



# A PARENT & STUDENT GUIDE TO GCSE SUCCESS

Success doesn't  
come from what you do  
occasionally, but what you  
do consistently.



## JFCS YEAR 10 MOCK EXAMS June-July 2023 (Provisional)

Week 2		Morning		Afternoon		Duration (min)	Subject
Day	Date	Start	End	Start	End		
Monday	26/6/23	09:00 am	10:45 am			105	English Language Paper 1
				1:30 pm	3:00 pm	90	Maths 1
Tuesday	27/6/23	09:00 am	10:15 am 10:45 am			75 105	Trilogy Combined Science: Biology Separate Science: Biology
				1:30 pm	2:20 pm	60	Computer Science 1
Wednesday	28/6/23	09:00 am	11:00 am 10:45 am			120 105	Design & Technology Food Preparation & Nutrition
				1:30 pm	2:30 pm	60	French/German Writing (H&F)
Thursday	29/6/23	09:00 am	10:15 am 10:45 am			75 105	Trilogy Combined Science: Chemistry Separate Science: Chemistry
				1:20 pm	2:35 pm 3:20 pm	75 120	GCSE PE BTEC PE
Friday	30/6/23	09:00 am	11:00 am 12:25 pm			120 180	History Opt A Art (Art Room)
				1:20 pm	2:35 pm 3:20 pm	75 120	Music Opt A Art (Art Room)
				3:20 pm	3:20 pm	120	BTEC Enterprise

Week 1		Morning		Afternoon		Duration (min)	Subject
Day	Date	Start	End	Start	End		
Monday	3/7/23	09:00 am	10:45 am			105	English Literature Paper 2
				1:30 pm	3:00 pm	90	Maths 2
Tuesday	4/7/23	09:00 am	10:15 am 10:45 am			75 105	Trilogy Combined Science: Physics Separate Science: Physics
				1:30 pm	2:50 pm	80	French Reading & Listening (H&F)
Wednesday	5/7/23	09:00 am	12:25 pm 11:00 am			180 120	Opt B Art (Art Room) H&SC
				1:20 pm	3:20 pm	120	Opt B Art (Art Room)
Thursday	6/7/23	09:00 am	10:45 am 10:45 am			105 105	Geography Drama
				1:30 pm	2:30 pm	60	Computer Science 2
Friday	7/7/23	09:00 am	10:05 am			75	German Reading & Listening (H&F)

# **HOW WILL JOHN FLAMSTEED COMMUNITY SCHOOL**

## **SUPPORT STUDENTS?**

In addition to the high-quality teaching and exam practice at JFCS, teachers will:

- ★ deliver structured after school revision sessions
- ★ provide past exam papers and revision aids
- ★ support students with anxieties and exam stress
- ★ discuss concerns with students and parents
- ★ support students who have been identified as having particular needs
- ★ run a series of Study Skills sessions during lessons to help your child learn how to revise effectively.



## **HOW YOU CAN SUPPORT YOUR CHILD**

Year 10/11 are the most important years of schooling for your child in their academic career. The good news is that you don't need to be a subject expert to make a real difference in best supporting them. One of the hardest demands on students is that of understanding the long-term importance of doing the best they can, and learning to shelve short-term fun in the interest of long-term benefits. Children will also differ in their levels of maturity, their ability to take responsibility for their learning and in their organisational skills and levels of motivation. This is where parents come in. Your support, encouragement and interest can make a significant difference to your child's motivation and ability to cope with the academic and organisational demands of the exam period.

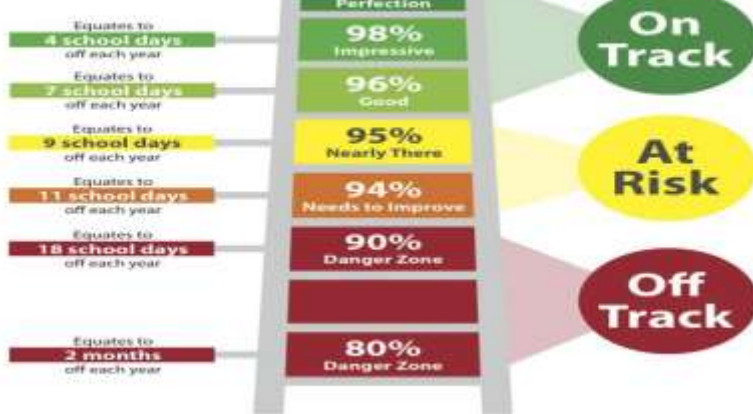
## **FIVE TIPS FOR SUPPORTING YOUR CHILD**

