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Introduction

Getting ready for **assessments** is an important thing to do. There is nothing worse than arriving unprepared as this will only make you more anxious.

These **tips** are designed to help you get ready for assessments with minimum stress and maximum success. It is essential to remember – everyone can experience success in assessments, especially if they are well prepared and determined to do their very best.

If you have any questions about how to best prepare for your assessments, please contact your subject teacher or Head of Year.

- Head of Year 11 – Mr John Titcombe (John.Titcombe@castleviewacademy.org.uk)
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Revision Tips

1. **100% Attendance:** Give yourself the very best chance of success by avoiding taking unnecessary time off school and making sure you are at your very best during school time. Keep as up to date in your classwork as you can and make sure you complete every homework to the very best of your ability.
2. **Be equipped and work smart:** Make sure you have a place set aside at home for study, a desk preferably and good seating and lighting. It is best to keep a list of the homework you must do and the revision you would like to do **from now on**. It is never too early to revise. Go back over work you did not understand in class. Use your new maths text books to help you and for all other subjects use your revision guides.
3. Make sure your **homework** gets your very best attention: Homework is essential to help you

consolidate the learning you have done in lessons and is also designed to fill learning gaps. **“Flipped learning”** is sometimes used where you will find you are learning new information and skills. You should always aim to produce your very best work as your homework, take care and pride over the presentation and once you have the feedback from your teacher, make sure you read the advice, respond to marking and feedback in your class books and act on the advice given.

Some specific tips to help you:

- Make sure you train yourself now to **eat well, sleep well, rest and do some exercise**. You must make sure your body is well prepared for the exams. This means getting used to eating breakfast now if you do not already. Sleep properly without distractions – turn off your music, put your phone away, do not have your TV on in your bedroom. Take some exercise if it is only a walk to get fresh air and exercise, but you must keep healthy. And most importantly **do not** use energy drinks and excessive amounts of caffeine to help you study; they are not good for you and will do you more harm than good.
- Give up some of the things that are getting in the way of you doing really well. Postpone watching soaps and playing on your game stations until all your homework is done to the best of your ability and you have done some revision as well.

Some more tips to help you:

- Use **diagrams** and **flow charts** to help you.
- Use lots of colour when revising, **highlighters** and different colour pens.
- Do not revise with the TV on
- Take **regular breaks** – revision is like dieting, little and often works best.
- Reward yourself every 20-30 minutes with a **snack** and a **drink**.
- Ask your teachers about which **websites** and **Apps** are helpful but use these sparingly. It's best to revise using **books**, pens and papers.
- To help remember lists, use a **mnemonic** to help you e.g. PEE point evidence explanation.
- If you find it easier, try listening to **podcasts** or recording your notes on your phone and listen back to them.
- Above all, **START now**, and keep at it. Talk to your teachers, do lots of question practice, try lots of methods to see which suits you best and give it your very best shot.

The examinations:

Paper 2

1 hour 45 minutes

Section A of this paper tests reading and analysis skills and requires students to read two fiction extracts. It contains 4 questions:

1. Select the four true statements (4 marks)
2. Collate relevant information from both texts and make inferences (8 marks)
3. Analyse language (12 marks)
4. Compare writers' perspectives in two texts (16 marks)

Section B of this paper tests students' non-fiction writing skills. They will be asked to complete a non-fiction piece of writing expressing viewpoint. The question is worth 40 marks. (24 for content + 16 for SPAG)

Skills that are being tested in the exam:

Reading:

- Understanding non-fiction texts
- Collating relevant information
- Making inferences
- Analysing language
- Identifying and comparing writers' viewpoints
- Analysing how writers convey viewpoints.

Writing:

- Using persuasive techniques
- Using structural techniques
- Conveying a viewpoint
- Grammatical rules
- Ambitious vocabulary
- Imitating different styles and formats of non-fiction writing

Resources to help students revise and prepare:

Class exercise books

Practice exam questions <https://www.aqa.org.uk/subjects/english/gcse/englis...>

Geoff Barton vocabulary lists http://geoffbarton.co.uk/files/student-resources/GCSE-A*/GB-Top-level-vocab.pdf

CGP GCSE AQA English Language Grade 9-1 Complete Revision and Practice Guide

Top tips for these exams:

