# Year 11 Parent Information Evening 

## Tuesday 3rd October

# Getting the basics right 

## Attendance Focus <br> Homework

Creating a revision timetable
Revision Timetable
Name:

|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| 7.00am |  |  |  |  |  |  |  |
| 8.00am |  |  |  |  |  |  |  |
| 9.00 am |  |  |  |  |  |  |  |
| 10.00 am |  |  |  |  |  |  |  |
| 11.00 am |  |  |  |  |  |  |  |
| 12.00 pm |  |  |  |  |  |  |  |
| 1.00pm |  |  |  |  |  |  |  |
| 2.00pm |  |  |  |  |  |  |  |
| 3.00pm |  |  |  |  |  |  |  |
| 7.00pm |  |  |  |  |  |  |  |
| 8.00pm |  |  |  |  |  |  |  |

## 1. Break up your subjects

Start off by listing the date and subject for each exam. Then look at what you need to cover for each exam, breaking each subject into small manageable pieces, and make a list topic by topic.



## 2. Think about where you need to focus

Some exam papers will carry more marks than others so it's worth preparing in more detail for exams which carry a high percentage of your total mark. You may also want to spend extra time on your weaker areas or need to fill gaps. Add these to your topic list. If you having missing notes, speak to your classmates or teachers. BBCbitesize ands-cool have some excellent subject revision guides. Subject revision books can also help.

| Subject | Exam structure | Topics covered | Key revision materials |
| :---: | :---: | :---: | :---: |
| Maths GCSE AQA | Paper 1-1 hour 30 mins NO CALCULATOR Paper 2-1 hour 30 mins Calculator allowed Paper 3-1 hour 30 mins Calculator allowed <br> All topics can be covered across any of the 3 papers. | Corbett Maths, search either <br> "Foundation checklist" <br> Or <br> "Higher check list" <br> Key topics: Number, Algebra, Ratio, proportion and rates of change, Geometry and measure, Probability, Statistics | Sparx Maths (https://sparxmaths.com/) <br> Practice papers online (https://www.onmaths.com/) <br> https://www.drfrostmaths.com/ <br> www.mathsgenie.co.uk <br> www.nrich.co.uk <br> www.justmaths.co.uk <br> https://www.bbc.co.uk/bitesize <br> www.corbettmaths.com |

## 3. Be realistic

Create a revision plan that is going to work for you. If you're too ambitious with your plan it can be easy to lose heart. Studies show that people are more motivated by achievable goals. Think about what you can stick to and allow rest breaks. Include some relaxation time too - doing something completely different can help information sink in and stop you burning out.

## O Pomofocus

[im Report $\boldsymbol{\%}$ sating $\quad \boldsymbol{\theta}$ Login

Pomodoro Short Break Long Break


## 25:00

START
$\# 1$
Time to focus
Tasks

## 4. Expect the unexpected

Timetable some free study blocks each week.


## 5. Make your plan

The next step is to draw up your revision plan.
$\square$ Mark in your exam dates and subjects
$\square$ Divide your list of topics across each week of your revision period.
$\square$ Make sure each topic comes before the date of the relevant exam.
$\square$ Allocate fewer topics near to your exam dates to allow for general review sessions.
$\square$ Create a more in-depth schedule at the start of each week, complete with free study and rest blocks.
$\square$ Look at your timetable for the next day in detail the night before.

Revision Timetable

| Name: |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |  |  |  | Monday | Tuesday | Wedenesday | Thursday | Friday | Saturday | Sunday |
| 7.00 am |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8.00 am |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 9.00 am |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Comparison of Study Method Effectiveness




## EBBINGHAUS FORGETTING

CURVE


# Getting the basics right 

## Attendance Focus <br> Homework




## What is Stress?

$\square$ Stress is when you are feeling under too much pressure.
$\square$ Symptoms can include feeling overly tired, overwhelmed and unable to cope with everything.

$\square$ We all feel stressed sometimes - but too much stress is unhealthy.
Lots of people will feel stresses about doing their GCSE exams as it is an important time! You are not alone!
$\square$ BUT.... If you are feeling as though stress is getting in the way of preparing well for your exams then it is time to take action!


## Stress Symptoms

## Look out for prolonged or extreme cases of the

 following if you feel the work's piling up:Difficulty getting to sleep or difficulty waking up in the morning
Constant tiredness
Forgetfulness
Unexplained aches and pains
Poor appetite
Loss of interest in activities Increased anxiety and irritability

Increased heart rate
Migraines/ headaches
Blurred vision Dizziness

## Dealing with Exam Stress



## 1) Make a Revision Timetable

$\square$ Planning out when you are going to revise for each subject will make it seem less daunting.
$\square$ Make sure timings needed to complete each revision activity are realistic!
$\square$ Build in regular breaks - your brain needs rest too!
$\square$ Stick to your timetable - not doing so will create more stress!