- I. **Time management:** Agree a balance between revision and social time and stick to the agreement (this is vital to maintain motivation). Whilst students need to be doing revision every day, it is important that they do plan some time to relax. Creating a revision plan is a great way to mutually achieve this agreed balance.
- II. **Attendance:** Especially at this key time of year, it is vital that students attend every lesson. A missed school day is a lost opportunity for students to prepare, meaning they may miss necessary knowledge needed for their exams.
- III. **Finding the right revision method:** All students should be revising for the examinations in May at this point. They will need to be able to recall two years' worth of information for at least 8 subjects. Students need to try out different methods and find what works well for them, as well as for the subjects they study (for instance, a different method maybe needed for Physics than for French).
- IV. **Organisation:** Students need to be well organised. This can be as simple as packing bags carefully the night before as it is vital to make sure they have their exam equipment (including a spare pen). Having breakfast and water in a morning is important as the brain cannot function to the best of its ability if it is denied sustenance.
- V. **Keeping the motivation up.** If your child asks for your support, encourage them by helping them to see the difficulties in perspective. Teenagers often take an all or nothing 'catastrophic' approach to difficulties – "I've messed up this essay, I might as well give up." Positive support and guidance is key.

## Attendance Ladder

How close is your child to reaching the top?

More time in school =  
MORE TIME TO LEARN!



For every day your child is absent from school,  
over 6 hours of instructional time is lost.



## A GUIDE TO REVISION

Trying to simply remember something by just looking at it has been shown to have almost no effect on whether or not you remember it. The implication for revision is clear: just reading your notes won't help you learn them.

Instead, you need to reorganise the information in some way. Remember though that a way that works for a friend may not work for you. Different revision methods include making simplified notes, making revision mats and practising exam questions. This approach, called "depth of processing", is the way to ensure material gets lodged in your memory.

## REVISION TIMETABLE – HIGHLY RECOMMENDED

Students should create a timetable to ensure that time is allocated equally between all subjects as well as ensuring that extra-curricular commitments and relaxation time are continued to relieve stress and refocus the mind. It is important to maintain a balance of revision, homework and relaxation so it is important to map your time carefully to ensure you can fit everything in!

## Example Revision Timetable

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8am	school	school	school	school	school	TV	French
9am	school	school	school	school	school	English	Break
10am	school	school	school	school	school	Break	French
11am	school	school	school	school	school	English	Maths
12pm	school	school	school	school	school	lunch	Lunch
1pm	school	school	school	school	school	Science	Geography
2pm	school	school	school	school	school	Break	Break
3pm	school	school	school	school	school	Science	History
4pm	Tea & TV	Trampoline	Tea & TV	Drama club	Tea & TV	Break	Tea
5pm	Tea & TV	Tea & TV	Football	Tea & TV	French	Tea	Homework
6pm	Maths	Geography	Technology	English	Out	Out	Break
7pm	English	Science	Maths	RE	Out	Out	Maths
8pm	RE	History	Science	History	TV	out	Break

## TOPIC – RAG RATING PLAN

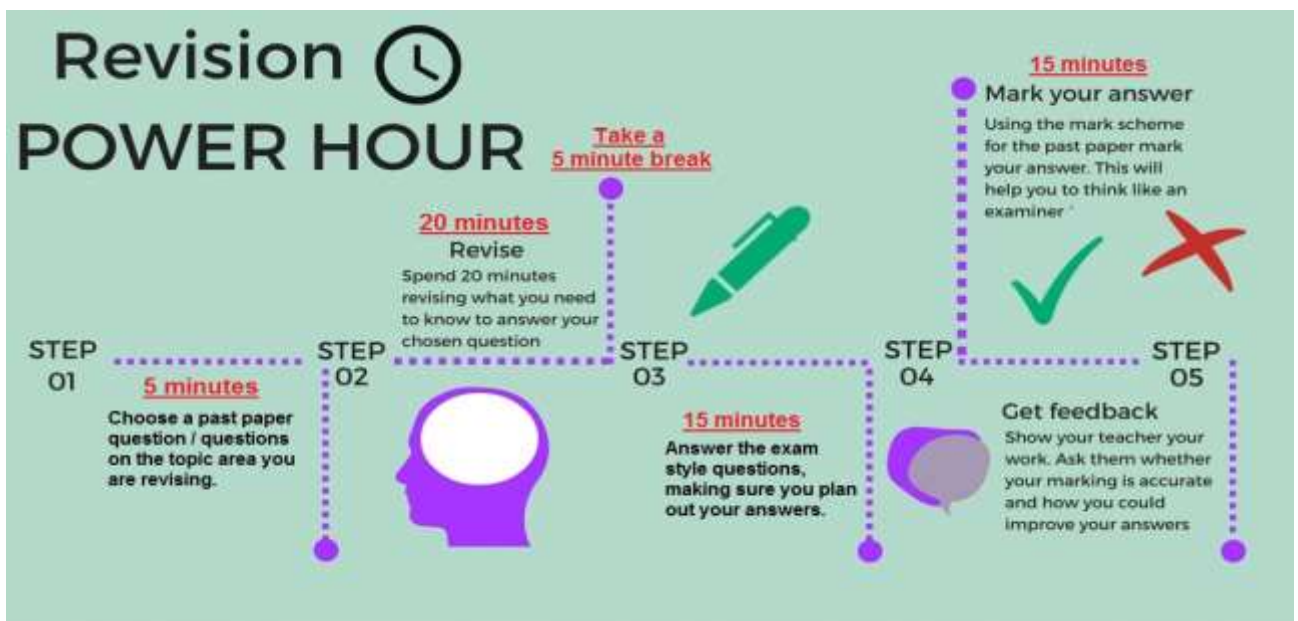
For each of your subjects, list all the topics and areas you need to cover accordingly. RAG (red, amber, green) rate each topic. Ask your teacher or use your text books to make sure you cover all topics.