- Spend roughly one minute per mark available writing your answers to the questions. i.e. 12 mark question = roughly 12 minutes.
- Don't analyse language in Q2.
- Start your Q3 responses by summarising your answer in one sentence first, then choose relevant supporting language to analyse.
- Remember the steps for language analysis for Q3: literal meaning – associations – suggestions in context.
- Check, double check and triple check your SPAG in your Q5 response – it is worth a huge 16 marks.
- For Q5, decide your viewpoint and plan the three key ideas you will develop BEFORE you start writing.
- Remember to include a range of persuasive devices in your Q5 response.
- Remember to show off the tools you have learnt in your tutor time writing intervention – e.g. appositive phrases, expanded noun phrases, impactful verbs etc etc.

The examinations:

Paper 2

2 hours 15 minutes

Section A – An Inspector Calls (30 marks + 4 for SPAG)

There will be a focus in the question that students need to concentrate their answer on. The focus is usually a key character or theme. Students must maintain focus on the topic of the question throughout their essay.

Section B – Power & Conflict Poetry (30 marks)

You will be given one poem you have previously studied and asked to compare it another you have studied. The poem you choose to compare to will not be printed on the exam paper.

Section C – Unseen poetry (24 marks + 8 marks)

Question 1 – You will be expected to identify the key message of a poem you have never seen before and analyse how the writer uses method to convey this key message. (24 marks)

Question 2 – You will be expected to compare the methods used by two poets to convey their ideas. (8 marks)

Resources to help students revise and prepare:

Class books

An Inspector Calls Quote sheet

Your power & conflict anthologies

Mr Bruff videos – www.youtube.com

CGP Power & conflict, Unseen Poetry and An Inspector Calls revision guides

Practice exam questions – practice writing a thesis for any theme in the play for AIC.

Practise looking at an unseen poem and annotating to work out the writer's central meaning.

BBC bitesize Unseen Poetry and An Inspector Calls pages

Top tips for these exams:

An Inspector Calls

Re-read An Inspector Calls.

Revise the plot, key characters and key themes of An Inspector Calls using revision guides.

Revise the 'big ideas' presented in the text.

Revise Priestley's background and socialism.

Summarise the content of your essay in a clear thesis statement before you start writing.

Structure the paragraphs in your essay using the WHAT – HOW – WHY structure.

Revise key quotations.

Unseen Poetry

Begin essays to the 24 mark question by summarising your answer in one introductory sentence first – then make sure the rest of your essay supports this main statement. Spend roughly half an hour writing your answer to this question.

Do not spend too much time on the 8 mark question – 15 minutes max including planning time.

The examinations:

Students will complete 3 full GCSE mock papers. Each paper is equally weighted and your final score out of 240 will determine your final grade.

Paper 1 is worth 80 marks and is non calculator.

Papers 2 and 3 are worth 80 marks and a calculator is allowed.

Work will be based on everything that has been covered in years 9, 10 and so far in year 11.

The exams will be tiered into Foundation and Higher with students in 11Ma_1 sitting higher and all other students sitting foundation.

Topics which will be covered in the exams:

Foundation

- Number (25%)
- Algebra (20%)
- Geometry and Measure (15%)
- Ratio and Proportion (25%)
- Data Handling and Probability (15%)

Higher

- Number (15%)
- Algebra (30%)
- Geometry and Measure (20%)
- Ratio and Proportion (20%)
- Data Handling and Probability (15%)

Resources to help students revise and prepare:

Class books.

Class practice exams.

Complete “Compulsory”, “XP Boost” and “Target” tasks on www.sparxmaths.uk

Completing the paper homework handed out during each Monday lesson.

Search up specific topics using “Independent Learning” on www.sparxmaths.uk

Ask your teacher for extra past papers or work on specific topics.

Top tips for these exams:

Revision based on topics that are likely to appear in your mocks will be handed out by your class teacher on a Monday, as well as set via www.sparxmaths.uk. However, if you wish to complete additional revision, and I strongly suggest you do, then please speak to your teacher about getting additional practice papers and exam question revision.

When in the exam hall, it is very important that you attempt every question, you will never lose marks, and show all of your workings out, especially on the calculator papers. It is also very important that you take your time and work slowly through the paper.

You should have 10 minutes left at the end of the paper to check your answers. This is time to check that you read the questions correctly, check your +, -, x and ÷ sums and repeat any calculator sums to check that you typed it in correctly the first time.

