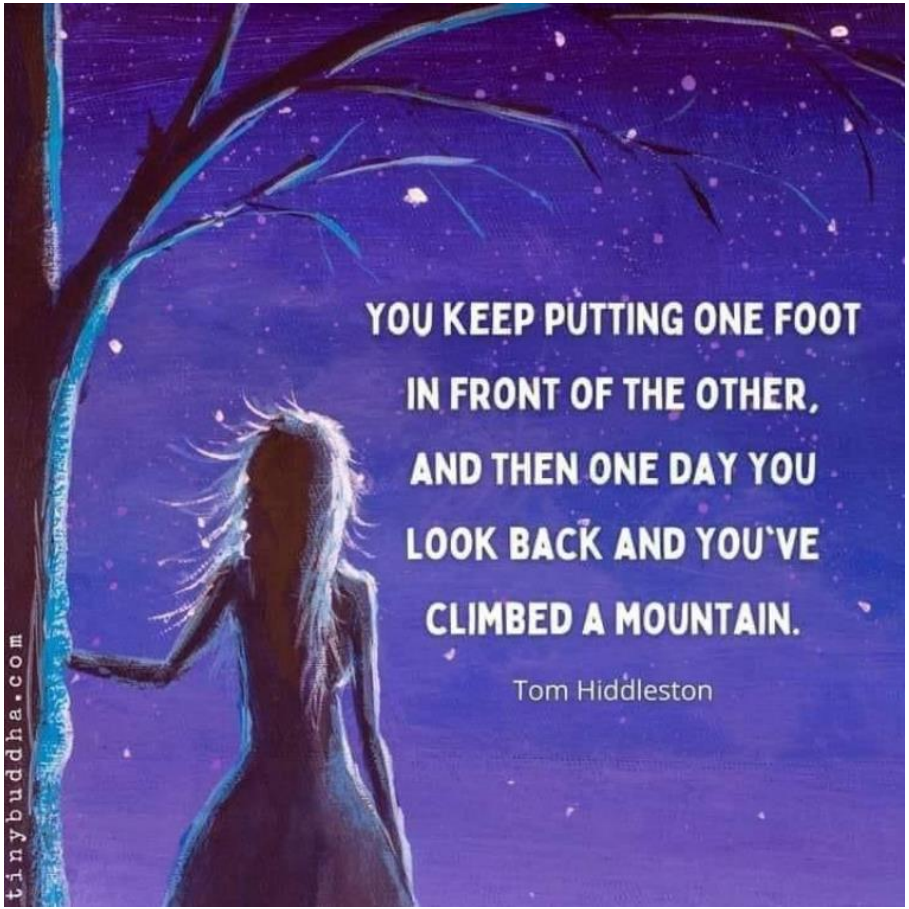
King's Academy Prospect

Year 11 information for families 2023 2024

ASPIRE • BELIEVE • ACHIEVE

King's Academy
Prospect



ASPIRE • BELIEVE • ACHIEVE

Key members of the team

Mr D Littlemore - Head teacher
Ms M Morris –Deputy Head teacher

Mrs S McCavish - Assistant Head teacher
Mr M Priddey- Head of Progress Year 11

Key members of the team

Mrs S Bell - Head of Maths
Miss C Clay-Smith – Head of English
Mrs A Stent - Head of Science

Mr R Jenkins – Exams Officer
Mr J Birk – SENco
Ms S Gallivan - Careers

Key Dates

King's Academy Prospect

Week beginning	
5th February	PE moderation
26th February	Mocks 2 (2 weeks)
11th March	French and German speaking mocks
1st April	RP3 Report
22nd April-3rd May	MFL speaking exams (25% of final GCSE grade)
6th May	Start of Public Exams

Some facts and figures – Summer 2024

- Exam season – approx. 6 weeks in May and June 2024
- Usually no more than 2 exams a day
- Date of first exam – week beg 6th May 2024

The summer exam timetable is on exam board websites…

King's Academy Prospect

AQA
Questions matter

Exam timetable
May/June 2024

GCSE, AQA Certificates, ELC, FCSE and Projects

Select your qualification	Week view
GCSE subjects components	Monday 06 May – Friday 10 May
AQA Certificates	Monday 13 May – Friday 17 May
Entry Level Certificate	Monday 20 May – Friday 24 May
Foundation Certificate of Secondary Education	Monday 03 June – Friday 07 June
Projects	Monday 10 June – Friday 14 June
	Monday 17 June – Friday 21 June
	Monday 24 June – Friday 28 June

Starting with biology and German on Friday 10th May

King's Academy Prospect

Week view: Monday 06 May – Friday 10 May

Morning				Date	Afternoon			
Code	Subject		Duration		Code	Subject		Duration
				Monday 06 May				
				Tuesday 07 May				
				Wednesday 08 May				
8062/ 11-17	Religious Studies A Paper 1		1h 45m	Thursday 09 May	8261/W	Drama		1h 45m
8063/1	Religious Studies B Paper 1		1h 45m		8633/LF	Italian Paper 1	F	35m
					8633/LH	Italian Paper 1	H	45m
					8633/RF	Italian Paper 3	F	45m
					8633/RH	Italian Paper 3	H	1h
					8648/LF	Urdu Paper 1	F	35m
					8648/LH	Urdu Paper 1	H	45m
					8648/RF	Urdu Paper 3	F	45m
					8648/RH	Urdu Paper 3	H	1h
8461/1F and 1H	Biology Paper 1 (both tiers)	F & H	1h 45m	Friday 10 May	8668/LF	German Paper 1	F	35m
8465/1F and 1H	Combined Science: Synergy Paper 1 (both tiers)	F & H	1h 45m		8668/LH	German Paper 1	H	45m
8464/B/1F and 1H	Combined Science: Trilogy - Biology Paper 1 (both tiers)	F & H	1h 15m		8668/RF	German Paper 3	F	45m
					8668/RH	German Paper 3	H	1h
					8192/1	Sociology Paper 1		1h 45m

ASPIRE • BELIEVE • ACHIEVE

Tiered Subjects

King's Academy Prospect

Maths

Science

French and German

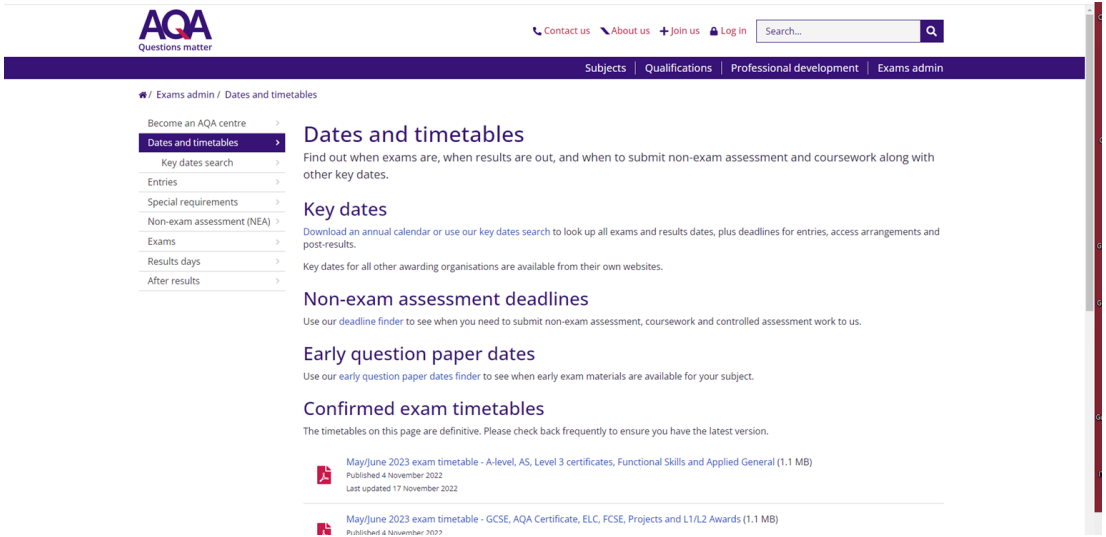
Foundation - Grades 1-5

Higher - Grades 5-9

ASPIRE • BELIEVE • ACHIEVE

Summer 2024 Exam Timetable

King's Academy Prospect



https://www.aqa.org.uk/exams-administration/dates-and-timetables

ASPIRE • BELIEVE • ACHIEVE

King's Academy Prospect

Academic Review Days

- Monday 25th September 2023
- Monday 15th April 2024

ASPIRE • BELIEVE • ACHIEVE

Results Day

King's Academy Prospect

Thursday 22nd August 2024

ASPIRE • BELIEVE • ACHIEVE

YEAR 11

CLASS OF 2024

King's Academy Prospect

Name:

Tutor Group:

Tutor:

CLASS OF 2024

Our pledge to you

- Support you to achieve the best possible outcomes in your exams.
- Celebrate with you as you achieve the very best results in your studies
- Open up new worlds of opportunity and create new pathways to your aspirations

Our expectations of you

- Overall 95% attendance or above
- Punctuality to school in the morning and to all line ups
- Positive ATL and engagement in all lessons – ratio of 90% R to C
- Attendance to all required booster and intervention sessions
- 20 PROM points (awarded by tutor for attainment/attendance to intervention)

Our expectations of parents/families

- Attend all Academic Review Days and Subject Consultation Evenings
- Ensure that your child has at least 95% attendance
- Support your child to get 8 hours of sleep a night
- Support your child to have a quiet place to study

High Expectations

King's Academy Prospect

Attendance

Punctuality - starts of lessons

Emails/class charts/ Google Classrooms

Reading and Spelling Age Testing

ASPIRE • BELIEVE • ACHIEVE

Communication

Classcharts

Email

Google Classrooms

King's Academy Prospect

ASPIRE • BELIEVE • ACHIEVE

King's Academy Prospect

10 Week Study Plan

Name_____

Tutor Group_____

ASPIRE • BELIEVE • ACHIEVE

10 week Study Plan. The aim of this plan is to really help you to focus in on your revision in the next 10 weeks.

King's Academy Prospect

Monday 4th March	
Monday 11th March	
Monday 18th March	
Monday 25th March	
Monday 1st April	Easter revision programme
Monday 8th April	Easter revision programme
Monday 15th April	
Monday 22nd April	
Monday 29th April	

• ACHIEVE

10 week Study Plan.

King's Academy Prospect

	GCSE exams start	
Monday 6th May		Exams this week:
Monday 13th May		Exams this week:
Monday 20th May		Exams this week:
Monday 27th May	Half term revision programme	
Monday 3rd June		Exams this week:
Monday 10th June		Exams this week:
Monday 17th June		Exams this week:
Monday 24th June	Final exam week	Exams this week:

ASPIRE • BELIEVE • ACHIEVE

10 week Study Plan

What key areas do I need to focus on between now and the exams? And what do I need to do to improve it? If you are not sure, ask your teachers and use your revision guides to help you. The contents pages usually list all the key themes/topics skills. (Make sure it is the correct exam boards/units)

King's Academy Prospect

	Key area	Task	Expected time spent	Done?
MATHS				
ENGLISH LANGUAGE				
ENGLISH LITERATURE				
BIOLOGY				

ASPIRE • BELIEVE • ACHIEVE

Support for students – revision timetable

EVERY SINGLE LESSON COUNTS

Tutor Time - Tutor Reading Programme/ study and revision skills
Breaktimes – support area
Lesson 6s
Wellbeing and PE lessons
Study days
Super Saturdays and Holidays

Support for students- bespoke sessions

King's Academy Prospect

Maths
Mrs Gregory
Mr Nightingale

English
Mrs Ellard
Mrs Ferry
Miss R Clarke
Mrs Barnett
Miss N Clarke

Science
Mr Hamid

Support for students- bespoke sessions

Online tuition - maths
MyTutor

Academic Mentor
Dr F Coombes

Support for students and families

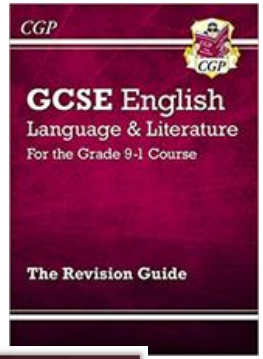
King's Academy Prospect

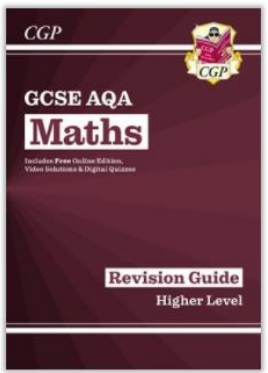
Google Classrooms
Class Charts
Online – /Sam Learning Hegarty/Seneca/Kerboodle

Study Skills materials

Revision Guides
Revision websites

Exam websites- resources and practice papers





ASPIRE • BELIEVE • ACHIEVE

SAM Learning

How it works

1. Weekly challenges powered by A.I.
2. All major GCSE and KS3 subjects
3. Two GCSE grades better with 30 minutes a week

5 Top Tips from last mocks

King's Academy Prospect

Build a revision plan and stick to it

- ✔ Little and often
- ✔ Every subject
- ✔ Work on your worst subjects first (worst in terms of grades)

Top Tips from last mocks

King's Academy Prospect

Practise writing at home for extended periods of time.

- ✔ 60-90 minutes
- ✔ Build up exam stamina
- ✔ Just as you would whilst preparing for a physical activity.
- ✔ View each exam as a competition that you are preparing for.
- ✔ Increase the amount of time you write for to improve your ability to write for a longer period of time……
- ✔ …..and reduce tiredness and fatigue. (hand aching!!)