## 2) Give Yourself Time

$\square$ Give yourself plenty of time to revise for each exam - not just the day before!
$\square$ Prioritise important tasks and don't put things off.
$\square$ Also make sure that you use any class revision time effectively.


## 3) Build in time to Relax

$\square$ Rest is essential to allow your brain to recuperate.
Too much work can be as damaging as too little.
$\square$ Building in time to enjoy yourself will relieve stress and give you something else to focus on as well as your revision.


## 4) Get Plenty of Sleep

$\square$ Make sure you get plenty of sleep before each exam
$\square$ You will not produce your best if you are too tired. Six to eight hours is the
 recommended amount.
$\square$ Try and have a break between finishing your revision and going to bed time to 'switch off'.


## 5) Eat and Drink Healthily

$\square$ A good, balanced diet will always make you feel good.
Too much caffeine and sugar will make you feel more edgy and stressed.

$\square$ A good breakfast will keep you energised throughout the morning.
$\square$ Plenty of water will keep you hydrated and help your brain to function well.


## 6) Take Regular Exercise

$\square$ Exercise will make you feel better and use up any nervous energy that you have built up. alt also increases blood flow to the brain and can help you to think more clearly.
$\square$ Swimming, cycling, walking etc are all good ways of exercising.


## And Finally....

If you work hard and do your best then this is all you can do.
$\square \mathrm{lt}$ is normal to feel nervous but try to channel this positively to help you rather than hinder you.
$\square$ Do not worry about things that you can't control - concentrate on what you can! GOOD LUCK!

## HOW TO DEAL WITH EXAM STRESS



Visualised what they


Listen to uplifting music


Keep a plan of each day's work




## PROM Points - 2023-2024

How will it work?
$\square$ By the end of term 5 students need to have a score of 0 or higher prom points.
$\square$ This takes into consideration your positive reward points and your negative behaviour points.
$\square$ All students start year 11 on 0 . Therefore, everybody is invited and can purchase a ticket.

## How do I GAIN points?

$\checkmark$ Attendance at after school revision sessions.
$\checkmark$ Commitment to after school activities (e.g. sport / drama / music etc.)
$\checkmark 96 \%$ to $100 \%$ attendance per week.
$\checkmark$ Punctuality - no lates in a week.
$\checkmark$ Being close to, at or exceeding your target grade in mock exams.
$\checkmark$ Attendance to mock exams.


## How do I LOSE points?

$\square$ Poor behaviour - second warnings, being sent to reflection.
-lf you are suspended from school then you will lose your invite and a decision will be made by Miss Odgen if you can earn this back.
$\square$ Unexplained absence - you will not lose points if you are ill, and a parent / carer has made us aware.
$\square$ Lateness to lesson.
$\square$ Failing to attend after school revision sessions without informing the teacher.

## Benefits if you perform well

If you are in the top 10 for prom points, then you will have some money taken off your prom ticket price.

There will be termly prize draws for those students that are performing well and have a set number of points.

You can be part of a prom committee that helps make decisions for food, decorations, theme etc for the prom.


## EXAMS @ KNG'SOAK ACADEMY

## JCQ Joint Council for <br> Qualifications ${ }^{\text {cic }}$

## AQA $=$

## P Pearson

Dates, times, durations of exa ms$\square$ Secure handling of the papers
Invigilator to student ratios
$\square$ Exam malpractice

$>$ Una uthorised items in exa m room
$>$ Beha viour-communicating with other candidates, disupting the exam room
$\square$ Rules for late or absent students

## On the day of the exam...

$\square$ Exa ms M UST sta rt within 30 minutes of the published sta rt time
$\square$ Majority of students sit exams in the 'Hex'
$\square$ Smaller rooms for some students
$\square$ Same seat for every exam, where possible
$\square$ Invigilators read out the rules and instructions before the start every exam
$\square$ Papers are collected and securely dispatched to the awarding bodies for marking

## What are Exam Access Arrangements (EAA's)?

25\% Extra time

Rest Breaks

Scribe

Sma ll Room
ouncil for
JCQ Joint Council for
© 10 Qualifications ${ }^{\text {cıc }}$

Reader
Prompt
Word Processor
Coloured Paper

- Regulated by the JCQ
> Must be a pplied for by the school
> Evidence must be held on file
$>$ Goes with the student to post 16