Students will sit three papers: **Each paper is 1 hr 15 mins**

Biology:	Chemistry	Physics
<ul style="list-style-type: none"> • Benefits of exercise • Respiratory system • Exercise and effects on the body • Anaerobic respiration • Clinical trials and placebos • Structure of a leaf and transpiration • Pathogens and the diseases that they cause • The bodies defence mechanism (externally and internally) • White blood cells and their role in defence against disease. • Antibiotics • Osmosis and interpreting graphs • Digestive enzymes • The digestive system and the small intestine • Microscopy calculations • Diffusion, active transport and osmosis. 	<ul style="list-style-type: none"> • pH scale, acids/alkalis and bases • Naming salts • Ionic Formulae • Filtration and Crystallisation • Energy changes (exothermic/endothemic) required practical • Mass of solute in solutions • Alpha particle scattering experiment • Conservation of mass calculations • Relative atomic formula calculations • Properties of metals • Properties of ionic substances • Ionic bonding • Group 1 metals and reactivity • Electrolysis of Aluminium 	<ul style="list-style-type: none"> • Circuit component diagrams • Electrical Power • Resistance calculations and the relationship between temperature and resistance • Current/ Potential difference graphs for different circuit components • Gravitational Potential Energy and calculations • Friction and movement • Elastic Potential energy calculations and spring constant. • Efficiency • Nuclear decay series (alpha beta and gamma nuclear radiation) • Specific latent heat calculations • Density calculations • National Grid and transformers • Specific heat capacity required practical • Energy, power and time calculations

Resources to help students revise and prepare:

Class Exercise Books – These should contain all the notes you need to begin your revision. Speak to your Y11 teacher to get these back.

Oak National lessons - [Curriculum - Curriculum \(continuityoak.org.uk\)](http://Curriculum - Curriculum (continuityoak.org.uk))

Click explore lessons, then KS4 Science combine FT. Then click into the subject and the topics below.

Biology	Chemistry	Physics
Cell Biology	Atomic structure	Particle model
Organisation	Bonding	Energy
Infection and response	Quantitatively chemistry	Electricity
Bioenergetics	Chemical Changes	Atomic structure
	Energy Changes	

Top tips for these exams:

1. The number of marks for each question is a good indicator of how many points you need to make and how many minutes to spend on the question. 2 marks = 2 points = 2 minutes.
2. There will be lots of opportunities to demonstrate your graph skills – remember to plot points accurately and draw a single, smooth line of best fit.
3. When writing about practical activities, use the IDCAMR format.
4. Make sure you understand the command words:
 - a. Describe - recall some facts, events or process in an accurate way.
 - b. Explain - make something clear or state the reasons for something happening.
 - c. Evaluate - use the information supplied, as well as your own knowledge to outline advantages and disadvantages.
 - d. Give - Only a short answer is required, not an explanation or a description.

Students will sit three papers: **Each paper is 1 hr 45 mins**

Biology:	Chemistry	Physics
<ul style="list-style-type: none"> • Preparing Microscope slides • Microscopes • Animal cells Vs plant cells • Cell specialisation • Aseptic technique and antibiotics • Aerobic respiration and uses of energy released in respiration • Aerobic Vs Anaerobic respiration • Organs of the digestion system and their roles in digestion • Enzymes in digestion and products of digestion – Lock and Key theory • Labelling the cells in a cross section of a leaf • Transpiration • Diffusion, Osmosis and Active transport • Structure and function of xylem and phloem tissue • Cancer (Malignant and benign tumours) • Components of the blood and their function 	<ul style="list-style-type: none"> • Bonding (simple molecular, giant covalent, ionic and metallic) • Displacement Reactions and reactivity of metals • Writing methods using the IDCAMR method • Isotopes and calculating relative atomic masses of isotopes. • Conservation of mass • Atom Economy • Electrolysis of solutions • Development (history) of the atomic model • Development (history) of the periodic table • Moles and reacting mass calculations • Redox reactions • Energy reaction profile diagrams (endothermic and exothermic) • Volume of gas calculations • Halogens – Patterns in reactivity and properties • Concentration calculation and titrations 	<ul style="list-style-type: none"> • Power and work done calculations • Calculating efficiency and reducing friction • Renewable and non-renewable energy resources. • Density and determining density of shapes with irregular volumes. • Electrical power calculations • Specific heat capacity calculations • specific latent heat of vaporisation calculations • Static electricity • Types of errors • National grid and transformers • Charge calculations • Nuclear radiation (alpha, beta and gamma) • Irradiation vs contamination • Nuclear decay series • Circuit symbols and resistors in parallel

Resources to help students revise and prepare:

Class Exercise Books – These should contain all the notes you need to begin your revision. Speak to your Y11 teacher to get these back.

