

# Ridgewood School School

Y11

# Revision Guide









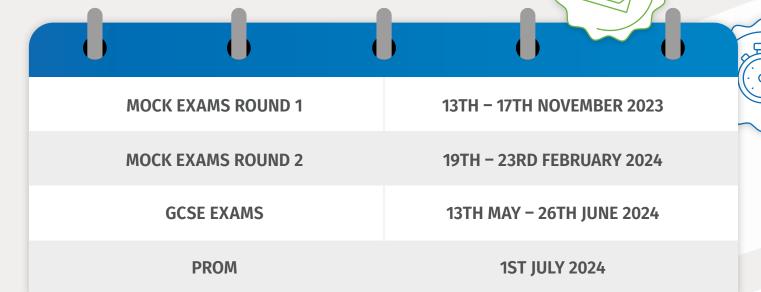
# Your Guide To Great Results!







# **KEY DATES**



# **ADVICE FOR PARENTS**



Firstly, thank you for your support in helping your child achieve their potential in this very important year. A few top tips from the teachers at Ridgewood School:

- Support your child in being motivated to succeed, talk about their next steps, what they want to achieve and the results they will need to do this.
- Create a space in your home for revision without distractions including phones!
- Help them be accountable for their revision, check their revision timetable and homework tasks.
- Read this booklet so you know the best ways for your child to succeed. Join in with revision where suitable.
- Ensure your child takes breaks and enjoys down-time to help them relax.

PLEASE ALSO SEE THIS RECOMMENDED WEBINAR FOR FURTHER, MORE DETAILED, STRATEGIES:

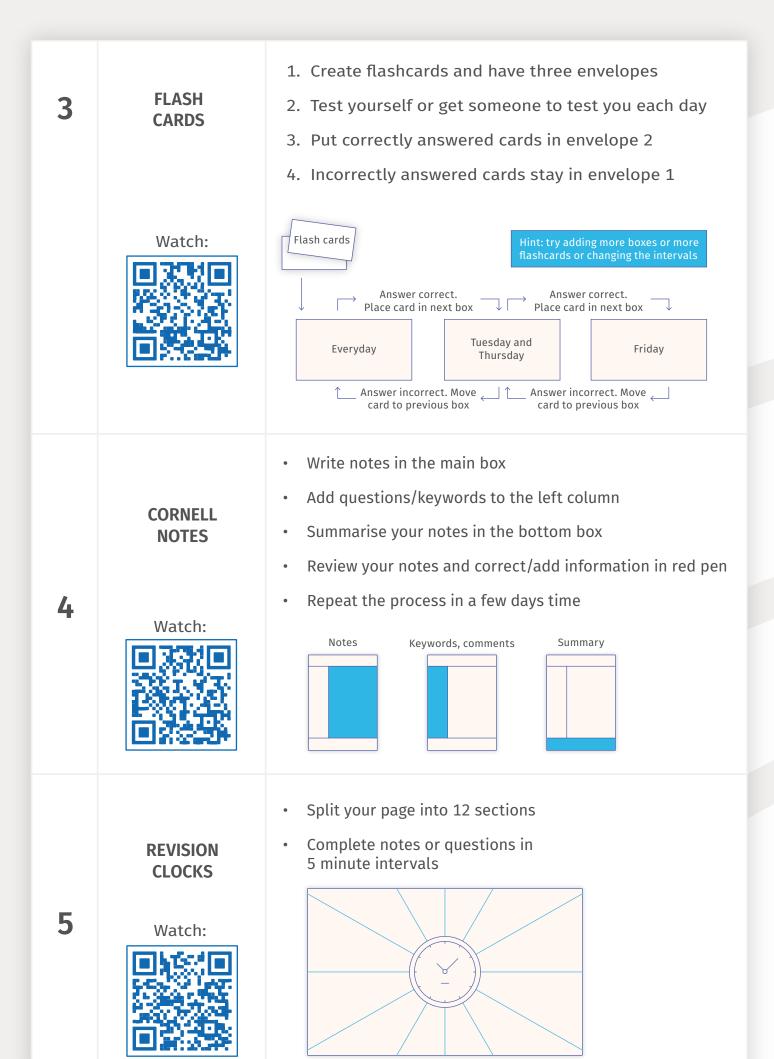


# REVISION STRATEGIES

	STRATEGY	HOW?
1	REVISION TIMETABLE	Create a timetable as advised on the next pages Ensure it becomes habit! See the video link:
	SPACING AND INTERLEAVING	<ul> <li>Interleaving involves switching between ideas and topics during a study session and not revising in blocks of topics. This ensures that you are not studying one idea or topic for too long</li> <li>Space out and interleave your subjects and topics for revision</li> </ul>
2	DELIBERATE PRACTICE	<ul> <li>Deliberate practice simply means to practise your skills</li> <li>Start my practising without any notes/guides and work from memory only</li> <li>Follow this by reviewing and checking your answers using notes/guides/solutions</li> <li>This will help you find gaps in knowledge to focus your revision on later</li> </ul>







6	DUAL CODING	<ul> <li>When reviewing your learning draw pictures and diagrams alongside your notes</li> <li>Research suggests that combining words and images increase your learning by visually representing information in two different ways</li> </ul>
7	SUMMARISING AND CHUNKING	<ul> <li>Highlight only key information from larger pieces of text</li> <li>Summarise this into bullet points or small sentences</li> </ul>

# **INEFFECTIVE REVISION STRATEGIES**

Please do not waste time on strategies that have little to no impact on your memory. These include:

- Copying notes from a resource
- Cramming It can also cause stress/anxiety before exams
- Re-reading and doing nothing with the information
- · Highlighting information for the sake of it
- Not enough silent work or attention to a given task
- Attempting to revise while multitasking and doing other things



# YOUR WELL-BEING AND

# **MANAGING EXAM STRESS**

Your health and well-being is the most important thing. You need to look after yourself in order to be successful and happy by:

- Taking regular breaks to do what you enjoy
- Eating healthy and keeping hydrated
- Getting a good night's sleep
- Talk to friends, parents/carers and teacher
- Go for a walk in the fresh air
- Take time away from technology, especially before bed

# Watch:



Access support in school using Validus, for further information:





- Space out the subjects over the week
- Use the revision techniques recommended in this booklet and by your teachers
- Include after school revision sessions
- Give the timetable to your parents/carers so they can help you stick to it
- Commit only to what is realistic and achievable for you, that way you're more likely to stick to it!

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4.00-4.30pm	Maths- Calculator practice questions	X (football)	Science- Chemistry Flash cards	Maths- Non- Calculator practice questions	History- White Chapel revision clock	x	RE Revision clock
4.30-5.00pm	English- Macbeth Cornell notes	X (football)	Maths- complete homework	Spanish- Writing revision clock	Science- Physics flashcards	x	History- WW2 fact flashcards
5.00-5.30pm	Science- Biology Cornell	X (football)	English- practice exam	х	Science- Biology Cornell notes	х	Maths- Non- Calc retrieval practice questions
5.30-6.00pm	Spanish- Vocab flash cards	X (football)	RE Revision clock	х	Spanish- retrieval practice	х	Science- Physics exam paper

# MY REVISION TIMETABLE

SUNDAY		
SATURDAY		
FRIDAY		
THURSDAY		
WEDNESDAY		
TUESDAY		
MONDAY		
TIME		

SUBJECT	Art and Design
EXAM BOARD	AQA
EXAM INFO	1 Exam – 10 hours over 2 days 40% of overall GCSE grade

# The exam for GCSE Art and Design is not 'revisable'.

You will be given an exam paper in January which you will select one starting point from and develop I the same way you have been taught over year 10 and 11.

This can be supported by your teacher but ideas must be your own.

Following the end of the preparatory period, around 12 weeks, you will sit the period of controlled time where you will be expected to create the final outcome for the work you have developed.

Recommended websites:

www.aqa.org.uk/subjects/art-and-design www.studentartguide.com

# RECOMMENDED REVISION STRATEGIES:

Strategies therefore might include:

Familiarising yourself with AQA marking criteria.

Exploring exemplar work and identifying how marks have been awarded.

Students who prepare well, add to exam sketchbooks daily and bring prior learning to their preparation will do well.

Regularly reviewing, adding to and improving your coursework not only ensures a strong collection of work but increases your confidence in the process of creating work.

Working frequently in measured amounts, is a good mindset to have with a coursework subject.

