Seahaven Academy
The best in everyone™
Part of United Learning

Year 11
GCSE Exam
Information, Support and Guidance

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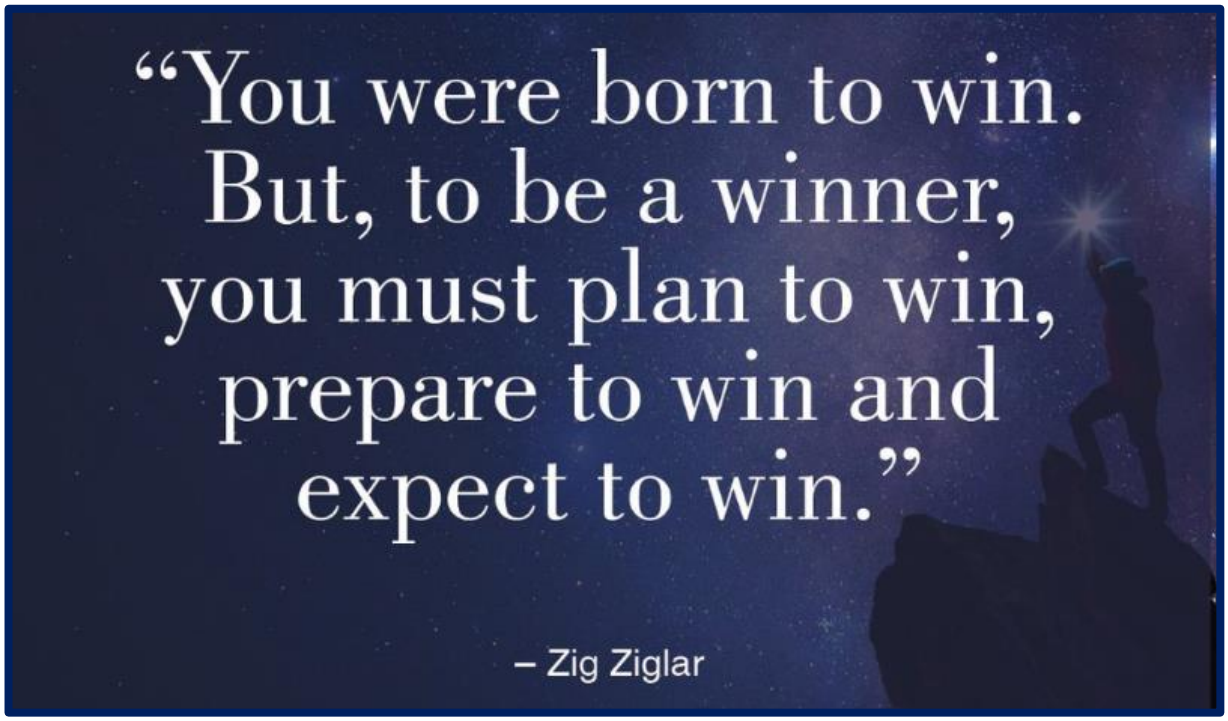


Introduction

It is the aim of Seahaven Academy to make the examination experience as stress free and successful as possible for all candidates. We are extremely proud of the work that you have been doing in the run up to your final GCSE examinations.

In Term 5 we will continue with the Period 6 sessions which is vital that all students attend their allocation session and that any absences are communicated with the subject teacher before the session as a matter of courtesy. These sessions are designed to support student's progress and will ultimately help in the run up to these final examinations.

As a school, we will be doing everything we can to support you through these stressful and busy times. Please do make contact with their subject teachers, Heads of Year and Mr Hafernik if you need anything.

For all exams the following rules must be followed: taken from Information for candidates documents - JCQ Joint Council for Qualifications

- ✓ Be on time for all your exams. If you are late, your work might not be accepted
- ✓ Do not become involved in any unfair or dishonest practice during the exam
- ✓ If you try to cheat, or break the rules in any way, you could be disqualified from all your subjects
- ✓ You must not take into the exam room: (a) notes; (b) an iPod, a mobile phone, an MP3/4 player or similar device, or a watch. Any pencil cases taken into the exam room must be see-through. Remember: possession of unauthorised material is breaking the rules, even if you do not intend to use it, and you will be subject to penalty and possible disqualification.
- ✓ If you have a watch, the invigilator will ask you to hand it to them
- ✓ Do not use correcting pens, fluid or tape, erasable pens, highlighters or gel pens in your answers
- ✓ Do not talk to or try to communicate with or disturb other candidates once the exam has started
- ✓ You must not write or draw offensive or obscene material
- ✓ If you leave the exam room unaccompanied by an invigilator before the exam has finished, you will not be allowed to return
- ✓ Do not borrow anything from another candidate during the exam

The following equipment should be brought to every exam:

- ✓ 3 pens – black
- ✓ 3 pencils
- ✓ Ruler
- ✓ Pencil sharpener
- ✓ Rubber

For certain exams you will also need the following:

- ✓ Compass
- ✓ Protractor
- ✓ Calculator
- ✓ Coloured Pencils
- ✓ Highlighters for use on question papers but not in answers

Exam Process and Procedure

The exams will take place in the main exam hall and the following process will take place. This will be exactly the same as you have experienced in the recent PPE exams.

Please ensure that you have read the Exam Information and JCQ Guidance that has been shared with you. It is important that you know the exam board's expectations and rules.

- Students will be taken to the main hall prior to the start of the exam
- A member of staff will complete an SOS (Secrets of Success) briefing to give key messages about the assessment/exam
- Whilst in the main hall students will sit in the exam seating plan and then sent to the Sports hall or the access room
- Students will need to place their bag in the allocated area and only take into the exam hall the following items: Pen, Pencil, Ruler, Rubber, Pencil Sharpener. Specialist Equipment for exams will be provided by the school. Should a water bottle be taken into the exam hall, then this will need to be a clear bottle with no label or writing on it
- As soon as students enter the exam hall then they will be under exam conditions and should be silent. If they need any assistance, then they should raise their hand and an exam invigilator will come and speak with them
- Students will be dismissed at the end of the exam by a member of staff

Be Ambitious.

With ambition we exceed.

Be Selfish for your grade

Points to note:

If is now the time for you to be selfish for your grade and concentrate on what you need to do to achieve the grades you deserve.

Use your results and feedback from the recent PPE exams to guide your revision and preparation. Remember to revise everything you have been taught in your lessons and what has been set as homework to focus your revision.

To prepare for your exams, you should ensure that you have access, and have completed, the following things:

- Any revision booklets that your subject teacher gives to you
- Your class folders (if your teacher allows you to take it)
- Seneca/Sparx/LanguageNut logins
- All homework assigned which is accessed on Satchel One

Revision

It is important that you continue to revise correctly and smartly – this means planning your revision schedule and keeping to it, rather than revising at the last minute.

IT IS NOT ENOUGH TO JUST COMPLETE THE WORK WHICH IS GIVEN TO YOU IN CLASS

You should see your learning as follows:

- **Classwork** = the exam paper skills/ addressing any misconceptions
- **Core subjects in tutor time and Period 6**
- **Subject homework** = Helping you to recall skills from previous units and all skills
- **Revision** = Ensuring you are exam ready

Those who will achieve higher grades will complete all 4 waves of classwork, extra sessions, subject homework and revision.

Revision Guidance

Additional Advice and guidance can be found on our school website:

https://www.seahavenacademy.org.uk/parents-students/key-stage-4-information

or
https://www.bbc.co.uk/bitesize/levels/z98jmp3
https://www.thenational.academy/teachers/key-stages/ks4/subjects

The Basics:

- Limit distractions
- Create and use a revision plan
- Find a nice quiet space to revise in
- Set an alarm and start early!
- Revise. Repeat. Remember
- Make sure you eat, sleep and take time out
- Stay positive

How can I revise effectively?

Three common revision techniques that are least effective in helping you revise are:

- ✓ Highlighting texts
- ✓ Re-reading
- ✓ Summarising text

These methods may make you *feel like* you are revising, but there are better ways to help you revise...

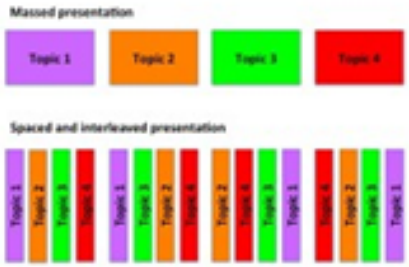
Flashcards

Create these with questions on one side and the answers on the other. You can colour code them for different topics and quiz yourself or others. You can also create flashcards on-line or on your phone using Quizlet.

Retrieval Practice

Testing yourself for what you know is a really powerful tool in revision. The effort to remember something really strengthens your memory. Use your Knowledge Organisers to Self-Quiz and subject revision guides to help you.
Types: Multiple choice; True or false; odd one out; explanation questions.

Interleaving & Spacing



Avoid trying to revise all your topics in one go (cramming). Instead, revise chunks of a topic for small amounts of time (15 mins) and then move onto another chunk. This will improve your memory.

Dual Coding

This is putting your knowledge into visual form alongside words. It increases your chances of remembering it.

Deliberate Practice

Set aside time to practice improving your knowledge. Choose what you need to do. It should be difficult enough to challenge you, and practice, practice, practice! Try to focus on something you are almost able to do but just not yet!

Attendance Matters

GCSE results:

Our most recent GCSE results highlighted that student that had their attendance above 96% achieved significantly better GCSE results when compared to students below 96%

Period 6

The period 6 timetable has been adapted for this term to provide greater support for students within core subjects.

Morning and Afternoon Sessions	
Monday AM	Core subject tutor time
Monday PM	Maths, History and Music
Tuesday AM	Core subjects tutor time
Tuesday PM	English, Geography, History and Music
Wednesday AM	Core subject tutor time
Wednesday PM	Science
Thursday AM	Core subject tutor time
Thursday PM	Art, Drama, Photography, DT and History
Friday AM	Core subject tutor time
Friday PM	Geography, PE and Music
Additional Support	
N20 Study Support: Every Lunch time Library Homework Club: Monday, Tuesday, Wednesday and Friday 3-4pm Maths Homework Club N16: Thursday 3-4pm **English and Maths Homework is due every Tuesday morning**	

Year 11 Exam Timetable

Please note: Timetable is subject to change. Students and Parents/Carers will be notified as soon as possible of any changes. Please note that French will issue the individual speaking times directly to students.