Oak National lessons - [Curriculum - Curriculum \(continuityoak.org.uk\)](http://Curriculum - Curriculum (continuityoak.org.uk))

Click explore lessons, then either KS4 Science Triple Science. Then click into the subject and the topics below.

Biology	Chemistry	Physics
Cell Biology	Atomic structure	Particle model
Organisation	Bonding	Energy
Infection and response	Quantitively chemistry	Electricity
Bioenergetics	Chemical Changes	Atomic structure
	Energy Changes	

Top tips for these exams:

1. The number of marks for each question is a good indicator of how many points you need to make and how many minutes to spend on the question. 2 marks = 2 points = 2 minutes.
2. There will be lots of opportunities to demonstrate your graph skills – remember to plot points accurately and draw a single, smooth line of best fit.
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4. Make sure you understand the command words:
 - a. Describe - recall some facts, events or process in an accurate way.
 - b. Explain - make something clear or state the reasons for something happening.
 - c. Evaluate - use the information supplied, as well as your own knowledge to outline advantages and disadvantages.
 - d. Give - Only a short answer is required, not an explanation or a description.

The examinations:

Paper 1

1 hour 30 minutes

Living with the physical environment

Section A: Challenge of Natural Hazards

Section B: The Living Worlds

Section C: Physical Landscapes of the UK (Coasts, Rivers, Glaciation).

Students should answer all questions in Section A and B **Answer two questions in Section C (rivers and coasts, not glaciation)**

Paper 2 and 3

55 minutes

Challenges in the Human Environment

Section A: Urban Issues and Challenges

Fieldwork

Section B: Unseen fieldwork questions.

Topics which will be covered in the exam:

Paper 1

The Challenge of Natural Hazards:

- Climate change – evidence and mitigation.
- Tectonic hazards – plate boundaries, effects, why people live in areas at risk from tectonic hazards.
- Weather Hazards – Typhoon Haiyan.

The Living World

- Food webs
- Tropical Rainforest (biodiversity, adaptations, deforestation and management in the Amazon)
- Hot Deserts (adaptations).
- Desertification in the Sahel

Physical Landscapes in the UK:

- Coastal landscapes in the UK (Landforms Dorset Coastline, Christchurch management.)
- River landscapes in the UK (The River Tees, Cockermouth management)

Paper 2

Urban Issues and Challenges:

- Global urbanisation patterns and causes
- Urban growth in LICs/ NEEs (Lagos, urban planning)
- Urban change in UK cities (Portsmouth, regeneration, urban sprawl)
- Sustainable urban living

Fieldwork

- To what extent is there housing inequality in Portsmouth.
- Does the hard engineering at West Wittering prevent longshore drift?
- Data collection, data presentation, conclusion and evaluation.

Resources to help students revise and prepare:

Exercise books

Knowledge organisers revision booklet

[AQA GCSE Geography | Exam Warm Ups - YouTube](#) These videos focus on each topic, select the topic and complete.

Paper 1 walkthrough - [WALKTHRU!!!!](#)

The examinations:

Paper 1: Medicine in Britain, 1250-1500 & the British Sector on the Western Front, 1914-1918.

Paper 2: Anglo-Saxon and Norman England, 1060-1088.

Topics which will be covered in the exams:

You must revise EVERYTHING related to the Medicine and the Anglo-Saxon units. The revision notes and resources which you create now will be of huge benefit for the final exams next summer. Lessons that teachers have taught you are available on Teams. You have also been given a 'how to answer...' book and a content revision booklet.

Resources to help students revise and prepare:

Revision Guides - "My Revision Notes: Pearson Edexcel GCSE (9-1) History: Four units in one"
https://www.amazon.co.uk/My-Revision-Notes-Pearson-Edexcel/dp/1510469443/ref=sr_1_37?crd=PDZZMDHM7RX8&dchild=1&keywords=edexcel+revision+guide+history+gcse&qid=1632680752&sprefix=edexcel+revision+guides+histo%2Caps%2C158&sr=8-37

Your exercise books - these are the best sources of knowledge and understanding – your teachers have taught you everything you need to know, and the work in your books contains practice questions.