# **OTHER INFORMATION:**

SUBJECT	Business Studies
EXAM BOARD	Edexcel
EXAM INFO	<ul> <li>Theme 1: Investigating small business (1hr45)</li> <li>Topic 1.1 Enterprise and entrepreneurship</li> <li>Topic 1.2 Spotting a business opportunity</li> <li>Topic 1.3 Putting a business idea into practice</li> <li>Topic 1.4 Making the business effective</li> <li>Topic 1.5 Understanding external influences on business.</li> </ul>
	<ul> <li>Theme 2: Building a business (1hr45)</li> <li>Topic 2.1 Growing the business</li> <li>Topic 2.2 Making marketing decisions</li> <li>Topic 2.3 Making operational decisions</li> <li>Topic 2.4 Making financial decisions</li> <li>Topic 2.5 Making human resource decisions.</li> </ul> Both examinations will consist of calculations, multiple-choice, short-answer and extended-writing questions. Calculators may be used in both of the examinations.

Use the revision booklets provided by your teacher and review the workbooks/OneNote's that you have completed to understand each topic.

Topic Based Revision – Edexcel. BBC Bitesize.



Topic Based Revision - Edexcel. YouTube 'Bizconsesh'.

On the playlist select the topic that you would like to recap, inside this topic is then several short videos explaining key content.



Paper 1



Paper 2

# RECOMMENDED REVISION STRATEGIES:

Flashcards: Use these for each topic to learn key terms.

Mind maps: Use these for each topic to allow examples and links between subtopics.

Past papers: Practice the exam questions and refer to the mark scheme to check key terminology and topics to cover with your teacher.

Remember you need to only revise Topic 1.1 to 1.5 for Paper 1 and Topic 2.1 to 2.5 for Paper 2. These are listed within the exam info section.

SUBJECT	Computer Science
EXAM BOARD	OCR
EXAM INFO	Paper 1 – Computer Systems (1hr30) Paper 2 – Computational Thinking (1hr30) Both papers are non-calculator

# **RECOMMENDED WEBSITES** AND RESOURCES:

# OneNote has each lesson for each unit of work. Go back through some of the exercises

# **Topic Based Revision**

and key definitions

- Isaac Computer Science GCSE
- Seneca Learning
- GCSE Pod
- Craig N Dave Computer science videos and resources

# **Practice Exam Papers**

On OneNote

#### **CGP** workbooks

- GCSE OCR Computer Science Complete revision and practice
- OCR Revision Guide
- Exam Practice Workbook

#### **RECOMMENDED REVISION STRATEGIES:**

**Revision clocks:** Use revision mind maps (available through One Note) to recap key areas of each topic

**Deliberate practice:** Practice the exam questions and refer to the mark scheme to check key terminology. Check the mark allocation for each question carefully.

There are a number of revision resources available through OneNote under the "revision resources" tab.

SUBJECT	Construction
EXAM BOARD	BTEC
EXAM INFO	1 Paper (1hr30mins) Some selected students will sit the paper in January 2024 then will have chance to resist in the Summer 2024

# RECOMMENDED WEBSITES AND RESOURCES:

# RECOMMENDED REVISION STRATEGIES:

Use construction folder on Teams for the student revision PowerPoints.

#### Website

#### https://technologystudent.com

Watch construction based TV programs e.g. grand designs and make notes

**Deliberate practice**: Practice construction drawings for all sub structures and super structure parts e.g. roofs, walls, openings, sub structure details, stairs, foundations, floors.

**Flash cards:** Create flashcards and have three envelopes. Test yourself or get someone to test you each day.

**Revision Clocks:** Split your page into 12 sections to complete notes or questions in 5 minute intervals on the exam topics.

**Dual Coding:** When reviewing your learning, draw pictures and diagrams alongside your notes. Research suggests that combining words and images increase your learning by visually representing information in two different ways.

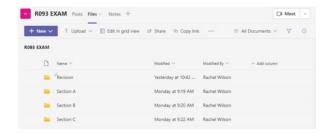
#### **OTHER INFORMATION:**

After school revision sessions take place in B3 every Wednesday.

SUBJECT	Creative iMedia
EXAM BOARD	OCR
EXAM INFO	Paper 1 Unit R093 Creative iMedia in the media industry (1hr30)  The media industry  Factors influencing product design  Pre-production planning  Distribution considerations  Section A: Closed response, multiple and short answer  Section B: Context based on a particular scenario

Use the revision booklets provided by your teacher and review the workbooks/OneNote's that you have completed to understand each topic.