Tutor Time

Study skills/ revision

English and maths

Exam prep/essay writing

How do I start?

When thinking about organising your revision, think about the best way for you to organise your notes. You might like to use –

- A different exercise book or note pad for each subject
- A folder or ring binder for each subject
- A set of revision cards or A5 flashcards for each subject
- All your notes organised typed up and online

ASPIRE • BELIEVE • ACHIEVE

The Leitner System

One of the most common and helpful tools that students use to study for a test are flashcards. Flashcards have been in use since the early 19th century, and have been proven to increase active recall, which enhances your ability to remember more information for longer periods of time. One of the best and most widely-used methods of using flashcards is known as the Leitner system.

This system involves grouping your flashcards according to how well you remember the contents of each card. Essentially, it helps you spend more time studying the cards you are the least familiar with. I'll show you how it works.

We start by having three folders, or boxes, labelled "Every day," "Tuesday & Thursday," and "Friday."

Exam Boards:

Subject	Qualification	Exam Board
Art & Design	GCSE	edexcel
Business Studies	GCSE	edexcel
Combined Science: Trilogy	2 x GCSE	AQA
Computer Science	GCSE	OCR
Construction	Vocational	eduqas
BTEC Tech Award ICT	Vocational	Pearson
Design & Technology	GCSE	edexcel
Drama	GCSE	AQA
English Language	GCSE	AQA
English Literature	GCSE	AQA
French	GCSE	AQA
Geography- Spec B	GCSE	edexcel
German	GCSE	AQA
Health and Social Care	Vocational	OCR
Hair and Beauty	Vocational	VTCT
History	GCSE	edexcel
Hospitality and Catering	Vocational	WJEC CBAC
Mathematics	GCSE	AQA
Media	GCSE	AQA
Music L1/L2 First Award	BTEC	edexcel
Physical Education	GCSE	OCR
Photography	GCSE	edexcel
Religious Studies	GCSE	AQA
Triple Science (Biology, Chemistry, Physics)	3 x GCSE	AQA
Travel and Tourism	BTEC	edexcel

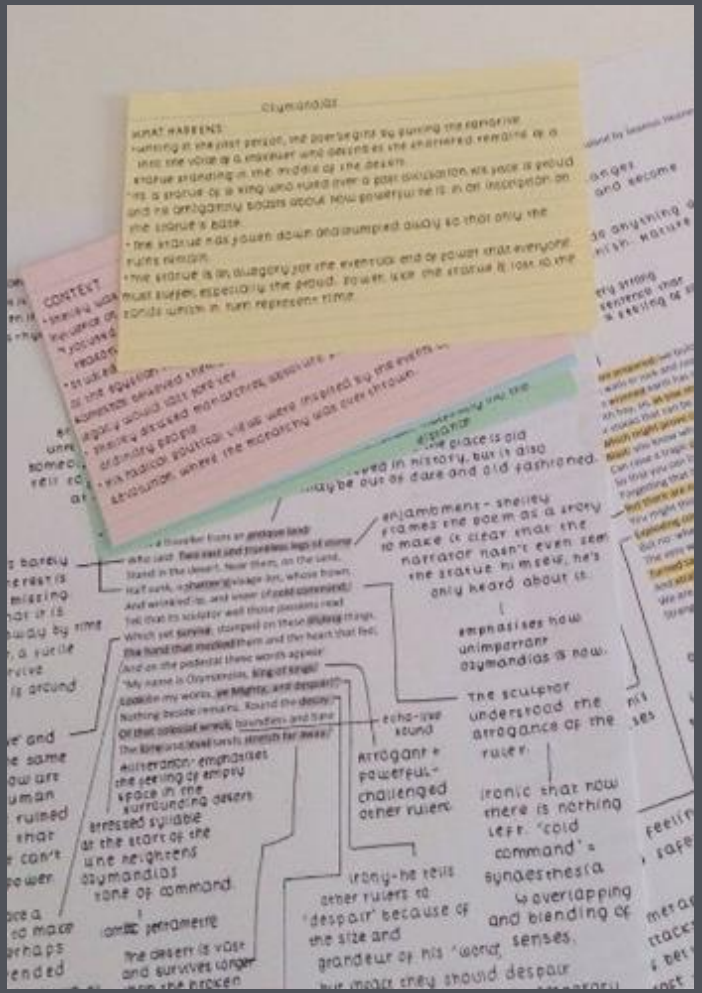
PLAN
PREPARE
PERFORM

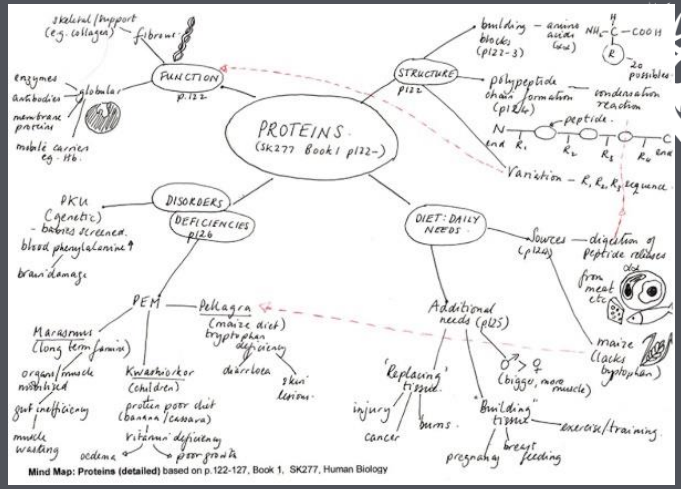
ASPIRE • BELIEVE • ACHIEVE

"One of the best habits to instill in a learner is **regular self-quizzing.**"

ASPIRE • BELIEVE • ACHIEVE

King's Academy
Prospect





Active Revision

How do I revise? Try some of these strategies

King's Academy Prospect

The Leitner System

One of the most common and helpful tools that students use to study for a test are flashcards. Flashcards have been in use since the early 19th century, and have been proven to increase active recall, which enhances your ability to remember more information for longer periods of time. One of the best and most widely-used methods of using flashcards is known as the Leitner system.

This system involves grouping your flashcards according to how well you remember the contents of each card. Essentially, it helps you spend more time studying the cards you are the least familiar with. I'll show you how it works.

We start by having three folders, or boxes, labelled "Every day," "Tuesday & Thursday," and "Friday."

Regular testing

King's Academy Prospect

Self Quizzing Timetable		
Week A	Monday	MFL
	Tuesday	Geography
	Wednesday	History
	Thursday	Religious Studies
	Friday	Catering
Week B	Monday	MFL
	Tuesday	Geography
	Wednesday	History
	Thursday	Computing
	Friday	Personal Development

"One of the best habits to instill in a learner is regular self-quizzing."

ASPIRE • BELIEVE • ACHIEVE

The hypercorrection effect

King's Academy Prospect

4 steps to this simple strategy

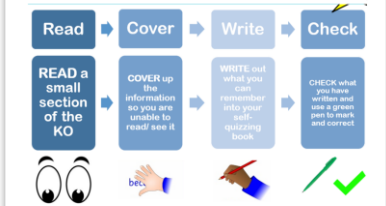
1.Place a star next the questions you can answer and a question mark next to the ones you can't.

2. Answer all the questions you have marked with a star

3. Look up the answers to all the questions you have marked with a question mark

4. Check that the starred answers are correct

ASPIRE • BELIEVE • ACHIEVE



King's Academy Prospect

Take a look at this video on Self Quizzing

How to Self Quiz? - Barr Beacon School

ASPIRE • BELIEVE • ACHIEVE

Alternative Pomodoro

WHAT IS THE POMODORO TECHNIQUE?

A method for staying focused and mentally fresh

STEP 1	Pick a task
STEP 2	Set a 25-minute timer
STEP 3	Work on your task until the time is up
STEP 4	Take a 5 minute break
STEP 5	Every 4 pomodoros, take a longer 15-30 minute break

ASPIRE • BELIEVE • ACHIEVE

My Revision plan 2022 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<7am-8am							
8am-9am							
9am-10am							
10am-11am							
11am-12pm							
12pm-1pm							
1pm-2pm							
2pm-3pm							
3pm-4pm							
4pm-5pm							
5pm-6pm							
6pm-7pm							
7pm-8pm							
8pm-9pm							

My Revision plan 2022 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<7am-8am				Re cap notes from Wed lessons		Free time/visit to family	Free time
8am-9am	School						
9am-10am							
10am-11am							French Chemistry
11am-12pm							Break English literature
12pm-1pm							Physics Break/food
1pm-2pm						Homework	Break/food
2pm-3pm						Break/food English Language	Homework
3pm-4pm						Biology History	Free time
4pm-5pm	Food	Late home- Science lesson 6	Late home- maths lesson 6	Food	Food	Free time	
5pm-6pm	Re cap notes from lessons. 10 mins break	Food	Food	Re cap notes from lessons. 10 mins break	Re cap notes from lessons. 10 mins break	Free time	
6pm-7pm	English Lang French	Re cap notes from lessons. 10 mins break	Football training	Homework	Homework	Computing Maths	Homework
7pm-8pm	Break Maths	Homework		English literature Physics	Free time	Free time	
8pm-9pm	Chemistry Biology	Break Computing		Break History			Free time/winddown
9pm-10pm >	Free time/winddown	Maths Winddown		Free time/winddown			

My Revision plan 2023 2024 – During half term – prep for Year 10 mocks

Typically 45 minute sessions followed by 15 mins rest

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<7am-8am	Sleeping!	Sleeping!	Sleeping!	Sleeping!	Sleeping!	Sleeping!	Sleeping!
8am-9am							
9am-10am	Breakfast	Breakfast	Free time	Breakfast	Breakfast	Out with friends/football/swimming	Breakfast
10am-11am	English lang	English lit		Out for day – with friends/family	Maths		Art
11am-12pm	Biology	Chemistry			Computing		Physics
12pm-1pm	French	History			Relax		Maths
1pm-2pm	Lunch/rest	Lunch/rest	Computing		Lunch	Maths	Lunch
2pm-3pm	Maths	Relax	English lang		English lang	English lit	English lang
3pm-4pm	Free time/with friends	Relax	French		Chemistry	French	Free time
4pm-5pm	Dinner	Maths	Physics	English lit	Free time/out with friends	Free time	
5pm-6pm		Food	Food	Food			
6pm-7pm		Cinema with friends		Biology			
7pm-8pm				History			
8pm-9pm			Football training	Art			
9pm-10pm >	Relax/wind down			Free time/winddown			

How to devise a Realistic Revision Timetable

King's Academy Prospect

- For each subject session, plan a specific topic or unit of work and stick to it.
- Think about your preferred revision methods and vary them over the course of a week/subjects.
- Chunk the revision e.g. 30- 45 min blocks.
- Return to a topic/unit of work at least twice more in the next 2 weeks.
- Include regular breaks and continue with existing sports/hobbies/clubs- build the timetable around them.

ASPIRE • BELIEVE • ACHIEVE

Passive Revision versus Effortful Revision

King's Academy Prospect

Passive Revision

Reading
Listening
Watching

Long sessions
Immobile

Effortful Revision

Speaking/recording
Writing/Typing
Making notes
Sticky notes/post its
Revision cards

Short/sharp sessions
Move about

Effortful Revision

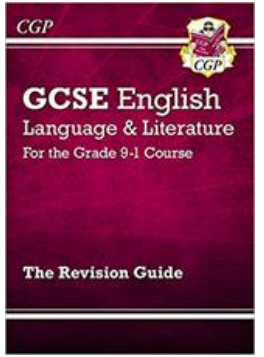
Games- pairs
Online programmes
Mobile friendly
Testing/ practising
Explaining/teaching

Effective revision technique 1

Build yourself a revision plan

Once you have made your revision plan, make a list for each subject of all the things you need to revise. To do this, you should use the following resources-

- The exam board specification
- Text books or revision guides
- Your exercise books



Use your revision exercise book to do this. (one page per subject)

Once you have finished doing this, show the list to your teacher for them to check it.

Then, during each subject revision session, work your way through these topics and skills.

King's Academy Prospect

Effective revision technique 1

Build yourself a revision plan

- You should also use online resources during your revision sessions:
    - Google Classroom
    - Sparx
    - Seneca
    - Sam Learning
    - Kerboodle
    - BBC Bitesize

King's Academy Prospect

Effective revision technique 1

Build yourself a revision plan

And the important thing is –

That you stick to this revision plan every day!! (as much as you can!)

King's Academy Prospect

Effective revision technique 2

Revisit each lesson every day

One effective strategy that previous students have mentioned is this:

During school time-

Into your revision plan, build in 25-50 minutes in the evening for a revisit of all lessons that day.

What this looks like-

Look back through your notes in your exercise book and/or the resources in Google Classrooms for each lesson you have had that day. (Approx 5-10 minutes for each lesson)

King's Academy Prospect

Effective revision technique 2

Revisit each lesson every day

Make notes for each lesson.

Make your notes short, sharp and succinct.

Ideally these will be bullet points – key notes, vocab, short sentences.

Do these in a separate exercise book.
Or type them up.
Or use small revision cards

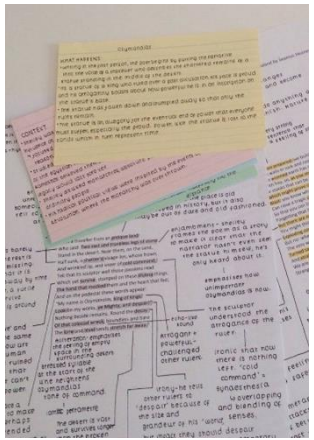
We can help you with resources if you need them.

