



Year 11 **GCSE Mock Exam Period** November 2025 Information, Support and **Guidance**





Contents page

Page Numbers	Section heading
3	Introduction
4	Exam Process and Procedure
5	Be Selfish for your Grade
6	Revision Guidance
7	Attendance Matters
7	Period 6: Term 5
8	GCSE EXAM Timetable
9-49	Subject Pages
49-52	Additional Support: Exam Stress and Mental Health

"You were born to win. But, to be a winner, you must plan to win, prepare to win and expect to win." Zig Ziglar





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 seethrough. 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
- ✓ 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 – Mock Exams November 2025

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 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

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?

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

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

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

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.



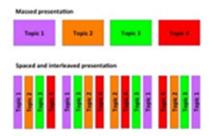
Retrieval Practice

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
Monday	03/11/2025	ALL DAY	No exam	All Day
Tuesday	04/11/2025	ALL DAY	YAE 3D DESIGN	All Day
Wednesday	05/11/2025	ALL DAY	YAE 3D DESIGN (YAE)	All Day
Thursday	06/11/2025	ALL DAY	ETA ART & EFO PHOTO	All Day
Friday	07/11/202	ALL DAY	JPA 3D DESIGN &)	All Day
Monday	10/11/2025	09:00	English Literature	02:15
Monday	10/11/2025	11:25	French Writing	1:20/1:15
Tuesday	11/11/2025	09:00	No exam	
Tuesday	11/11/2025	11:25	Drama Written/Music Listening Exam	1hr/01:15
Wednesday	12/11/2025	09:00	Maths P1 (Non Calculator)	01:30
Wednesday	12/11/2025	11:25	History P1	01:20
Thursday	13/11/2025	09:00	Geography P1	01:30
Thursday	13/11/2025	11:25	Sci Bio	1:15/1:45
Friday	14/11/2025	09:00	English Language	01:45
Friday	14/11/2025	11:25	Health and Fitness Written	01:45
Monday	17/11/2025	09:00	Maths P2 (Calculator)	01:30
Monday	17/11/2025	11:25	French Listening	1:05/50
Monday	17/11/2025	14:00	French Reading	1hr/45
Tuesday	18/11/2025	09:00	Food Written	01:45
Tuesday	18/11/2025	11:25	Sci Chem	1:15/1:45
Wednesday	19/11/2025	09:00	No exam	
Wednesday	19/11/2025	11:25	History P3	01:30
Thursday	20/11/2025	09:00	Geography P2	01:30
Thursday	20/11/2025	11:25	Sci Phys	1:15/1:45
Thursday	20/11/2025	14:00	History P2	00:55
Friday	21/11/2025	09:00	Maths P3 (Calculator)	01:30
Friday	21/11/2025	11:25	French Speaking/Catch Ups	MTA
Monday	24/11/2025	ALL DAY	French Speaking/Catch Ups	MTA
Tuesday	25/11/2025	ALL DAY	French Speaking/Catch Ups	MTA/MZA
Wednesday	26/11/2025	ALL DAY	DRAMA PRACTICAL DAY/MUSIC PERFORMANCE DAY/Catch Ups	
Thursday	27/11/2025	ALL DAY	French Speaking/Catch Ups	MTA/MZA
Friday	INSET			



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		Year 11 Art	
	A Sept 5th	Photomontage collage	
you revise: MOCK PRACTICAL EXAM	B Sept 10th, 11th +	Sunga Park, present, draw biro, analysis HW Take photos to be sent to ETA	
The practical exam is and is	A Sept 17th, 19th	Tetrapak printing from secondary photos HW Karen Wicks artist research	
taking place on 6 th November 2025	B Sept 24th, 25th +	Experimentation sheets: Piper, Rauschenberg, urban art Oll pastel, ink, gelli	
It is adding to the final work for your COURSEWORK	A Oct 1st, 3rd	Experimentation sheets: Thematic research and deeper research	
component and contributes	B Oct 8th, 9th +	Initial plans for final idea: 3D experiments, windows, concertina	
to the 60% section of your grade	<u>A</u> Oct 15th, 17th	Colour experiments. Paint, mixed media, monoprints, tetra, gelli	
COMPONENT 1:	⁾ B Oct 22nd, 23rd +	Final Plans in colour. Media experiments. PINK POINTS for whole book.	
Coursework includes		HALF TERM	
everything from year 10 and year 11 and you will not be	A Nov 5th, 7th	MOCK EXAM: Small concertina, construction, painting	
working on this in class after DECEMBER 2025 as your	B Nov 12th, 13th +	Complete exam in class.	
exam theme will start in	A Nov 19th, 21st	Year 10 finals to be completed with PINK POINTS	
JANUARY 2026 Evidence needs to meet the	B Nov 26th, 27th +	Year 10 books PINK POINTS to be completed	
four assessment objectives AO1, AO2, AO3 and AO4.	A Dec 3rd, 5th	Complete all coursework for Jan 1st 2026	
	B Dec 10th, 11th	Evaluations and Connections page	