All resources including lesson resources, homework and revision materials are located on teams. There are also answers sheets to all questions within the folders.



They are also located on each students OneNote, along with their class notes.

The OCR website for the qualification. This includes the specification and information about the R093 examination.



# RECOMMENDED REVISION STRATEGIES:

Flashcards: Use these for each topic to learn key terms.

Mind maps: Use these for each topic to allow examples and links between subtopics.

Past papers: Practice the exam questions and refer to the mark scheme to check key terminology and topics to cover with your teacher.

# **OTHER INFORMATION:**

This examination will take place in January. Only those who require a resit will take the exam in the summer.

SUBJECT	Engineering Design
EXAM BOARD	OCR
EXAM INFO	1 Paper (1hr15mins)

Cambridge

National in

Engineering

Design Student

Book with Digital

Access (2 Years)

#### **RECOMMENDED WEBSITES** AND RESOURCES:

#### **Revision Books**

My Revision Notes: Level 1/Level 2 Cambridge National in Engineering Design



Cambridge National in Engineering Design Revision Guide and Workbook with Digital Access (2 Years)



# **Exam Practice Book**

Level 1/Level 2 Cambridge National in Engineering Design (1822) Exam Practice Workbook



#### Website

AND TECHNOLOGY



#### **RECOMMENDED REVISION STRATEGIES:**

Flash cards: Create flashcards and have three envelopes. Test yourself or get someone to test you each day.

Revision Clocks: Split your page into 12 sections to complete notes or questions in 5 minute intervals on the exam topics.

**Dual Coding:** When reviewing your learning, draw pictures and diagrams alongside your notes. Research suggests that combining words and images increase your learning by visually representing information in two different ways.

**ENGINEERING - DESIGN** 



# OTHER INFORMATION:

After school revision sessions take place in B1 & B2 every Wednesday. Students will also have coursework assignments to complete on Teams.

SUBJECT	English Language
EXAM BOARD	Eduqas
EXAM INFO	<ul> <li>2 Papers:</li> <li>Component 1: 20th Century Literature Reading and Prose Writing</li> <li>Component 2: 19th and 21st Century Non-Fiction Reading and Transactional/Persuasive Writing</li> </ul>

#### **CGP Workbooks**

These are available to purchase on ParentPay

#### **Practice exam papers**

These can be found on the Eduqas website or you can ask your English teacher to print them out for you



**eduqas** GCSE English Language



GuigLit

# RECOMMENDED REVISION STRATEGIES:

Deliberate practice: the only way to revise English Language is to regularly have a go at completing exam questions! You should complete questions by hand wherever possible and in timed conditions (relevant to the specific question).

Flashcards: For English Language it is useful to create flashcards with key information about each specific question/section of the papers. Include: key skills, timings, the number of marks and any key command words within that question.

# **OTHER INFORMATION:**

After school revision takes place in Hargreaves every Wednesday.

SUBJECT	English Literature
EXAM BOARD	AQA
EXAM INFO	<ul> <li>2 Papers:         <ul> <li>Paper 1: Shakespeare (Macbeth) and the 19th Century Novel (A Christmas Carol)</li> <li>Paper 2: Modern texts (An Inspector Calls) and Poetry (Power and Conflict Poetry Comparison and Unseen Poetry)</li> </ul> </li> </ul>

**Mr Bruff on Youtube** – just search Mr Bruff and the name of any set Literature text (e.g Macbeth) and his revision videos can be viewed for free.

Every Year 11 student has a Massolit account/log in which has been paid for by the English Department

#### **CGP Workbooks**

These are available to purchase on ParentPay

#### Practice exam papers

These can be found on the AQA website or you can ask your English teacher to print them out for you

Revision Clocks: templates are available from your English teacher. Or, you can simply split a blank sheet of paper into 12 equal sections and spend 5 minutes writing down key information/quotations from one of your texts. For example – find 12 key quotes for Ebenezer Scrooge and spend 5 minutes analysing each of the quotes separately.

# RECOMMENDED REVISION STRATEGIES:

Deliberate practice: the most effective way to revise Literature is to revise regularly! As your class teacher focuses on one set text/poem in class, you should be revising the others at home in your own time. Little and often is the key.