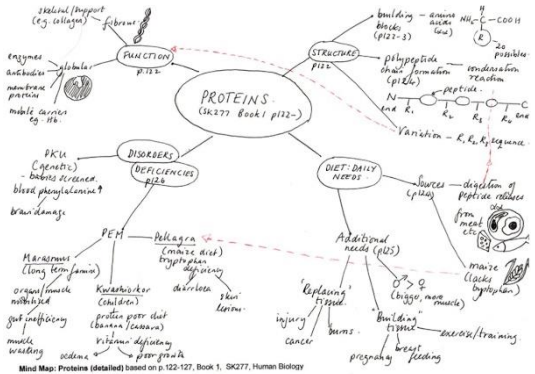
King's Academy Prospect

Effective revision technique 2

Revisit each lesson every day

You will be surprised at how quickly you build up a collection of revision notes for each subject which you can refer back to before your actual exams.
In Year 10 and then in Year 11





ASPIRE • BELIEVE • ACHIEVE

King's Academy Prospect

Why is it important to be organised and what are some top tips

1. Focus on what's important
2. Make lists
3. Manage your time well
4. Use a revision timetable
5. Cut out any unnecessary tasks
6. Ensure you have time to do things you enjoy
7. Manage your social media/use of technology effectively
8. Reduce clutter around you
9. Stay organized

How do I start?

King's Academy Prospect

When thinking about organising your revision, think about the best way for you to organise your notes. You might like to use –

- A different exercise book or note pad for each subject
- A folder or ring binder for each subject
- A set of revision cards or A5 flashcards for each subject
- All your notes organised typed up and online

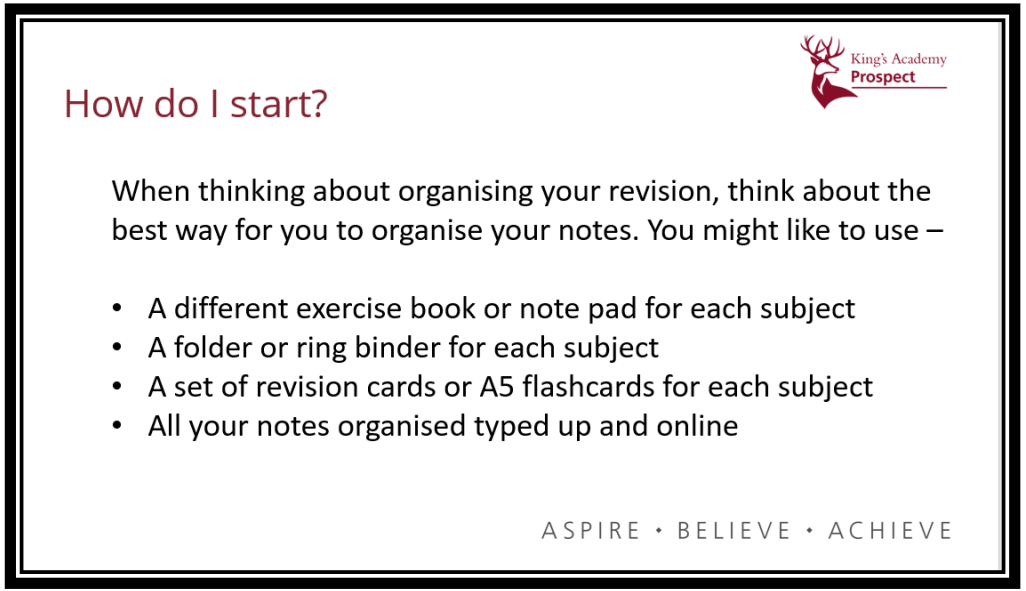
How do I start?

When thinking about organising your revision, think about the best way for you to organise your notes. You might like to use –

- A different exercise book or note pad for each subject
- A folder or ring binder for each subject
- A set of revision cards or A5 flashcards for each subject
- All your notes organised typed up and online

Discuss – in pairs

How do you currently organise your revision notes?



Feeling organised?

King's Academy Prospect

Now you have decided how to organise your revision notes, you need to think what revision notes are.

They are different to class and homework

How to sort my revision notes

King's Academy Prospect

You need to categorise your revision notes.

That means sort them into different themes or topics.

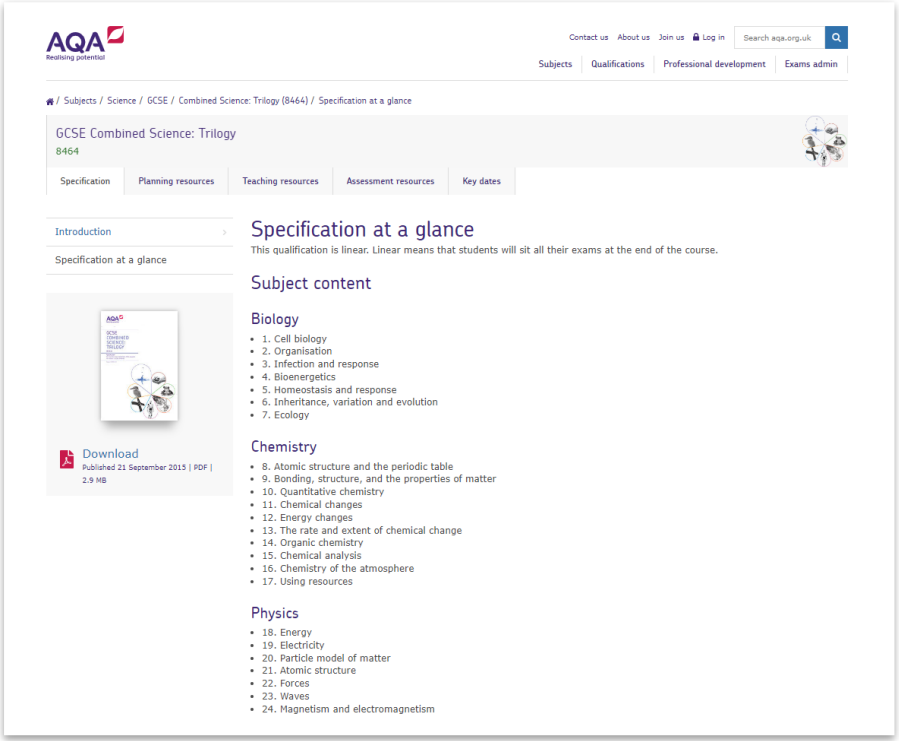
And then sub themes and sub topics.

How to sort my revision notes

King's Academy Prospect

To do this, you can use the following resources –

- ✔ The specification from the exam board, which tells you what you have been taught and what will be examined.
- ✔ A textbook or revision guide (for the exam board for that subject you are studying)
- ✔ Your teacher



For combined science you can see the specification is available on the AQA website and the list of topics.

Revision guides will also have this information.

ASPIRE • BELIEVE • ACHIEVE

For every theme/topic

King's Academy Prospect

Break this down into the sub themes or topics.

Then you can start to build up your revision notes –

- ✔ In your exercise book or folder for that subject
- ✔ On a series of revision cards
- ✔ In a file online

TO BE ORGANISED!

Now

King's Academy Prospect

Take a look at some subjects on the exam board websites.

- Choose a subject you study.
- Go to the exam board website for that subject. (see next slide)
- Find the specification
- See if you can find the themes/topics
- Then the sub themes and topics

Think about how you could complete revision notes

King's Academy Prospect

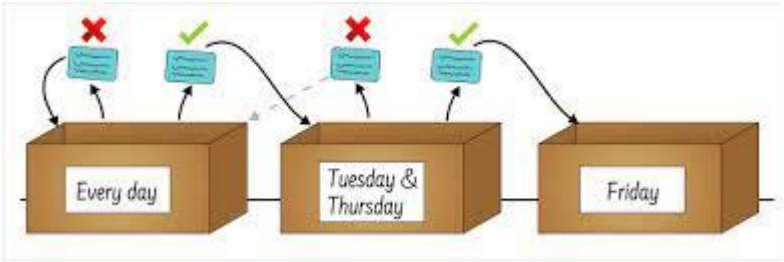
Exam Boards:

Subject	Qualification	Exam Board
Art & Design	GCSE	edexcel
Business Studies	GCSE	edexcel
Combined Science: Trilogy	2 x GCSE	AQA
Computer Science	GCSE	OCR
Construction	Vocational	eduqas
BTEC Tech Award ICT	Vocational	Pearson
Design & Technology	GCSE	edexcel
Drama	GCSE	AQA
English Language	GCSE	AQA
English Literature	GCSE	AQA
French	GCSE	AQA
Geography– Spec B	GCSE	edexcel
German	GCSE	AQA
Health and Social Care	Vocational	OCR
Hair and Beauty	Vocational	VTCT
History	GCSE	edexcel
Hospitality and Catering	Vocational	WJEC CBAC
Mathematics	GCSE	AQA
Media	GCSE	AQA
Music GCSE	AQA	AQA
Physical Education	GCSE	OCR
Photography	GCSE	edexcel
Religious Studies	GCSE	AQA
Triple Science (Biology, Chemistry, Physics)	3 x GCSE	AQA
Travel and Tourism	BTEC	edexcel

ASPIRE • BELIEVE • ACHIEVE

The Leitner System

King's Academy Prospect



ASPIRE • BELIEVE • ACHIEVE

Objective for this week:

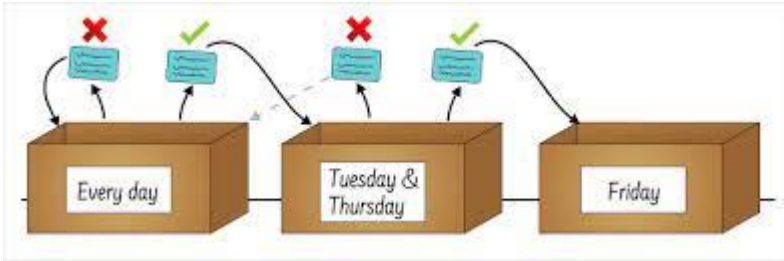
King's Academy Prospect

To look at one very effective way of revising to make knowledge stick in your long-term memory:

The Leitner System

ASPIRE • BELIEVE • ACHIEVE

The Leitner System



https://www.mometrix.com/academy/leitner-study-method/

https://www.youtube.com/watch?v=uvF1XuseZFE

ASPIRE • BELIEVE • ACHIEVE

King's Academy Prospect

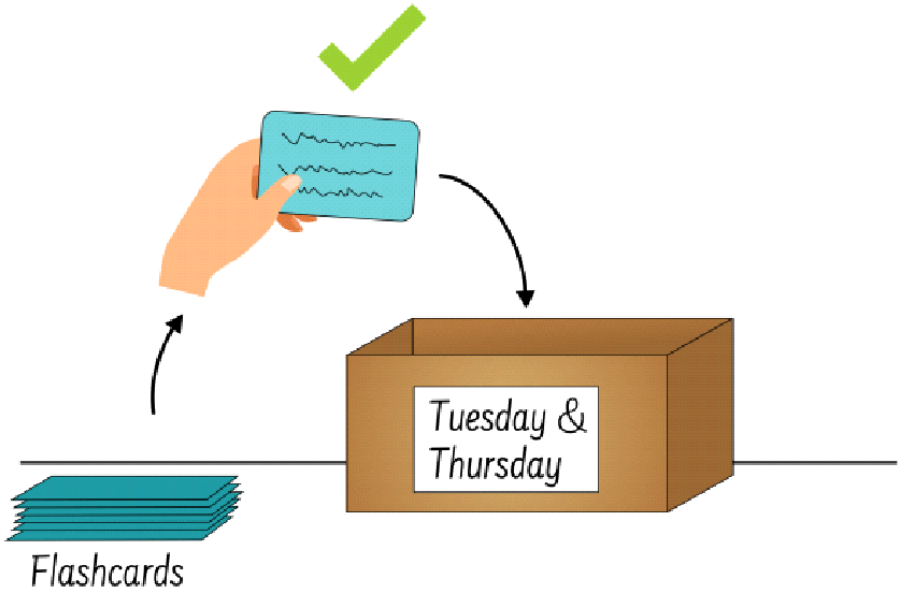
The Leitner System

One of the most common and helpful tools that students use to study for a test are flashcards. Flashcards have been in use since the early 19th century, and have been proven to increase active recall, which enhances your ability to remember more information for longer periods of time. One of the best and most widely-used methods of using flashcards is known as the Leitner system.

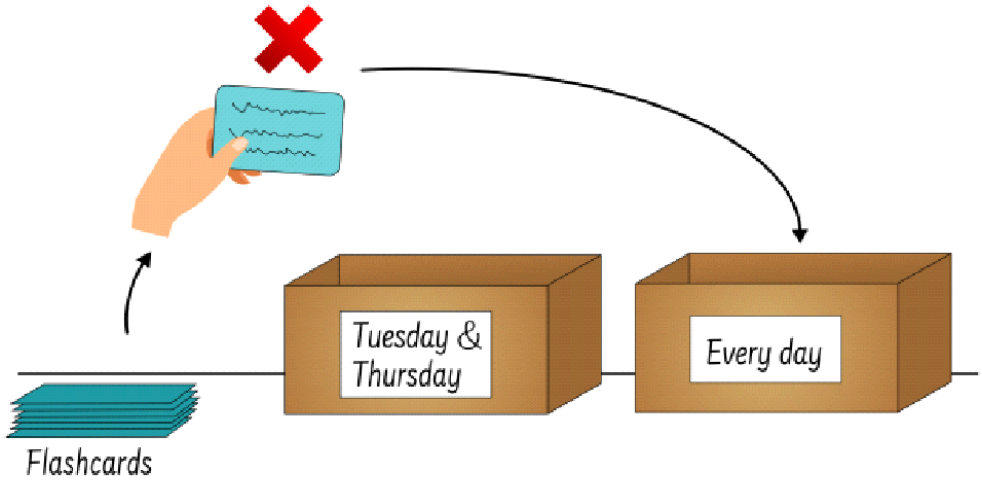
This system involves grouping your flashcards according to how well you remember the contents of each card. Essentially, it helps you spend more time studying the cards you are the least familiar with. I'll show you how it works.