Content revision booklets - Ask your teacher if you have not got one.

'How to answer Paper 1/2' questions booklet - Ask your teacher if you have not got one.

BBC Bitesize and BBC revision clips on YouTube

ALL History lessons are available on Teams.

Revision books are available on Teams.

SENECA

Period 6 – for those students who have been selected for p6, please make sure you attend all sessions.

Exam practice booklet - Ask your teacher if you have not got one.

Top tips for these exams:

- Remember to attempt the questions which are worth more marks first (12 & 16 marks).
- Look carefully at the marks available for each question. General advice is to spend 1.5 minutes per mark, so you should spend 6 minutes on a 4-mark question.
- For 12- and 16-mark questions you MUST plan your responses.
- You only need a conclusion on 16-mark questions.
- Remember the formula for the usefulness question.
- Watch your timings!

The examinations:

GCSE Religious Studies

Exam board: AQA Religious Studies (Specification A)

Paper 1- Christianity Beliefs & Practices & Islam Beliefs & Practices

- This examination will be 1 hour 45 minutes long and will cover both Christianity & Islam in two separate booklets.

Paper 2- Thematic Studies; Theme A Relationship & Families, Theme B Religion & Life, Theme E Crime & Punishment & Theme F Human Rights & Social Justice.

- This examination will be 1 hour 45 minutes long and will cover all 4 chosen themes from Christian, Muslim & non- religious perspectives.

Topics that will be covered in the Mock Exam– Paper 1 only:

<p>Christianity Beliefs:</p> <ul style="list-style-type: none"> • The qualities of God • The Trinity • The problem of evil & suffering • Creation • Afterlife • Jesus • Resurrection • Sin • Salvation & what it means for Christians 	<p>Christianity Practices:</p> <ul style="list-style-type: none"> • Worship • Private worship • Sacraments • Baptism • The Eucharist • Pilgrimage • Festivals • The role of the Church in the local community • Evangelism • Persecution & reconciliation • Poverty
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Topics that will be covered in the Mock Exam- Paper 1 only:

<p>Islam Beliefs:</p> <ul style="list-style-type: none"> • Six Articles of Faith (Sunni) • Five Roots of Usul-ad-Din (Shi'a) • The nature of Allah • Risalah • Prophets (Muhammad, Ibrahim & Adam pbuh) • The Qur'an • Other holy books within Islam • Angels (Jibril, Mika'il & Israfil) • Akhirah (Al Qadr) • Day of Judgement 	<p>Islam Practices:</p> <ul style="list-style-type: none"> • The Five Pillars & their purpose • Pillar 1- Shahadah (declaration of faith) • Pillar 2- Salah (prayer, the mosque & Jummah) • Pillar 3- Zakah (alms giving) • Pillar 4- Sawm (Fasting/ Ramadan) • Pillar 5- Hajj (Pilgrimage to Mecca) • The Ten Obligatory Acts (Shi'a) • Festivals of Id-ul-Fitr, Id-ul- Adha & Ashura
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Resources to help students revise and prepare:

- Students will have their revision packs for each unit made by Miss Houghton
- Students will have their class books to take home.
- BBC Bitesize AQA Religious Education pages, has great info and quizzes to test knowledge

Top tips for these exams:

- Revise content and practice exam timings simultaneously! As you read and study through the unit content, write exam question answers on each topic whilst using a timer.
- Ensure you are following the correct structure for answering the 12-mark question...**ADADC** to ensure you get the most marks possible. Also remember to embed evaluation in your 12-mark answer too e.g 'This is a strong/weak argument because...'
- Be sure to embed a religious teaching/source of wisdom for 5 and 12-mark questions e.g The Qur'an/Bible states that....