Flashcards: For Literature it is useful to create flashcards with key information about each character and theme of each set text. Include: the key theme(s) each character represents, a timeline of what he/she does, a bank of key quotations for that character

Cornell Notes: These can be completed for individual poems from the Power and Conflict cluster, or for specific acts/scenes of the other set texts. The aim is to produce a one-page guide to a key area of the text.

After school revision takes place in Hargreaves every Wednesday. Topics and session groupings are announced every 3/4 weeks in response to your assessments.

SUBJECT	Hospitality & Catering
EXAM BOARD	WJEC
EXAM INFO	1 exam paper (1hr20mins) Students will sit the paper in January 2024 then will have chance to resit in the Summer 2024

# RECOMMENDED WEBSITES AND RESOURCES:

# Books and revision guides:





Further reading/watching:
Watch a range of cooking and hospitality programmes to increase knowledge e.g. Hotel Inspector
Research health problems and think about how these relate to planning for cooking

www.foodafactoflife.org.uk www.nhs.co.uk www.senecalearning.co.uk

# RECOMMENDED REVISION STRATEGIES:

Flash cards: Create flashcards and have three envelopes. Test yourself or get someone to test you each day.

**Revision Clocks:** Split your page into 12 sections to complete notes or questions in 5 minute intervals on the exam topics.

Dual Coding: When reviewing your learning, draw pictures and diagrams alongside your notes. Research suggests that combining words and images increase your learning by visually representing information in two different ways.

#### **OTHER INFORMATION:**

After school revision sessions take place in B5 & B6 on days communicated by your teachers a few weeks before the exam.

SUBJECT	French
EXAM BOARD	AQA
EXAM INFO	<ul> <li>Speaking exam: completed with teacher in late April/early May</li> <li>Listening and Reading exam (separate papers but sat back to back in one exam sitting)</li> <li>Writing exam</li> <li>Topics are mixed across all 4 papers</li> </ul>

# RECOMMENDED REVISION STRATEGIES:

#### Vocabulary

Quizlet.com

If you have not yet joined the class, please search: Kathryn\_ward25 and find the French GCSE class to join.

#### Listening/reading

Kerboodle.com

You can access the online textbook here which is very useful for listening practise. You already have an account so if you have never used it, you can log in with the following details:

Username: firstinitialsurname (e.g. Joe

Bloggs = jbloggs)

Password: same as username

Institution code: jzp8

# **BBC Bitesize**

Search for AQA French GCSE

Spacing and interleaving: Go back to previous units of work and practise the vocabulary as it is easy to forget. Spend 10 minutes a day studying vocabulary. Tick off on your vocabulary booklet every time you study a unit and make sure that you are revising each unit equally.

Flash cards: Write your key vocabulary on flash cards and test yourself or get somebody to test you. Sort them into piles of words you already know and words you still need to learn

Summarising and chunking: To prepare for your speaking exam, think about what you want to say then make bullet points of this. Attempt saying a full answer out loud. This means you are not just reading out loud and are practising forming answers.

#### **OTHER INFORMATION:**

Access after school revision every Tuesday in M4.

SUBJECT	Geography
EXAM BOARD	AQA
EXAM INFO	Paper 1- Physical Paper (1h30) Paper 2- Human Paper (1h30) Paper 3- Geographical Application (1h30) (Pre-release will be available for paper 3, 12 weeks prior to the exam)

#### **Topic based revision**

- Revisely
- BBC Bitesize
- GCSEPod
- Physics Maths Tutor (PMT)

#### **Practice exam papers**

 Physics Maths Tutor (PMT) - choose your exam board -AQA and paper you wish to practice:

#### **CGP Workbooks and Revision guides**

# RECOMMENDED REVISION STRATEGIES:

**Deliberate practice:** Complete past exam questions and apply knowledge to questions/command words and figures.

Spacing and interleaving: Paper 1 was delivered in Y10, then Paper 2 with some mixing of Paper 3 (fieldwork) in Y11. You need to mix your revision to prepare you for this. Ensure you are revising and testing (exam questions or self-quizzing) yourself on earlier content (Physical geography) to ensure you are able to retrieve it.

Flashcards/Mind maps: Use these for recalling case study details or memorising processes.

**Dual coding:** Many geographical processes can be drawn in diagrams along with annotations to help you memorise them more clearly.

#### OTHER INFORMATION:

After school revision sessions to be confirmed after November mocks and will be held in N-block.