Day	Date	Time	Subject	Duration
Tuesday	10/02/2026	ALL DAY	Food and Nutrition NEA2	All day
Wednesday	11/02/2026	ALL DAY	Food and Nutrition NEA2	All day
Thursday	12/02/2026	ALL DAY	Food and Nutrition NEA2	All day
Friday	13/02/2026	ALL DAY	Food and Nutrition NEA2	All day
Half Term				
Monday	23/02/2026	ALL DAY	DT YAE 1 Practical Drama Practical Mock	All day
Tuesday	24/02/2026	ALL DAY	DT YAE 2 Practical	All day
Wednesday	25/02/2026	ALL DAY	Photo Practical	All day
Thursday	26/02/2026	ALL DAY	Art Practical	All day
Friday	27/02/2026	ALL DAY	DT JPA Practical	All day
Monday	02/03/2026	09:00	English Lit	1hr 45min
Monday	02/03/2026	11:25	Music Listening & Drama	1hr 15min/1hr 45min
Tuesday	03/03/2026	ALL DAY	GCSE DRAMA Practical Exam	All day
Tuesday	03/03/2026	09:00	Maths P1	1hr 30min
Tuesday	03/03/2026	11:25	Geog P1	1hr 30min
Tuesday	03/03/2026	14:00	French Listening	1hr/45min
Wednesday	04/03/2026	09:00	History P1 (Medicine)	1hr 20min
Wednesday	04/03/2026	11:25	Biology	1hr 45min/1hr 15min
Thursday	05/03/2026	09:00	Maths P2	1hr 30min
Thursday	05/03/2026	11:25	Food	1hr 45min
Thursday	05/03/2026	14:00	French Reading	1hr/45min
Friday	06/03/2026	09:00	Geog P2	1hr 30min
Friday	06/03/2026	11:25	Chemistry	1hr 45min/1hr 15min
Monday	09/03/2026	09:00	English Lang	1hr 45min
Monday	09/03/2026	11:25	History P2 (Cold War & Elizabeth)	1hr 50min
Tuesday	10/03/2026	09:00	Maths P3	1hr 30min
Tuesday	10/03/2026	11:25	French Writing	1hr 20min/1hr 15min
Wednesday	11/03/2026	09:00	Health and Fitness	1hr 30min
Wednesday	11/03/2026	11:25	Physics	1hr 45min/1hr 15min
Thursday	12/03/2026	09:00	History P3 (Germany)	1hr 30min
Thursday	12/03/2026	11:25	Geog P3	30min
Monday	16/03/2026	ALL DAY	French Speaking	All day
Tuesday	17/03/2026	ALL DAY	French Speaking	All day
Wednesday	18/03/2026	ALL DAY	Health and Fitness Practical Day	All day
Thursday	19/03/2026	ALL DAY	French Speaking	All day
Friday	20/03/2026	ALL DAY	French Speaking	All day

Art

Subject Lead: Miss Taylor
taylora@seahavenacademy.org.uk

Course	EDEXCEL Art & Design Fine Art
Exam Length	5 HOUR MOCK
Examination and content:	MOCK PRACTICAL EXAM
Resources to help you revise:	

MOCK PRACTICAL EXAM

*The **practical exam** is and is taking place on 6th November 2025*

It is adding to the final work for your COURSEWORK component and contributes to the 60% section of your grade

COMPONENT 1:

Coursework includes everything from year 10 and year 11 and you will not be working on this in class after DECEMBER 2025 as your exam theme will start in JANUARY 2026

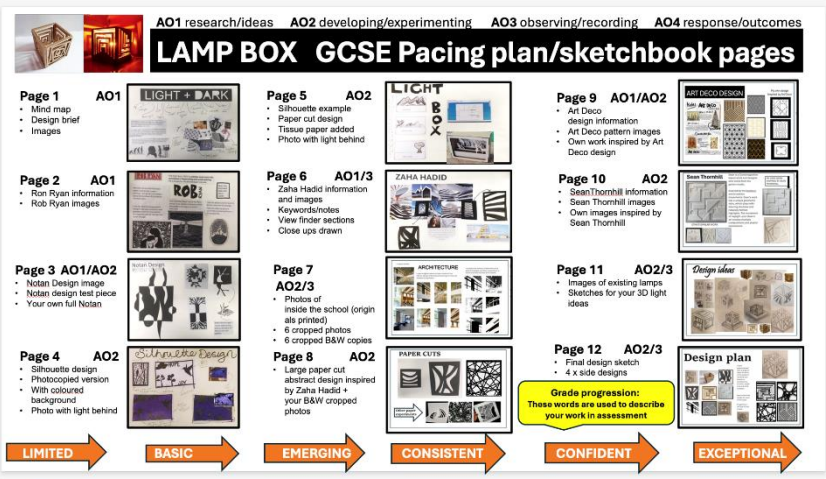
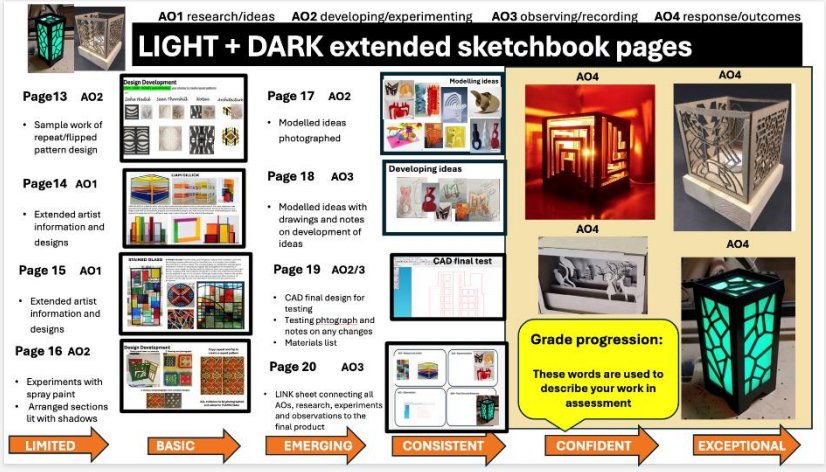
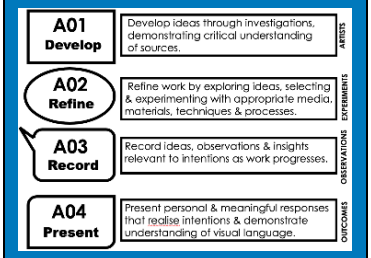
. Evidence needs to meet the four assessment objectives AO1, AO2, AO3 and AO4.

	Year 11 Art
A Sept 5th	Photomontage collage
B Sept 10th, 11th +	Sunga Park, present, draw biro, analysis photos to be sent to ETA HW Take
A Sept 17th, 19th	Tetrapak printing from secondary photos Wicks artist research HW Karen
B Sept 24th, 25th +	Experimentation sheets : Piper, Rauschenberg, urban art pastel, ink, gelli Oil
A Oct 1st, 3rd	Experimentation sheets: Thematic research and deeper research
B Oct 8th, 9th +	Initial plans for final idea: 3D experiments, windows, concertina
A Oct 15th, 17th	Colour experiments. Paint, mixed media, monoprints, tetra, gelli
B Oct 22nd, 23rd +	Final Plans in colour. Media experiments. PINK POINTS for whole book.
	HALF TERM
A Nov 5th, 7th	MOCK EXAM: Small concertina, construction, painting
B Nov 12th, 13th +	Complete exam in class.
A Nov 19th, 21st	Year 10 finals to be completed with PINK POINTS
B Nov 26th, 27th +	Year 10 books PINK POINTS to be completed
A Dec 3rd, 5th	Complete all coursework for Jan 1st 2026
B Dec 10th, 11th	Evaluations and Connections page

BBC Bitesize Art + Design
The Arty Teacher
United learning Continuity Oak sessions
GCSE ART Knowledge Organisers

3-D Design (D&T)

Subject Lead: Miss Aeberhard
aeberhardy@seahavenacademy.org.uk

Course	EDEXCEL Art & Design Three-Dimensional Design (3D Design)
Exam Length	5 HOUR MOCK
Examination and content:	FINAL NATURAL FORMS sculpture for public space + completion of LIGHT + DARK FINAL PRODUCT
Resources to support you: **MOCK PRACTICAL EXAM** *The **practical exam** is and is taking place either* *4th Nov + 10th Nov 2025* *Or* *7th Nov 2025 (Mr P)* *November (Mrs A)on 6th November 2025* ***It is adding to the final work for your COURSEWORK component and contributes to the 60% section of your grade*** ***COMPONENT 1:*** *Coursework includes everything from year 10 and year 11 and you will not be working on this in class after DECEMBER 2025 as your exam theme will start in JANUARY 2026* *. Evidence needs to meet the four assessment objectives AO1, AO2, AO3 and AO4.*	Sketchbook example pages/pacing plan to be used to support evidence and order of work expected. These are found on SMHW and in your sketchbooks + in the classroom    Use the links below the checklist for the Seahaven 3D Design GCSE support booklet, Knowledge Organisers and other resources online that can help you. 3D Design Knowledge Organisers 3D Design GCSE Support Handbook BBC Bitesize Art + Design The Arty Teacher United learning Continuity Oak sessions

Course	AQA GCSE Drama
Exam Length	**PRACTICAL NEA** 40% COMPLETED Devised Drama 20% Texts in Practice performed to visiting aqa examiner in Term 3 **WRITTEN EXAM** Paper 1- Unit 1 1 hour 45 minutes
Examination and content: **The exams and non-exam assessment will measure how students have achieved the following** **assessment objectives:** **• AO1: Create and develop ideas to communicate meaning for theatrical performance.** **• AO2: Apply theatrical skills to realise artistic intentions in live performance.** **• AO3: Demonstrate knowledge and understanding of how drama and theatre is developed** **and performed.**	Component 1 Understanding Drama **Section A** Theatre Roles and Terminology: Multiple choice x 4 questions 4 marks total **Section B** Study of set play: Blood Brothers Reading an extract and answering 4-part question 34 marks total **Section C** Live Theatre Production Describe how two actors effectively use vocal and physical skills in performance. 32 marks total 80 marks for complete paper

• **AO4: Analyse and evaluate their own work and the work of others.**	
Resources to help you revise:	Preparing for the written exam - How to answer set text exam questions - AQA - GCSE Drama Revision - AQA - BBC Bitesize Director and performers - Theatre roles - AQA - GCSE Drama Revision - AQA - BBC Bitesize Social, cultural and historical context - Characteristics of a dramatic work - AQA - GCSE Drama Revision - AQA - BBC Bitesize Staging - Staging - AQA - GCSE Drama Revision - AQA - BBC Bitesize Stage positioning - Stage positioning - AQA - GCSE Drama Revision - AQA - BBC Bitesize How performers use their body - Physical skills for interpreting a character - AQA - GCSE Drama Revision - AQA - BBC Bitesize How performers use their voice - Vocal interpretation of a character - AQA - GCSE Drama Revision - AQA - BBC Bitesize

Course & Exam Length	AQA English Literature Paper 2: 2hrs 15mins Language Paper 2: 1hr 45mins
Examination and content:	**Literature Paper 2:** **Section A: Modern prose/drama - 30 marks (AO1, AO2, AO3) + 4 marks (AO4)** Students will answer one essay question from a choice of two on their studied modern play, An Inspector Calls**.** **Section B: Power and Conflict poetry - 30 marks (AO1, AO2, AO3)** Students will answer one comparative essay question. Students will need to choose a poem from the Power and Conflict cluster to compare to the named poem on the exam paper. **Section C: Unseen Poetry – 32 marks in total** Students will answer one question on one unseen poem and one question comparing this poem with a second unseen poem. • Part 1: unseen poem essay **24 marks (AO1, AO2)** • Part 2: unseen poetry comparison **8 marks (AO2)** **Language Paper 2:** **Reading** (40 marks) (25%) – two linked texts • 1 short form question (1 x 4 marks) • 2 longer form questions (1 x 8, 1 x 12 marks) • 1 extended question (1 x 16 marks) **Writing** (40 marks) (25%) • 1 extended writing question (24 marks for content, 16 marks for technical accuracy)

Resources to help you revise:

School Revision Folder: Year 11 Revision Resources

English Literature:

Knowledge Organisers:		
Paper 2	An Inspector Calls	aic knowledge organiser.pdf

Paper 2	Poetry: Power and Conflict	Bayonet Charge by Ted Hughes.pdf Checking Out Me History by John Agard.pdf Exposure by Wilfred Owen.pdf Kamikaze by Beatrice Garland.pdf London By William Blake.pdf My Last Duchess by Robert Browning.pdf Ozymandias by Percy Bysshe Shelley.pdf Poppies by Jane Weir.pdf Remains by Simon Armitage.pdf Storm on the Island by Seamus Heaney.pdf The Charge of the Light Brigade by Alfred Tennyson.pdf The Emigree by Carol Rumens.pdf The Prelude Stealing the Boat by William Wordsworth.pdf Tissue by Imtiaz Dharker.pdf War Photographer by Carol Ann Duffy.pdf

Additional literature video resources:

An Inspector Calls	**Power and Conflict Poetry**
The Inspector (Part 1) The Inspector (Part 2) Sheila and Eric (Part 1) Sheila and Eric (Part 2) Mr Birling Mrs Birling Responsibility (Part 1) Responsibility (Part 2) The Generational Divide (Part 1) The Generational Divide (Part 2) Challenging Class and Gender (Part 1) Challenging Class and Gender (Part 2)	London (Part 1) London (Part 2) Ozymandias (Part 1) Ozymandias (Part 2) My Last Duchess (Part 1) My Last Duchess (Part 2) Charge of the Light Brigade (Part 1) Charge of the Light Brigade (Part 2) Exposure (Part 1) Exposure (Part 2) Poppies (Part 1) Poppies (Part 2) Tissue (Part 1) Tissue (Part 2) The Emigree (Part 1) The Emigree (Part 2) Checking Out Me History (Part 1) Checking Out Me History (Part 2)

English Literature and Language:

Online Revision Sites:

Mr Bruff https://www.youtube.com/user/mrbruff	**Physics and Maths Tutor** https://www.physicsandmathstutor.com/english-revision/gcse-aqa/

Food Preparation and Nutrition

Subject Lead: Miss Aeberhard
aeberhardy@seahavenacademy.org.uk

Course	Eduqas Food Preparation and Nutrition
Exam Length	Component 1: Principles of Food Preparation and Nutrition Written examination: 1 hour 45 minutes 50% of qualification
Examination and content:	This component will consist of two sections both containing compulsory questions and will assess the six areas of content as listed in the specified GCSE content. Section A: questions based on stimulus material. Section B: structured, short and extended response questions to assess content related to food preparation and nutrition **Areas of Content** 1. Food commodities 2. Principles of nutrition 3. Diet and good health 4. The science of food 5. Where food comes from 6. Cooking and food preparation
Resources to help you revise:	SENECA REVISION BBC Bitesize FOOD GCSE FP&N Exam Preparation Pacing Plan GCSE Food Knowledge Organisers

Course	Edexcel GCSE French

Examination and content:

	Foundation Tier	**Higher Tier**
Speaking 50 marks 25%	Prep time: 15 mins Foundation: 7-9 mins Task 1: Read aloud and 2 short unprepared questions Task 2: Role play in a transactional setting Task 3: Picture description, 2 short unprepared questions and follow-on conversation	Prep time: 15 mins Higher: 10-12 mins Task 1: Read aloud and 2 short unprepared questions Task 2: Role play in a transactional setting Task 3: Picture description, 2 short unprepared questions and follow-on conversation
Listening & Understanding 50 marks 25%	Foundation: 45 mins 5 mins reading time included Section A: Listening - multiple-choice, multiple-response and short-answer open response questions. All questions set in English. Section B: Dictation All extracts are played 3 times	Higher: 60 mins 5 mins reading time included Section A: Listening - multiple-choice, multiple-response and short-answer open response questions. All questions set in English. Section B: Dictation All extracts are played 3 times
Reading & Understanding 50 marks 25%	Foundation: 45 mins Section A: Reading - multiple-choice, multiple-response and short-answer open response questions. All questions set in English. Section B: Translation into English	Higher: 60 mins Section A: Reading - multiple-choice, multiple-response and short-answer open response questions. All questions set in English. Section B: Translation into English
Writing 50 marks 25%	Foundation: 1 hour 15 mins Picture task Two writing responses (with a choice of two options for each question) Translation into French	Higher: 1 hour 20 mins Two writing responses (with a choice of two options for each question) Translation into French

Resources to help you revise:	**Paper 1 – Speaking** • 15-minute preparation time – you will be given your read aloud, role-play card and photo card to prepare in this time – you can write notes on the read aloud card and then on the paper provided for the role play and photo – you can use your notes for this section of the exam. • The final minute of the preparation time is in the exam room where you can practice your read aloud – out loud • Read aloud – you can annotate your passage and use these notes in the exam • Role-Play – you can make notes on the paper provided and use these notes in the exam • Photocard – you have a choice of two photos and must talk about People, Action and Location – you must provide as much detail as possible. You can make notes and use these notes in the exam • General Conversation – this is on the same theme as the photocard • Two weeks before the speaking exam window you will be asked to chose from two themes – your photocard and general conversation will be based on this theme • During the exam there will be 2 short (unprepared) questions after the read aloud and after the photocard **Paper 2 - Listening** • Use the 5-minute reading time to carefully read though the paper. - Check the instructions e.g. is it multiple choice/select from a list/writing answers/a specific amount of detail required. - Note any useful vocab /translations. • Ensure that you answer every question – you will hear each recording three times. • Focus on the dictation – listen really carefully and apply your French phonics/SSCs. This is worth 20% of the paper (10 marks) **Paper 3 - Reading** • Use a few minutes to carefully read though the paper. - Check the instructions e.g. is it multiple choice/select from a list/writing answers/a specific amount of detail required. - Note any useful vocab /translations. • Before you start – read the translation task (you may pick up tips or think of the answers as you are completing the paper) • Ensure that you answer every question. • Ensure you leave enough time for the translation which is the last question. This is worth 20% of the paper (10 marks) **Paper 4 – Writing** **FOUNDATION**

	• Question 1 – photo Write 4 'il y a' sentences about the photo – remember to keep it simple (8 marks) • Question 2 – 40-50 words – you will have a choice of two (14 marks) Write about 3 bullet points - Bullet 1 – requires description - Bullet 2 – requires opinions - Bullet 3 – requires you to answer using the future • Question 3 – 80-90 words – you will have a choice of two (18 marks) Write about 4 bullet points - Bullet 1 – requires description - Bullet 2 – requires opinions - Bullet 3 – requires you to answer using the past - Bullet 4 – requires you to answer using the future • Question 4 – translation (10 marks) Translate 5 sentences into French **HIGHER** • Question 1 – 80-90 words – you will have a choice of two (18 marks) Write about 4 bullet points - Bullet 1 – requires description - Bullet 2 – requires opinions - Bullet 3 – requires you to answer using the past - Bullet 4 – requires you to answer using the future • Question 2 – 80-90 words – you will have a choice of two (22 marks) Write about 4 bullet points - Bullet 1 – requires description - Bullet 2 – requires you to write about the pros and cons - Bullet 3 – requires you to answer using the past - Bullet 4 – requires you to answer using the future • Question 4 – translation (10 marks) Translate a short paragraph into French
Resources to help you revise:	Blank copies for your speaking booklets (please ensure you fully download and save to your own area before you make any changes) Year 10 Speaking questions Themes 1-4 .docx Year 11 Speaking questions Themes 5-6.docx On www.languagenut.com there are weekly homework tasks which cover the current topics and themes as well as revising the Year 10 topics and

themes. You can also look for specific tasks on Language Nut and personalize your revision.

GCSE French, German and Spanish (2024) - Student speaking support for speaking exams this document has been produced by Edexcel to support students with their speaking exam

french-key-vocabulary-by-subject.docx key vocabulary – by topic (this does not cover 100% of the vocabulary lists)

Videos from Edexcel to support your speaking exams – they are all very short and straight from the exam board to give you the best advice.

Student Tip 1 – Let's talk about the speaking exam (GCSE (2024) French, German and Spanish)

Student Tip 2 – preparation time (GCSE (2024) French, German and Spanish speaking exams)

Student Tip 3 – annotating the read aloud card (GCSE (2024) French, German and Spanish speaking)

Student Tip 4 – correcting pronunciation (GCSE (2024) French, German and Spanish speaking exams)

Student Tip 5 –using the 1-minute prep time (GCSE (2024) French, German and Spanish speaking exams)

Student Tip 6 – the role play (GCSE (2024) French, German and Spanish speaking exams)

Student Tip 7 – answering two mark questions (GCSE (2024) French, German and Spanish speaking exams)

Student Tip 8 – asking for a repeat (GCSE (2024) French, German and Spanish speaking exams)

Student Tip 9 – choosing the picture (GCSE (2024) French, German and Spanish speaking exams)

Student Tip 10 – the picture description (GCSE (2024) French, German and Spanish speaking exams)

Student Tip 11 – conversation: student role (GCSE (2024) French, German and Spanish speaking exams)

Student Tip 12 – conversation: teacher role (GCSE (2024) French, German and Spanish speaking exams)

Student Tip 13 – using your notes (GCSE (2024) French, German and

	Spanish speaking exams) Student Tip 14 – revision (GCSE (2024) French, German and Spanish speaking exams) Student Tip 15 – the speaking exam day (GCSE (2024) French, German and Spanish speaking exams) Student Tip 16 – how to smash your speaking (GCSE (2024) French, German and Spanish speaking exams)

Geography

Subject Lead: Mrs Price
pricec@seahavenacademy.org.uk

Course	AQA GCSE Geography
Exam Length	Paper 1 -1 hr 30 mins Paper 2/3 1 Hour 30 mins Equipment reminder: Always have a pencil, ruler, and calculator alongside your normal equipment in your geography exam.
Examination and content:	**Paper 1** Challenge of natural hazards • Tectonic Hazards • Tropical Storms • Extreme weather in the UK • Climate Change Living World • Ecosystems/Biomes • Global atmospheric circulation model • Rainforests • Deserts Physical landscapes in the UK • Coasts • Rivers **Paper 2** Urban Challenges Development of the modern world • Urbanisation • Case studies: Rio • Bristol Changing economic world • Development • Uneven development • Migration • Tourism • Aid • TNC's The Challenge of Resource Management • Food in the UK • Energy in the UK • Water in the UK Worldwide Resources • Water **Paper 3** Physical Fieldwork Human Fieldwork Geographical Skills – example 6 fig grid references • Practicing fieldwork at Eastbourne Beach
Resources to help you revise:	**Recommended Revision Guide**: CGP GCSE AQA Geography (9-1) NEW Revision Guide: Amazon Link **Past Papers:** AQA Link **Resources to help revision:** • AQA Geography Seneca Course: Free Homework & Revision for A Level, GCSE, KS3 & KS2 (senecalearning.com)

- Recommended Revision Guide: CGP GCSE AQA Geography (9-1) NEW Revision Guide: Amazon Link
- Past Papers: AQA Link
- United Learning Curriculum platform:

Paper 1: Knowledge Organiser (Year 10)
Paper 2: Knowledge Organiser (Year 11)
Paper 3: Fieldwork Revision Booklet/ Plus pre-release
Please note that not all modules are being tested in the PPE, as we still have some of the course content left to cover. When completing past papers please be mindful of this so you are only completing sections which are in the PPE.

