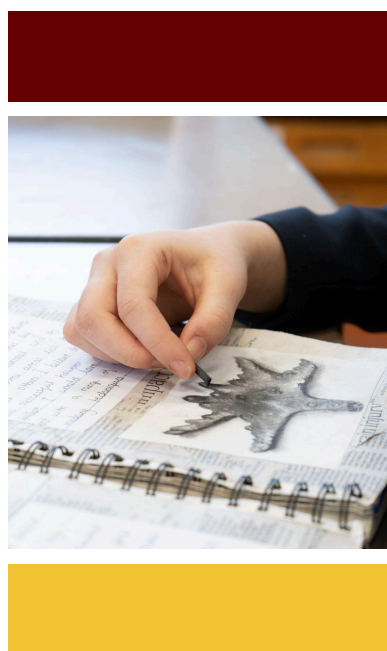


Year 11

On Track for Success

GCSE 2025 Series



St Dunstan's School
GLASTONBURY

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Headteacher's welcome

Dear Parents/Guardians,

Thank you for taking the time to read this booklet. It has been carefully designed to provide you and your child with all the essential information needed throughout Year 11.

Our key message for this crucial year is simple: **make every day count!** With exams now fast approaching, it is more important than ever for students to stay focused and make the most of every learning opportunity. In addition to their final exams, students will also be finalising formally assessed components during their lessons. This booklet is here to help them **stay on track** and take full advantage of the support available.



In 2024, St Dunstan's School celebrated an **outstanding** set of GCSE results. Our students achieved progress scores above the national average and significantly above the local average - a testament to their dedication and the exceptional support we provide. This includes **after-school and holiday revision sessions** and ensuring students remain in school for the full duration of the exam period.

We understand that Year 11 can be a demanding time, but with your support and the dedication of our teaching team, we are confident that our students can **reach their full potential**.

On behalf of all the staff and myself, thank you for your ongoing support. We wish every student the very best for what promises to be a successful and rewarding year ahead.

Best wishes,

A handwritten signature in black ink, appearing to read 'P. Balkwill', written over a horizontal line.

Mr Paul Balkwill

Headteacher

Easter Revision Sessions 2025 – Important Information

I am pleased to share details of our **Easter Revision Sessions 2025** at St. Dunstan's School. These sessions have been carefully designed to focus on key areas of each exam, providing students with targeted support as they prepare for their upcoming GCSEs.

Easter Revision Schedule

| | Monday 7th April | Tuesday 8th April | Wednesday 9th April | Thursday 10th April | Friday 11th April |
|--------------------|---|---|-------------------------|----------------------|---------------------|
| AM (09:00 - 12:00) | Design Technology (NEA practical catch up) | Maths - Foundation tier & Computer Science | History - Paper 1 & Art | Science - both tiers | Maths - Higher tier |
| PM (12:30 - 15:30) | Design Technology (NEA practical catch up) & Drama Revision | JMA Geography | History - Paper 2 & Art | Business Studies | Maths - Higher tier |

Students who attended last year's Easter revision sessions reported a **significant boost in confidence** when sitting their final exams. We strongly encourage all students to take full advantage of these sessions to maximise their preparation.

Important Information for Students

- **Arrival:** Students should arrive at the reception **10 minutes before** their session begins—**8:50 AM for morning sessions and 12:20 PM for afternoon sessions**. A staff member will escort them to their session.
- **Dress Code & Supplies:** School uniform is **not required**. Students should bring water and a packed lunch if attending for the whole day.

Sign-Up & Attendance

To help us plan effectively, parents are required to sign their child up for sessions in advance via a **Google Form** (link attached to the email). Attendance is **recommended** for all subjects that your child takes. If your child is unable to attend due to illness, please inform us in advance to avoid any safeguarding concerns, as our attendance team will follow up on absences. Please could you complete the google form by **Friday 28th March**.

Information Evening for Parents - 27th March

I would also like to take this opportunity to remind you about our Information Evening for Year 11 students and parents. The information evening is this Thursday, 17:00 - 18:00. Late sign ups are welcome and it would be much appreciated if you could let the school office know if you plan to attend.

If you have any questions or require further support, please don't hesitate to contact me directly.