SUBJECT	History
EXAM BOARD	Edexcel
EXAM INFO	Paper 1 – Whitechapel and Crime and Punishment Paper 2 – Elizabeth I, and the Cold War Paper 3 – Civil Rights in the USA, and the Vietnam War

The History Department have created a Revision Guide for each topic. These can be accessed via the year 11 History channel on Teams.

Professional Revision Guides (produced in association with the Exam Board) can be purchased via Parent Pay or from the School Shop.

The Seneca Learning website has a superb array of revision materials with tasks and quizzes:



Crime



Cold War



Elizabeth



**USA** 

# RECOMMENDED REVISION STRATEGIES:

You could use the Revision Guides to:

Write your own quizzes based on the key content and the PLC. Then test yourself or ask someone to test you.

Complete the revision clocks and elaboration map from memory then check your knowledge and add in what you have missed.

Attempt/ plan the exam style questions and ask your teacher to mark them so you can understand your next steps and improve your answers.

SUBJECT	Maths
EXAM BOARD	OCR Higher and OCR Foundation
EXAM INFO	Paper 1- Non-calculator (1h30) Paper 2- Calculator (1h30) Paper 3- Non-calculator (1h30) Topics are mixed across all three papers

RECOMMENDED WEBSITES  AND RESOURCES:	RECOMMENDED REVISION STRATEGIES:
Topic based revision  • MathsGenie.co.uk/gcse  • Corbettmaths.com/contents  Mixed mini revision sheets  • Corbettmaths.com/5-a-day  Practice exam papers  • Corbettmaths.com go to Practice Papers  • OnMaths- choose your exam board and tier using the arrows  CGP Workbooks  • Choose your tier of entry and OCR	Deliberate practice: the only way to revise Maths is to physically do Maths! You should complete questions by hand with full working.  Spacing and interleaving: as the topics are mixed throughout papers you need to mix your revision to prepare you for this. You can do this using exam papers, the 5-a-day worksheets or by choosing topics from a few weeks/months ago.  Flashcards: Use these for naming shapes or memorising formula.

After school revision sessions take place in Telford every Thursday.

SUBJECT	Music Technology
EXAM BOARD	NCFE
EXAM INFO	40% of technical award is the written examination (1hr30m, 80 marks)  A mixture of multiple-choice, short-answer and extended response questions.  The written EA is a terminal assessment and will assess the learner's knowledge and understanding of all content areas and target the following AOs: AO1, AO2 and AO3.

Access all of the PowerPoints and lesson resources from Unit 1-5 on Teams.

Access the interactive resource on keywords on focus on sound:



Access the past papers digital copy on Teams.

Music Technology NCFE Specification for reference:



# RECOMMENDED REVISION STRATEGIES:

Flashcards: Read through the PowerPoints from the lessons studies and revise the keywords and their definitions using flashcards.

Deliberate practice: Access your past paper questions on your marked assignments on Teams and practice these questions for recall and then complete in timed conditions.

You can also access the digital copy of all past paper exam questions to practice.

# **OTHER INFORMATION:**

After school support is available on Thursday and Friday in C8.

SUBJECT	Music GCSE
EXAM BOARD	AQA
EXAM INFO	1 Exam worth 40% of the GCSE (1hr30m)  • Section A: Listening – unfamiliar music (68 marks)  • Section B: Study pieces (28 marks)



Practice listening Questions



Key Words revision video



Mozart walk through

Access the AQA specific section B lessons on Focus on Sound



Access the interactive resource on sound words, instruments on Focus on Sound



#### **Teams:**

- Elements of Music revision resource
- Music Bible Keywords
- Access the Little Shop of Horrors and Mozart digital student support guides

# RECOMMENDED REVISION STRATEGIES:

Listen regularly to musical excerpts from all of the areas of study.

Deliberate practice: Access your past paper listening questions on your marked assignments on Teams.

Access the GCSE past papers located on Teams and complete past paper questions.

Flashcards: Access the music bible and learn the keywords and their definitions. Use flashcards to practice the terminology.

# **OTHER INFORMATION:**

After school support is available on Thursday and Friday in C8.

SUBJECT	Religious Studies
EXAM BOARD	AQA
EXAM INFO	Paper 1 – Study of Religions Christianity and Buddhism (1h45) Paper 2 – Thematic Studies (1h45)

#### **Past Papers**

AQA | GCSE | Religious Studies A
 | Assessment resources

#### **Revision guides**

 AQA Religious studies A (9-1) Christianity and Buddhism

#### RE Department revision materials

 The RE department has made lots of revision materials to support with your revision. Ask you RE teacher about these and any particular topic you are struggling with.