Please see below for the PPE content. Topics, case studies and examples

Paper 1:
Natural Hazards (CFP 1-11)
- Tectonic Hazards
- Plate boundaries
- Case study Haiti and New Zealand
- Effects and Responses
- Tropical Storms **(CGP 12-27)**
- Case study Typhoon Haiyan
- Extreme weather in the UK

Climate Change (CGP 28-36)
- Evidence
- Global effects
- Mitigation
- Adaptation

Living with the physical environment.
Section C: Physical landscapes in the UK
- UK Landscape UL Lesson 1

Coasts (CGP 78-85)
- Coastal processes
- Coastal landforms
- Identifying landforms – Example – Coastal landscape – Dorset Coastline
- Coastal Management - Example – Coastal management – Eastbourne

Rivers (CGP 86-100)
- River landforms – Deposition
- Identifying river landforms
- Example: River landscape – River TEEs
- River discharge and flooding
- River management
- Flood management

Paper 2
2.1 Section A Urban Issues and Challenges (CGP 110-119)
- NEE City Case Study Growth. Opportunities and challenges (social, economic environmental) management – Rio (Brazil) opportunities and challenges
- Example of how Urban Planning has improved Favelas – Bairro Improvement project.

- UK City Case Study. Location, character, opportunities and challenges – Bristol UK
- Example of regeneration in the UK – Temple Quarter Bristol
- Example of sustainable urban living – Friedberg Germany
- Traffic management case study – Bristol

2.2 Section B: The Changing Economic World

- Example of how Tourism has reduced the development gap – Kenya.
- NEE Cast Study – India
- UK Case Study – North South Divide
- Example of sustainable industry – Unilever

2.3 Section C: Challenge of resource management

- Water in the UK
- Food in the UK
- Energy in the UK
- Water worldwide resource

Paper 3: Fieldwork

Based on the physical and human aspects of Year 10 fieldwork enquiry in Eastbourne (CGP 191)

Plus pre-release released Mar/Apr

Geographical Skills – example 6 fig grid references

All KS4 Geography lessons can be found on the curriculum website: Curriculum - Curriculum (unitedlearning.org.uk)

Skills: There will also be a range of skills questions on the paper. The skills could be based on:

- Map skills – Grid references, scale, relief, describing maps, identifying features on maps.
- Graphs – Describing, constructing and analyzing graphs.
- Numerical skills – correlation, frequency, ratio, magnitude, area
- Statistical skills – mean, mode, median, range, % increase/decrease.

Additional Video Links for Revision Support:

Paper 1:

Natural Hazards

What is a natural hazard - https://www.bing.com/videos/riverview/relatedvideo?&q=natyral+hazards&adlt=strict&mid=EBC6CF679092257EF374EBC6CF679092257EF374&&FORM=VRDGAR

Tectonic Hazards

Mantle and convection currents https://www.youtube.com/watch?v=p0dWF_3PYh4 or PLATE TECTONICS - Bing video

Continental drift or plate tectonics (youtube.com)

Plate boundaries - Bing Videos or Geography | KS3 | Explain This... | Plate Tectonics | BBC Teach (youtube.com) or Plate Tectonics Theory Lesson (youtube.com)

Earthquakes – causes and effects Bing Videos or Bing Videos

Haiti - Bing Videos or Bing Videos or Bing Videos

New Zealand - Christchurch Earthquake Feb 2011 - Hamish Clark TV3 New Zealand (youtube.com)

Comparing Earthquakes (Haiti vs Japan but useful) - Bing Videos

MPP Earthquakes - https://www.youtube.com/watch?v=1ciJrYWdeO4
Reducing Hazards - Bing Videos or https://tse1.mm.bing.net/th?&id=OVP.nI1Df-JcSdgAU1CFToIgdwEsDh&w=320&h=180&c=7&pid=1.7&rs=1
Living with tectonic hazards - JDW SkyPartnership landscape - updated version (youtube.com)

Tropical Storms

Global atmospheric circulation model - Atmospheric Circulation (youtube.com)
Hurricanes/Tropical Storms - Curse of the Golden Paw | Compare the Market (youtube.com) and What are hurricanes, typhoons and tropical cyclones? (youtube.com) or Bing Videos
Coriolis effect - Hurricanes 101 | National Geographic (youtube.com)
Formation of a tropical storm - Bing Videos or Bing Videos
Typhoon Haiyan - Bing Videos or Bing Videos
Reducing effects of tropical storms - Bing Videos and Bing Videos or Extreme weather 2018 - more in 10 years than in decades (UK) - BBC News - 2nd November 2018 (youtube.com)

Extreme Weather in the UK

Extreme weather in the UK - Bing Videos or Bing Videos
Is our weather more extreme - Extreme weather 2018 - Taking its toll (UK) - ITV News - 26th July 2018 (youtube.com)
Understanding extreme weather met office - Exploring extreme weather - lesson plan - Met Office
Understanding weather warnings - Second red warning 18/02/22 (youtube.com)
What Somerset is like - The Somerset Levels & Moors (youtube.com)
Effects of Flooding Somerset levels - Somerset Levels still suffering under the floods (youtube.com)
Somerset levels case study - Bing Videos
Managing Somerset levels floods - 16x9 BG USGROWTHTRUST 20sec VO Subs (youtube.com)
Storm Eunice - Storm Eunice: 122mph record winds batter UK - YouTube

Climate Change

Evidence of climate change - https://www.bing.com/videos/riverview/relatedvideo?q=evidence+of+climate+change+geography&adlt=strict&view=riverview&mmscn=mtsc&mid=08A6DB46F864D42DA33A08A6DB46F864D42DA33A&&aps=0&FORM=VMSOVR or https://www.bing.com/videos/riverview/relatedvideo?&q=evidence+of+climate+change+geography&adlt=strict&mid=7662FBB2F2212DF2D4537662FBB2F2212DF2D453&&FORM=VRDGAR
Ice core samples - https://www.youtube.com/watch?v=VjTsj-fi-p0
Tree Rings - https://www.bbc.co.uk/news/uk-wales-49742598.amp and https://www.youtube.com/watch?v=xmZO7aRgcW4

Physical causes of climate change

Orbital change - https://www.bing.com/videos/search?q=Milankovitch+Cycles+Simple&adlt=strict&view=detail&mid=A1A7E1E06609EEABA85EA1A7E1E06609EEABA85E&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3DMilankovitch%2BCycles%2BSimple%26FORM%3DVRIBQP
Sunspots – front fairs - https://www.bing.com/videos/riverview/relatedvideo?&q=frost+fairs+london&adlt=strict&mid=405A4F207EE942275AB6405A4F207EE942275AB6&&FORM=VRDGAR
Volcanoes – Mount Tambora - https://www.bing.com/videos/riverview/relatedvideo?&q=frost+fairs+london&adlt=strict&mid=405A4F207EE942275AB6405A4F207EE942275AB6&&FORM=VRDGAR
Human causes of climate change - https://www.bing.com/videos/riverview/relatedvideo?&q=human+causes+of+climate+change+time+for+geography&adlt=strict&mid=B5985114C38FA62E90F7B5985114C38FA62E90F7&&FORM=VRDGAR
Enhances green house effect - https://www.youtube.com/watch?v=SN5-DnOHQmE
International agreements - https://www.youtube.com/watch?v=5rFmYRXWVio

Carbon capture - https://www.youtube.com/watch?v=aHtbDmzjYgg
Renewable energy - https://www.bing.com/videos/riverview/relatedvideo?&q=renewable+energy+geography&adlt=strict&mid=464589A86EBE20B743F2464589A86EBE20B743F2&&FORM=VRDGAR
Fossil fuels and renewable energy - https://www.bbc.co.uk/bitesize/articles/zntxgwx
Adapting to climate change - https://www.youtube.com/watch?v=BGKZqm7VwOs and https://www.youtube.com/watch?v=AkMnSgjkRq4
Coral Bleaching - https://www.youtube.com/watch?v=mQ10xBl8XMQ
Effects of climate change - https://www.youtube.com/watch?v=S7jpMG5DS4
Climate change and the Maldives - https://abcnews.go.com/International/facing-dire-sea-level-rise-threat-maldives-turns/story?id=80929487 and https://www.bing.com/videos/search?q=maldives+at+risk+of+climate+change&FORM=HDRSC6 and https://www.youtube.com/watch?v=SCs-_4c6Kd0
Climate change UK positives - https://www.youtube.com/watch?v=gnbsHbYjLGk
Climate change UK negatives - https://www.youtube.com/watch?v=B8L4BoDNJMc

Living World

Ecosystems - https://www.youtube.com/watch?v=KkMiIRb-Kz4
Biomes - https://www.youtube.com/watch?v=JPHqUxxyLsY
Changes in ecosystem reintroducing wolves - https://www.youtube.com/watch?v=lloe8y8rwJQ
Global atmospheric circulation model - https://www.youtube.com/watch?v=WXuGYSM2D8k
Distribution of biomes - https://www.youtube.com/watch?v=hIy0ZlyPPDg
Biomes Song - https://www.bing.com/videos/riverview/relatedvideo?q=biomes+song&mid=942131A2450660A95DFC942131A2450660A95DFC&FORM=VIRE

Tropical Rainforests

Introduction tropical rainforests - https://www.bing.com/videos/riverview/relatedvideo?q=time+for+geography+tropical+rainforests&adlt=strict&view=riverview&mmscn=mtsc&mid=DEBDE9BA57D8E7A6097FDEBDE9BA57D8E7A6097F&&aps=0&FORM=VMSOVR
Characteristics of tropical rainforests - https://www.bing.com/videos/riverview/relatedvideo?q=time+for+geography+tropical+rainforests&adlt=strict&view=riverview&mmscn=mtsc&mid=67DF4C254D41A887CD6E67DF4C254D41A887CD6E&&aps=0&FORM=VMSOVR
Adaptations in tropical rainforests - https://www.bing.com/videos/riverview/relatedvideo?q=time+for+geography+tropical+rainforests&adlt=strict&view=riverview&mmscn=mtsc&mid=9EAB2C87015AFAB945A99EAB2C87015AFAB945A9&&aps=0&FORM=VMSOVR
Causes of deforestation - https://www.bing.com/videos/riverview/relatedvideo?&q=time+for+geography+tropical+rainforests&adlt=strict&mid=824784DFC76438FBB371824784DFC76438FBB371&&FORM=VRDGAR
Impacts of deforestation - https://www.youtube.com/watch?v=k1Mk_fkpK84
Managing tropical rainforests - https://tse1.mm.bing.net/th?id=OVP.12i4dOkpnDR-pPrAcR75gAHgFo&w=272&h=153&c=7&rs=1&qlt=90&o=5&pid=1.7
Sustainable logging - https://www.youtube.com/watch?v=XMLeWOuQVbE
Ecotourism - https://www.youtube.com/watch?v=Fhx0QBnBtC8