We start by having three folders, or boxes, labelled "Every day," "Tuesday & Thursday," and "Friday."

Day 1:
Starting on Monday, you'll want to go through all of your flashcards one by one. I've got some flashcards here. Let's say that you get this first one right; you've remembered exactly what was on the other side. Since you remembered this card, you'll put it in the "Tuesday & Thursday" box.

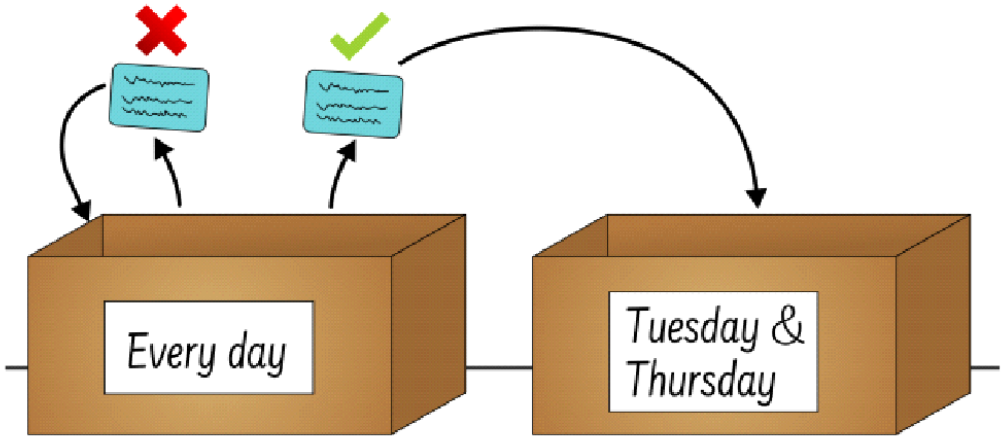


As you keep reviewing the rest of your flashcards, let's say you come across one that you can't remember, or you can only remember part of it. This card will go into the "Every day" box, which means you'll be reviewing this unfamiliar card more often.



Once you've finished reviewing your flashcards for the day, you should have divided them into one of these boxes.

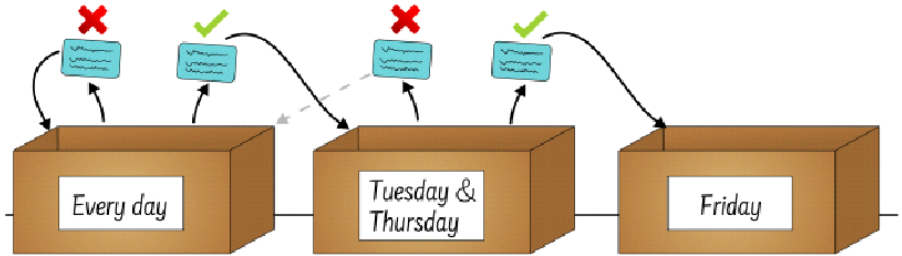
Day 2:
The next day, Tuesday, you'll need to review all of the cards in the "Every day" box and all of the cards in the "Tuesday & Thursday" box. Starting with the "Every day" box, place all of the cards you get right in the "Tuesday & Thursday" box, and put the ones you still can't remember back in the "Every day" box.



Then, you'll take all of the "Tuesday & Thursday" cards out that you did yesterday and review those as well. You will not be looking at the ones that you've just put in here from the "Every day" box. For every card that you remember correctly, you'll put them in the "Friday" box. You've got this one right twice now, so you'll just need to review it at the end of each week. But if you get one of these cards wrong, or you can't remember all of the important details, it'll go back into the "Every day" box to be reviewed tomorrow.

Day 3:
On Wednesday, you'll just be reviewing the cards that are left in the "Every day" box. Same as before, place the cards you remembered correctly in the "Tuesday & Thursday" box, and the ones you can't remember back in the "Every day" box.

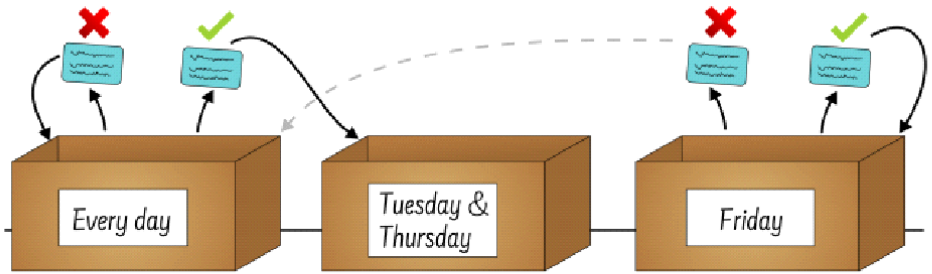
Day 4:
On Thursday, you'll review all of the cards, starting with the "Every day" box and the "Tuesday & Thursday" box, starting with the "Every day" box. Correct cards go in the next box over, and incorrect cards go back to the "Every day" box.



King's Academy Prospect

Day 5:

Then, on Friday, you'll review the cards in the "Every day" box and the cards in the "Friday" box. Correct cards from the "Every day" box go to the "Tuesday & Thursday" box. Remember, you can only move cards one box over when you get them correct. And Friday cards that are correct stay in the Friday box. But, if you get any wrong, they'll have to go back to the "Every day" box to be reviewed some more next week.



Using this method of studying flashcards is a great way to make sure you're studying harder on exactly what you need to and easing up on what you already know well, giving you a balanced and efficient way to study.

Let’s look at some more ideas for effective revision

King’s Academy Prospect

ASPIRE • BELIEVE • ACHIEVE

Regular testing

Self Quizzing Timetable		
Week A	Monday	MFL
	Tuesday	Geography
	Wednesday	History
	Thursday	Religious Studies
	Friday	Catering
Week B	Monday	MFL
	Tuesday	Geography
	Wednesday	History
	Thursday	Computing
	Friday	Personal Development

"One of the best habits to instill in a learner is **regular self-quizzing.**"

ASPIRE • BELIEVE • ACHIEVE

Which of these study patterns do you think is the most likely to result in long-term learning?

1. REVISE – REVISE – REVISE – TEST
2. REVISE - REVISE - TEST – TEST
3. REVISE – REVISE - TEST– TEST
4. REVISE – TEST- REVISE- TEST
5. REVISE – TEST – TEST- TEST

According to research, it is pattern number 5

REVISE – TEST – TEST- TEST

One of the most effective ways of learning and retaining new information is through regular testing

You can do this at home – through quizzing

King's Academy Prospect

Regular quizzing

By yourself
With a friend
Get a family member to quiz you
Little and often
10 minutes here, 10 minutes there
You just need paper and a pen!

ASPIRE • BELIEVE • ACHIEVE

King's Academy Prospect

Take a look at this video on Self Quizzing

How to Self Quiz? - Barr Beacon School

ASPIRE • BELIEVE • ACHIEVE

A Guide to Self-Quizzing

STAGE 1

LEARN: Choose a small 'chunk' of your Core Sheet to learn. Read it over and over again in your head.
COVER: Turn over your core sheet
WRITE: Write out the chunk from memory
CORRECT: Correct your answer, write any missing or incorrect words in green pen

STAGE 2

LEARN: Identify the next 'chunk' of your Core Sheet to learn. Read it over and over again in your head. Also go back over anything incorrect from your first 'chunk'.
COVER: Turn over your core sheet
WRITE: Write out both chunks from memory
CORRECT: Correct your answer, write any missing or incorrect words in green pen

BRIDGE ACADEMY

King's Academy Prospect

Read	Cover	Write	Check
READ a small section of the KO	COVER up the information so you are unable to read/ see it	WRITE out what you can remember into your self-quizzing book	CHECK what you have written and use a green pen to mark and correct

ASPIRE • BELIEVE • ACHIEVE

You could also get somebody else to test you

1. Whilst waiting for the kettle to boil
2. On the way to school
3. During a TV advert break
4. Whilst waiting for the bus
5. On the bus

Little and often

The hypercorrection effect

King's Academy Prospect

4 steps to this simple strategy

1.Place a star next the questions you can answer and a question mark next to the ones you can't.

2. Answer all the questions you have marked with a star

3. Look up the answers to all the questions you have marked with a question mark

4. Check that the starred answers are correct

Mix things up

It is important to vary the conditions of your revision practice.

Remembering take many forms

Vary the activities you do for quizzing. For example, when you are writing a quiz, vary the type of quiz you write. This could be –

- ✔ True or False or 50/50
- ✔ Fill in the gaps
- ✔ Complete the sentence
- ✔ Match up the question to the correct answer

Mix things up

Get other people to help you. Quiz them on the knowledge to see what they know and give them feedback!

Add in challenge. Make some quizzes more difficult than others.

Try to overlap your knowledge. Cover the same information but in different ways over a period of time.

Retrieval pyramid

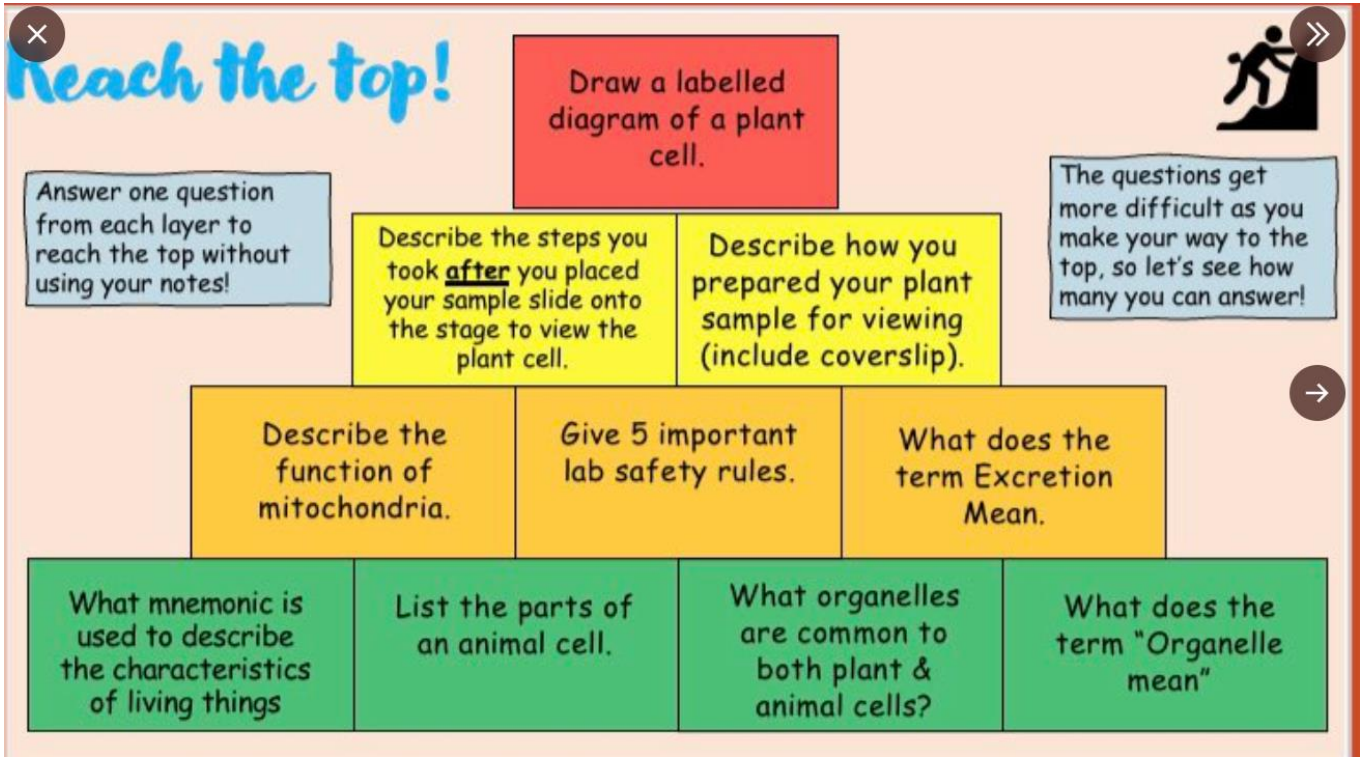
King's Academy Prospect

You could create your own retrieval pyramid or grid for different topics in a subject.

Then use this to quiz yourself, a friend or get somebody to quiz you.