## Access Arrangements and the November mocks...

Students will be told what EAA's are in place for their mocks
$\square$ Feedback is key - we need to know that the students are utilising the support we have put in place to support their a pplication
$\square$ Tell us what works and what doesn't



## Post results...

- 30 days to submit for a re-mark
- Cost is set by the exam board, $£ 35+$ per paper
> No charge if the grade changes
> Gradescan go down as well asup

No opportunity to re-sit at KOA
Certific ates are sent to the school - available to collect J anuary 2025

## Contactme at...

## gemma.larkin@clf.uk

Gemma Larkin Exams and Careers
Lead


Cabot
Learning
Federation

## Biology- Paper 1

1. Key concepts in Biology
2. Cells and control
3. Genetics
4. Natural selection and Genetic modification
5. Health and disease
6. Triple content

Chemistry- Paper 1

1. States of matter and mixtures
2. Atomic structure and the periodic table
3. Ionic bonding, covalent bonding and types of substances
4. Acids and Alkalis
5. Separate chemistry 1

## Physics- Paper 1

1. Motion
2. Forces
3. Energy
4. Waves
5. Light and the

EM spectrum
6. Radioactivity
7. Astronomy

## Revision Guides and Workbooks



## Revision Guide

Se
47

## Photosynthesis

## Photoounthests is one the most important reactions on Earth. Here's a whole page on it.

Plants and Algae Make Their Own Food by Photosynthesis
i) During photosynthesis, eneresy from the Sun is used to make glucose (a type of sugar).
2) Some of the glucose is used to make larreer moleocules that the plants or algae need to drow-
3) When an animal eats a plant, the enerey in the plant's biomass is passed on to the animal.
4) So, plants and algee are really important- they produce food for nearty all life on :
5) This is the equation for photosynthesis:

```
    carbon dioxide + water LIOHT}\mathrm{ &lucose + oxygen S
```

6) Photosynthesis is an endothermie reaction - this means that enerey is token in during the reection.
7) These three things can all affect the rate of photosynnthesis
    - Light intensity - photosynthesis gets fanster as lightinitemsity (the eitrensth of ight) increases
Carbon dioxide - photosynthesis gets faster as carbon dioxide conoentration increases.
lemperature - phisegole gion
temperature. If fit gets too hot, photosynthesis slows down and can stop all together.
8) These factors are known as limiting factors - they can stop photosyynthesis from happening any fastor

You Can Investigate the Effect of Light Intensity on the Rate of Photosynthesis Pondwead can be used to investigate the atate of photosyrnthesis. Here's how: PRACTICAL

1) The apparatus is set up as shown in the dingeram. Tr

2) The oxysen $\left(O_{2}\right)$ produced in photomuthenals
collects in the gas syringe.
3) The volume of $\mathrm{O}_{2}$ produced in
4) The whole experimentis repeated with the ligh The further away the light, the lower the
intensity of light resching the pondweed.
5) The rate of oxyeen profuction of

6) For this experiment, any variables thet could


Temperature - You can use a water bath to control this.
 set amount of sodium hydrogencartononte to a set volume of water
(in the flack). Sodium hydrogencarbonate releases carton dioxide



## I'm working on sunshine - woah oh.

Kou could also measure how much oxyen is produced by counting the bubbles (but it's a less accurate method). Q1 State three limitituy factors of plotosynthesis.

## Workbook

 41Photosynthesis
1 Plams produce glucose during pltotosyntifsis. The plucose is
then used to make other substances, which have their ruwn uses.
(13)
1.1 The words on the ceff ane at subustances made usigg ylucose:

Sraw one line from each substance to its use.

[4]
17 What else is givcose used for in plantiefls?

2 Pholosynthesis takes place inside plant cells. (3-3)
2.1 Name the subcellular structures where photwosyntiesis akes place.

22 Complete the following word equation for pheretoryntbesis.
... - water - glucese - .............................................
23 Which of the following statements is comrea?
Tick one box.
Encregy is transfermed from hie environnuman during photosynhthesis.
Energy is tramsferred to the e crviroonient during photesyathesis.
Energy is made during pholosynhesis
Energy is broken dowa durme photosynnticcis.