Yours faithfully,



Mr. T Armstrong

tvickers-armstrong@stdunstansschool.com

Assistant Headteacher

St. Dunstan's School



Summer 2025 Exam Timetable

| Exam Date | Exam Series | Exam Board | Qualification | Exam Code | Subject | Title | Exam Time | Exam Duration |
|------------|-------------|------------|--------------------|------------------|--------------------------------|--|-----------|---------------|
| 08/05/2025 | Summer-25 | WJEC | GCSE | C690J30-1 | Drama | Drama Component 3 (Edugas) | AM | 1h 30m |
| 12/05/2025 | Summer-25 | AOA | GCSE | 8702/1 | English Literature | English Literature Paper 1 | AM | 1h 45m |
| 12/05/2025 | Summer-25 | OCR | GCSE (9-1) | 1277/01 | Computer Science | Computer Systems - Written Paper | PM | 1h 30m |
| 13/05/2025 | Summer-25 | AOA | GCSE | 8464/8/1F and 1H | Combined Science: Trilogy | Combined Science: Trilogy - Biology Paper 1 (both tiers) | PM | 1h 15m |
| 14/05/2025 | Summer-25 | AOA | GCSE | 8035/1 | Geography | Geography Paper 1 | AM | 1h 30m |
| 14/05/2025 | Summer-25 | OCR | Cambridge National | R184/01 | Sport Studies | Contemporary Issues in Sport: Written Paper | PM | 1h 15m |
| 14/05/2025 | Summer-25 | WJEC | GCSE | C680J10-1 | Media Studies | Media Studies Component 1 (Edugas) | PM | 1h 30m |
| 15/05/2025 | Summer-25 | Pearson | GCSE | 1MA1 1F | Mathematics | Paper 1 (Non-Calculator) Foundation Tier | AM | 1h 30m |
| 15/05/2025 | Summer-25 | Pearson | GCSE | 1MA1 1H | Mathematics | Paper 1 (Non-Calculator) Higher Tier | AM | 1h 30m |
| 16/05/2025 | Summer-25 | AOA | GCSE | 8145/1A/A - 1B/E | History | History Paper 1 | AM | 2h |
| 16/05/2025 | Summer-25 | NCFE | VTQ | 603/7004/X | Business and Enterprise | NCFE Level 1/2 Technical Award in Business and Enterprise (Performance points from 2024) | PM | 1h 30 m |
| 19/05/2025 | Summer-25 | AOA | GCSE | 8464/C/1F and 1H | Combined Science: Trilogy | Combined Science: Trilogy - Chemistry Paper 1 (both tiers) | AM | 1h 15m |
| 20/05/2025 | Summer-25 | AOA | GCSE | 8702/2 | English Literature | English Literature Paper 2 | AM | 2h 15m |
| 20/05/2025 | Summer-25 | OCR | GCSE (9-1) | 1277/02 | Computer Science | Computational thinking, algorithms and programming - Written Paper | PM | 1h 30m |
| 21/05/2025 | Summer-25 | AOA | GCSE | 8658/LF | French (final sitting/ rest) | French Paper 1 | AM | 35m |
| 21/05/2025 | Summer-25 | AOA | GCSE | 8658/LH | French (final sitting/ rest) | French Paper 1 | AM | 45m |
| 21/05/2025 | Summer-25 | AOA | GCSE | 8658/RF | French (final sitting/ rest) | French Paper 3 | AM | 45m |
| 21/05/2025 | Summer-25 | AOA | GCSE | 8658/RH | French (final sitting/ rest) | French Paper 3 | AM | 1h |
| 22/05/2025 | Summer-25 | WJEC | GCSE | C680J20-1 | Media Studies | Media Studies Component 2 (Edugas) | PM | 1h 30m |
| 23/05/2025 | Summer-25 | AOA | GCSE | 8700/1 | English Language | English Language Paper 1 | AM | 1h 45m |
| 04/06/2025 | Summer-25 | Pearson | GCSE | 1MA1 2F | Mathematics | Paper 2 (Calculator) Foundation Tier | AM | 1h 30m |
| 04/06/2025 | Summer-25 | Pearson | GCSE | 1MA1 2H | Mathematics | Paper 2 (Calculator) Higher Tier | AM | 1h 30m |
| 05/06/2025 | Summer-25 | AOA | GCSE | 8145/2A/A - 2B/D | History | History Paper 2 | AM | 2h |
| 05/06/2025 | Summer-25 | AOA | GCSE | 8658/WF | French (final sitting/ rest) | French Paper 4 | PM | 1h |
| 05/06/2025 | Summer-25 | AOA | GCSE | 8658/WH | French (final sitting/ rest) | French Paper 4 | PM | 1h 15m |
| 06/06/2025 | Summer-25 | AOA | GCSE | 8700/2 | English Language | English Language Paper 2 | AM | 1h 45m |
| 06/06/2025 | Summer-25 | AOA | GCSE | 8035/2 | Geography | Geography Paper 2 | PM | 1h 30m |
| 09/06/2025 | Summer-25 | AOA | GCSE | 8464/8/2F and 2H | Combined Science: Trilogy | Combined Science: Trilogy - Biology Paper 2 (both tiers) | AM | 1h 15m |
| 11/06/2025 | Summer-25 | Pearson | GCSE | 1MA1 3F | Mathematics | Paper 3 (Calculator) Foundation Tier | AM | 1h 30m |
| 11/06/2025 | Summer-25 | Pearson | GCSE | 1MA1 3H | Mathematics | Paper 3 (Calculator) Higher Tier | AM | 1h 30m |
| 12/06/2025 | Summer-25 | AOA | GCSE | 8035/3 | Geography | Geography Paper 3 | AM | 1h 30m |
| 13/06/2025 | Summer-25 | AOA | GCSE | 8464/C/2F and 2H | Combined Science: Trilogy | Combined Science: Trilogy - Chemistry Paper 2 (both tiers) | AM | 1h 15m |
| 16/06/2025 | Summer-25 | AOA | GCSE | 8464/P/2F and 2H | Combined Science: Trilogy | Combined Science: Trilogy - Physics Paper 2 (both tiers) | AM | 1h 15m |
| 17/06/2025 | Summer-25 | WJEC | GCSE | C560JAO-1 | Food Preparation and Nutrition | Food Preparation and Nutrition Component 1 (Written) (Edugas) | PM | 1h 45m |
| 18/06/2025 | Summer-25 | AOA | GCSE | 8552/W | Design and Technology | Design & Technology | AM | 2h |

Examination Equipment

All students will be expected to arrive at examinations with the following equipment.