Spanish

Contact: caroline.dimelow@castleviewacademy.org.uk

Students will sit 4 examinations. Listening, Speaking, Reading and Writing

Tier	Paper 1 Listening 25%	Paper 2 Speaking 25% (12 minutes preparation time)	Paper 3 Reading 25%	Paper 4 Writing 25%
Foundation	30 minutes and 5 minutes' reading time	7–9 minutes	45 minutes	75 minutes
Higher	45 minutes and 5 minutes reading time	10–12 minutes	60 minutes	80 minutes

Key content and vocabulary

Theme: Identity and culture	<ul style="list-style-type: none"> • Who am I?: relationships; when I was younger; what my friends and family are like; what makes a good friend; interests; socialising with friends and family; role models • Daily life: customs and everyday life; food and drink; shopping; social media and technology (use of, advantages and disadvantages) • Cultural life: reading; music; sport; film and television, celebrations and birthday
Theme: Local area, holiday and travel	<ul style="list-style-type: none"> • Holidays: preferences; experiences; and destinations • Travel and tourist transactions: travel and accommodation; asking for help and dealing with problems; directions; eating out; shopping • Town, region and country: weather; places to see; things to do
Theme: School	<ul style="list-style-type: none"> • What school is like: school types; school day; subjects; school rules • School activities: school trips; events; exchanges
Theme: Future aspirations, study and work	<ul style="list-style-type: none"> • Using languages beyond the classroom: forming relationships; travel; employment • Ambitions: further study; volunteering; training • Work: jobs; careers; professions
Theme: International and global dimension	<ul style="list-style-type: none"> • Bringing the world together: sports events; music events; campaigns and good causes • Environmental issues: being 'green'; access to natural resources

Resources to help students revise and prepare:

- Your exercise book! You will find great examples of GCSE style questions plus all the vocab and structures you need.
- If you don't have your Year 10 book, please collect from your Spanish classroom
- <https://www.bbc.co.uk/bitesize/examspecs/z799hbk>
- <https://classroom.thenational.academy/subjects-by-key-stage/key-stage-4/subjects/spanish>
- You have all been given a login for www.languagenut.com which is full of GCSE style question, grammar and sentence building practice. When choosing a task, always go for activities under the 'legacy' option.
- You have also been given access to our digital textbook 'Viva! Edexcel GCSE Spanish' at www.pearsonactivelearn.com. This is the scheme of work we have followed so you can go back and revise any units from Year 10 and practice the 4 skills.

Top tips:

Listening:

- Use the 5 minutes provided to read all the questions. Make annotations about the question so you know what to expect. Predict before listening and make sure you don't get caught out.
- Remember you will be listening **twice**, so during the first time make a mark of your possible answer, then use the second time to verify your answer.
- Don't leave any blanks! If you miss the second time you listen, then read the question to fill in the answer with the most suitable option.
- Pay extra attention to connectives like *sin embargo*, *pero* or *no obstante*. As well as preferences. Remember some questions are about contrasting ideas or preferences. Don't rush your answer with the first Spanish word you recognise. Wait till the end of each listening.

Speaking:

- Memorise each question and answer you have prepared for the general conversation.
- Start thinking about the intonation you need to ask questions in Spanish.

Reading:

- Identify the subject in the text. Is it me, my friend, my parents or someone else?
- Some questions require your inferring skills. Don't look for literal answers. Example: they may be saying something about sports, and you can't find the word *deporte (sports)*, but maybe the text includes *fútbol, baloncesto, tenis, etc.* This will lead you to the answer.

Writing:

- Practice writing answers using the writing frames provided in lessons.
- Identify the questions: *Qué, Con quién, Cómo, Cuándo, etc.* And the tenses *pasado, futuro, ahora*
- In Q3 for Foundation and Q1 and 2 in Higher it's crucial you identify the tense (past, present and future) as well as the bullet point about opinions. You must answer all the bullet points in the right order.
- Do not ignore any bullet points or stop writing just because you have reached the recommend word count – answer all aspects of the question!

The examinations:

Students will be sitting

Component One: Principles of Food Preparation and Nutrition Written Paper - 50% of their final mark - 100 Marks
1 hour and 45 mins – Wednesday 25th November

Topics which will be covered in the exams:

Section A – Questions based on Stimulus Material

Section B – Structures, short and extended response questions to assess content related to food preparation and nutrition.

ALL STUDENTS HAVE BEEN ISSUED WITH A NEW CGP REVISION GUIDE.