Hot Deserts

Introduction into hot deserts - https://www.bing.com/videos/riverview/relatedvideo?q=time+for+geography+hot+deserts&adlt=strict&view=riverview&mmscn=mtsc&mid=A6E61008C0A091A1A185A6E61008C0A091A1A185&&aps=0&FORM=VMSOVR and https://www.bing.com/videos/riverview/relatedvideo?q=time+for+geography+hot+deserts&adlt=stri

ct&view=riverview&mmscn=mtsc&mid=C7B74BF9FE0138B9AFACC7B74BF9FE0138B9AFAC&&aps=0&FORM=VMSOVR
Characteristics of hot deserts - https://www.bing.com/videos/riverview/relatedvideo?q=time+for+geography+hot+deserts&adlt=strict&view=riverview&mmscn=mtsc&mid=F4E6FF92A03291EAD277F4E6FF92A03291EAD277&&aps=0&FORM=VMSOVR
Thar Desert - https://www.bing.com/videos/riverview/relatedvideo?&q=time+for+geography+hot+deserts&adlt=strict&mid=AEF8E8FCEE0FB71AEF03AEF8E8FCEE0FB71AEF03&&FORM=VRDGAR and https://www.youtube.com/watch?v=vHJLOqU3Myc
Challenge in hot deserts - https://www.bing.com/videos/riverview/relatedvideo?&q=time+for+geography+hot+deserts&adlt=strict&mid=4CE92220579573781E744CE92220579573781E74&&FORM=VRDGAR
Hot deserts overall revision - Video 2 - Cold Traffic - FEB 24 (youtube.com)
Adaptations - https://www.bing.com/videos/riverview/relatedvideo?&q=time+for+geography+hot+deserts&adlt=strict&mid=F6A1530998682279EA83F6A1530998682279EA83&&FORM=VRDGAR
Camel Song - Bing Videos
Causes of desertification - https://www.bing.com/videos/riverview/relatedvideo?&q=time+for+geography+hot+deserts&adlt=strict&mid=61DFBEFF092F23BBE71F61DFBEFF092F23BBE71F&&FORM=VRDGAR and https://www.bing.com/videos/riverview/relatedvideo?&q=time+for+geography+hot+deserts&adlt=strict&mid=90882E104BE0EFD94C8E90882E104BE0EFD94C8E&&FORM=VRDGAR
Reducing desertification - https://www.bing.com/videos/riverview/relatedvideo?&q=time+for+geography+hot+deserts&adlt=strict&mid=AE554A02B84F07C72A81AE554A02B84F07C72A81&&FORM=VRDGAR
Physical Landscapes in the UK
Physical Landscapes - Bing Videos
Coasts
Waves- https://www.youtube.com/watch?v=WB7rImD7C4U
Weathering-Bing Videos
Coastal Erosion- https://www.youtube.com/watch?v=TYQ--nTcNU8
Headlands and Bays incl exam question- Headlands and Bays (youtube.com)
Wave cut notch and platforms -Formation of a wave-cut (shore) platform (timeforgeography.co.uk) or Cliffs and Wavecut platforms - Bing video
Caves arches stacks and stumps- Bing Videos
Long shore drift- https://www.youtube.com/watch?v=Zy_rFk4F0pI
Spits saltmarshes - https://www.bbc.co.uk/programmes/p00xpr6k or Geography KS3 / GCSE: What is a 'spit' and how does it form through longshore drift? - BBC Teach
Sand dunes-https://timeforgeography.co.uk/videos_list/coasts/formation-sand-dunes/
Dune management -https://timeforgeography.co.uk/videos_list/coasts/soft-engineering-sand-dune-management/
Swanage- old harry -https://www.youtube.com/watch?v=KJtZu1M9JiY and depositional https://www.youtube.com/watch?v=UDEUmJ8KDeo
Hard engineering - https://timeforgeography.co.uk/videos_list/coasts/hard-engineering-approaches-coastal-management/
Soft engineering -https://timeforgeography.co.uk/videos_list/coasts/soft-engineering-beach-management/
Rivers
Water Cycle- https://www.youtube.com/watch?v=zBnKgwnn7i4

Drainage basin -https://timeforgeography.co.uk/videos_list/rivers/drainage-basin-anatomy/
River Severn-https://www.youtube.com/watch?v=_M48ANM3hAQ
Bradshaw model-Bing Videos
River Erosion- https://timeforgeography.co.uk/videos_list/rivers/river-erosion-processes/
River transportation-River transport processes (timeforgeography.co.uk)
V Shaped valleys - Bing Videos
Waterfalls and gorges - Bing Videos
Meanders and Oxbow lakes - Bing Videos
Levees and floodplains - Bing Videos
River Tees- https://www.youtube.com/watch?v=UiH_UeGCAfM
Somerset Levels - https://www.youtube.com/watch?v=hk6vst_G5qM
Hydrographs- Bing Videos
Flood management - Bing Videos or S24 destinations 16x9 30s (youtube.com)

Paper 2:
The Whole Paper -
https://www.bing.com/videos/riverview/relatedvideo?&q=bristol+case+study+gcse+geography&adlt=strict&mid=F79A984CF8E70FD6197BF79A984CF8E70FD6197B&&FORM=VRDGAR
Urban Challenges
What is urbanisation - https://www.youtube.com/watch?v=EpBbnL3pMRA
Why is urbanisation happening - https://www.youtube.com/watch?v=C4UCknuBNKg
Urban change in the UK -
https://www.bing.com/videos/riverview/relatedvideo?&q=bristol+case+study+gcse+geography&adlt=strict&mid=D6DE0EE1DEF9298910A7D6DE0EE1DEF9298910A7&&FORM=VRDGAR
Urban growth and challenges -
https://www.bing.com/videos/riverview/relatedvideo?&q=bristol+case+study+gcse+geography&adlt=strict&mid=D6DE0EE1DEF9298910A7D6DE0EE1DEF9298910A7&&FORM=VRDGAR
Megacities -
https://www.bing.com/videos/riverview/relatedvideo?&q=megacities&adlt=strict&mid=C5F79C128BEA8C67142BC5F79C128BEA8C67142B&&FORM=VRDGAR
Rio -
https://www.bing.com/videos/riverview/relatedvideo?&q=gse+revisioon+rio&adlt=strict&mid=B98F0514700D8143FDC1B98F0514700D8143FDC1&&FORM=VRDGAR or
https://www.bing.com/videos/riverview/relatedvideo?&q=gse+revisioon+rio&adlt=strict&mid=EBB85B1D230F6B46FA1EEBB85B1D230F6B46FA1E&&FORM=VRDGAR
Rio Favela Project - https://www.youtube.com/watch?v=2iRmIHEkhj8
Bristol
Explore Bristol - https://www.youtube.com/watch?v=XmJqA1GG9FU
Intro Bristol - https://www.youtube.com/watch?v=1i0_3HqCRIE
Urban Issues -
https://www.bing.com/videos/riverview/relatedvideo?&q=bristol+case+study+gcse+geography&adlt=strict&mid=F9FD2372821798D4D577F9FD2372821798D4D577&&FORM=VRDGAR
Urban regeneration in Bristol

Bristol – social inequalities - https://www.bing.com/videos/riverview/relatedvideo?&q=bristol+case+study+gcse+geography&adlt=strict&mid=BF4BE520E280309D14A2BF4BE520E280309D14A2&&FORM=VRDGAR
Bristol – environmental challenges - https://www.youtube.com/watch?v=crEXNT1mroE
Bristol Cabot circus - https://www.youtube.com/watch?v=QNJ4zOc48zc
Bristol harbour - https://www.youtube.com/watch?v=ysuKCrmw834
Environmental cities Freiburg - https://www.bing.com/videos/riverview/relatedvideo?&q=bristol+case+study+gcse+geography&adlt=strict&mid=4A399840097F2FA5B3194A399840097F2FA5B319&&FORM=VRDGAR

Changing Economic World

HDI - https://www.bing.com/videos/riverview/relatedvideo?&q=human+development+index&adlt=strict&mid=0221A713DA916D3453720221A713DA916D345372&&FORM=VRDGAR
Demographic transition model - https://www.bing.com/videos/riverview/relatedvideo?&q=demographic+transition+model&adlt=strict&mid=A246F7FED402273E4791A246F7FED402273E4791&&FORM=VRDGAR
Population pyramids - https://www.bing.com/videos/riverview/relatedvideo?&q=population+pyramid&adlt=strict&mid=B6079647CD7D9B640B11B6079647CD7D9B640B11&&FORM=VRDGAR

Development

Uneven Development

Causes of uneven development - https://www.bing.com/videos/riverview/relatedvideo?&q=effects+of+uneven+development&adlt=strict&mid=2E35C0927F17336863B52E35C0927F17336863B5&&FORM=VRDGAR
Causes of uneven development migration – https://www.bing.com/videos/riverview/relatedvideo?&q=effects+of+uneven+development&adlt=strict&mid=CEACDC93AD85993AB8F1CEACDC93AD85993AB8F1&&FORM=VRDGAR
Historical causes of uneven development - https://www.youtube.com/watch?v=5zqobgyuS1k

Reducing development gap

Free and Fairtrade - https://www.bing.com/videos/riverview/relatedvideo?&q=reducing+development+gap&adlt=strict&mid=3E589BAC74CC38BA01F03E589BAC74CC38BA01F0&&FORM=VRDGAR
Debt relief and micro finance - https://www.bing.com/videos/riverview/relatedvideo?q=reducing+development+gap&mid=9351230A42963A32A4C39351230A42963A32A4C3&FORM=VIRE
Investment and tourism - https://www.bing.com/videos/riverview/relatedvideo?q=reducing+development+gap&mid=990DEB1392D000536169990DEB1392D000536169&FORM=VIRE
Aid and intermediate technology - https://www.bing.com/videos/riverview/relatedvideo?q=reducing+development+gap&mid=1AC31E822AB1BF42931A1AC31E822AB1BF42931A&FORM=VIRE
TNC's - https://www.youtube.com/watch?v=4Y2RLHymf_A
TNC unilever - https://www.youtube.com/watch?v=Y6lGI1SsYn8

UK

Environmental impacts of industry - https://www.bing.com/videos/riverview/relatedvideo?&q=environmental+impacts+of+industry&adlt=strict&mid=3989F121FBED8EC13F2D3989F121FBED8EC13F2D&&FORM=VRDGAR
Changes in UK economy - https://www.bing.com/videos/riverview/relatedvideo?&q=deindustrialisation&adlt=strict&mid=183A840A04A7657E1890183A840A04A7657E1890&&FORM=VRDGAR

De-industrialisation in UK - https://www.bing.com/videos/riverview/relatedvideo?&q=deindustrialisation+in+uk&adlt=strict&mid=4D9D9ABB903A1AF511F34D9D9ABB903A1AF511F3&&FORM=VRDGAR
Changing rural landscapes - https://www.bing.com/videos/riverview/relatedvideo?&q=uk+in+the+wider+world+gcse+geography&adlt=strict&mid=7F4EC26F104A0E2F948D7F4EC26F104A0E2F948D&&FORM=VRDGAR
UK – North South divide - https://www.bing.com/videos/riverview/relatedvideo?q=north+south+divide+uk+gcse+geography&adlt=strict&view=riverview&mmscn=mtsc&mid=B7BBEE89BF0303784C68B7BBEE89BF0303784C68&&aps=0&FORM=VMSOVR
Northern Powerhouse - https://www.youtube.com/watch?v=1iq6cU6Z-Lo
UK Transport - https://www.bing.com/videos/riverview/relatedvideo?&q=uk+transport++gcse+geography&adlt=strict&mid=FBEE14CE082E562E2A66FBEE14CE082E562E2A66&&FORM=VRDGAR
UK in the wider world - https://www.youtube.com/watch?v=8zusqrlba10

Challenge of resource management

Water

Water in the UK - https://www.youtube.com/watch?v=sqS3Y-V1DGw
Water Management - https://www.youtube.com/watch?v=GYo9Ja16LRw
UK Water Strategies - https://www.bing.com/videos/riverview/relatedvideo?&q=water+in+uk++gcse+geography&adlt=strict&mid=773DDAC463A431817DAB773DDAC463A431817DAB&&FORM=VRDGAR
Kielder water transfer - https://www.youtube.com/watch?v=g4SL9SNg734