Clear Pencil Case



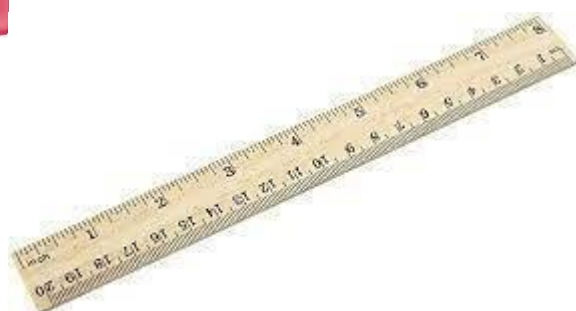
3 Black Biro or Ball point pens



A highlighter



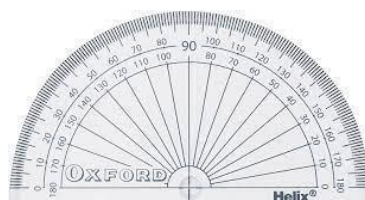
A ruler



A scientific calculator



A Protractor



A Compass



HB Pencils



GCSE Art and Design (Fine Art)

Awarding body: AQA

Subject Exam Code: 8202

For further information please contact:
Miss A Hart

Use the email address:
ahart@stdunstansschool.com

How will I be graded for this GCSE?

Examination: 40% - 10 hour timed piece plus supporting preparation work - Year 11: term 3 Exam paper is released. Students will choose between 7 themes to create their project on.

Coursework: 60% - Includes classwork, extended learning and sketchbook activity. Two sketchbooks will be marked.

Contribution: A list of equipment will be given out that will benefit the students progression. A contribution of £4.50 is required for the sketchbook provided.

How should I be revising?

Students should currently be building on their portfolio during their evenings and weekends. Students should be completing all homework set and attending catch up and revision sessions on Wednesdays and Thursdays.

| Useful Websites | QR Code / Website Link |
|-----------------|---|
| Bitesize | https://www.bbc.co.uk/bitesize/exams/pecs/zjymp9q |
| AQA | https://www.aqa.org.uk/subjects/art-and-design/gcse/art-and-design-8201/specification |

NCFE Level 1/2 Technical Award in Business and Enterprise

Awarding body: NCFE

Subject Exam Code: 603/7004/X

For further information please contact:
Mr J Waugh

Use the email address:
jwaugh@stdunstansschool.com

How will I be graded?

40% Exam - The written examined assessment will assess the learner's knowledge and understanding of all content areas and target assessment objectives. It comprises a mixture of multiple-choice, short-answer and extended response questions. The exam is worth a maximum of 80 marks and lasts for 1 hour 30 minutes. This assessment takes place during the summer exam period of Year 11.

60% Internally Assessed Synoptic Assessment - This assessment takes place once the key content has been delivered and will assess the learner's ability to effectively draw on their knowledge, understanding and skills from across the whole specification as they apply it to a business case study. This assessment is worth 120 marks and will be completed during lessons. This takes place in the first 2 terms of Year 11.

How should I be revising?

Students should complete the revision guide they have been provided with (paper copy). In addition to this all students should have access to all revision materials on Google Classroom, which includes lesson slides, past papers and revision mats.

| Useful Websites | QR Code / Website Link |
|--------------------|---|
| Revision Booklet | https://classroom.google.com/c/NjMzMzAzODg4Nzc3/m/NzE5Njc5NjkwNzk4/details |
| Assessment Booklet | https://classroom.google.com/c/NjMzMzAzODg4Nzc3/m/NzE5NjUwODU3Njk3/details |
| Quizlet | https://quizlet.com/search?query=ncfe-business&type=all |

GCSE Computer Science

Awarding body: OCR

Subject Exam Code: J277

For further information please contact:
Mr T Norris

Use the email address:
tnorris@stdunstansschool.com

How will I be graded?

Computer systems - 80 marks - 1h30m - 50%

Introduces students to the central processing unit (CPU), computer memory and storage, data representation, wired and wireless networks, network topologies, system security and system software. It also looks at ethical, legal, cultural and environmental concerns associated with computer science.

Computational thinking, algorithms and programming - 80 marks - 1h30m - 50%

Students apply knowledge and understanding gained in component 01. They develop skills and understanding in computational thinking: algorithms, programming techniques, producing robust programs, computational logic and translators.

How should I be revising?

A range of revision materials are available on Google classroom to best prepare for each mock including use of revision guides, tools such as Seneca and relevant lesson slides.

| Useful Websites | QR Code / Website Link |
|-----------------|---|
| Seneca | https://senecalearning.com/en-GB/ |
| Craig 'n' Dave | https://student.craigndave.org/j277 |
| Bitesize | https://www.bbc.co.uk/bitesize/exams/pecs/zmtchbk |

GCSE Design and Technology

Awarding body: AQA

Subject Exam Code: 8552

For further information please contact:
Mr D Pridham

Use the email address:
dpriham@stdunstansschool.com

How will I be graded?

Paper 1 - Content studied throughout year 10

- Written exam: 2 hours
- 100 marks
- 50% of GCSE

NEA - Classroom based assessment, starting term 6 of year 10

- Non-exam assessment (NEA): 30–35 hours approx
- 100 marks
- 50% of GCSE

How should I be revising?