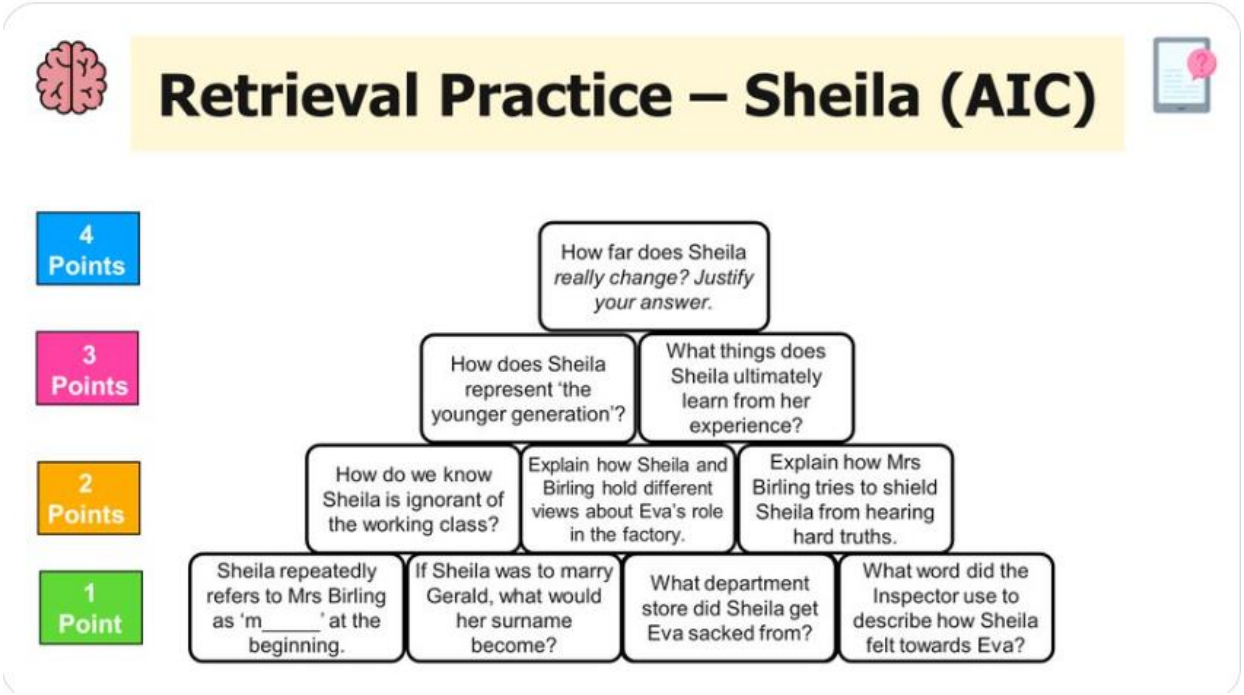
See the next slide for an example in biology

Retrieval pyramid



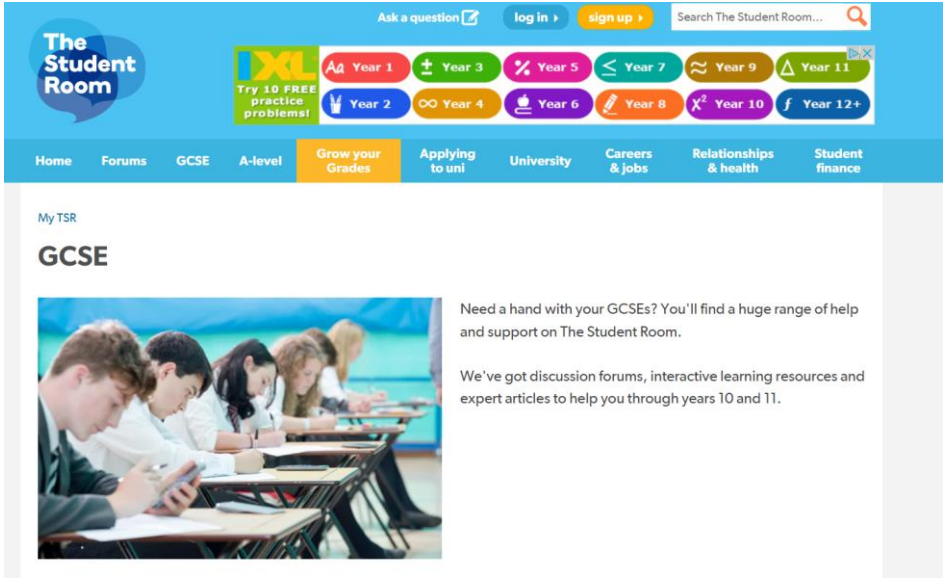
Make each level more challenging from bottom to top

An Inspector Calls



This is much more effective than just reading from a revision guide!

Need some more help?



https://www.thestudentroom.co.uk/gcse/

The Student Room

King's Academy Prospect

Find advice and answers to your GCSE questions

Explore the forums and you'll find stacks of study help on any topic you can imagine. And if you don't find the answer to your question, you can simply ask your own. Someone is sure to come back to you quickly.

- Get help with your homework: find your subjects in study help
- Forum discussion about studying at GCSE
- Find the discussion threads for individual GCSE exams in our directory

Getting a place at a sixth form college

Once you're into year 11, you're probably going to start thinking about what comes next. If you're planning on applying to sixth form college, you should find these articles helpful...

- How to choose your A-levels
- Sixth-form application personal statements
- Making the most of a sixth form open evening

GCSE exams and revision

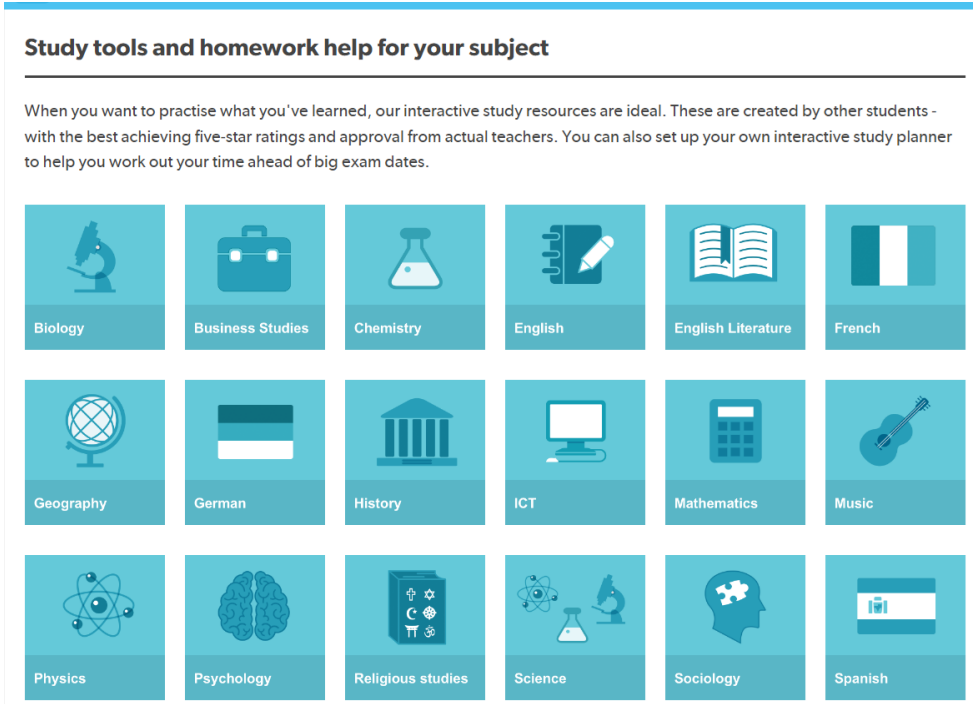
When you're ready to start revising for your GCSE exams, you'll find support on The Student Room. Our revision hub has articles to help at every stage - including how (and when) to get started with revision. On the forums, you'll find discussion threads across all sorts of GCSE subjects.

- Students who got 9s in their GCSEs explain their study tips
- How to revise and prepare for GCSE exams
- A guide to handling revision and exam stress
- Seven things to do the night before an exam

ASPIRE • BELIEVE • ACHIEVE

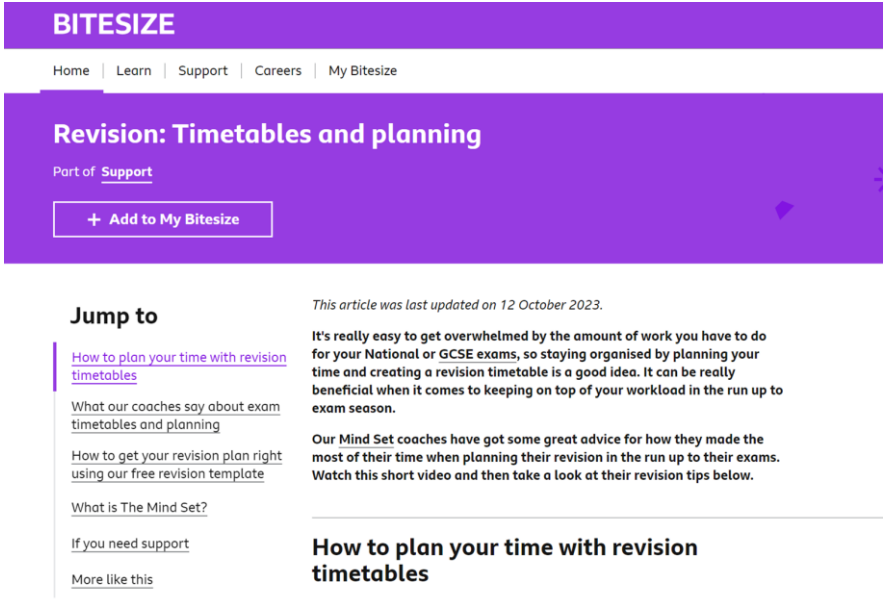
The Student Room

King's Academy Prospect



ASPIRE • BELIEVE • ACHIEVE

BBC Bitesize



BBC Bitesize

ASPIRE • BELIEVE • ACHIEVE

BBC Bitesize

How to plan your time with revision timetables

Our Mind Set coaches talk you through some top tips to help you prepare for your 2024 exams.

BBC Bitesize

ASPIRE • BELIEVE • ACHIEVE

Tassomai revision tools

https://www.tassomai.com/blog-content/2019/3/26/how-to-help-your-child-revise-and-what-to-do-now

Tassomai revision guide for students and parents- attached to announcement on Class Charts.

HOW TO START YOUR REVISION

King's Academy Prospect

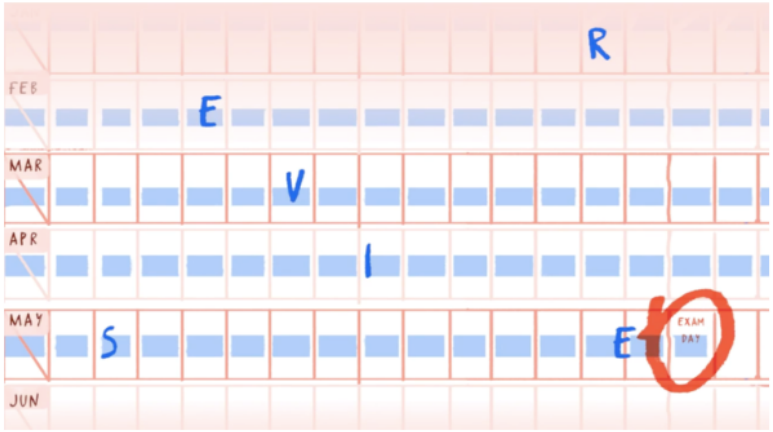
Exams are getting closer, and students should definitely be starting to ramp up their revision around about now. This article looks at what kind of revision students should be doing, and why it's effective - we'll have another article on practice papers soon.

How To Revise

Have your exam timetable ready

Make sure you know when all of your exams are and put them into your calendar - and then put them in a second time, a few weeks before the actual exams. This means you can schedule a dummy-run of your exams a few weeks before you take them - this is a perfect time to do a practice paper under exam conditions for every exam.

As well as the normal benefits of practice papers, this also helps you get used to what the actual exam period is like. If you have three 9am exams in a row in May, it's good to practice doing this in April first - just like professional footballers train at 3pm to prepare for 3pm kick offs, you should try to revise the most at the same time as your exams.



Put your exam timetable in your calendar

ACHIEVE

King's Academy Prospect

Focus on your weaknesses

A key aspect of revision is focussing on your weaknesses. It's very easy to end up studying the topics and subjects you enjoy, and are therefore probably better at, but these aren't the areas you really need to improve. You'll also improve faster and more if you prioritise your weak areas; there's more ground to gain, and so it's easier to improve.

If you need any help on finding weaknesses, we cover that here - but essentially you can look through the exam specification or work through a practice paper, finding the areas you aren't confident with. You can also ask your parent or teacher to look at Tassomai's understanding grid for red and orange dots.

Make sure you don't completely ignore your strengths though! Although you should prioritise your weaker areas, you still need to spend some time on the areas you are already good at.

King's Academy Prospect

Flashcards

One of the main principles behind Tassomai is that learning is more effective if the information is broken down into small, digestible bits of information - and this is the same with flashcards. We would recommend creating flashcards for all the subjects you aren't using Tassomai for.

You can also get creative with when and where you use them, and get your friends and family to test you on them. If your friends are testing you, then you will both learn from them, so this is even more helpful!

Listen to yourself

One final revision tip is to record yourself reading your notes aloud and save this on your phone. You can then listen to this when travelling to and from school, making sure you aren't wasting any time when you could be revising.

Pomodoro Technique

King's Academy Prospect

What is the Pomodoro Technique?

The Pomodoro Technique was developed in the late 1980s by then university student Francesco Cirillo. Cirillo was struggling to focus on his studies and complete assignments. Feeling overwhelmed, he asked himself to commit to just 10 minutes of focused study time. Encouraged by the challenge, he found a tomato (pomodoro in Italian) shaped kitchen timer, and the Pomodoro technique was born.