Cabot
Learning Federation

## Revision Resources

Seneca


## GCSE videos:

- YouTube

Knowledge organisers:


Specification and exam papers:

## edexcel 휼

Cabot
Learning
Federation

We set weekly Science Homework It is designed to tackle two issues:
1.Cognitive overload
2.Forgetting

## Fluency Tasks-

1. Atomic Structure

Complete table one, cover it, and complete the next table. Keep going to the bottom of the page.

| Subatomic Particle | Relative Mass | Charge | Location in the atom |
| :---: | :---: | :---: | :---: |
| Proton | 1 | +1 |  |
|  | 1 |  | Nucleus |
| Electron |  | -1 |  |


| Subatomic Particie | Relative Mass | Charge | Location in the atom |
| :---: | :---: | :---: | :---: |
|  |  | +1 |  |
|  |  |  | Nucleus |
| Electron | Almost 0 | -1 |  |


| Subatomic Particle | Relative Mass | Charge | Location in the atom |
| :---: | :---: | :---: | :---: |
|  |  |  |  |
| Proton | 1 |  | Nucleus |
|  | Almost 0 |  | In shells/orbitals |


| Subatomic Particle | Relative Mass | Charge | Location in the atom |
| :---: | :---: | :---: | :---: |
| Proton | 1 |  | Nucleus |
| Neutron |  | 0 |  |
| Electron |  |  |  |


| Subatomic Particle | Relative Mass | Charge | Location in the atom |
| :---: | :---: | :---: | :---: |
| Proton |  | +1 |  |
| Neutron |  |  | Nucleus |
| Electron | Almost 0 |  | In shells/orbitals |

$\square$ One per week
$\square$ Core knowledge and skills
$\square$ Self-marked in class and collected in
$\square 21$ tasks repeated at various intervals over the year.
$\square$ Set and marked on: Tuesday

## The scientific way to study



Seneca doubles students' test scores


Seneca treats each student individually


Seneca works with senior examiners

4. Seneca is free
 engaging and fun


Cabot
Learning Federation

## Moving Students a Little Closer to This



## Exam equipment




EQUIPMENT
Working pens


Ruler

Sharpened pencils

Scientific calculator


Cabot
Learning Federation

## What is the best way to revise?

Comparison of Study Method Effectiveness


Cabot
Learning
Federation


Flash Cards


## Revision Ideas



## Crossword or word search.

Write clues and then the answers can be found

Make your own
Song/Rhyme/Rap


Write your own exam questions with a mark scheme
1 Answer cards


Cabot
Learning
Federation

## Revision TIPS:

1. Plug any gaps NOW using a revision method such as flashcards
2. Revise several topics in one day
3. Chunk it down
4. Plan your time \& stick to it
5. Give yourself rewards

Revising with small regular breaks:

6. Think of the long-term benefits and not the short-term!
7. Take breaks
8. Sleep- 8-hour rule!
9. Believe in yourself


## AQA GCSE English Language and Literature

Two separate subjects
=
Two separate grades
x2 exams per subject

Not contingent upon each other.
Literature is as equally
important as Language!!!


## AQA GCSE English Language



1 hour 45 mins
x1 fiction extract to read, understand and analyse x5 questions


1 hours 45 mins
x2 non-fiction extracts to read, understand, analyse and compare the perspective of the writers.
x5 questions

| Q1 (4 marks) |
| :---: |
| (8 marks) |
| Summary |\(\left|\begin{array}{c}Q3 <br>

(12 marks) <br>
Language <br>
Q4 <br>
Comparison\end{array}\right|\)

## Q5

Creative Writing
Write a text responding to a prompt arguing an opinion.
(40 marks)
24 marks - content \& organisation
16 marks - accuracy

## AQA GCSE English Literature



2 hours 15 mins
x4 questions
> 'An Inspector Calls' by J.B. Priestley
> Power and Conflict Poetry Anthology
> Unseen Poetry Analysis and Comparison

## How you can help your child - Core texts



Use the Knowledge Organisers in the resources that will be sent home to test them with quick-fire questions.

## Eg:

$\checkmark$ What is Priestley's message in 'An Inspector Calls'?
$\checkmark$ How does the British education system affect Agard in 'Checking Out Me History'?
$\checkmark$ Ultimately, why does Macbeth die?

Explore themes across all texts by mindmapping how each is shown.

Eg:


## How you can help your child - Unseen Poetry

## 

Find a random poem on the internet or in poetry collection.
$\checkmark$ Read it together.
$\checkmark$ Sit and discuss your gut reactions to it.
$\checkmark$ Select key quotes that back up your thoughts.
$\checkmark$ Challenge their ideas and have them justify them and explore them.