Use the revision document on Google Classroom, practice exam questions in the revision guide you were issued, and look through the past papers available on the AQA website (<https://www.aqa.org.uk/find-past-papers-and-mark-schemes?qualification=GCSE%20Design%20and%20Technology>)

| Useful Websites | QR Code / Website Link |
|---------------------------|---|
| BBC Bitesize | https://www.bbc.co.uk/bitesize/examspecs/zby2bdm |
| Technology Student | https://www.technologystudent.com/pdf19/exam-guidancel.pdf |
| Revision booklet | https://classroom.google.com/c/Njc3MzA1OTM2NDQ3/m/NzlwMDc4MDI2NTgz/details |

GCSE Drama

Awarding body: Eduqas

Subject Exam Code: C690QS

For further information please contact:
Mrs J Pulford

Use the email address:
jpulford@stdunstansschool.com

How will I be graded?

Examination: 40% Written exam.

Practical Work: 60% Practical Performances, Written Portfolio.

Areas to revise:

• Section A – Set text: **Noughts and Crosses**

- Plot/characters
- How you would perform as specific characters and the vocal/movement skills you would utilise.
- How would you design key scenes – lighting, set, costume, sound?

• Section B – Live theatre review: **Show**

TBC

- How different design elements were used in key scenes. E.g. When was lighting most effective and what was the impact?
- How was sound design used? Which costumes stood out and what did they reflect about the character?
- How did the set and props impact the communication of the narrative/ location/ atmosphere etc?

How should I be revising?

There are three components to the course – some have already been completed and do not need explicit revision, others do.

1. Learn key terminology using revision cards – you can use Quizlet to do this or make your own.
2. Know the set text really well. Ensure that you fully understand the storyline and how each family copes with each situation that arises.

3. Select key scenes and plan what you would do in terms of lighting, costume, set and sound design and the reasons for your ideas.
4. Work through both the Noughts and Crosses revision on BBC Bitesize and the Live Theatre tasks- complete all short revision tasks.
5. Ensure that you know which key scenes you plan to discuss in the written exam from The live Theatre Production that we see.

| Useful Websites | QR Code / Website Link |
|---------------------------------------|---|
| Past Papers | Eduqas GCSE Drama Past Papers - Revision World |
| Set Text notes and Live Theatre notes | GCSE Drama - Eduqas - BBC Bitesize |
| Set Text notes | https://resource.download.wjec.co.uk/vtc/2021-22/wjec21-22_1-2/batch-b-pdf/noughts-and-crosses.pdf |



GCSE English Language/English Literature

Awarding body: AQA

Subject Exam Code: 8700 and 8702

For further information please contact:
Mrs Gregory

Use the email address:
kgregory@stdunstansschool.com

How will I be graded?

Examination: For **English Language**, each paper will be worth 50% of the final exam grade. All students will sit the same exam. Two papers lasting 1 hour 45 minutes assessing quality of reading and writing skills.

For **English Literature**, Paper 1 (Shakespeare and the 19th century novel) will be worth 40% of the final Literature grade and Paper 2 (Modern text and Poetry) will be worth 60% of the final grade.

Controlled Assessment: There are no controlled assessments in English so grades will be awarded solely on performance in the exam. Papers are not tiered and students will achieve grades 9-1.

Spoken Language Endorsement: All students will be assessed on the quality of their communication and presentation skills. This will take the form of a presentation to a group or teacher. They will be graded at Pass, Merit or Distinction. AQA requires all presentations to be recorded.

How should I be revising?

Students may access any past papers online and Google Classroom has a wealth of links to these and to knowledge organisers and Youtube support. English revision takes place every Thursday from January after school.

| Useful Websites | QR Code / Website Link |
|---------------------------|---|
| Seneca Learning | https://senecalearning.com/en-GB/ |
| Mr Bruff - Youtube | https://www.youtube.com/channel/UCM2vdqz-7e4HAuzhpFuRY8w |
| PMT | https://www.physicsandmathstutor.com/english-revision/gcse-aqa/ |

GCSE Food Preparation and Nutrition

Awarding body: Eduqas

Subject Exam Code: C560P1

For further information please contact:
Mrs H Potter

Use the email address:
hpotter@stdunstansschool.com

How will I be graded?

| Non-Examination Assessment (NEA) | Written Exam |
|--|---|
| 2 x Practical based assignments (Controlled Assessment) <ul style="list-style-type: none"> 15% Food investigation assessment (Food science task) - term 1 in year 11 35% Food preparation assessment (three dishes including accompaniments and side dishes) - term 2 - 4 in year 11 | 1 x Written exam = 50% <ul style="list-style-type: none"> June, year 11 |

How should I be revising?