Pomodoro Technique

King's Academy Prospect

ASPIRE • BELIEVE • ACHIEVE

Alternative Pomodoro

King's Academy Prospect

WHAT IS THE POMODORO TECHNIQUE?

A method for staying focused and mentally fresh

STEP 1		Pick a task
STEP 2		Set a 25-minute timer
STEP 3		Work on your task until the time is up
STEP 4		Take a 5 minute break
STEP 5		Every 4 pomodoros, take a longer 15-30 minute break

The 25-minute work sprints are the core of the method, but a Pomodoro practice also includes three rules for getting the most out of each interval:

1. **Break down complex projects.** If a task requires more than four pomodoros, it needs to be divided into smaller, actionable steps. Sticking to this rule will help ensure you make clear progress on your projects.

2. **Small tasks go together.** Any tasks that will take less than one Pomodoro should be combined with other simple tasks. For example, "write rent check," "set vet appointment," and "read Pomodoro article" could go together in one session.

3. **Once a pomodoro is set, it must ring.** The pomodoro is an indivisible unit of time and can not be broken, especially not to check incoming emails, team chats, or text messages. Any ideas, tasks, or requests that come up should be taken note of to come back to later. A digital task manager like Todoist is a great place for these, but pen and paper will do too.

National statistics

King's Academy Prospect

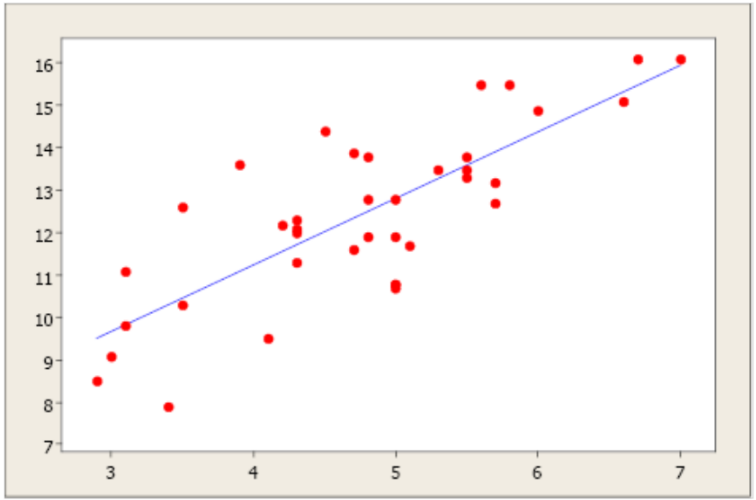
The Top 66% get grades 4+

- In terms of hard work, are you in the top 66% of students at this school?
- What about nationally?

So are you doing your best?

King's Academy Prospect

33% of students will get grades 1-3



The Top 66% get grades 4+

- In terms of hard work, are you in the top 66% of students at this school?
- What about nationally?

Celebrating success!

King's Academy Prospect

Rewards each term

Assemblies

Dominos lunch

HT breakfast/lunch

Access to sixth form canteen

Trip

Year 11 Leavers' Assembly

Prom

ASPIRE • BELIEVE • ACHIEVE

King's Academy Prospect

Maths

ASPIRE • BELIEVE • ACHIEVE

Maths GCSE

King's Academy Prospect

- All students are taught by experienced maths teachers in a class which is appropriate for their level
- Students are entered for either Higher or Foundation tier.
- Higher tier covers grades 9 to 4
- Foundation tier covers grades 5 to 1
- Final decision for tiers of entry made in March 2024
- All students will take 3 x 1.5 hour exams
- Paper 1 is non-calculator
- Papers 2 & 3 are calculator

Homework

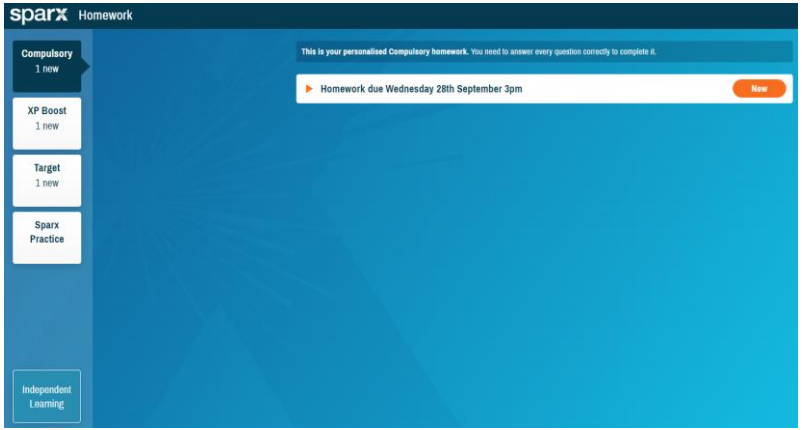
King's Academy Prospect

- All students are set Sparx Homework every week
- All students are expected to achieve 100% (with support from us)
- Homework is set on a Wednesday

  And due the following Wednesday
- Maths staff available after school

  on Wednesday, Thursday and Friday

  in D205 to support

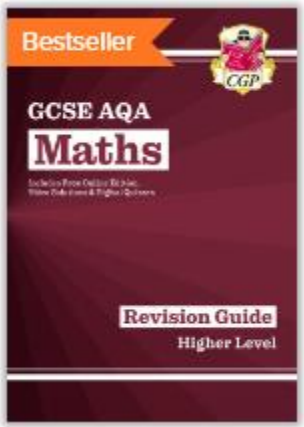


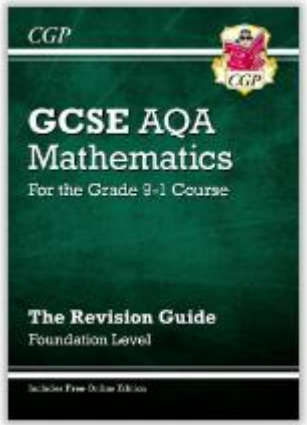
ASPIRE • BELIEVE • ACHIEVE

Revision

King's Academy Prospect

- Use Flash cards for formulae and rules - little and often aids recall
- Use the RAG sheets from each mock exam to target specific topics
- Tiered revision guides





Questions	Topic	Score	Spark Code
1	Understanding, measuring and drawing angles	1 / 1	U447
2	Solving equations with one step	1 / 1	U755
3	Adding and subtracting with negative numbers	1 / 1	U742
4	Finding fractions of amounts without a calculator	1 / 1	U881
5a	Adding and subtracting decimals	1 / 2	U478
5b	Using a written method to multiply decimals	1 / 1	U293
6	Solving shape problems involving coordinates	2 / 2	U889
7	Adding and subtracting integers	2 / 2	U417
8a	Finding averages from diagrams	1 / 1	U854
8b	Interpreting bar charts, Experimental probabilities	1 / 1	U557,U580
8c	Interpreting bar charts, Experimental probabilities	2 / 2	U557,U580
9a	Finding factors and using divisibility tests	2 / 2	U211
9b	Finding the lowest common multiple (LCM)	2 / 2	U751
10a	Using a written method to divide integers	3 / 3	U453
10b	Using a written method to multiply integers	3 / 3	U127
11a	Line and shape properties	0 / 1	U121
11b	Line and shape properties	0 / 1	U121
11c	Line and shape properties	1 / 1	U121
12	Finding percentages of amounts without a calculator	3 / 3	U554
13	Finding fractions of amounts without a calculator, Multiplying fractions	1 / 1	U881, U475
14	Finding the volume of cubes and cuboids	0 / 2	U786
15	Properties of 3D shapes	1 / 1	U719
16a	Probability From Venn Diagram	1 / 1	U476
16b	Probability From Venn Diagram	0 / 1	U476
16c	Equation from Venn Diagram	0 / 3	U699
17a	Writing and simplifying ratios	2 / 2	U687
17b	Writing and simplifying ratios	1 / 1	U687
17c	Sharing amounts in a given ratio	2 / 2	U577
18	Comparing populations using diagrams	3 / 3	U520
19a	Factorising into one bracket, Solving equations with one step	1 / 1	U365, U755
19b	Factorising into one bracket, Solving equations with one step	1 / 1	U365, U755
19c	Substituting into expressions, Simplifying expressions by collecting like terms	1 / 2	U201, U105
20a	Using standard form with negative indices	0 / 1	U534
20b	Multiplying and dividing numbers in standard form	1 / 2	U264
21a	Tree diagrams for independent events	2 / 2	U558
21b	Tree diagrams for independent events	0 / 4	U558
22	Finding original values in percentage calculations	2 / 2	U286
23	Index rules with positive indices, Calculating with roots and powers	0 / 3	U235, U851
24a	Changing the subjects of formulae	0 / 1	U556
24b	Changing the subjects of formulae	0 / 1	U556
25	Finding the area of circles	2 / 4	U950
26a	Graphs of reciprocal functions	2 / 2	U593
26b	Graphs of reciprocal functions	2 / 2	U593
27	Changing the subjects of formulae	0 / 2	U556
28	Expanding double brackets	0 / 2	U768
	Total	# / #	

ASPIRE • BELIEVE • ACHIEVE

Be prepared……

King's Academy Prospect

- Ensure you have the correct equipment for **EVERY** lesson
  Black pens, pencil, ruler, protractor, compasses and a **scientific** calculator

- Students need to use their own calculator regularly to familiarise themselves with all the functions.

- Statistically students perform worse on paper 2 and 3 than paper 1 as they are not using this resource regularly.

ASPIRE • BELIEVE • ACHIEVE

What can you do to help?

King's Academy Prospect

- Ask them about their Sparx
- Help with Flash cards - you don't need to understand what is on the card yourself, ask them to explain the maths to you. Explaining to others helps increase long term memory
- Make sure they have the correct equipment
- Ask about their target topics
- Encourage them to drop in after school to ask for additional help
- Encourage them to attend any intervention or revision sessions they are invited to

King's Academy Prospect

English

ASPIRE • BELIEVE • ACHIEVE

King's Academy Prospect

English GCSE

Miss Clay-Smith – Head of English

cclay-smith@kgaprospect.uk

ASPIRE • BELIEVE • ACHIEVE

What GCSEs do our children get?

Majority of students will be entered for two GCSEs.

English Literature - 2 papers

English Language - 2 papers

Spoken exam

English Literature

- Macbeth ✓
- Anthology Poetry (10 of 15) ✓
- Unseen Poetry ✓
- An Inspector Calls - after Christmas

English Literature - requirements:

- An Inspector Calls, Macbeth, A Christmas Carol – closed book
- Anthology poetry – one poem is given, but need to compare to another of 14.

Memorisation is important

English Literature - revision

- Knowledge Organisers are provided for each topic
- Homework will be set weekly on SENECA
- Computer rooms and the library is open Mon-Thurs after school
- Recap lessons - P6s - Wednesday
- There will be two knowledge organiser tests per half-term

English Language

- English language Paper 1 – fiction – reading and writing ✓
- English Language Paper 2 – non-fiction – reading and writing - current

- Spoken Language – forms part of GCSE but doesn't go towards grade, after Nov mocks by appointment

Majority of marks are for writing – students can practise this at home.

English Language – Revision materials

- Youtube – Mr Bruff/ Mr Salles – English revision resources
- BBC Bitesize – revision materials
- Oak National Academy – online lessons
- CGP Revision Guides/ Workbooks

How can I help my child?

1. Wherever possible, make sure your child attends school.
2. Mock exams start on the 16th of October – make space in the schedule for your child to do revision.
3. If they do not revise they are unlikely to pass.
4. During exams – take an interest in the exams that your child has the following day – what revision have they completed? Are they spending their time wisely?
5. Make sure your child has the correct equipment with them.

King's Academy Prospect

Science

ASPIRE • BELIEVE • ACHIEVE

Science at Prospect, 2023-2024

- Students study either the AQA Combined Science (trilogy) pathway, or separate sciences. Combined science is awarded as two GCSE grades, and the three separate sciences are a grade each.
- They will have six final science exams – two in each subject.
- Paper 1 content was completed by the end of year 10 and will be the content assessed in the November mock exams (PPEs).
- Students are currently completing the remainder of the Paper 2 content. We will have curriculum time after the February mock exams to focus on revision.
- ***Students must bring full equipment, including a calculator, to all lessons and exams.***

Exams

King's Academy Prospect

Biology Paper 1
1 hr 45, 100 marks
F or H

Biology Paper 2
1 hr 45, 100 marks
F or H

GCSE BIOLOGY

Chemistry Paper 1
1 hr 45, 100 marks
F or H

Chemistry Paper 2
1 hr 45, 100 marks
F or H

GCSE CHEMISTRY

Physics Paper 1
1 hr 45, 100 marks
F or H

Physics Paper 2
1 hr 45, 100 marks
F or H

GCSE PHYSICS

Biology Paper 1
1 hr 15, 70 marks
F or H

Biology Paper 2
1 hr 15, 70 marks
F or H

Chemistry Paper 1
1 hr 15, 70 marks
F or H

Chemistry Paper 2
1 hr 15, 70 marks
F or H

Physics Paper 1
1 hr 15, 70 marks
F or H

Physics Paper 2
1 hr 15, 70 marks
F or H

GCSE COMBINED SCIENCE

ASPIRE • BELIEVE • ACHIEVE

King's Academy Prospect

Homework

- Homework is set by all three subjects on a **Monday week 1** and is due in **Monday week 2**.
- All homework will be set on Seneca Learning.

- Rewards are given for completion of work and for effort, and sanctions applied if incomplete.
- Seneca learning can be accessed on a phone, tablet or PC.