UK Food

Foods carbon footprint - https://www.youtube.com/watch?v=JCohzl9oVNE&pp=ygUucmVkdWNpbmcgZm9vZHMgY2FyYm9uIGZvb3RwcmludCBnZW9ncmFwaHkgZ2NzZQ%3D%3D
UK Food - https://www.youtube.com/watch?v=ajyoDJn-Zso and https://www.youtube.com/watch?v=GZyDm9EzCew

UK Energy

Energy mix - https://www.bing.com/videos/riverview/relatedvideo?&q=uk+energy+mix+gcse+geography&adlt=strict&mid=202836C9BCB34AEFD9E4202836C9BCB34AEFD9E4&&FORM=VRDGAR and https://www.youtube.com/watch?v=ftx4UHKeD3M
Non-renewable and renewable energy - https://www.youtube.com/watch?v=Gn-3m6RqOGE
Rampion wind Farm - https://www.bing.com/videos/riverview/relatedvideo?&q=rampion+wind+farm+++gcse+geography&adlt=strict&mid=29E1A91EECED4E9F1CD029E1A91EECED4E9F1CD0&&FORM=VRDGAR

Water – Global

Global demand for water - https://www.bing.com/videos/riverview/relatedvideo?&q=water+in+uk++gcse+geography&adlt=strict&mid=CB78EFF5DDC6B7C6B927CB78EFF5DDC6B7C6B927&&FORM=VRDGAR
Water aid - https://www.youtube.com/watch?v=wF_HlgnWEwU
Desalination plants - https://www.youtube.com/watch?v=gA_XVxhBmTQ
Problems with desalinations - https://www.youtube.com/watch?v=qZ5ut_4zKug
Artificial glaciers Ice Stupas - https://www.youtube.com/watch?v=FdVijr10DZ0
China's water transfer - https://www.youtube.com/watch?v=8VwlIbP72yY&t=18s

Paper 3:

- Physical Fieldwork

Longshore drift -https://www.youtube.com/watch?v=Zy_rFk4F0pI

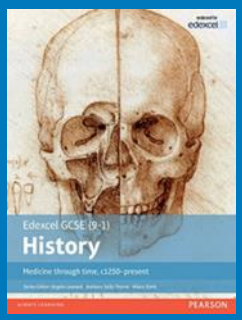
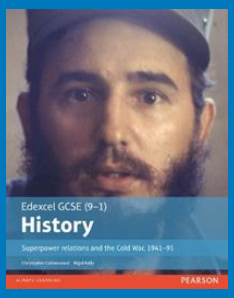
Hard engineering -https://timeforgeography.co.uk/videos_list/coasts/hard-engineering-approaches-coastal-management/
Soft engineering-https://timeforgeography.co.uk/videos_list/coasts/soft-engineering-beach-management/

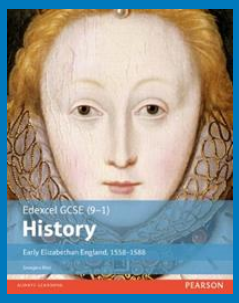
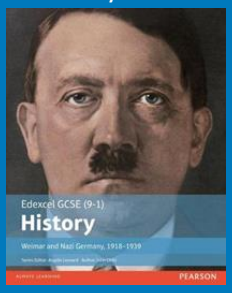
Why protect Eastbourne -https://www.youtube.com/watch?v=wtG2FUsUaQc

- Human Fieldwork
- Practicing fieldwork at Eastbourne beach
- Unseen Fieldwork DME

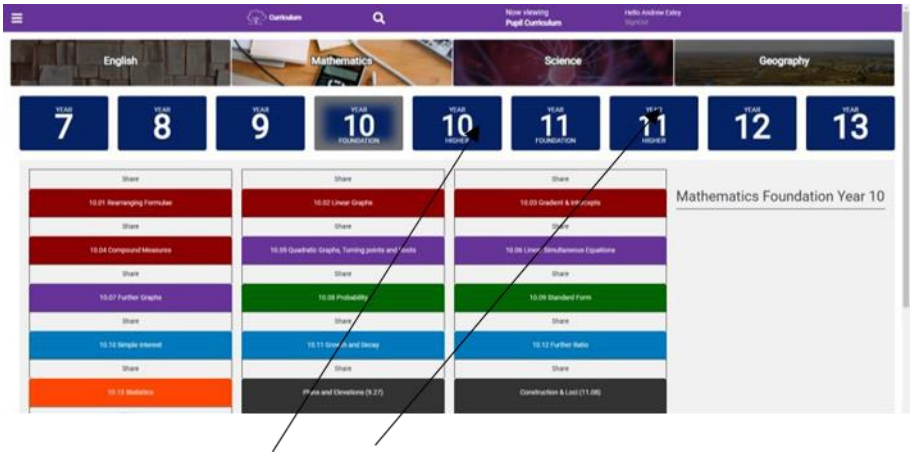
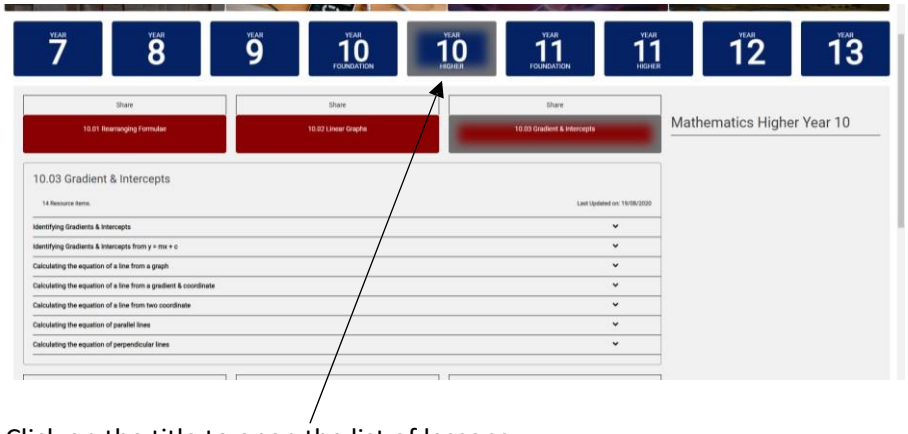
History

Subject Lead: Mr Lavy
lavyk@seahavenacademy.org.uk

Course	History Pearson Edexcel
Examination and content:	Medicine Through Time 30% of GCSE Cold War 20% of GCSE Elizabethan England 20% of GCSE (not examined in the November mock series) Weimar and Nazi Germany 30% of GCSE
Resources to help you revise:	For exam technique, please see the presentation on MS Teams AI-produced podcasts have now been made for all topics, available on MS Teams and spotify - https://open.spotify.com/show/7w22TtQyUcCOMjERTmu2gt?si=vfZU7S5ySM6T2XvuDi4t3Q For Exam board information, click here: https://qualifications.pearson.com/en/home.html
PAPERS	**For specific revision on each paper. Please see below:**
Medicine 1250-present  	• Department produced revision guides (in S26), self-marked using answers on teams. • Revision guides contain exam questions which teachers will mark and provide feedback. • Old booklets and related PowerPoints are available on teams – paper copies can be made on request. • Core Knowledge (Seneca): https://senecalearning.com/en-GB/ • Knowledge organizer quizzes (to self-mark) are also available in S28. • Online lessons can be found here: Curriculum - Curriculum (continuityoak.org.uk) • United learning online resources: Home - United Curriculum Medicine in Britain content: • Medieval Medicine, 1250-1500 • Renaissance Medicine, 1500-1700 • Industrial Medicine, 1700-1900 • Modern Medicine, 1900 to present day • The British Sector of the Western Front, 1914-18: injuries, treatments and the trenches Medicine in Britain exam questions: • Describe one feature of... (2 marks) • Describe one feature of... (2 marks) • How useful are two sources for an enquiry... (8 marks) • How could you follow up the source to find out more... (4 marks) • Explain one way in which … was similar/different to... (4 marks) • Explain why... (12 marks) • Statement. How far do you agree? (16 marks + 4 SPAG marks) (choice of 2)
Superpower Relations and the Cold War  	• Department produced revision guides (in S26), self-marked using answers on teams. • Revision guides contain exam questions which teachers will mark and provide feedback. • Old booklets and related PowerPoints are available on teams – paper copies can be made on request. • Core Knowledge (Seneca): https://senecalearning.com/en-GB/ • Knowledge organizer quizzes (to self-mark) are also available in S28. • Online lessons can be found here: Curriculum - Curriculum (continuityoak.org.uk) • United learning online resources: Home - United Curriculum Superpower relations and the Cold War content: • The origins of the Cold War, 1941-58 • Cold War Crises, 1958-70

	• The end of the Cold War, 1970-1991 Superpower relations and the Cold War exam questions: • Explain one consequences of… (4 marks) • Explain one consequences of… (4 marks) • Write a narrative account analysing the… (8 marks) • Explain two of the following: - The importance of X for/in/on Y… - The importance of X for/in/on Y… - The importance of X for/in/on Y… (16 marks)
Early Elizabethan England – 1558-1588  Not examined in the November mock series	• Department produced revision guides (in S26), self-marked using answers on teams. • Revision guides contain exam questions which teachers will mark and provide feedback. • Old booklets and related PowerPoints are available on teams – paper copies can be made available on request. • Core Knowledge (Seneca): https://senecalearning.com/en-GB/ • Knowledge organizer quizzes (to self-mark) are also available in S28. Online lessons can be found here: Curriculum - Curriculum (continuityoak.org.uk) • United learning online resources: Home - United Curriculum Early Elizabethan England content: • Queen, Government and Religion, 1558-1569 • Challenges to Elizabeth at home and abroad, 1569-1588 Early Elizabethan England exam questions: • Describe one feature of... (2 marks) • Describe one feature of... (2 marks) • Explain why... (12 marks) • Statement. How far do you agree? (16 marks + 4 SPAG marks)
Weimar and Nazi Germany  	• Department produced revision guides (in S26), self-marked using answers on teams. • Revision guides contain exam questions which teachers will mark and provide feedback. • Old booklets and related PowerPoints are available on teams – paper copies can be made on request. • Core Knowledge (Seneca): https://senecalearning.com/en-GB/ • Knowledge organizer quizzes (to self-mark) are also available in S28. • Online lessons can be found here: Curriculum - Curriculum (continuityoak.org.uk) • United learning online resources: Home - United Curriculum **Weimar and Nazi Germany content:** • The Weimar Republic, 1918-29 • Hitler's rise to power, 1919-33 **Weimar and Nazi Germany exam questions:** • Give two things you can infer from Source A about... (4 marks) • Explain why... (12 marks) (from a choice of two questions) • How useful are Sources B and C for an enquiry... (8 marks) • Study interpretation 1 & 2. What is the main difference between the views? (4 marks) • Suggest one reason why the interpretations have different views, using the sources to explain your answer. (4 marks) • How far do you agree with interpretation … about … . Explain with both interpretation and your own knowledge. (16 marks + 4 SPAG marks)
Revision	• Revision has been taking place in S26 every Friday after school. • These sessions have focused on individual topics of what students have already studied i.e. a session on medieval medicine, then renaissance medicine • All revision and lesson resources are on the class MS Team – these are updated regularly

Maths	Subject Lead: Ms Stokes stokesn@seahavenacademy.org.uk

Course and Exam Length	Exam Board: EdExcel Paper 1: Non-Calculator – 1 hour 30 mins Paper 2: Calculator – 1 hour 30 mins Paper 3: Calculator – 1 hour 30 mins
Resources to help you revise:	United Learning Resources: https://curriculum.unitedlearning.org.uk/  Use the Year 10 and 11 lessons to help with revision. The link above takes you to the UL Pupil page shown. Each topic then has multiple video lessons included as shown below.  Click on the title to open the list of lessons. **Links for further resources:** Spark – Log in and use your account as normal. Use the links below to see the clip numbers by topic. Sparx GCSE revision foundation Spark GCSE Revision Crossover Sparx GCSE Revision Higher

	Corbettmaths Great selection of questions organised by topic. All have answers on the site. Khan Academy: Maths lessons and practice Pearson Revise Person revision online – access to revision guides and identification of "hot topics" Practice Papers Onmaths Maths genie (also has video solutions) Tik Tok – watch 20 minute videos @mathsoeasy_jennifer
Intervention:	After school: Monday Period 6 and Paper Society and Catch up on Tuesday. Tutor time: targeted exam technique Friday period 5 exam papers every other week.