- Important Seneca Revision links can be found on google classroom.
- Knowledge organisers and PLCs have also been provided on google classroom.

| Useful Websites | QR Code / Website Link |
|-----------------------|---|
| BBC Bitesize | https://www.bbc.co.uk/bitesize/subjects/zdn9jhy |
| Revision World | https://revisionworld.com/gcse-revision/food-preparation-and-nutrition-gcse-revision |
| Eduqas | https://resources.eduqas.co.uk/Pages/ResourceByArgs?subId=52 |

GCSE French

Awarding body: AQA

<https://www.aqa.org.uk/subjects/french/gcse/french-8658/specification>

Subject Exam Code: 8658

For further information please contact:
Mrs S Easterbrook or Mr Bestic

Email address:
seasterbrook@stdunstansschool.com
jbestic@stdunstansschool.com

How will I be graded?

| | | |
|--------------------|-----|--|
| Paper 1: Listening | 25% | (Foundation 35 mins/Higher 45 Mins) |
| Paper 2: Speaking | 25% | (Foundation 7-9 mins/Higher 10-12 mins) |
| Paper 3: Reading | 25% | (Foundation 45 mins/Higher 1 hour) |
| Paper 4: Writing | 25% | (Foundation 1 hour/ Higher 1 hour 15 mins) |

How should I be revising?

- Students should be completing the revision materials on google classroom.
- Students should also be using ActiveLearn and completing the revision activities on this website.
- Google classroom also has links to past papers, revision booklets and speaking booklets.

| Useful Websites | QR Code / Website Link |
|-----------------|---|
| ActiveLearn | https://www.pearsonactivelearn.com/app/home |
| Kerboodle | https://www.kerboodle.com/users/login |
| Linguascope | https://www.linguascope.com/ |
| BBC Bitesize | https://www.bbc.co.uk/bitesize/examspecs/zr8bmfr |

GCSE Geography

Awarding body: AQA

Subject Exam Code: 8035

For further information please contact:
Mrs Manning

Use the email address:
jmannings@stdunstansschool.com

How will I be graded?

Exam: 100% - 3 x 1 ½ hour examinations

How should I be revising?

All revision material including knowledge organisers, links to past papers, video clips and Seneca revision links can be found on Google Classroom. A 6 week revision programme will be given to students before the mock exams and emailed home to parents.

| Useful Websites | QR Code / Website Link |
|------------------------|---|
| Time for geography | https://timeforgeography.co.uk |
| BBC bitesize Geography | https://www.bbc.com/education/examspecs/zy3ptyc |
| Internet Geography | https://www.internetgeography.net/aqa-gcse-geography/ |
| Seneca Learning | https://senecalearning.com/en-GB/seneca-certified-resources/geography-gcse-aqa/ |

GCSE History

Awarding body: AQA

Subject Exam Code: Paper 1)AB,BC
Paper 2)AA, BC

For further information please contact:
Mr Brown

Use the email address:
gbrown@stdunstansschool.com

How will I be graded?

| Paper 1: Two hours (50%) | Paper 2: Two hours (50%) |
|---|--|
| Section A – six compulsory questions (40 marks) Section B – four compulsory questions (40 marks) Plus 4 marks for spelling, punctuation and grammar | Section A – four compulsory questions (40 marks) Section B – four compulsory questions (40 marks) Plus 4 marks for spelling, punctuation and grammar |

How should I be revising?

- Use the revision guides and checklists to make flashcards or mind maps as shown in class.
- There are revision sessions on Friday after school from 15.20-15.50
- Pupils should be using checklists given to ensure they have no gaps in their knowledge.

| Useful Websites | QR Code / Website Link |
|------------------------|---|
| BBC Bitesize | https://www.bbc.co.uk/bitesize/examspecs/zxjk4j6 |
| Seneca | https://senecalearning.com/en-GB/ |

GCSE Mathematics

Awarding body: Edexcel

Subject Exam Code: 1MA1

For further information please contact: Mr R Conway

Use the email address:
rconway@stdunstansschool.com

How will I be graded?

Assessment is examination only: The qualification consists of three equally weighted written exam papers at either Foundation tier or Higher tier. Paper 1 is a non-calculator assessment. On Paper 2 and Paper 3, students are permitted to use a calculator. Each paper is 90 minutes long. The content outlined for each tier will be assessed across all three papers. Each paper has a range of question types, some questions will be set in both mathematical and non-mathematical contexts. New knowledge, skills and understanding will be tested at both tiers. The qualification will be graded and certificated on a nine-grade scale from 9 to 1 using the total mark across all three papers where 9 is the highest grade. Individual papers are not graded. Foundation tier: grades 1 to 5. Higher tier: grades 4 to 9.

How should I be revising?

Students have been provided with a comprehensive revision list. The list includes hyperlinks to the Maths department (MET) website which has tuition videos and recommended revision websites. The revision list is available on Google Classroom.

| Useful Websites | QR Code / Website Link |
|---|---|
| Maths department website (the "MET Website") | https://met.midsomernortonschoolpartnership.com/ |
| Maths Genie | https://www.mathsgenie.co.uk/ |

GCSE Media Studies

Awarding body: Eduqas

Subject Exam Code: C680Q

For further information please contact:
Mrs K Gregory

Use the email address:
kgregory@stdunstansschool.com

How will I be graded?

Examination: 70% exam topic specified by exam board - 2 x 1hr 30min exams

Non Examined Assessment: 30% - example tasks below:

Television: Create a key sequence for a new Scifi or Sitcom television programme for an audience aged 16-24.

Music Marketing: Create a music video or a website to promote a new artist/band in the dance music genre.

Film Marketing: Print-based marketing material for a new Horror or Crime genre film (DVD cover and film poster)

Magazines: Create the front cover and a double page spread for a new Sport or Fashion print or online magazine.

How should I be revising?