6 strands:

1. Food Commodities – Cereals, Bread, Fish & Sugars
2. Principles of Nutrition – Monosaccharides & Disaccharides, Vitamin C
3. Diet and Good Health – Positives of following a carbohydrate-based eating plan,
4. The Science of Food – Bread-making, Sauce making (blended & thickened) Coagulation of eggs
5. Where Food Comes From – Food Poverty, How has technology changed the way we shop and our eating habits?
6. Cooking and Food Preparation – Bread-making, Safe storage of Food, Shortcrust pastry

Resources to help students revise and prepare:

- Seneca – EDUQAS FOOD PREPARATION AND NUTRITION
- BBC Bitesize
- Revision guide – available on amazon on in WH Smiths: https://www.amazon.co.uk/Grade-GCSE-Food-Preparation-Nutrition/dp/1782946527/ref=pd_lpo_14_t_1/261-5545875-3466807?encoding=UTF8&pd_rd_i=1782946527&pd_rd_r=5de2936e-38ef-4504-a265-5ad38b485b0d&pd_rd_w=uLV6x&pd_rd_wg=rU96r&pf_rd_p=7b8e3b03-1439-4489-abd4-4a138cf4eca6&pf_rd_r=8CP1WHBS6J5GP3JFAHY0&psc=1&refRID=8CP1WHBS6J5GP3JFAHY0
- Revision Work pack available on Amazon or in WH Smith: https://www.amazon.co.uk/Grade-GCSE-Food-Preparation-Nutrition/dp/1782946535/ref=pd_bxgy_img_2/261-5545875-3466807?encoding=UTF8&pd_rd_i=1782946535&pd_rd_r=f57ab97c-1489-432f-94b2-2a6b3de3286e&pd_rd_w=TTFru&pd_rd_wg=lvOJV&pf_rd_p=dcf35746-0212-418b-a148-30395d107b2d&pf_rd_r=H09R400VRXMYFFV08Y1Z&psc=1&refRID=H09R400VRXMYFFV08Y1Z

Top tips for these exams:

- Attempt to answer every question.
- Check how many marks the question is worth – this is an indication of how much you are expected to write.
- Highlight the command verb in each question so you are writing in the correct style and answering the question as fully as possible.

The examinations:

BTEC Tech Award in Sport Component 3

Students will be sitting a 1 hr 30-minute paper exam.

The exam will consist of multiple choice, short answer, and longer answer questions.

The mock exam will only cover learning aims covered so far on the course.

Topics which will be covered in the exams:

- Components of physical fitness
- Components of skill related fitness
- Why components of fitness are important to sports performers
- Pre-test procedures
- Reasons for fitness testing
- Fitness testing (physical and skill-related)
- Reliability, validity and practicality of testing
- Interpreting data
- Sports provisions/sectors
- Technology in sport

Resources to help students revise and prepare:

- Use of BTEC sport books in school.
- Use of workbooks with content filled from lessons.

Top tips for these exams:

- Put an X in multiple choice questions.
- Know the definitions of the 11 components of fitness and be able to justify them in sports.
- Understand the difference between physical and skill-related components.
- Know the protocol for the fitness tests and what they measure.
- ALWAYS relate your answer to a sport's specific situation.
- On multiple choice questions use the process of elimination.
- Look at how many marks the question is worth, if it's a higher number then more detail is needed.

The examinations:

GCSE Design and Technology – Edexcel (timbers focus)

Students will be sitting a 1 hr 45-minute paper exam.

The first 40 marks of the paper cover the core content of the course (timbers, metals, textiles, plastics and paper& boards). The remaining 60 marks are based on timbers.

Topics which will be covered in the exams:

Core content at the beginning (40 marks)

- First question will always be about material properties. For example, good conductor of heat, heat insulating, water resistant, good printability...
- Maths skills
- Textiles content – revise natural fibres.
- Electronic components
- Decision flowcharts

Timber's content (60 marks)

- Revise all timbers (hardwoods, softwoods, and manufactured boards)
- Joining techniques

Resources to help students revise and prepare:

BBC Bitesize	Technology Student	Timbers and finishes	Amazon core revision guide	Video Revision
				

Top tips for these exams:

- Answer every question, just give it a go!
- Look at the unit of measurement and double check your answer!
- Look at the marks
- You do not need full sentences; bullet points are OK.
- 1 mark per minute
- 'Use notes and sketches' can also just mean notes. Use writing to explain drawings if it is unclear.
- Always look at the additional information! This can sometimes be on the page before and usually in **bold**.