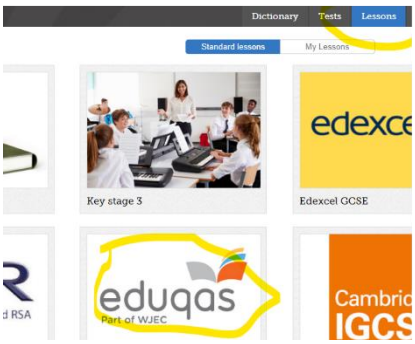
Remember the key to Maths revision is **practicing questions.**

Maths Foundation Revision Schedule			
Department	Maths		
Topic 1			
Focus	**Method**	**Resource**	**Time**
Solving Linear Equations	Watch modelling videos **and** complete practice questions	SPARX Code U755, U325, U870, U505, U599/Corbett Maths	30mins
Topic 2			
Focus	**Method**	**Resource**	**Time**
Rearranging Formulae	Watch modelling videos **and** complete practice questions	SPARX Code U556/Corbett Maths	30mins
Topic 3			
Focus	**Method**	**Resource**	**Time**
Factors and Multiples	Watch modelling videos **and** complete practice questions	SPARX Code U211, U751, U529 /Corbett Maths	30mins
Topic 4			
Focus	**Method**	**Resource**	**Time**
Product of Prime Factors	Watch modelling videos **and** complete practice questions	SPARX Code U211, U751, U529 /Corbett Maths	30mins
Topic 5			
Focus	**Method**	**Resource**	**Time**
Standard Form	Watch modelling videos **and** complete practice questions	SPARX Code U330, U534 U264, U290, U161 /Corbett Maths	30mins
Topic 6			
Focus	**Method**	**Resource**	**Time**
Ratio (simplifying and sharing)	Watch modelling videos **and** complete practice questions	SPARX Code U687 U753, U577 /Corbett Maths	30mins
Topic 7			
Focus	**Method**	**Resource**	**Time**
Averages (Mean, Median, Mode)	Watch modelling videos **and** complete practice questions	SPARX Code U260 U291,U456,U526 /Corbett Maths	30mins
Topic 8			

Focus	Method	Resource	Time
Fractions (four operations)	Watch modelling videos **and** complete practice questions	SPARX Code U736, U793 U475, U544 /Corbett Maths	30mins
Topic 9			
Focus	**Method**	**Resource**	**Time**
Factorising Expressions	Watch modelling videos **and** complete practice questions	SPARX Code U365 /Corbett Maths	30mins
Topic 10			
Focus	**Method**	**Resource**	**Time**
Percentages (finding % of an amount)	Watch modelling videos **and** complete practice questions	SPARX Code U554, U349 /Corbett Maths	30mins

Maths Higher Revision Schedule			
Department	Maths		
Topic 1			
Focus	**Method**	**Resource**	**Time**
Straight Line Graphs	Watch modelling videos **and** complete practice questions	SPARX Code U898/Corbett Maths	30mins
Topic 2			
Focus	**Method**	**Resource**	**Time**
Rearranging Formulae	Watch modelling videos **and** complete practice questions	SPARX Code U556/Corbett Maths	30mins
Topic 3			
Focus	**Method**	**Resource**	**Time**
Simultaneous Equations	Watch modelling videos **and** complete practice questions	SPARX Code U760, U757, U836, U137 /Corbett Maths	30mins
Topic 4			
Focus	**Method**	**Resource**	**Time**
Probability	Watch modelling videos **and** complete practice questions	SPARX CodeU369 U246, U821, U806 U476, U748, U699 /Corbett Maths	30mins
Topic 5			

Focus	Method	Resource	Time
Index Laws	Watch modelling videos **and** complete practice questions	SPARX Code U662 /Corbett Maths	30mins
Topic 6			
Focus	**Method**	**Resource**	**Time**
Standard Form	Watch modelling videos **and** complete practice questions	SPARX Code U330, U534, U264, U290 /Corbett Maths	30mins
Topic 7			
Focus	**Method**	**Resource**	**Time**
Ratio	Watch modelling videos **and** complete practice questions	SPARX Code U687, U753, U176, U577, U921, U865 /Corbett Maths	30mins
Topic 8			
Focus	**Method**	**Resource**	**Time**
Averages (Mean, Median, Mode)	Watch modelling videos **and** complete practice questions	SPARX Code U408, U510, U683, U580 /Corbett Maths	30mins
Topic 9			
Focus	**Method**	**Resource**	**Time**
Expanding and Factorising	Watch modelling videos **and** complete practice questions	SPARX Code U606 U858/Corbett Maths	30mins
Topic 10			
Focus	**Method**	**Resource**	**Time**
Pythagoras	Watch modelling videos **and** complete practice questions	SPARX Code U385 /Corbett Maths	30mins

Course	EDUQAS GCSE Music
Exam Length	Component 3: Appraising Written examination: 1 hour 15 minutes (approximately) 40% of qualification
Examination and content:	**Component 3 is assessed via a listening examination.** Appraising Written examination: 1 hour 15 minutes (approximately) 40% of qualification Eight questions in total, two on each of the four areas of study. Area of study 1: Musical Forms and Devices Area of study 2: Music for Ensemble Area of study 3: Film Music Area of study 4: Popular Music Two of the eight questions are based on extracts set by WJEC (Africa by Toto and Badinerie by JS Bach.
Resources to help you revise:	**Detailed guidance for composition and performance units can be found in Class Notebook on TEAMS** **Exam Walkthrough** Eduqas GCSE Music Exam guidance for students.pptx (live.com) **Focus on Sound** Focus on Sound | Focus on Sound **is the main resource to support your learning and revision.**  Toto – Africa Knowledge Organiser eduqas-ko-africa.pdf (wjec.co.uk) Bach - Badinerie Knowledge Organiser https://resources.eduqas.co.uk/pages/ResourceSingle.aspx?rIid=1508 AOS1 Musical Forms and Devices Knowledge Organiser ko1-musical-form-and-devices_area-of-study-1.pdf (wjec.co.uk) AOS2 Music for Ensemble Knowledge Organiser ko2-music-for-ensemble_area-of-study-2.pdf (wjec.co.uk)

	AOS3 Film Music Knowledge Organiser ko3-film-music_area-of-study-3.pdf (wjec.co.uk) AOS4 Popular Music Knowledge Organiser ko4-popular-music_area-of-study-4.pdf (wjec.co.uk) Glossary Musical Terms and Signs ko5-music-terms-and-signs.pdf (wjec.co.uk) There are a number of useful videos on YouTube to support your revision eduqas music gcse revision - YouTube Teaching Gadget and musictheory.net is very useful for developing your theoretical knowledge teachinggadget.com Use this log to help you pick areas of music you are unsure of – the purple shades are the more challenging tests TG log class of 25.docx Username: **Seahaven** Password: **music.1234**

Photography

Subject Lead: Miss Taylor
taylora@seahavenacademy.org.uk

Course

EDEXCEL Art & Design

Photography

Exam Length

5 HOUR MOCK

Examination and content:

PRACTICAL MOCK EXAM

Resources to help you revise:.

MOCK PRACTICAL EXAM

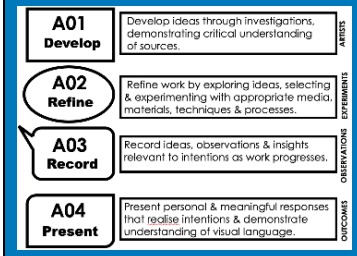
*The **practical exam** is and is taking place between on 6th November 2025*

It is adding to the final work for your COURSEWORK component and contributes to the 60% section of your grade

COMPONENT 1:

Coursework includes everything from year 10 and year 11 and you will not be working on this in class after DECEMBER 2025 as your exam theme will start in JANUARY 2026

. Evidence needs to meet the four assessment objectives AO1, AO2, AO3 and AO4.



	Year 11 Photography Coursework 60% of final grade
A Sept 5th	Intro to Structures with mindmap
B Sept 10th, 11th +	Moodboard of Structures images
A Sept 17th, 19th	Sharon Johnson artist study and photo shoot OIL IN WATER
B Sept 24th, 25th +	Vilde Rolfsen artist study. Tissue in box photoshoot
A Oct 1st, 3rd	Jerry Reed artist study and papercut shoot
B Oct 8th, 9th +	Beshty artist study: Acetate on lightbox shoot
A Oct 15th, 17th	EDITS on Canva Start to discuss best edits and final plans . Best photos onto acetate for projection.
B Oct 22nd, 23rd +	Final Plans using all shoots. Combine experimental ideas. Draw small plans
	HALF TERM
A Nov 5th, 7th	MOCK EXAM: Merging of workshops to create a Canva edit series of work
B Nov 12th, 13th +	Complete exam in class with possible physical edit.
A Nov 19th, 21st	Year 10 finals to be completed with PINK POINTS. New final pieces created via edits.
B Nov 26th, 27th +	Year 10 coursework PINK POINTS to be completed
A Dec 3rd, 5th	Complete all coursework for Jan 1st 2026 (Final exxam paper released on 1st Jan: 40% of final grade...12 weeks prep for two day exam)
B Dec 10th, 11th +	Evaluations and Connections to all artists

BBC Bitesize Art + Design

The Arty Teacher

United learning Continuity Oak sessions

Photography Portfolio Template and Pacing Plan

KS4 Photography Knowledge Orgaisers

Course	NCFE Level 1/2 Health and Fitness
Exam Length	**NEA – Non-Examined Assessment: November 2025 through to March 2026** Synoptic project 22 hours plus 2 hours preparation time. All work must be completed in school. Total 88 marks (60% of final grade). This will be internally assessed and externally moderated. **EA – Examination Assessment: Tuesday 19th May 2026 at 1.30pm** Exam at the end of the course 80 marks (40% of final grade)
Examination and content:	The exam will be a mixture of multiple choice, short answer and two longer answer questions (9 mark essay responses) and will be externally marked out of 80. **Duration** - 1 hour 30 mins **CONTENT AREAS include:** Content area 1: Structure and function of body systems Content area 2: Effects of health and fitness activities on the body Content area 3: Health and fitness and the components of fitness Content area 4: Principles of training Content area 5: Testing and developing components of fitness Content area 6: Impact of lifestyle on health and fitness Content area 7: Applying health and fitness analysis and setting goals Content area 8: Structure of a health and fitness programme and how to prepare safely
Resources to help you revise:	NCFE Level 1/2 Technical Award in Health and Fitness (1) | NCFE Health and Fitness (ncfe.org.uk) 2024 NCFE Technical Award in Health and Fitness Revision Hub NCFE Health and Fitness – Exam Questions Explained – The PE Classroom NCFE Technical Award in Health and Fitness VCERT Revision (Summer 2024) - YouTube