Exam board fact sheets are on Google Classroom as well as past paper links. Students can use Mrs Fisher on Youtube to help revise the key areas.

| Useful Websites | QR Code / Website Link |
|-----------------------------|---|
| Mrs Fisher - Youtube | https://www.youtube.com/@mrsfisher8961 |
| Eduqas knowledge organisers | https://resources.eduqas.co.uk/Pages/ResourceSingle.aspx?rId=1439&_gl=1*eksuc5*_ga*Mjc0ODcwMDk1LjE2OTUxMzc1NTI.* |
| Eduqas exam walk throughs | https://resources.eduqas.co.uk/Pages/ResourceSingle.aspx?rId=1526&_gl=1*1m9yn6r*_ga*Mjc0ODcwMDk1LjE2OTUxMzc1NTI.* |

GCSE Science

Awarding body: AQA Trilogy

Subject Exam Code: 8464

For further information please contact:
Ms C Hutchinson

Use the email address:
cthomason@stdunstansschool.com

How will I be graded?

Examination: 100%

- 6 terminal exams at the end of year 11.
- Each exam is 1h 15 mins and worth 70 marks
- Each exam contributes 16.7% to the final grade
- Consists of 2 Biology, 2 Chemistry and 2 Physics exams
- Papers are a mixture of multiple choice, short answer and long answer questions.

How should I be revising?

Students have all been provided with DRIP sheet booklets and Trust developed PLCs. Details have been provided on the Google Classrooms along with revision materials.

| Useful Websites | QR Code / Website Link |
|----------------------|---|
| Cognito | https://cognitoedu.org/home |
| Free Science Lessons | https://www.freesciencelessons.co.uk/ |
| BBC Bitesize | https://www.bbc.co.uk/bitesize/examspecs/z8r997h |

Cambridge Nationals: Sports Studies

Awarding body: OCR Level 1 /2 Cambridge National

Subject Exam Code: J829

For further information please contact:
Miss C Pengelly

Use the email address:
cpengelly@stdunstansschool.com

How will I be graded?

- **1** x Mandatory externally assessed unit (exam) - **Contemporary Issues in Sport (40% of Grade)** The exam is 75 minutes long.
- **2** x Mandatory NEA (Non-examined assessment) units:
Performance and Leadership in Sport Activities (40% of Grade)
Outdoor and Adventurous Activities (20% of Grade)

How should I be revising?

- Students will be provided with past paper practice questions.
- Students will have access to all class slides on google classroom.
 - Revision guide.
 - Knowledge organiser from inside work booklets.

| Useful Websites | QR Code / Website Link |
|---------------------------|---|
| Youtube - The EverLearner | https://www.youtube.com/watch?v=414Q- YNIO0 |

What Does Effective Revision Look Like?

The key to effective revision is **retrieval practice**—regularly testing yourself in silence. But how can you make this even more powerful? Read on to find out...

Retrieval Practice

Retrieval practice involves recalling previously learned information so that you can access it more easily later. Every time you answer a question, your brain strengthens the connections between related ideas. Repeating this process consistently helps transfer knowledge to your long-term memory.

What Does the Research Say?

Retrieval practice is one of the most extensively studied learning strategies, dating back to Ebbinghaus in 1885. Research shows that if we only learn something once, we're likely to forget it. To retain information, we must actively recall and reinforce it.

Studies have found that students who **self-tested three times** before an exam performed significantly better than those who only re-read their notes.

Spacing: The Power of Small, Consistent Sessions

Spreading your revision out over time—**known as spacing**—is far more effective than last-minute cramming. For example, studying **Physics for one hour a day over five days** is much more beneficial than cramming for five hours in one day.

Interleaving: Mixing Subjects for Stronger Retention

To boost your learning even further, try **interleaving**—alternating between different subjects and topics instead of focusing on one at a time. For example, instead of studying **an hour of English followed by an hour of Maths**, mix it up:

- **30 minutes of Shakespeare**
- **30 minutes of Algebra**
- **30 minutes of Poetry**
- **30 minutes of Ratio**

A **2007 study by Rohrer and Taylor** found that students who spaced out their revision over a week achieved much higher final exam scores than those who crammed in one session. Another study showed that while **blocking** (focusing on one topic at a time) helped in short-term tests, students who used **interleaving** performed significantly better in exams a week later.

The Takeaway

For effective revision, use:

- ✓ **Retrieval practice** – Regular self-testing strengthens memory.
- ✓ **Spacing** – Study in smaller, spread-out sessions.
- ✓ **Interleaving** – Mix different subjects and topics.

Master these strategies, and you'll be setting yourself up for success!





Brain dump

Choose a topic and write down as much as you can remember, without referring to your notes. Check your notes and see what you missed then try to fill the gaps without the notes. Check your notes a third time and add the missing information.



Flash cards

Write flashcards for each topic, in all subjects, then mix them up for the most effective revision. Check out the Leitner System for effective spacing and interleaving. Keep your flashcards simple – one question, one answer per card.



Map it out

Take an essay question or writing question and map out your answer, without writing a full response. Look at the mark scheme and decide if your plan meets the criteria. Do this for a number of questions, then choose one and write the full response.



Past papers

Ask your teacher for practice questions or exam papers. Complete them without notes in exam conditions, then check your answers and identify the gaps in your knowledge, so you can target your revision.



Quizzes

Write a set of questions and answers and ask someone else to test you. It's important to either write or say your answers aloud. Reading through quizzes in your head can give you a false sense of security.