# RECOMMENDED REVISION STRATEGIES:

Retrieval Quizzes: After RAG rating your knowledge for a particular topic, the sections you have highlighted as being Red, your least confident topics. Create a 10-question retrieval quiz to test your recall on that area, testing yourself 3 times over the space of 2 weeks. Each time correcting any wrong answers in red pen. As you continue to complete the quizzes your score should go up and you should be able to move from red to ambers to green.

Interleaving topics: We cover 8 topics over the 2 years of study, it is important to revise all topics; beliefs, practices and themes throughout your revision.

**Revision Clocks/Elaboration maps:** Revision clocks and elaboration maps are a great way of summarising entire topics and highlighting where your strengths and weaknesses.

**Flash cards:** Use flashcards to help you remember key quotes and what topic areas that quote could link to.

# OTHER INFORMATION:

After school revision will be in MB1 on Fridays.

# MY PERSONAL REVISION GUIDANCE FOLLOWING MOCK 1



SUBJECT	TOPICS TO REVISE/ADVICE FROM MY TEACHER
English	
Maths	
Science	

# MY PERSONAL REVISION GUIDANCE FOLLOWING MOCK 2



SUBJECT	TOPICS TO REVISE/ADVICE FROM MY TEACHER
English	
Maths	
Science	

SUBJECT	Science				
EXAM BOARD	AQA higher and foundation				
EXAM INFO	Paper 1 – 1h 45m (1 per science)				
	Biology:		Chemistry:	Physics:	
	Cell biology		Atomic structure and the periodic table	Energy	
	Organisation		Bonding, structure, and the properties of matter	Electricity	
	Infection and respons	se	Quantitative chemistry	Particle model of matter	
	Bioenergetics		Chemical changes	Atomic structure	
			Energy changes		
	Paper 2 – 1h 45m (1 p	per so	cience)		
	Biology:		Chemistry:	Physics:	
	Homeostasis and response		The rate and extent of chemical change	Forces	
	Inheritance, variation and evolution	n	Organic chemistry	Waves	
	Ecology		Chemical analysis	Magnetism and electromagnetism	
			Chemistry of the atmosphere	Space physics	
			Using resources		
RECOMMENDED WEBSITES AND RESOURCES:			RECOMMENDED REVISION STRATEGIES:		
<ul> <li>CGP revision guides, workbooks and flashcards are all available on Parent Pay</li> <li>Microsoft TEAMS revision folders mean students can access a large range of PowerPoints and other resources for Science</li> <li>Educake (educake.co.uk)</li> <li>GCSEpod</li> <li>BBC Bitesize</li> <li>AQA website for past papers</li> </ul>		pra per	Interleaved practice: Plan your revision to practice content that you haven't visited for a long period of time. Use the topics above to guide this.		
		CGI Pas	Deliberate practice- Exam questions: CGP workbooks have great exam style questions. Past papers are available from the AQA website to practice answering real questions.		
		Fla: Use	Flashcards/self-quizzing: Use your revision guides or BBC bitesize to create flashcards on a certain topic.		

Science revision takes place each Tuesday in Stones (ST1 and ST2).

SUBJECT	Sports Science (Level 2)	
EXAM BOARD	OCR Cambridge National	
EXAM INFO	1 exam worth 40%- Reducing the risk of injury	

# RECOMMENDED WEBSITES AND RESOURCES:

# RECOMMENDED REVISION STRATEGIES:

#### **PE Classroom**



#### **Revision Guide**



Use PE Classroom. Work through the topics on R180 – Reducing the risk of injuries:

- Resources
- Learning content
- 10-mark quiz
- Exam guestions

#### **Deliberate practice:**

Complete the exam questions in the revision guide or questions from your teacher.

# Spacing and interleaving:

As the topics are mixed throughout the paper (all on R180) you need to mix your revision to prepare you for this. You can do this using the revision book or The PE Classroom to vary which topics you are working on.

#### Flashcards:

Use these to revise the key content.

# OTHER INFORMATION:

You are encouraged to attend every Friday 3pm-4pm in D25 for coursework support or/and exam preparation.