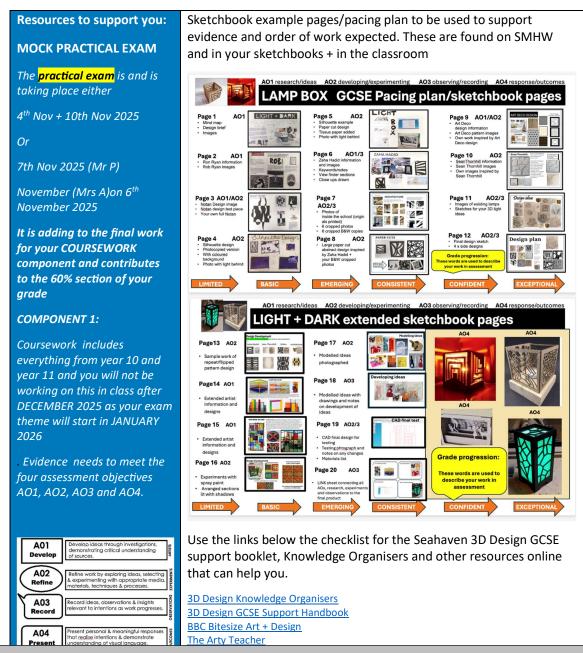


BBC Bitesize Art + Design The Arty Teacher United learning Continuity Oak sessions **GCSE ART Knowledge Organisers**

Subject Lead: Miss Aeberhard 3-D Design (D&T) 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	





Drama

Subject Lead: Miss Pointing

pointingt@seahavenacademy.org.uk

Course	AQA GCSE Drama
Exam Length	PRACTICAL NEA
	40% COMPLETED Devised Drama
	20% Texts in Practice performed to visiting aga examiner in Term 3





WRITTEN EXAM

Paper 1- Unit 1

1 hour 45 minutes

Examination and content:

Component 1

Understanding Drama

The exams and nonexam assessment will measure how students have achieved the following

Section A Theatre Roles and Terminology: Multiple choice x 4 auestions

4 marks total

assessment objectives:

AO1: Create and

Section B Study of set play: Blood Brothers

Reading an extract and answering 4-part question

develop ideas to communicate meaning for theatrical performance.

34 marks total

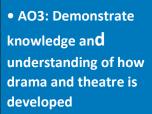
Section C Live Theatre Production

AO2: Apply theatrical skills to realise artistic intentions in live performance.

Describe how two actors effectively use vocal and physical skills in performance.

32 marks total

80 marks for complete paper



and performed.

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	AQA English	
	Literature Paper 2: 2hrs 15mins	
Length	Language Paper 2: 1hr 45mins	
Examination and	Literature Paper 2:	
content:	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)	London (Part 1)
The Inspector (Part 2)	London (Part 2)
Sheila and Eric (Part 1)	Ozymandias (Part 1)
Sheila and Eric (Part 2)	Ozymandias (Part 2)
Mr Birling	My Last Duchess (Part 1)
Mrs Birling	My Last Duchess (Part 2)
Responsibility (Part 1)	Charge of the Light Brigade
Responsibility (Part 2)	<u>(Part 1)</u>
The Generational Divide (Part	Charge of the Light Brigade
<u>1)</u>	<u>(Part 2)</u>
The Generational Divide (Part	Exposure (Part 1)
<u>2)</u>	Exposure (Part 2)
Challenging Class and Gender	Poppies (Part 1)
(Part 1)	Poppies (Part 2)
Challenging Class and Gender	Tissue (Part 1)
(Part 2)	Tissue (Part 2)
	The Emigree (Part 1)
	The Emigree (Part 2)
	Checking Out Me History (Part
	<u>1</u>)





Checking Out Me History (Part 2)

English Literature and Language:

Online Revision Sites:

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

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	This component will consist of two sections both containing compulsory questions and will assess the six areas of content as
content:	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

peaking 0 marks 5%	Prep time: 15 mins Foundation: 7-9 mins Task 1: Read aloud and 2 short unprepared questions Task 2: Role play in a	Higher Tier Prep time: 15 mins Higher: 10-12 mins Task 1: Read aloud and 2 short unprepared questions
0 marks 5%	Foundation: 7-9 mins Task 1: Read aloud and 2 short unprepared questions Task 2: Role play in a	Higher: 10-12 mins Task 1: Read aloud and 2 short unprepared questions
	short unprepared questions Task 2: Role play in a	short unprepared questions
	short unprepared questions	Task 2: Role play in a transactional setting Task 3: Picture description, 2 short unprepared questions and follow-on conversation
Inderstanding		Higher: 60 mins 5 mins reading time included
5%	multiple-choice, multiple- response and short-answer open response questions. All	Section A: Listening - multiple-choice, multiple- response and short-answer open response questions. All questions set in English.
	Section B: Dictation	Section B: Dictation
	· · ·	All extracts are played 3 times
eading & Inderstanding	Foundation: 45 mins	Higher: 60 mins
0 marks 5%	choice, multiple-response and short-answer open response questions. All	Section A: Reading - multiple- choice, multiple-response and short-answer open response questions. All questions set in English.
		Section B: Translation into English
Vriting 0 marks 5%	Picture task Two writing responses (with	Higher: 1 hour 20 mins Two writing responses (with a choice of two options for each question) Translation into French
	eading & nderstanding 0 marks 5%	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 eading & nderstanding 0 marks Section A: Reading - multiple- choice, multiple-response and short-answer open response questions. All questions set in English. Section B: Translation into English Vriting O marks Foundation: 1 hour 15 mins Picture task Two writing responses (with a choice of two options for each question)





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

<u>french-key-vocabulary-by-subject.docx</u> 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)



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
	 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: <u>Amazon Link</u>
- Past Papers: AQA Link
- <u>United Learning Curriculum platform:</u>

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 <u>UL Lesson 1</u>

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

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 - <u>Atmospheric Circulation (youtube.com)</u>

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 (voutube.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&a dlt=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%3F g%3DMilankovitch%2BCycles%2BSimple%26FORM%3DVRIBQP

Sunspots – front fairs -

https://www.bing.com/videos/riverview/relatedvideo?&q=frost+fairs+london&adlt=strict&mid=405A 4F207EE942275AB6405A4F207EE942275AB6&&FORM=VRDGAR

Volcanoes - Mount Tambora -

https://www.bing.com/videos/riverview/relatedvideo?&q=frost+fairs+london&adlt=strict&mid=405A 4F207EE942275AB6405A4F207EE942275AB6&&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=VRDGA R

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=stric t&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=hly0ZlyPPDg

Biomes Song -

https://www.bing.com/videos/riverview/relatedvideo?q=biomes+song&mid=942131A2450660A95D FC942131A2450660A95DFC&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=stri ct&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=stri ct&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=st rict&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=st rict&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=st rict&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=st rict&mid=61DFBEFF092F23BBE71F61DFBEFF092F23BBE71F&&FORM=VRDGAR and

https://www.bing.com/videos/riverview/relatedvideo?&q=time+for+geography+hot+deserts&adlt=st rict&mid=90882E104BE0EFD94C8E90882E104BE0EFD94C8E&&FORM=VRDGAR

Reducing desertification -

https://www.bing.com/videos/riverview/relatedvideo?&q=time+for+geography+hot+deserts&adlt=st rict&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 rFk4F0pl

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-dunemanagement/

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-approachescoastal-management/

Soft engineering -https://timeforgeography.co.uk/videos list/coasts/soft-engineering-beachmanagement/

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?&a=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=C5F79C128B EA8C67142BC5F79C128BEA8C67142B&&FORM=VRDGAR

Rio -

https://www.bing.com/videos/riverview/relatedvideo?&q=gse+revisioon+rio&adlt=strict&mid=B98F 0514700D8143FDC1B98F0514700D8143FDC1&&FORM=VRDGAR or

https://www.bing.com/videos/riverview/relatedvideo?&q=gse+revisioon+rio&adlt=strict&mid=EBB8 5B1D230F6B46FA1EEBB85B1D230F6B46FA1E&&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 -

 $\frac{https://www.bing.com/videos/riverview/relatedvideo?\&q=demographic+transition+model\&adlt=strict\&mid=A246F7FED402273E4791A246F7FED402273E4791\&FORM=VRDGAR$

Population pyramids -

https://www.bing.com/videos/riverview/relatedvideo?&q=population+pyramid&adlt=strict&mid=B6 079647CD7D9B640B11B6079647CD7D9B640B11&&FORM=VRDGAR