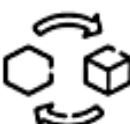
Practise introductions

For essay subjects, take a past exam question and practise writing effective introductions and conclusions. Look back at your notes and remind yourself of the important things to remember. Practise for different topics, texts and papers.



Thinking hard: reduce

Read a section of your notes then put them aside and reduce what you read to 3 bullet points, each one no more than 10 words. Look back at the notes and decide if you missed anything important. Hide the notes and write a fourth bullet point.



Thinking hard: transform

Read a paragraph from your notes or a text book and transform it into a diagram, chart or sketch – no words allowed. Look at a diagram in Science, for example, and transform it into a paragraph of explanation.



Thinking hard: connect

For each subject, consider the exam papers and group together questions that require the same technique to answer. Write down the requirements of each type. Find a previous example you've completed and identify where you've met the criteria.



Key vocabulary

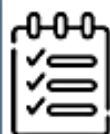
For a particular topic, make a list of key vocabulary, then do the following: define each word; use each term in a sentence; create a question where the key word is the answer; identify other words which connect to each of the words in your list.

5

Step Study Plan

It's never too late to plan your revision!

This simple plan from @KateJones_teach & @Inner_Drive is a great place to start. 



Make a list

What do you need to know? Break it down into topics and units. When you can retrieve it without effort, cross it off the list. It might help with motivation and organisation to have a 'to do' and 'have done' list.



Timetable a spaced schedule

Look back at the notes about spacing and interleaving. Study each topic little and often and mix up subjects and topics so you are revising a mixture each day. Be sure to leave yourself enough time to cover everything.



Use effective study strategies

That's what this booklet is all about. Keep re-reading and highlighting to a minimum. Highlight what you need to learn – but that won't make you learn it. Test yourself, using retrieval strategies. Think twice before loading up your favourite playlist!



Identify the gaps in your knowledge

Having used the retrieval strategies, where are the gaps? What are you confident with? What do you need to go back to? What do you need to study more? Be honest with yourself – don't just focus on what you *do* know.



Close the gaps

Repeat the third and fourth steps of the plan until you are confident with everything. Some parts will be difficult, but don't give up. The harder you have to think, the more likely you are to remember in the end. 'Memory is the residue of thought.' (*Dan Willingham*)

What else helps?

Get some sleep. How many hours of sleep do you get each night? On average, teenagers claim to get 6-7 hours a night, when they should really be aiming for 9-10 hours. If you are only getting 6-7, you are depriving yourself of over 1000 hours of sleep each year.

You must be exhausted!



What does the research say?

Put very simply, we experience two types of sleep: deep sleep, which helps our body to recover; and REM, which helps restore our mind. Without enough REM sleep, you are much more prone to anxiety, stress, lack of concentration, mood swings and poor decision making. A 2009 study (van der Helm and Walker) found a 40% reduction in memory when sleep deprived. Not only that, but you are more likely to forget positive memories when tired, just recalling and retaining negative memories. **Excessive sleep loss therefore impacts on our mental health and stress levels.**

Limit your screen time

Mobile phones can be great tools for learning but are they having a negative impact on your learning? Catching up with friends, social media, movies and box sets is great – but when is the best time to do these things?



What does the research say?

A 2014 study (Thornton et al) found that just having a mobile phone nearby can lead to a 20% reduction in attention, concentration and performance.

Another study in 2013 (Wood et al) found that the glare from phones and iPads tricks our brain into thinking it is daytime, therefore stopping melatonin (the sleep hormone) being triggered. Two hours on your phone or iPad at night results in 20% less melatonin being released. At the very least, dim your screen prior to bedtime - or better still, **don't use it at all.**

Look after yourself

Being kind to yourself each day can have a big impact on your performance during revision and exams. **Take a break and get some exercise.** Aim to start the day with cereal or toast – but be sure to treat yourself later on in the day. Find time to do the things you love. **Reward yourself for your hard work.**

What does the research say?

A range of studies in 2016 (Miller and Krizen) found that students who took a 12 minute walk reported a 20% increase in happiness, attentiveness and confidence, compared to those who spent that time sitting down. Even taking a 5 minute walk resulted in similar benefits. Break up your study sessions with a quick stroll and see for yourself.

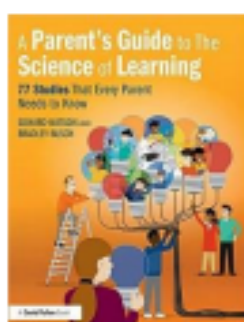
Reading and Resources



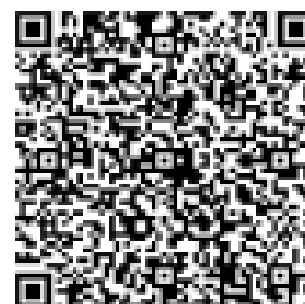
Don't fancy writing out flashcards? Take a look at the Anki app. There are banks of cards you can access, or you can make your own. The beauty of this app is that you tell it how difficult each card was, and it works out the best time to ask you that question again!



This excellent book is designed to show teenagers how they can excel at school and in life. Discover how to: take control, concentrate better, find your motivation, fail better, make revision stick, perform under pressure, ace those exams, put down that phone when you're meant to be revising, get over FOMO, stop procrastinating, get a good night's sleep, take care of yourself and your mental health, learn from sporting champions and grow your mindset to get ahead.