- **Red – Poor understanding of topic - Need to focus revision time on this topic area**
- **Amber - Good understanding of topic - Need to revisit**
- **Green - strong understanding of topic - Need to recap**

	A	B	C	D	E
	<b>1.2.1 Physical activity and your healthy mind and body</b>		<b>1.2.4 A healthy[comma] active lifestyle and your muscular system</b>		
	Describe the different body types and explain the effect of each on participation and performance		Understand the role of the muscular system during physical activity and how the major muscle groups benefit from particular types of physical activity		
	Outline why and how expected and optimum weight varies according to height[comma] gender[comma] bone structure and muscle girth, explain how this may affect participation and performance in physical activity		Understand the role of muscles in movement		
	Explain the terms anorexic[comma] obese[comma] overfat[comma] overweight[comma] underweight, explain how they may impact on achieving a sustained involvement in physical activity		Understand the immediate and short-term effects on the muscular system of participation in exercise and physical activity		
	Explain the effects of smoking and alcohol on general health and on physical activity		Understand the long-term effects of regular exercise and physical activity on the muscular system		
	Know about different categories of drugs and the effects they may have on health[comma] wellbeing and physical performance and why some performers might identify risks associated with participation physical activities[comma] and explain how to reduce these risks to better maintain wellbeing		Understand the potential for muscle injuries through exercise and physical activity and know common techniques for treatment		
			Understand the impact of rest on the muscular system		
			Understand the impact of diet on the muscular system		
			Understand the impact of performance enhancing drugs on the muscular system		
	<b>1.2.2 A healthy[comma] active lifestyle and your cardiovascular system</b>		<b>1.2.5 A healthy[comma] active lifestyle and your skeletal system</b>		
	Understand the immediate and short-term effects of exercise and physical activity on the cardiovascular system		Understand the function of the skeletal system for movement[comma] support or protection during physical activity		
	Understand the long-term effects of regular exercise and physical activity on the cardiovascular system		Understand the ranges of movement at joints during physical activity		
	Understand the impact of rest on the cardiovascular system		Understand the effects of regular exercise and physical activity on the skeletal system		
	Understand the impact of diet on the cardiovascular system		Understand the importance of weight-bearing exercise to prevent osteoporosis		
	Understand the impact of recreational drugs on the cardiovascular system		Understand the potential for skeletal injuries through exercise and physical activity and know common techniques for treatment		
			Understand the impact of diet on the skeletal system		
	<b>1.2.3 A healthy[comma] active lifestyle and your respiratory system</b>				
	Understand the immediate and short-term effects on the respiratory system of participation in exercise and physical activity				
	Understand the long-term effects of regular exercise and physical activity on the respiratory system				
	Understand the impact of recreational drugs on the respiratory system				

## PLANNING REVISION TIME

Planning how you are going to revise plays a key role in maintaining focus and motivation. Research shows you should spend at least half of your revision hour focussing on answering exam questions; they're the closest thing you'll get to the actual exam, so make the most of them. Even better, try to do this in timed conditions to replicate the exam process!



# EIGHT POTENTIAL REVISION METHODS

## Annotations

For poems, you can blow up the poem (photocopy and stick them on large paper) and annotate it in different colours for content, and various stylistic ideas. For books and plays, chapter or scene synopses can be useful.



This can also be useful if you own your textbooks. You can highlight key points and ignore the waffle. Write down helpful notes on the key parts to remember.