Development

Uneven Development

Causes of uneven development -

 $\frac{https://www.bing.com/videos/riverview/relatedvideo?\&q=effects+of+uneven+development\&adlt=strict\&mid=2E35C0927F17336863B52E35C0927F17336863B5\&&FORM=VRDGAR$

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 -

 $\frac{https://www.bing.com/videos/riverview/relatedvideo?\&q=reducing+development+gap\&adlt=strict\&mid=3E589BAC74CC38BA01F03E589BAC74CC38BA01F0\&&FORM=VRDGAR$

Debt relief and micro finance -

https://www.bing.com/videos/riverview/relatedvideo?q=reducing+development+gap&mid=9351230A42963A32A4C39351230A42963A32A4C3&FORM=VIRE

Investment and tourism -

 $\frac{https://www.bing.com/videos/riverview/relatedvideo?q=reducing+development+gap\&mid=990DEB1}{392D000536169990DEB1392D000536169\&FORM=VIRE}$

Aid and intermediate technology -

https://www.bing.com/videos/riverview/relatedvideo?q=reducing+development+gap&mid=1AC31E8 22AB1BF42931A1AC31E822AB1BF42931A&FORM=VIRE

TNC's - https://www.youtube.com/watch?v=4Y2RLHymf A

TNC unilever - https://www.youtube.com/watch?v=Y6IGI1SsYn8

UK

Environmental impacts of industry -

 $\frac{https://www.bing.com/videos/riverview/relatedvideo?\&q=environmental+impacts+of+industry\&adlt=strict\&mid=3989F121FBED8EC13F2D3989F121FBED8EC13F2D\&&FORM=VRDGAR$

Changes in UK economy -

https://www.bing.com/videos/riverview/relatedvideo?&q=deindustrialisation&adlt=strict&mid=183A840A04A7657E1890183A840A04A7657E1890&&FORM=VRDGAR





De-industrialisation in UK -

 $\frac{https://www.bing.com/videos/riverview/relatedvideo?\&q=deindustrialisation+in+uk\&adlt=strict\&mid=4D9D9ABB903A1AF511F34D9D9ABB903A1AF511F3\&&FORM=VRDGAR$

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 -

 $\frac{https://www.bing.com/videos/riverview/relatedvideo?\&q=uk+transport++gcse+geography\&adlt=strict\&mid=FBEE14CE082E562E2A66FBEE14CE082E562E2A66\&\&FORM=VRDGAR$

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 -

 $\frac{\text{https://www.bing.com/videos/riverview/relatedvideo?\&q=water+in+uk++gcse+geography\&adlt=stric}{\text{t\&mid=773DDAC463A431817DAB73DDAC463A431817DAB\&\&}FORM=VRDGAR}$

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 -

 $\frac{https://www.bing.com/videos/riverview/relatedvideo?\&q=rampion+wind+farm+++gcse+geography\&adlt=strict\&mid=29E1A91EECED4E9F1CD029E1A91EECED4E9F1CD0\&&FORM=VRDGAR$

Water - Global

Global demand for water -

https://www.bing.com/videos/riverview/relatedvideo?&q=water+in+uk++gcse+geography&adlt=stric t&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=8VwllbP72yY&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-approachescoastal-management/

Soft engineering-https://timeforgeography.co.uk/videos_list/coasts/soft-engineering-beachmanagement/

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

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



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 For exam technique, please see the presentation on MS Teams
revise:	Al-produced podcasts have now been made for all topics, available on MS Teams 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 Federace (CSE 0-1) History Heldow though time, (2300-present) Medican though time, (2300-prese	 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	Department produced revision guides (in S26), self-marked using answers on teams.
Relations and the	 Revision guides contain exam questions which teachers will mark and provide feedback.
Cold War Edencel GCSE (9-1) History Suprepare relations and the Cold Not. 1801-191	 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:
Champion (allowand Superior) p. mart. (1484000). PEARSON	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)
- 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 guestions:

- 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

Not examined in

the November

mock series

Early Elizabethan

England – 1558-

1588



- 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





Course and Exam Length

Exam Board: EdExcel

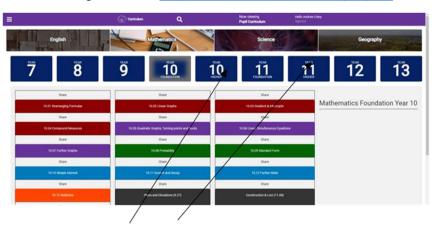
Paper 1: Non-Calculator – 1 hour 30 mins

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 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 After school: Monday Period 6 and Paper Society and Catch up on Tuesday. Intervention: Tutor time: targeted exam technique Friday period 5 exam papers every other week.