This book answers the sort of questions that every parent wants to know. How much sleep does your child need? Should you help them with their homework? Why does your child forget what they have just learnt? How much screen time is too much? What can you do to help them do better at school? How can you help your child learn to better manage their emotions?



Guidance for parents

Exam time can be a cause of stress for children and parents during year 11. During this time, many parents are anxious about how much their children are studying, whether they are looking after themselves, and whether they will get the results they need. Some parents also find their own difficult memories of exams or school return and this can make it harder for them to help their children.

Before their exams

It's always worth planning ahead and preparing as well as you can as a family. Accept that this is going to be a stressful time that should be managed with a calm, consistent approach.

- Try and find out as **early as possible** what is expected of your child, when their exams will be and when coursework needs to be handed in.
- **Don't avoid difficult topics or subjects.** Be clear that avoiding subjects they find difficult will not be helpful in the long run.
- Encourage your child to **talk to you** if they are really worried that they haven't done enough work - reassure them that if they do not get their expected grades, there will be other opportunities ahead and they should just do their best.
- Find out what revision techniques are **recommended by the school**, what revision sessions they are providing and check out online revision sites too. If you have any concerns or queries, contact the school rather than relying on your child to do it.

Tips for revision

While children are revising, they may become anxious or irritable. During the exam period, some children may even have trouble with eating or getting to sleep. However there are a few simple things can really help:

- Encourage your child to have **regular breaks**, to do something they enjoy, even if it's just half an hour off to listen to some music or to watch their favourite soap.
- Make sure they **eat healthy snacks** and **drink enough water**, you can always pop your head in to see how they are doing and bring them a drink.
- **Exercise** is also a good way to relax, even just a walk round the block.

When it's all over

- After the exams, there may be feelings of relief, but also stress and anxiety if things haven't gone well. Feelings may 'catch up' with your child after a sustained effort of studying hard, and you may need to 'let them be' for a while.
- After an exam or hand-in, they might not want to talk about it immediately so let them decide.

- Try and plan something nice for when it's all over - reward them for trying their best, however they feel it went.

How to cope with stress

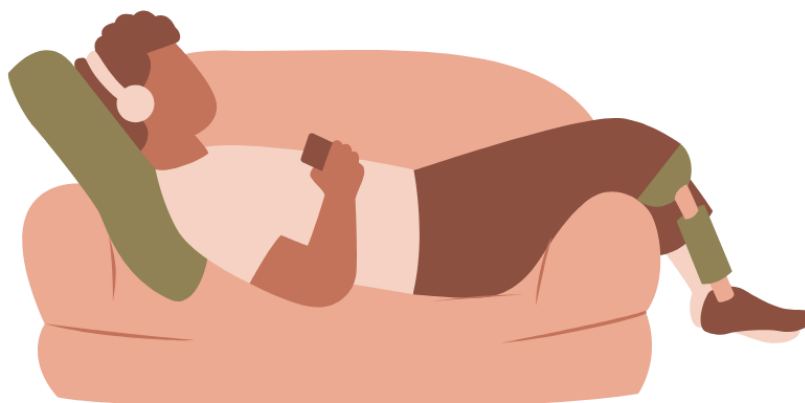
The best way to combat stress is to recognise and deal with it. It is perfectly normal to feel stress over examinations. It is a matter of finding the best strategies to reduce it. Stress becomes a problem when parents and children handle it by denying its presence or by doing things to reinforce it.

Parents

- **Don't go on about it** - Being asked how you feel often makes things worse. Try to be a listener rather than to give advice. It is normal to say that each exam paper was a total disaster, so don't join the inquest!
- **Be encouraging** - Even if you feel that your child has been lazy over the past few months, now is not the time to bring it up.
- **Talk to teachers** if you're worried. An apparently stressed child at home may be coping well at school and vice versa.
- **Expect a 'bumpy' ride** during the exam period. Slamming doors, tears and pointless arguments are simple safety valves and not a cause for worry. However, watch out for the child who is having real difficulty sleeping or is very quiet and withdrawn, or the one who is apparently "studying" diligently but really doing nothing - copying out the text book, for example.

Students

- **Relax for an hour a day** at least - listen to music, watch television and get some exercise.
- **Revise hard in slots** of an hour or less - write rather than read - and take a 10-minute break in-between.
- **Get regular sleep** and avoid too much junk food and caffeine (coffee, cola, and tea). The best revision is done in the morning.



Useful Websites to support with Revision and Exam Preparation

| | |
|------------------------------|--|
| St Dunstan's - Exams Page | https://www.stdunstansschool.com/information-for-students-and-parentscarers/information-on-exams.htm |
| Seneca Learning | https://senecalearning.com/en-GB/ |
| BBC Revision Website | https://www.bbc.co.uk/bitesize/levels/z98jmp3 |
| BBC Study Support | https://www.bbc.co.uk/bitesize/articles/z877wnb |
| BBC Exam Support | https://www.bbc.co.uk/bitesize/articles/zghhxbk |
| BBC Exam Support for Parents | https://www.bbc.co.uk/bitesize/articles/zmxc96f |
| Quizlet | https://quizlet.com/en-gb |
| Exam Stress Advice | https://www.mind.org.uk/information-support/for-children-and-young-people/exam-stress/ https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/ |