## Useful resources

## CGP Revision Guides



BBIC
Bitesize

## Year 11 Mathematics - Parents' Information

## Y11 Teachers:

$\square$ Mr. Wood-Wright (Leader of Mathematics)
$\square$ Mr. Wilkinson
$\square \mathrm{Mr}$. Upham

Exam Board: AQA (8300)
$\square$ Tier Choice: Higher/Foundation
$\square$ Paper 1 (Non-calculator) - 1 hour 30 mins
$\square$ Paper 2 (Calculator) - 1 hour 30 mins
$\square$ Paper 3 (Calculator) - 1 hour 30 mins

## Year 11 - Grading System (1-9)

Old Grading



Current


Foundation Tier allows students to achieve a level 1-5.
$\square$ Higher Tier allows students to achieve a level 3-9 (lower = U).
$\square$ UK Gov. currently requires students to continue with mathematics education post-16 until they achieve a level 4 or higher (the 'pass' mark).
$\square$ Level 8 is considered on par with the old $A^{*}$, with the new level 9 granted approximately to the top $2-3 \%$ of candidates across the country.

## Year 11 - Higher or Foundation?



Overlap
$\square$ Overlap of content for levels 4 to 5.
$\square$ The same question that appear later in the Foundation Papers will appear towards the start of the Higher Papers.
$\square$ Higher tier (currently) also includes a level 3, for candidates a 'small number of marks' below level 4.


AQA June 2023 paper

| Level | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Higher | 214 | 186 | 158 | 125 | 92 | 59 | 42 | - | - |
| Foundation |  |  |  |  | 189 | 158 | 117 | 76 | 35 |

$\square$ The grade boundaries for the last four external summer exams.
$\square 240$ marks total ( 80 per paper).
$\square$ Mocks results, and in class data, will allow teachers to best support students in sitting the 'correct' tier.

## Year 11 - How you can help your child.

Including your child in the discussion and use of real-life maths as much as possible at home. Engage students with things such as:
$>$ Utility costs/bills.
$>$ New building work (e.g. new kitchen floor costing).
$>$ Shopping bills.
$>$ Looking for best 'value for money' products/alternatives.
$>$ Train/bus timetables.
$>$ Recipes.
$>$ Changing the quantities for different serving sizes.
$>$ Converting units.
$>$ Journey planning.
$>$ Costing holidays.
$>$ Total costs, p.p. costs, costs of extras, currency exchange.
$>$ Sports odds (adverts, pundits, pre-match).
$>$ Who's more likely to win, what indicates this?

## Year 11 - How you can help your child.

## About SPARX Maths

$\square$ This website will support learners in understanding mathematics topics through video tutorials and practice questions.
Compulsory homework is set each Thursday, hand-in by the following Thursday.
$\square$ Students should start their homework as soon as possible, so they can seek help before the deadline.
$\square$ Students can also access all topics and work independently with no instruction.
$\square$ Students can log in with their school Microsoft email.


Sparx Maths 170 XP Sam Wood-Wright


## Year 11 - How you can help your child.

Post-Mock Question Level Analysis (QLA)
Mathematics Assessment Feedback

```
Paper
Name
```



Your curriculum
GCSE
1 topic found

Algebra > Brackets
Expanding single brackets - U179

Expanding brackets

| 1) | Question 1 | Question 2 | Question 3 | Question 4 |
| :--- | :--- | :--- | :--- | :--- | Question 5

d) Question Strengthen
.11
Independent
Learning

## Year 11 - How you can help your child.

Post-Mock Question Level Analysis (QLA)
Support video


## Year 11 - How you can help your child.

## Other useful websites and resources

$\square$ www. Corbettmaths.com
$\square$ https:/ / www. drfrostmaths. com/
$\square$ www.mathsgenie.co.uk
$\square$ www. nrich.co.uk
-www.justmaths.co.uk
$\square$ https:// www. bbc.co.uk/ bitesize

Revision Guides:


Does your child have one of these calculators?


## Year 11 - Most common myths...

"I've got no homework..."
"It doesn't matter how I do in the mocks..."
"I can re-do my exam..."
"The best way to revise is...."
"My target grades are 4's, and I am being predicted 4's so I will be OK..."

## Year 11 - Top tips for success.

$\square$ Be positive about maths - it is a key qualification for all students.
$\square$ Encourage your child to work independently - 30 mins twice a week at this stage would be ideal (in addition to compulsory Sparx!)
$\square$ Don't revise things that they already know how to do - challenge themselves to improve/perfect 1 new skill each time they revise.

Don't give up! - we all make mistakes but over time these will reduce and the marks will improve.
$\square$ Asking for help when it is needed - every member of the department are more than happy to help, so if your child is struggling they can speak to any of us.
$\square$ Using school resources effectively - 4 hours of mathematics lessons a week, make every minute of every lesson count! Plus 1 hour of optional after school (Monday or Thursday), and more sessions to be added in the future!
$\square$ Practice, Practice, Practice!!!