## Cue Cards / Flash Cards

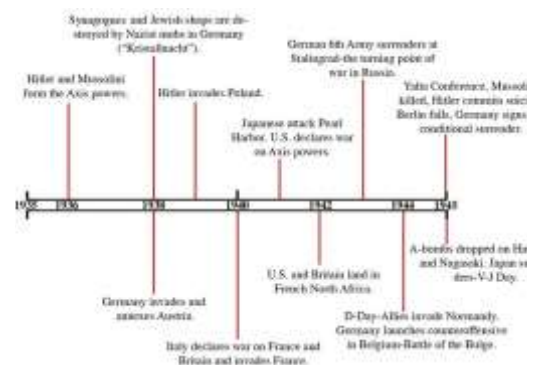
Flash/cue cards are always handy for when you're out and about. List definitions, key facts or rules you need to know. Alternatively, write key words for a topic area, to help you remember.



These are also handy for learning language vocabulary. You can buy index cards in any good newsagent or simply cut card to size. Once filled in, these cards will allow you to reclaim time that would otherwise be wasted - on the bus, in the queue at the supermarket, walking to school - there's no limit.

## Timelines

Timelines can be helpful - especially for History and English Literature. They are invaluable for making sense of a series of events, because you can trace improvements, factors, links between events etc. Pin them up in your room!



Alternatively, you could pick a key character and do a series of cards with evidence of their character's action or a useful quotation. These can be ordered chronologically so you can trace development.



Draw key theme cards, style cards etc. You could draw a timeline for each book or play that you're studying and superimpose a tension graph where lines rise for more dramatic events.

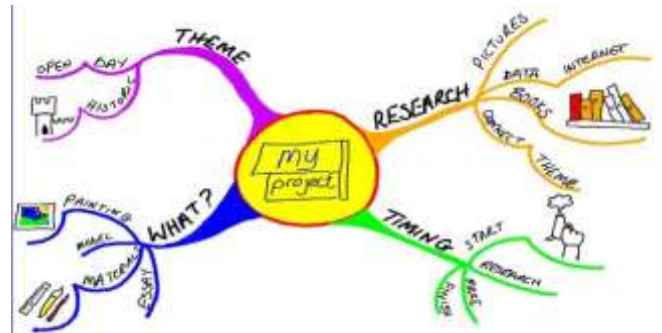
## School revision classes

Attend revision sessions run by school. Prior to attending the session, make a list of questions that you want to ask or topic areas you would like help with. You should also make notes throughout the session especially in relation to any topics or content that the teacher recommends you revise.



## Mind Maps

If you find it difficult to remember lots of information and notes, Mind Maps may be the key to improving your memory. The theory behind mind mapping explains that making associations by connecting ideas helps you to memorise information easier and quicker. Creating a mind map using colour techniques allows you to break down a topic in a subject that you need to memorise.



## Acronyms and Rhymes

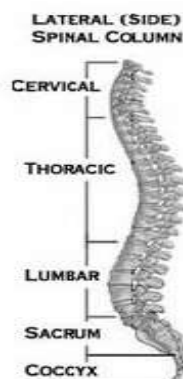
This is when you use a word to help you remember a sequence of steps within a subject. For example: Remembering what to write about in a reading task in English or key ideas in Science:

**P**oint

**E**vidence

**E**xplanation

**L**ink



**C**hristmas

**T**ime

**L**et

**S**now

**C**ome

## **Mini Revision Booklet**

Take the topic heading for your subject and a few pieces of paper and then attempt to write a concise summary containing key information under each. This is a useful way to see what you know and then using the text books you can add detail to create a resource that is easy to understand and can be used to revise from.

It is important that this is done completely from memory towards the end of your revision. Points you miss out can be put in an appendix section called 'points to remember'. Don't forget you're not writing a book!

## **Revise with friends – test each other**

It can be helpful and reassuring to form a revision group. As a group you can then discuss the areas that you are all revising. Your knowledge of a topic will be enhanced through both listening to and talking about the topics that you need to revise. When revising in a group you might ask another member to prepare some questions about the areas you are revising which you can try to answer. Quizzes are also great in groups; try out Kahoot to have revision competitions with your peers.

## **Record your own revision**

After making revision notes record these on to your mobile phone. This can be useful when it comes to revision because it allows you to listen to the notes you've made without having to have access to all your books - while you're walking to school, for example. Particularly helpful for students memorising for French/Spanish speaking tests.



# ***The Ripley Academy***

## ***Sixth Form***

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**For more information, please contact our Head of Sixth Form - Mrs Taylor ([etaylor@ripleyacademy.org](mailto:etaylor@ripleyacademy.org)) or visit our website ([www.ripleyacademy.org](http://www.ripleyacademy.org))**

***The Ripley Academy, Peasehill, Ripley, DE5 3JQ***



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