Top Tips for Science Revision

King's Academy Prospect

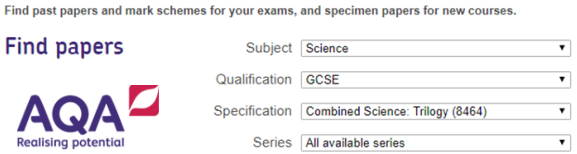
1. Start early – there is a lot of content to cover!
2. Divide time between Biology, Chemistry and Physics – doesn't have to be equal. Make a revision timetable.
3. Remember that revision is an ***active*** process – you will need to do more than read through information!
4. Learn the key ideas – you can gain up to a grade 4 with just recall of information.
5. Familiarise yourself the physics equations ***and their units***.
6. Don't forget the required practicals.

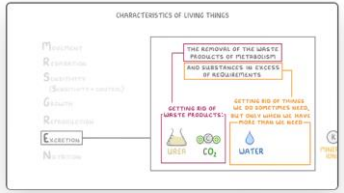
ASPIRE • BELIEVE • ACHIEVE

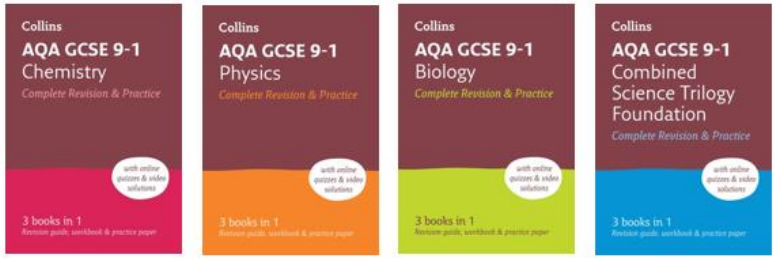
Science Revision sources

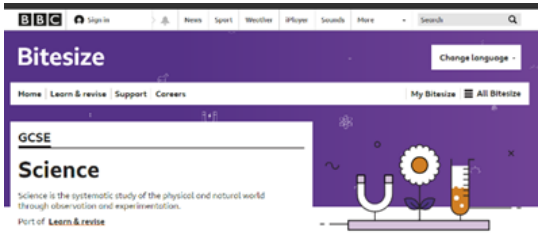
King's Academy Prospect

1. AQA past papers
2. Seneca online question bank
3. Revision guides
4. GCSE Bitesize online revision
5. YouTube videos – e.g. Cognito, Malmesbury Education









ASPIRE • BELIEVE • ACHIEVE

Useful Websites

King's Academy Prospect

- AQA past papers: https://www.aqa.org.uk/find-past-papers-and-mark-schemes
- Cognito science revision videos and resources: https://cognitoedu.org/home.html
- Malmesbury Education - Required practicals: https://www.youtube.com/playlist?list=PLAd0MSIZBSsF3vV_uxzbcNHuDrQ6Hc-Ul

AQA GCSE Physics – Equations & Formulae (specification 8463 & 8464)

Unit 1: Energy

Equations to Learn	
kinetic energy = $\frac{1}{2}$ × mass × speed^2	$E_K = \frac{1}{2}mv^2$
GPE = mass × gravitational field strength × height	$E_p = mgh$
power = $\frac{\text{work done}}{\text{time taken}} = \frac{\text{energy transferred}}{\text{time taken}}$	$P = \frac{W}{t} = \frac{E}{t}$
efficiency = $\frac{\text{useful energy output}}{\text{total energy input}}$ efficiency = $\frac{\text{useful power output}}{\text{total power input}}$	
Equations given in the exam	
elastic potential energy = 0.5 × spring constant × (extension)^2	$E_e = \frac{1}{2}ke^2$
change in thermal energy = mass × specific heat capacity × temperature change	$\Delta E = mc\Delta\theta$

Unit 2: Electricity

Equations to Learn	
charge flow = current × time	$Q = I\,t$
potential difference = current × resistance	$V = I\,R$
total resistance = resistance of component 1 + resistance of component 2	$R_T = R_1 + R_2$
power = current × potential difference	$P = I\,V$
power = (current)^2 × resistance	$P = I^2R$
energy transferred = power × time	$E = Pt$
energy transferred = charge flow × potential difference	$E = QV$

* Higher tier only

^ Separate Physics only

Unit 3: Particle Model of Matter

Equations to Learn	
density = $\frac{\text{mass}}{\text{volume}}$	$\rho = \frac{m}{V}$
Equations given in the exam	
change in thermal energy = mass × specific heat capacity × temperature change	$\Delta E = mc\Delta\theta$
thermal energy for a change in state = mass × specific latent heat	$E = mL$
^ for a gas: pressure × volume = constant	$pV = constant$

Unit 6: Waves

Equations to Learn	
wave speed = frequency × wavelength	$v = f\,\lambda$
Equations given in the exam	
time period = $\frac{1}{\text{frequency}}$	$T = \frac{1}{f}$
^ magnification = $\frac{\text{image height}}{\text{object height}}$	$M = \frac{h_{image}}{h_{object}}$

Unit 7: Magnetism and Electromagnetism

Equations given in the exam	
* Force = magnetic flux density × current × length of conductor in magnetic field	$F = BIl$
* $\frac{\text{potential difference across primary coil}}{\text{potential difference across secondary coil}} = \frac{\text{number of turns in primary coil}}{\text{number of turns in secondary coil}}$	$\frac{V_P}{V_S} = \frac{N_P}{N_S}$
* ^ p.d across primary × current in primary = p.d. across secondary x current in secondary	$V_P I_P = V_S I_S$

Unit 5: Forces

Equations to Learn	
weight = mass × gravitational field strength	$W = m\,g$
work done = force × distance (moved along the line of action of the force)	$W = Fs$
force = spring constant × extension	$F = ke$
moment of a force = force × distance (perpendicular to the direction of the force)	$M = Fd$
pressure = $\frac{\text{force normal to a surface}}{\text{area of that surface}}$	$p = \frac{F}{A}$
distance travelled = speed × time	$s = vt$
acceleration = $\frac{\text{change in velocity}}{\text{time taken}}$ = $\frac{\text{final velocity-initial velocity}}{\text{time taken}}$	$a = \frac{\Delta v}{t}$ = $\frac{v-u}{t}$
resultant force = mass × acceleration	$F = ma$
* momentum = mass × velocity	$p = mv$
Equations given in the exam	
* ^ Pressure = height of column × density of liquid × gravitational field strength	$p = h\,\rho\,g$
^ (final velocity)^2 – (initial velocity)^2 = 2 × acceleration × distance	$v^2 - u^2 = 2as$
* ^ Force = $\frac{\text{change in momentum}}{\text{time taken}}$	$F = \frac{m\,\Delta v}{t}$

Unit 4: Atomic Structure & Unit 8: Space

There are no equations in these sections of the course

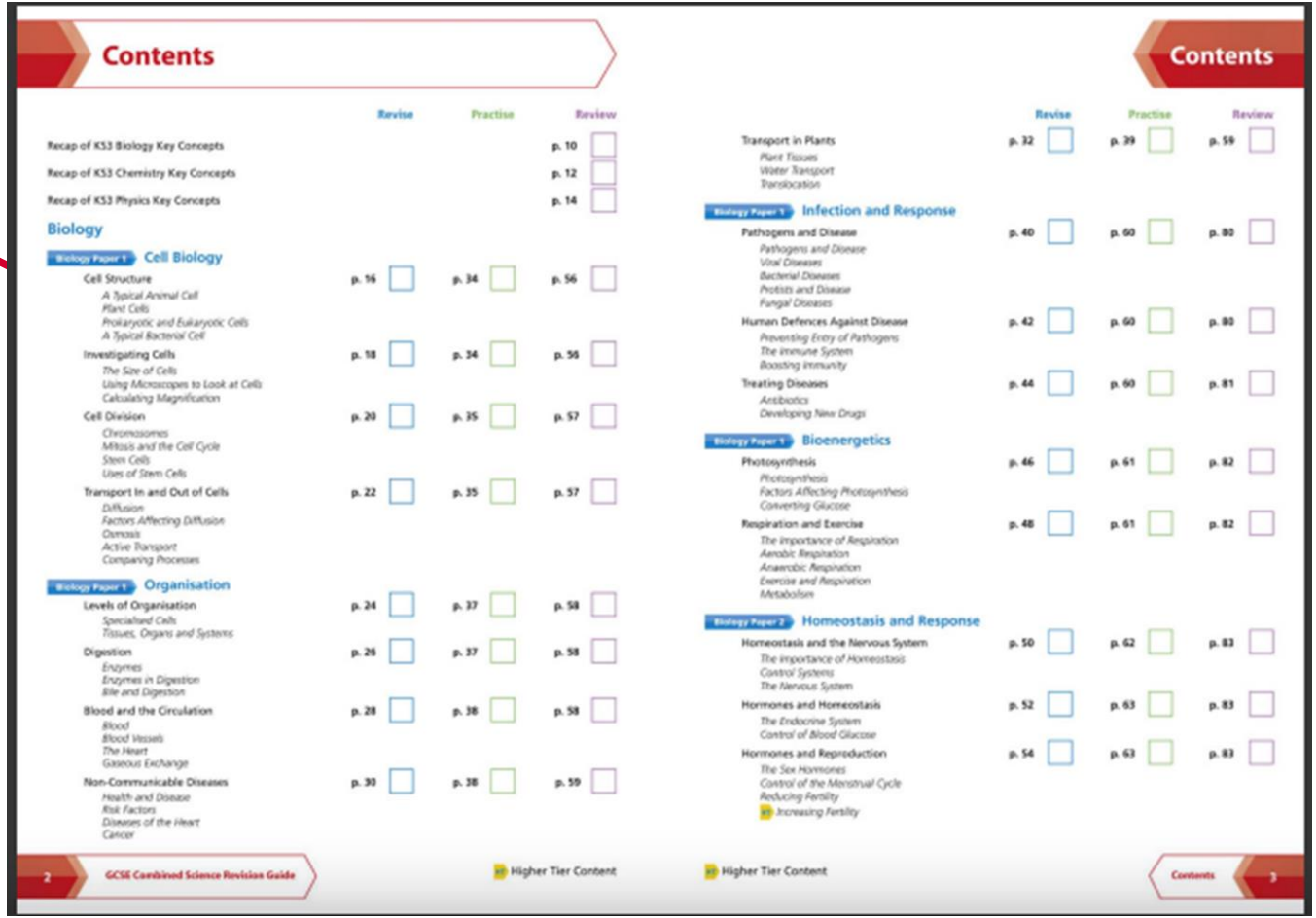
Using the revision guides

King's Academy Prospect

- The revision guides are organised into three sections:
  - Knowledge
  - Practice questions
  - Past papers
- Support your child by helping them turn the revision notes into questions then quiz them on the answers.

Track your revision progress by shading the circles.

Have you revised this section? How confident do you feel?



Contents

HT Higher Tier Content

Contents

HT Higher Tier Content

Read through the revision notes then convert the information into a set of questions and answers.

Pay particular attention to any 'learn' symbols, exam tips and the key words. Using correct scientific language is vital!

Cover up your answers with a piece of paper and write yours down from memory. Check back and see how many you got correct.

Repeat until you have all the knowledge memorised.

Knowledge

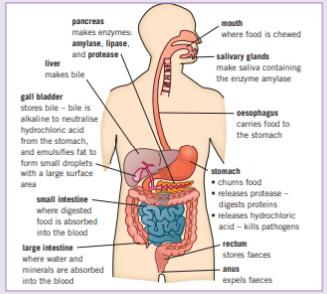
B4

B4 Organisation in animals

There are five **levels of organisation** in living organisms:

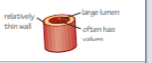
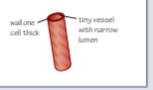
- **cells** – basic building blocks
- **tissues** – groups of cells that have similar structures and functions
- **organs** – groups of tissues working together to perform a specific function
- **organ systems** – groups of organs working together
- **organisms** – organ systems work together, forming an organism

Digestive system



Blood vessels

The structure of each blood vessel relates to its functions.

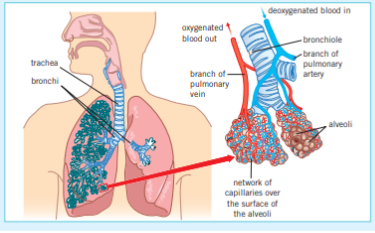
Vessel	Function	Structure	Diagram
artery	carries blood *away from* the heart (high pressure)	• thick, muscular, and elastic walls • the walls can stretch and withstand high pressure • small lumen	
vein	carries blood *to* the heart (low pressure)	• have valves to stop blood flowing the wrong way • thin walls • large lumen	
capillary	• carries blood to tissues and cells • connects arteries and veins	• one cell thick – short diffusion distance for substances to move between the blood and tissues (e.g., oxygen into cells and carbon dioxide out) • very narrow lumen	

Lungs

When breathing in, air moves

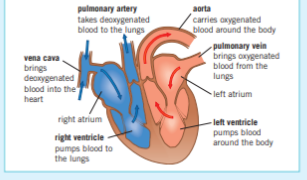
1. into the body through the mouth and nose
2. down the trachea
3. into the **bronchi**
4. through the **bronchioles**
5. into the **alveoli** (air sacs).

Oxygen then diffuses into the blood in the network of **capillaries** over the surface of the alveoli.



The heart

The heart is the organ that pumps blood around your body. It is made from **cardiac** muscle tissue, which is supplied with oxygen by the **coronary artery**.



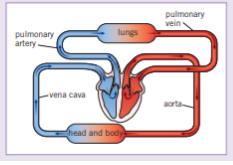
Heart rate is controlled by a group of cells in the right atrium that generate electrical impulses, acting as a pacemaker.

