

Year 11 Final Preparation Evening

Organisation 2-3 hours each day

	Before school	3.30 – 4.30	4.30 -5.30	5.30 – 6.30	7.00 – 9.00
Monday		P6 Revision	Relax	Meal/ Relax	Revision
Tuesday		Relax	Revision	Meal/ Relax	Revision
Wednesday		Revision	Relax	Meal	Revision
Thursday		P6 Revision	Relax	Revision	Sport Meal
Friday		Relax	Revision	Meal	Revision Social

Saturday and Sunday – similar approach to suit each individual.

Organisation

Time-table (Evenings, weekends and holidays)

- **Agree the balance between work and social life – stick to it but flexibility if a special event**
- **All students will feel demotivated/overwhelmed or struggle with the balance at times. Talk through solutions.**
- **Be flexible 80:20 rule**
- **Provide perspective**

Draw up a grid like this for all your subjects – it really does work!

REVISION PLAN

EXAMPLE 1

SUBJECT – SCIENCE

	TIME NEEDED	COMPLETED/GET HELP
SCIENCE PAPER 1	TOTAL – 20 HOURS	
• Inheritance & selection	3	
• Structures & bonding	4	
• Wave & radiation	4	
• Humans as organisms	3 (difficult)	
• Maintenance of life	3	
• Metals	3	
SCIENCE PAPER 2	TOTAL – 23 HOURS	
• Environment	3	
• Patterns of chemical	5 (difficult)	

SUBJECT – HISTORY

	TIME NEEDED	COMPLETED/GET HELP
HISTORY PAPER 1 NAZI GERMANY	TOTAL – 17 HOURS	
• Impact of Wall Street Crash	3	
• Impact of Treaty of Versailles	4	
• Fear of communism	4	
• Leader Principle	3 (difficult)	
• Dislike of democracy	3	
HISTORY PAPER 2 CAUSES OF W.W.II	TOTAL – 19 HOURS	
• Appeasement	3	
• Role of the individual	5 (difficult)	
• Failure of the League of Nations	5	

The End of Term....

- **Friday 11th May – Last day of timetabled lessons.**
- **Monday 14th May – Exams begin and revision timetable in lesson time.**
- **Friday 25th May – Final full school day.**
- **Post May Half term – Pupils attend revision sessions and remaining exams.**
- **Friday 6th July - Prom**

Signs of stress

- ❖ **Unable to sleep**
- ❖ **Tiredness**
- ❖ **Loss of appetite**
- ❖ **Self doubt**
- ❖ **Angry outbursts**
- ❖ **Tears**
- ❖ **Inability to focus**
- ❖ **Panic attacks etc.**



Coping with stress...

- ❖ Accept this time will be stressful.
- ❖ Moderate routine. Eat/drink/sleep normally.
- ❖ Take physical exercise regularly.
- ❖ Revise in manageable 'chunks'.
- ❖ Talk through problems/worries.
- ❖ Keep examinations in perspective.
- ❖ Focus on life after exams.
- ❖ Keep to a timetable (Tick off progress)
- ❖ Reward yourself during revision.
- ❖ Practise breathing techniques.



Revision sessions...

Easter revision timetable

April 2 nd	April 3 rd	April 4 th	April 5 th	April 6 th
Bank Holiday	Geography (10am-12.30pm) Science (1pm – 3.30pm)	English (10am-12.30pm) Science (1pm – 3.30pm)	English (12pm-2.30pm)	Art (10am-2pm) Food Tech (12.30pm-3pm)
April 9 th	April 10 th	April 11 th	April 12 th	April 13 th
Drama (10am-2pm)	History (10am-12.30pm)			Maths (10am-12.30pm) (1pm-3pm)

The Exams...

- **Look in booklet.**
- **Please Inform school if an issue has arisen.**
- **Check the “exam rules”**
- **Have a copy of the exam timetable visible at home.**

Summer Exams 2018		
Tues	1	May
Wed	2	May
Thurs	3	May
Fri	4	May
Mon	7	May
Mon	14	May
Tues	15	May
Wed	16	May
Thurs	17	May
Friday	18	May
Mon	21	May
Tues	22	May
Wed	23	May
Thurs	24	May
Friday	25	May
Mon	4	June
Tues	5	June
Wed	6	June
Thurs	7	June
Friday	8	June
Mon	11	June
Tues	12	June
Wed	13	June
Thurs	14	June
Friday	15	June
Mon	18	June
Tues	19	June
Wed	20	June
Thurs	21	June

Students should be at the exam room at least 10 minutes before the start time			
GCSE - Year 11			
9.00am Start		1.30 pm Start	
Art - all day			
Art - All day			
Art - All day			
Art - All day			
Bank holiday			
Computer Science	1hr 30m		
ICT Paper 1	1hr 30m		
French Listening	35m/45m	Biology 1	1hr 45m
French Reading	45m/60m	Biology Trilogy 1	1hr 15m
Chemistry 1	1hr 45m	Computer Science	1hr 30m
Chemistry Trilogy 1	1hr 15m	ICT Paper 2	1hr 30m
French Writing	1hr/1hr 15m	Drama	1hr 30m
		Chinese Listening	40m
		Chinese Reading	50m
English Lit	1hr 45m	Geography 1	1hr 30m
		Physics 1	1hr 45m
		Physics Trilogy 1	1hr 15m
Maths Paper 1	1hr 30m		
English Lit Paper 2	2hr 15m		
Half Term			
History (Medicine)	1hr 15m	Media Studies	1hr 45m
History (Crime & Punishment)	1 hr 15m		
English Language 1	1hr 45m	Geography 2	1hr 30m
Spanish Listening	45m	English as Second Language	2 hr
Spanish Reading	60m		
Maths Paper 2	1hr 30m		
English Language 2	1hr 45m	History (Superpower relations)	1hr 45m
Biology 2	1hr 45m	Geography Paper 3	1hr 15m
Biology Trilogy 2	1hr 15m		
Maths Paper 3	1hr 30m	History (Weimar & Nazi Germany)	1hr 20m
Chemistry 2	1hr 45m	Russian Listening	45m
Chemistry Trilogy 2	1hr 15m	Russian Reading	55m
Spanish Writing	1hr 15m	Food Prep and Nutrition	1hr 30m
		English as Second Lang (Listening)	45m
Physics 2	1hr 45m	Polish Unit 1	50m
Physics Trilogy 2	1hr 15m		
German Listening	35/45m		
German Reading	45m/1hr		
		Russian writing	1hr
Polish Unit 2	1hr		
Polish Unit 4	1hr		
German Writing	1hr/1hr15m		