Science: Science (Combined and Triple Science)

Subject Lead: Mrs Kelly
kellyc@seahavenacademy.org.uk

Course and Exam Length	**The mock in November will examine all year 10 work, this is the content for the paper 1 exams** **Exam Board: AQA** **Biology Paper 1**: 1hr 15mins for combined; 1hr 45mins for triple (higher or foundation) **Chemistry Paper 1**: 1hr 15mins for combined; 1hr 45mins for triple (higher or foundation) **Physics Paper 1**: 1hr 15mins for combined; 1hr 45mins for triple (higher or foundation)
Examination and content:	All lessons are available on the link here: Remember to change to Key Stage 4 as the default is KS3. https://curriculum.unitedlearning.org.uk/Curriculum https://continuityoak.org.uk/lessons **Year 10 work** **Biology Paper 1** B1 – Cell biology B2 – Organisation B3 – Infection and response B4 – Bioenergetics **Chemistry Paper 1** C1 – Atomic structure and the periodic table C2 – Structure and bonding C3 – Quantitative chemistry C4 – Chemical changes C5 – Energy changes **Physics Paper 1** P1 – Energy P2 – Electricity P3 – Particle model of matter P4 – Atomic structure
Resources to help you revise:	• Exercise books and marked exam questions. • Revision guides • Seneca • Physics and Maths tutor Physics & Maths Tutor (physicsandmathstutor.com) • Practice Papers • BBC Bitesize • https://www.youtube.com/user/myGCSEscience • http://www.aqa.org.uk/subjects/science/gcse

- https://www.youtube.com/playlist?list=PLijqQiSMHnP2aEdAajHRDsralGH9n3gHT

Cognito science video clips:

Biology paper 1

GCSE Biology - Cell Types and Cell Structure #2 (youtube.com)

GCSE Biology - What is Microscopy? #5 (youtube.com)

GCSE Biology - What Is The Difference Between Light And Electron Microscopes? #6 (youtube.com)

GCSE Biology - Differentiation and Specialised Cells #10 - YouTube

GCSE Biology - What are Stem Cells? Difference Between Embryonic and Adult Stem Cells #11 - YouTube

What is Diffusion? How Does it Work? What Factors Affect it? #7 - YouTube

GCSE Biology - Active Transport #9 - YouTube

GCSE Biology - Osmosis #8 - YouTube

Binary Fission - How Do Bacteria Divide? #12 - YouTube

GCSE Biology - Cell cycles, Chromosomes & Mitosis #69 - YouTube

GCSE Biology - Meiosis #70 (youtube.com)

GCSE Biology - Sexual vs Asexual Reproduction - What is Asexual Reproduction? #71 (youtube.com)

GCSE Biology - Levels of Organisation - Cells, Tissues, Organs and Organ Systems (youtube.com)

GCSE Biology - Digestive System #18 (youtube.com)

GCSE Biology - Digestive Enzymes #17 (youtube.com)

GCSE Biology - Enzymes - How Temperature and pH Affect Rate of Reaction (youtube.com)

GCSE Biology - Gas Exchange and Lungs #26 - YouTube

GCSE Biology - The Heart #23 - YouTube

GCSE Biology - Blood Vessels #24 (youtube.com)

GCSE Biology - What Is Blood Made of? / What Does Blood Do? #25 (youtube.com)

GCSE Biology - Structure of a Leaf and Stomata #50 (youtube.com)

GCSE Biology - Transport in plants - Translocation (Phloem) and Transpiration (Xylem) #51 (youtube.com)

GCSE Biology - Health and Disease #33 (youtube.com)

GCSE Biology - Communicable Disease #34 (youtube.com)

GCSE Biology - How A Mushroom Can Kill You - Fungal and Protist Disease #35 (youtube.com)

GCSE Biology - What Is a Virus? - Examples of Viral Disease (HIV, Measles & TMV) #36 - YouTube

GCSE Biology - What Are Bacterial Diseases? - Treatment and Prevention #37 - YouTube

GCSE Biology - Immune System (Defences Against Pathogens) #38 (youtube.com)

GCSE Biology - What Are Vaccines? Are They Safe? How Do They Work? Vaccines Explained #39 (youtube.com)

GCSE Biology - Is Your Lifestyle Really a Personal Choice? - Lifestyle & Risk Factors #42 - YouTube

GCSE Biology - Why Do We Get Heart Disease and How to Treat It? - Cardiovascular Disease (CVD) #47 (youtube.com)

GCSE Biology - What is Cancer? 'Benign' and 'Malignant' Tumours Explained #43 (youtube.com)

GCSE Biology - What is Antibiotic Resistance? Why Antibiotic Resistance is a HUGE issue #81 - YouTube

GCSE Biology - Drugs - Painkillers vs Antibiotics - Relief vs Treatment #44 - YouTube

GCSE Biology - Drug Development and Testing - Clinical Trials #45 - YouTube

GCSE Biology - Plant Disease and Defences #46 (youtube.com)

For triple only:

GCSE Biology - How the Eye Works (Part 1) - Structure of the Eye & Iris Reflex #31 - YouTube

GCSE Biology - How the Eye Works (Part 2) - Accommodation #32 (youtube.com)

GCSE Biology - The Brain #30 (youtube.com)

GCSE Biology - Monoclonal Antibodies #40 (youtube.com)

GCSE Biology - How do Pregnancy Tests Work? #41 (youtube.com)

Revision Schedule **Please note it is important to keep revisiting topics in science which has so much content.**			
Department	**Science**		
Week 1 – Paper 1 content			
Focus	**Method**	**Resource**	**Time**
Cell biology (biology)	Read revision notes/Seneca/watch revision videos and practice exam questions.	Oak links, knowledge organisers, Seneca, UL Curriculum HUB	30 minutes
Atomic structure and bonding (chemistry)	Read revision notes/Seneca/watch revision videos and practice exam questions.	Oak links, knowledge organisers, Seneca, UL Curriculum HUB	30 minutes
Week 2 – Paper 1 content			
Focus	**Method**	**Resource**	**Time**
Energy (physics)	Read revision notes/Seneca/watch revision videos and practice exam questions.	Oak links, knowledge organisers, Seneca, UL Curriculum HUB	30 minutes
Organisation (biology)	Read revision notes/Seneca/watch revision videos and practice exam questions.	Oak links, knowledge organisers, Seneca, UL Curriculum HUB	30 minutes
Week 3 – Paper 1 content			
Focus	**Method**	**Resource**	**Time**
Quantitative chemistry (chemistry)	Read revision notes/Seneca/watch revision videos and practice exam questions.	Oak links, knowledge organisers, Seneca, UL Curriculum HUB	30 minutes
Electricity (physics)	Read revision notes/Seneca/watch revision videos and practice exam questions.	Oak links, knowledge organisers, Seneca, UL Curriculum HUB	30 minutes
Week 4 – Paper 1 content			
Focus	**Method**	**Resource**	**Time**
Infection and response (biology)	Read revision notes/Seneca/watch revision videos and practice exam questions.	Oak links, knowledge organisers, Seneca, UL Curriculum HUB	30 minutes

Chemical changes and energy changes (chem)	Read revision notes/Seneca/watch revision videos and practice exam questions.	Oak links, knowledge organisers, Seneca, UL Curriculum HUB	30 minutes
Week 5 – Paper 1 content			
Focus	**Method**	**Resource**	**Time**
Particle model and atomic structure (physics)	Read revision notes/Seneca/watch revision videos and practice exam questions.	Oak links, knowledge organisers, Seneca, UL Curriculum HUB	30 minutes
Bioenergetics (biology)	Read revision notes/Seneca/watch revision videos and practice exam questions.	Oak links, knowledge organisers, Seneca, UL Curriculum HUB	30 minutes

Additional Support: Exam Stress and Mental Health

If you need further guidance or support, remember the layers of support which are on offer to you. You can talk to:

- Your class teacher
- Your tutor
- Your Head of Year or Key Stage Director
- The head of department for the subject

If you are concerned, stuck or feeling unsure of anything please get into with the school - **support is there if you need it.**

Further advice on supporting students through the exam period can be found here:

NHS Advice on preparing for exams

Youngminds A guide for young people Exam Stress

Dfe – Coping with exam pressure – a guide for students

How can parents support?

Assessments and Exams can often be stressful. Here are some tips to help your child say stress free during this time:

1. Talk about it – reassure them that feeling anxious or nervous about is exam is normal. Get them to focus on what they have been doing and to talk through how the exam or assessment has gone

2. Practice at home- work through practice papers at home and talk about what will happen during each exam
3. Be positive – speak positively about the exams, to help them be confident and relaxed to avoid stress and anxiety
4. Put things in perspective – remind them that it isn't the end of the work if they don't do as well as they'd hoped, the outcome doesn't define who they are or mean that they won't succeed
5. Look after yourself – young people pick up on stress from adults around them. Try to keep as calm as possible to support their well-being

Self Help Tips:

- ✓ Remind yourself that it is okay to not feel 10/10
- ✓ Stay connected with people who make you feel good
- ✓ Remind yourself that not every feeling you have needs to be acted on
- ✓ It is okay to sit with a difficult emotion
- ✓ Make some plans to do something that you enjoy
- ✓ Deep breathing, relaxation, mindfulness moments can help to restore calmness

Contacts in the community that you can use.

If I am in a crisis and need urgent support but can keep myself safe for now I will:

- Text **SHOUT to 85258** (24/7 text response – texts are free)
- Call **Childline** 0800 1111
- Log in to Childline for online chat https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/
- Tel: **Sussex Mental Health Helpline** 0800 0309 500 24 hours
- **Harmless** – info@harmless.org.uk http://www.harmless.org.uk/
- **Papyrus HOPELineUK** (Suicide prevention charity) Tel: 0800 068 4141 (Mon-Friday 10-5pm & 7-10pm and Sat-Sun 2-5pm) Website www.papyrus-uk.org

If you are in crisis and don't feel I can keep myself safe:

- Go to A&E
- Call 999 and ask for an ambulance
- Get someone else to take you to A&E and for them to call an ambulance

Other useful contacts

Bullying UK Helpline

Tel: 0808 800 2222 (Mon-Friday 9am-9pm; Sat-Sun 10am-3pm)

Website: https://www.bullying.co.uk/

Young Minds

Mental health information and young peoples shared experiences.

https://www.youngminds.org.uk

Allsorts LGBTQI+

Allsorts Youth Project listens to, connects & supports children & young. people under 26 who are lesbian, gay, bisexual, trans or exploring their sexual identity

Tel: 01273 721211

Allsorts Youth Project

e-motion- East Sussex

A free online counselling project for young people aged 12-18 years who live in East Sussex

www.e-motion.org.uk

i-rock, 14+

i-Rock can offer you advice and support on emotional and mental wellbeing, jobs, education and housing

irockeastsussex@spft.nhs.uk https://www.irocksussex.com/

Calm Harm

The Calm Harm App can be downloaded and used to help manage the urge. to self-harm.

Home - Calm Harm App

Grassroots App

The Stay Alive app is a suicide prevention resource, packed full of useful. information and tools to help you stay safe in crisis.

StayAlive - Essential suicide prevention for everyday life

Grassroots Suicide Prevention | Educating, Connecting, Campaigning (prevent-suicide.org.uk)

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