Artificial pacemakers can be used to control irregular heartbeats.

Double circulatory system

The human circulatory system is described as a **double circulatory system** because blood passes through the heart twice for every circuit around the body:

- the right ventricle pumps blood to the lungs where gas exchange takes place
- the left ventricle pumps blood around the rest of the body.



The circulatory system

blood is a tissue made up of four main components

- red blood cells – bind to oxygen and transport it around the body
- plasma – transports substances and blood cells around the body
- platelets – form blood clots to create barriers to infections
- white blood cells – part of the immune system to defend the body against pathogens

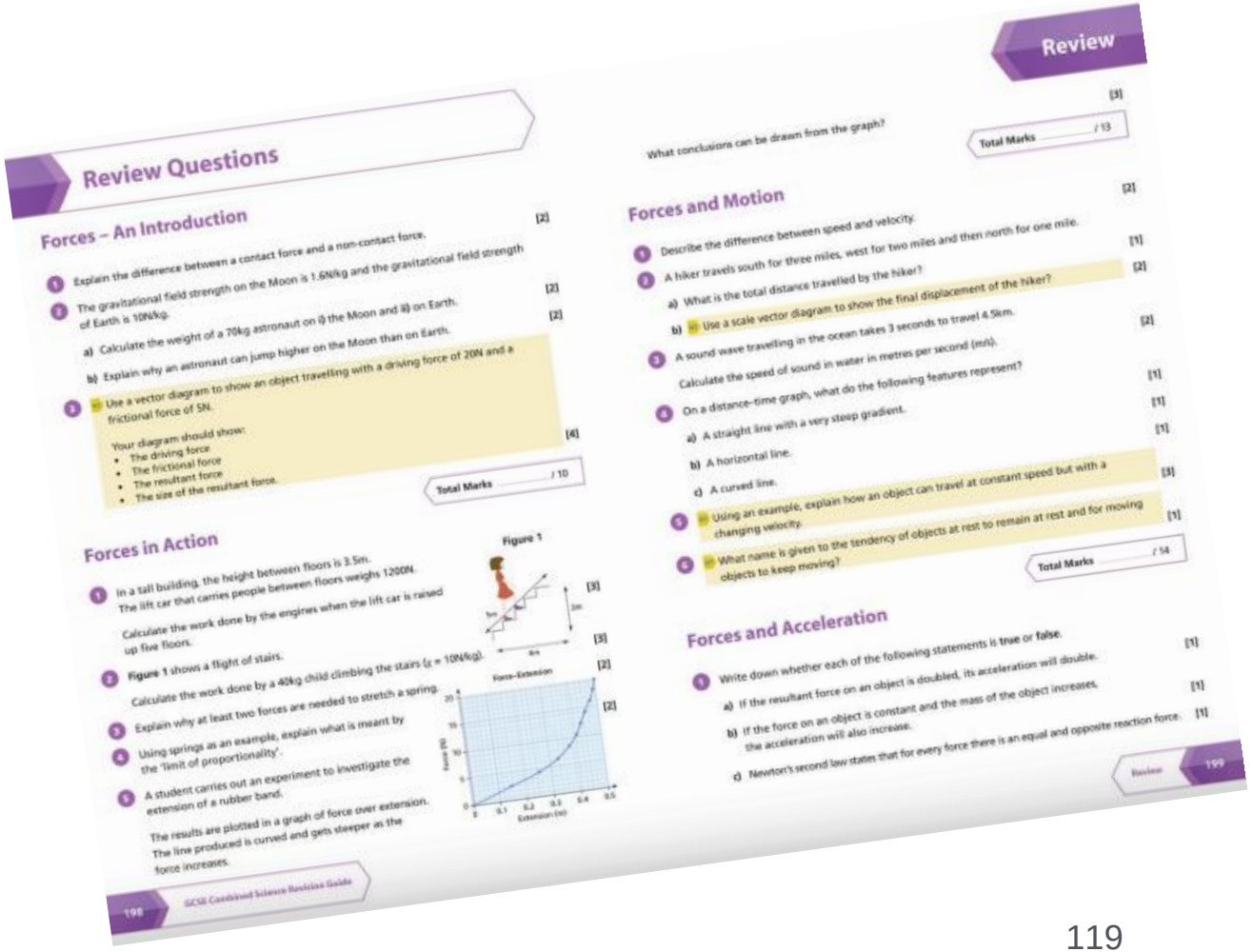
Key terms

Make sure you can write a definition for these key terms.

alveoli, amylase, aorta, artery, atrium, bronchi, bronchiole, capillary, cardiac, coronary, double circulatory system, lipase, organ, organ system, plasma, platelet, protease, pulmonary, tissue, vein, vena cava, ventricle

Attempt all the practice questions, then check your answers using the weblink (including videos)

Have you memorised the key ideas?
Can you apply this knowledge to new situations?
Can you interpret data and make conclusions?
Can you perform the required calculations?



Review Questions

Forces – An Introduction

1. Explain the difference between a contact force and a non-contact force. [2]
2. The gravitational field strength on the Moon is 1.6N/kg and the gravitational field strength of Earth is 10N/kg.
   a) Calculate the weight of a 70kg astronaut on i) the Moon and ii) on Earth. [2]
   b) Explain why an astronaut can jump higher on the Moon than on Earth. [2]
3. Use a vector diagram to show an object travelling with a driving force of 20N and a frictional force of 5N.

   Your diagram should show:
   - The driving force
   - The frictional force
   - The resultant force
   - The size of the resultant force. [4]

Total Marks ____ / 10

Forces in Action

1. In a tall building, the height between floors is 3.5m.
   The lift car that carries people between floors weighs 1200N.
   Calculate the work done by the engines when the lift car is raised up five floors. [3]
2. **Figure 1** shows a flight of stairs.
   Calculate the work done by a 40kg child climbing the stairs (g = 10N/kg). [3]
3. Explain why at least two forces are needed to stretch a spring. [2]
4. Using springs as an example, explain what is meant by the 'limit of proportionality'. [2]
5. A student carries out an experiment to investigate the extension of a rubber band.
   The results are plotted in a graph of force over extension.
   The line produced is curved and gets steeper as the force increases.
   What conclusions can be drawn from the graph? [3]

Figure 1

Force–Extension

Total Marks ____ / 13

Forces and Motion

1. Describe the difference between speed and velocity. [2]
2. A hiker travels south for three miles, west for two miles and then north for one mile.
   a) What is the total distance travelled by the hiker? [1]
   b) Use a scale vector diagram to show the final displacement of the hiker? [2]
3. A sound wave travelling in the ocean takes 3 seconds to travel 4.5km.
   Calculate the speed of sound in water in metres per second (m/s). [2]
4. On a distance-time graph, what do the following features represent?
   a) A straight line with a very steep gradient. [1]
   b) A horizontal line. [1]
   c) A curved line. [1]
5. Using an example, explain how an object can travel at constant speed but with a changing velocity. [3]
6. What name is given to the tendency of objects at rest to remain at rest and for moving objects to keep moving? [1]

Total Marks ____ / 14

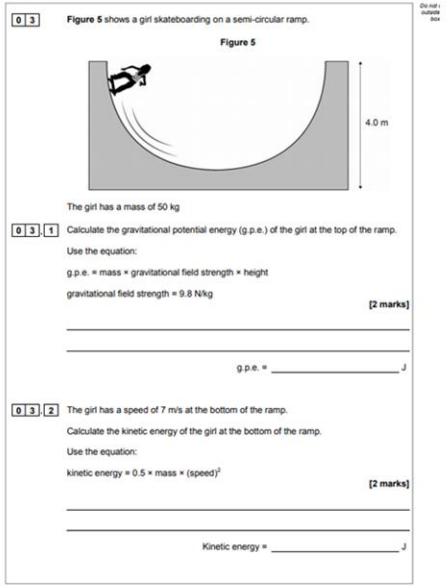
Forces and Acceleration

1. Write down whether each of the following statements is **true** or **false**.
   a) If the resultant force on an object is doubled, its acceleration will double. [1]
   b) If the force on an object is constant and the mass of the object increases, the acceleration will also increase. [1]
   c) Newton's second law states that for every force there is an equal and opposite reaction force. [1]

Using past papers effectively

- Answer the questions; if you can't do it move on – it isn't a test.
- Use the mark scheme to correct your answers.
- Review what you needed to know to answer the questions and record these on a crib sheet.
- Next time you come to revise/practise more exam questions, start by looking at the crib sheet – it will remind you what you need to know.

1. Answer an exam question



0 3 **Figure 5** shows a girl skateboarding on a semi-circular ramp.

Figure 5

The girl has a mass of 50 kg

0 3 . 1 Calculate the gravitational potential energy (g.p.e.) of the girl at the top of the ramp.

Use the equation:

g.p.e. = mass × gravitational field strength × height

gravitational field strength = 9.8 N/kg

[2 marks]

g.p.e. = _____ J

0 3 . 2 The girl has a speed of 7 m/s at the bottom of the ramp.

Calculate the kinetic energy of the girl at the bottom of the ramp.

Use the equation:

kinetic energy = 0.5 × mass × (speed)^2

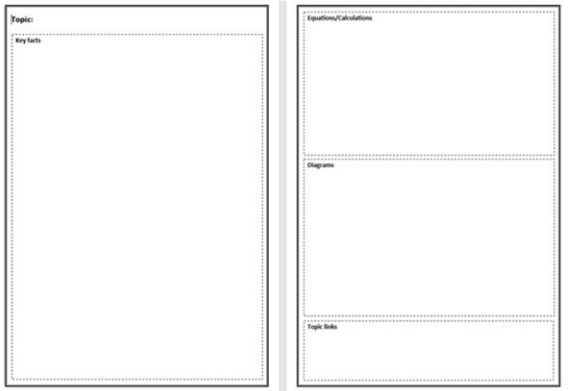
[2 marks]

Kinetic energy = _____ J

2. Mark the question using the mark scheme

Question	Answers	Extra information	Mark	AO / Spec. Ref.
03.1		an answer of 1960 scores **2** marks		AO2 6.1.1.2
	$E_p = 50 \times 9.8 \times 4.0$		1	
	$E_p = 1960$ (J)	allow an answer rounded to 2000 (J)	1	
		allow a maximum of **1** mark if g = 10 N/kg is used		
03.2		an answer of 1225 scores **2** marks		AO2 6.1.1.2
	$E_k = 0.5 \times 50 \times 7^2$		1	
	$E_k = 1225$ (J)	allow 1200 or 1230 (J)	1	

3. Review what you need to know for next time



Department contacts

- Classroom teachers - in person, via Class charts or Google classroom.

- Head of Biology: Miss Humphreys (C19)
  chumphreys@kgaprospect.uk
- Head of Chemistry: Miss Bennett (B202)
  nbennet@kgaprospect.uk
- Head of Physics: Mr Meawad (B105)
  jmeawad@kgaprospect.uk

- Second in Department: Mrs Welch (B205) lwelch@kgaprospect.uk
- Head of Science: Mrs Stent (C20 or B206) astent@kgaprospect.uk

King's Academy Prospect

Attendance

ASPIRE • BELIEVE • ACHIEVE

Progress and Attendance

King's Academy Prospect

Every Day Counts
Every Lesson Counts
90% is NOT GOOD

Link between progress and attendance

King's Academy Prospect

Year 11 2023

Students with good attendance hit their target grades

Average Total Attainment 8	All	32.96 ↓
	BELOW AVERAGE ATTENDANCE	30.08 ↓
	GOOD ATTENDANCE	39.73 ↑
	PERSISTENT ABSENCE	22.63 ↓

Aim 100%

ASPIRE • BELIEVE • ACHIEVE

Link between progress and attendance

King's Academy Prospect

Year 11 2023

Students with good attendance and targeted to achieve a grade 5 and above in English and maths achieved this.

Students Achieving 9-5 in English and Maths	All	43	25.4 ↓
	BELOW AVERAGE ATTENDANCE	5	13.5 ↓
	GOOD ATTENDANCE	32	37.2 ↑
	PERSISTENT ABSENCE	6	13.0 ↓

Aim 100%

Link between progress and attendance

King's Academy Prospect

Year 11 2023

Students with good attendance and targeted to achieve a grade 4 and above in English and maths achieved this.

Students Achieving 9-4 in English and Maths	All	64	37.9 ↓
	BELOW AVERAGE ATTENDANCE	11	29.7 ↓
	GOOD ATTENDANCE	46	53.5 ↑
	PERSISTENT ABSENCE	7	15.2 ↓

Aim 100%

ASPIRE • BELIEVE • ACHIEVE

Link between progress and attendance

King's Academy Prospect

Year 11 2023

Students with persistently poor attendance (below 90%) achieved, on average ONE grade lower in EVERY subject than those with good attendance.

Aim 100%

ASPIRE • BELIEVE • ACHIEVE

Link between progress and attendance

King's Academy Prospect

Year 11 2023

Students with poor attendance (below 95%) achieved, on average HALF a grade lower in EVERY subject than those with good attendance.

Aim 100%

ASPIRE • BELIEVE • ACHIEVE

King's Academy Prospect

100%	=	0 Days
99%	=	1 Day
98%	=	3 Days
97%	=	1 Week
96%	=	1.5 Weeks
94%	=	2 Weeks
93%	=	2.5 Weeks
92%	=	3 Weeks
90%	=	3.5 Weeks

90% = approx
19 days.

Aim 100%

ASPIRE • BELIEVE • ACHIEVE