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





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





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

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		r	
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	Component 3 is assessed via a listening examination.		
content:	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.		
	Standard Insulance My Lessons My Lessons Edexcel GCSE Cambrid GCS Cambrid Cambrid GCS Cambrid Cambrid C		
	Toto – Africa Knowledge Organiser <u>eduqas-ko-africa.pdf (wjec.co.uk)</u> Bach - Badinerie Knowledge Organiser https://resources.eduqas.co.uk/pages/ResourceSingle.aspx?rlid=1508		
	AOS1 Musical Forms and Devices Knowledge Organiser <u>ko1-musical-form-and-devices area-of-study-1.pdf (wjec.co.uk)</u>		
	AOS2 Music for Ensemble Knowledge Organiser <u>ko2-music-for-ensemble_area-of-study-2.pdf</u> (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 areaof-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 edugas music gcse revision - YouTube

Teaching Gadget and <u>musictheory.net</u> is very useful for developing your theoretical knowledge $\underline{\text{teachinggadget.com}}$

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



Course	EDEXCEL Art & Design		
	Photography		
Exam Length	5 HOUR MOCK		
Examination and	PRACTICAL M	OCK EXAM	
content:			
Resources to help you		Year 11 Photography Coursework 60% of final grade	
	A Sept 5th	Intro to Structures with mindmap	
revise:	B Sept 10th, 11th +	Moodboard of Structures images	
MOCK PRACTICAL EXAM	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	
The practical exam is and is taking	A Oct 1st, 3rd	Jerry Reed artist study and papercut shoot	
place between on 6 th November 2025	B Oct 8th, 9th +	Beshty artist study: Acetate on lightbox shoot	
It is adding to the final work for your	A Oct 15th, 17th	EDITS on Canva Start to discuss best edits and final plans . Best photos onto acetate for projection.	
COURSEWORK component and	B Oct 22nd, 23rd +	Final Plans using all shoots. Combine experimental ideas. Draw small plans	
contributes to the 60% section of		HALF TERM	
your grade	A Nov 5th, 7th	MOCK EXAM: Merging of workshops to create a Canva edit series of work	
COMPONENT 1:	B Nov 12th, 13th +	Complete exam in class with possible physical edit.	
Coursework includes everything from	A Nov 19th, 21st	Year 10 finals to be completed with PINK POINTS. New final pieces created via edits.	
year 10 and year 11 and you will not	B Nov 26th, 27th +	Year 10 coursework PINK POINTS to be completed	
be working on this in class after DECEMBER 2025 as your exam	A Dec 3rd, 5th	Complete all coursework for Jan 1st <u>2026</u> (Final <u>exxam</u> paper released on 1st Jan: 40% of final grade12 weeks prep for <u>two day</u> exam)	
theme will start in JANUARY 2026	B Dec 10th, 11th +	Evaluations and Connections to all artists	
Evidence needs to meet the four assessment objectives AO1, AO2, AO3 and AO4.			
A01 Develop ideas through investigations, demonstrating critical understanding of sources. A02 Refine Refine want by exploring ideas, selecting a september of sources. A03 Record ideas, observations & insights relevant to intentions as work progresses. A04 Present Present Present Record ideas, observations & insights relevant to intentions as work progresses.	BBC Bitesize Art -	+ Design	
	The Arty Teacher		
	<u>United learning Continuity Oak sessions</u>		
	Photography Portfolio Template and Pacing Plan		
	KS4 Photography Knowledge Orgaisers		





Course	NCFE Level 1/2 Health and Fitness	
Exam Length Examination and content:	NEA – Non-Examined Assessment: November 2025 through to Marc 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 19 th May 2026 at 1.30pm Exam at the end of the course 80 marks (40% of final grade) The exam will be a mixture of multiple choice, short answer and two longer answer questions (9 mark essay responses) and will be external 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	All lessons are available on the link here:	
content:	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=PLijqQiSMHnP2aEdAaj HRDsralGH9n3gHT

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 (voutube.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 -

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)





Department	Science		
Week 1 – Paper 1 conte			
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 conte	nt		'
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 conte	nt		
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 conte	nt		
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.	organisers, Seneca, UL	30 minutes
Week 5 – Paper 1 conter	t		
Focus	Method	Resource	Time
Particle model and atomic structure (physics)	Read revision notes/Seneca/watch revision videos and practice exam questions.	organisers, Seneca, UL	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/getsupport/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.papyrusuk.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)





