forget it can be used for other subjects too!



Student Support

Exam Stress

At times in Key Stage 4 and in the run up to any mocks or exams, you should feel some stress. This is a natural reaction from your body telling you, 'I care.' However, too much stress during exams can stop us thinking with a clear head.

There are many things we can do to reduce stress by talking to others, being organised, looking after your health and planning ahead.

Who can I talk to about GCSEs?

If you have any questions about your GCSEs, then it is important you don't keep them to yourself. There may be lots of students in your class feeling exactly the same.

Your Teacher.

Listen to what your teacher says. Your teacher is cheering you on and wants you to do really well. This isn't always by making popular decisions. They will encourage you to attend revision classes and complete homework. Don't see that as pressure, but as someone really believing in you.

If you have any questions about GCSEs, ask your subject teacher if it is specific to your subject.

If you have any worries about your GCSEs, trust a teacher. They do GCSE exams every year!

Your House Leader and Form Tutor.

If you are feeling in a muddle, need help organising a revision timetable, feel you are sinking under the pressure or just need some pointers to get you going, speak to your House Leader or Form Tutor.

How Can I Help Myself?

Put yourself first. This is an important time for you. If you have noise in the house from younger siblings, talk to family members about why you need quiet time.

Be Organised: Make sure you have some revision cards, paper, highlighters and post it notes to help you revise.

Have a revision timetable. If you stick to this, you will feel good. Don't avoid difficult subjects; face them head on. If there is something you don't understand, contact a teacher. Use the RAG rating system (Red, Amber, Green) to see what subjects you need to spend most time on.

Break up revision into different subjects. Spend longest on 'red' topics and less time on 'green' ones. A five minute refresher on 'green' subjects may be all that is needed each day to keep your subject knowledge ticking over.

continued overleaf

Reduce other responsibilities in your life. Talk to your family about how they can help. During your final exams, keep as much time free as possible to solely focus on your exams.

Have quality 'down time.' Go for a walk, have your favourite snack, watch a film to click off.

Unplug! Have a digital detox. Social media will still be there after your exams. It can distract us from 'real life' and cause so many additional stresses in our lives. Turn your mobile off when revising. It is only a distraction.

Get eight hours sleep a night. Being awake helps us think!

Plan a celebration for after your last exam.

Have a good breakfast on the day of the exam. Bananas give us energy!

Useful Resources to Help me Relax.

MindShift - This is a good app if you are feeling anxious. It will explain what anxiety is and some helpful strategies to try and tackle your anxiety.

Calm - This is another free app which is based around meditation.

Kooth - www.kooth.com has advice on exam stress. There are also on line counsellors who you can speak to for advice.

The Exam

If you feel anxious, breathe slowly and deeply while waiting for the exam to start.

Make sure you have all the information you need about each exam – date, time, place, what you need to take with you. If unsure, ask!

Have spare pens and pencils available in your house ready for each exam.

While you are waiting to start the exam, read all the instructions on the front of the exam paper.

Don't worry if there is something you can't answer. Take a deep breath. Move onto the next question and come back to it later.

Write what you know. It is better to write something than nothing at all.

If the 5-minute warning comes and the end of the exam is approaching, go into bullet points if you think you will run out of time.

Remember, you are you. If you know you have done your best, then you have not let anyone down, including yourself. After your last exam, forget about them for the summer and plan a celebration!

Subject and Exam Boards

3D Design	OCR
Biology	Pearson Edexcel
Business Studies	OCR
Chemistry	Pearson Edexcel
Child Development	OCR Cambridge National Cert.
Combined Science	Pearson Edexcel
Computer Science	AQA
Drama	AQA
English Language	AQA
English Literature	AQA
Fine Art	OCR
Food Prep and Nutrition	OCR
French	AQA
Geography	Pearson Edexcel
Graphic Communication	OCR
History	Pearson Edexcel
Information Technology	OCR Cambridge National Cert.
Maths	Pearson Edexcel
Media Studies	Eduqas
Music	Eduqas
Performing Arts (Dance)	Pearson Edexcel BTEC Tech Award
Physics	Pearson Edexcel
Religion, Value & Ethics	AQA
Sport	OCR Cambridge National Cert.
Textile Design	OCR

Active Learning

you remember...

