

Get Set, Go!

Key Stage 4 Exam Readiness

Mrs Ashley

Mrs Benham

Miss Bliss

Objectives

- ▶ Understand how your child has been prepared for exam season the revision strategies recommended.
- ▶ Understand how you can support your child at home during exam season.

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Mrs Ashley

Get Set, Go Workshops - PiXL Prepare to Perform

▶ During p4 and 5 today years 10 and 11 completed various workshops focussing on exam readiness.

▶ The sessions focused on:

Motivation and Goal Setting

Lifestyle

Stress Management and mental energy

Revision Techniques

Resources will be made available

How ready are you to perform?

Think back to the list we looked at earlier and consider what areas might be preventing you from performing at your very best.

- our goals
- ability to manage stress
- mental energy
- quality of sleep
- whether we feel rested and recovered
- physical activity
- nutrition

Goals give us the motivation to move forward

- ▶ What do you want to achieve?
- ▶ Why do you want to achieve it?
- ▶ What will achieving it give you?
- ▶ How will you achieve it? What small steps do you need to take?

Nutrition: Power to Perform - Focus fuels

Snacks are a great way to fuel our bodies continuously throughout the day with brain boosting foods.

Some delicious snacks that can help power our brains are:

- fresh and dried fruit
- nuts
- seeds
- peanut butter and rice cakes
- non-sugary popcorn
- 0% fat yoghurt
- avocado
- a small amount of dark chocolate.

How will boosting our mental energy benefit us?

PRODUCTIVE ZONE

RESULTS - High concentration, effective, energetic, proactive

PERFORMANCE ZONE

ACHIEVEMENTS - Focused, in the flow, positive stress, fulfilment, completion

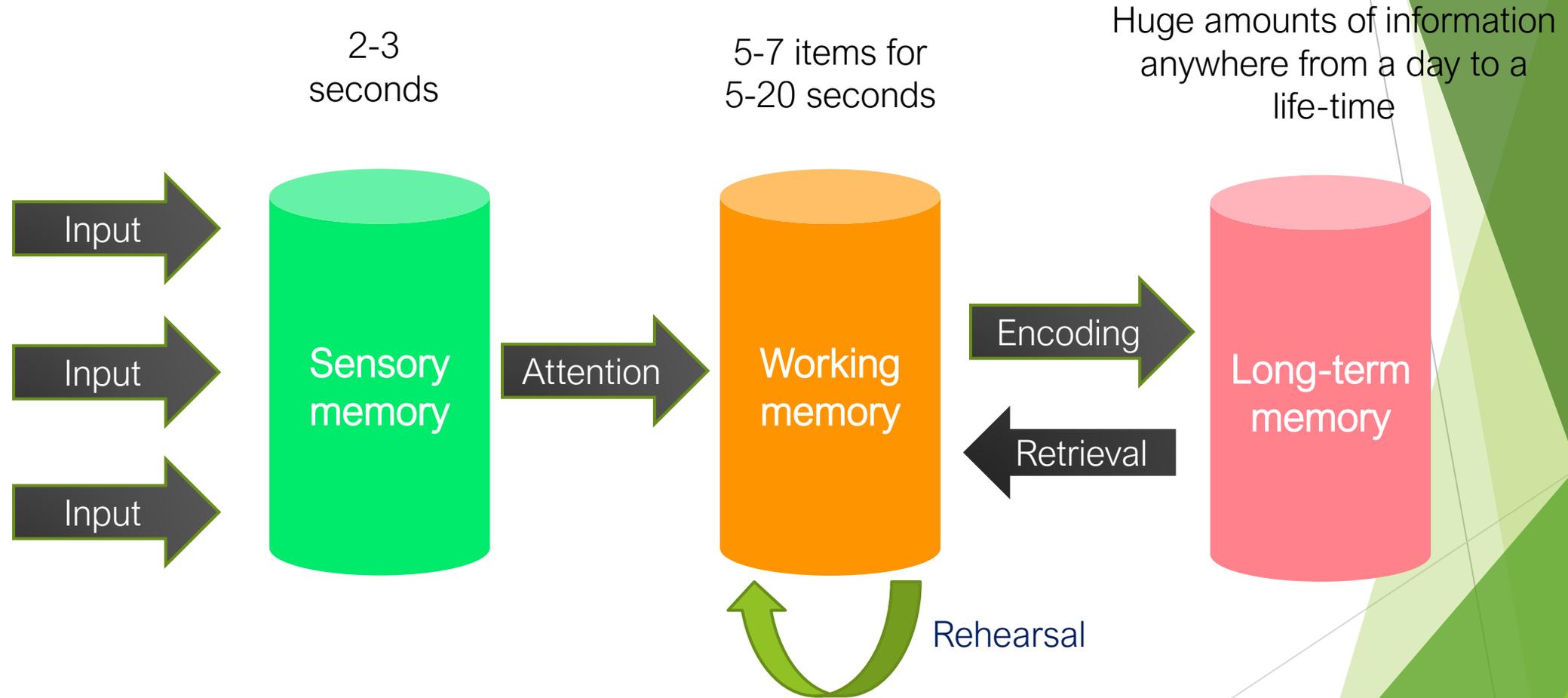
BURNOUT ZONE

TOXIC - Out of control, worried, anxious, angry, fearful, reactive

RECOVERY ZONE

ENERGISING - Meditative, relaxed, regenerative, comfortable, peaceful, reflective

How do we process information?



Top Revision Strategies

For each topic (not subject) you should aim to complete the following:

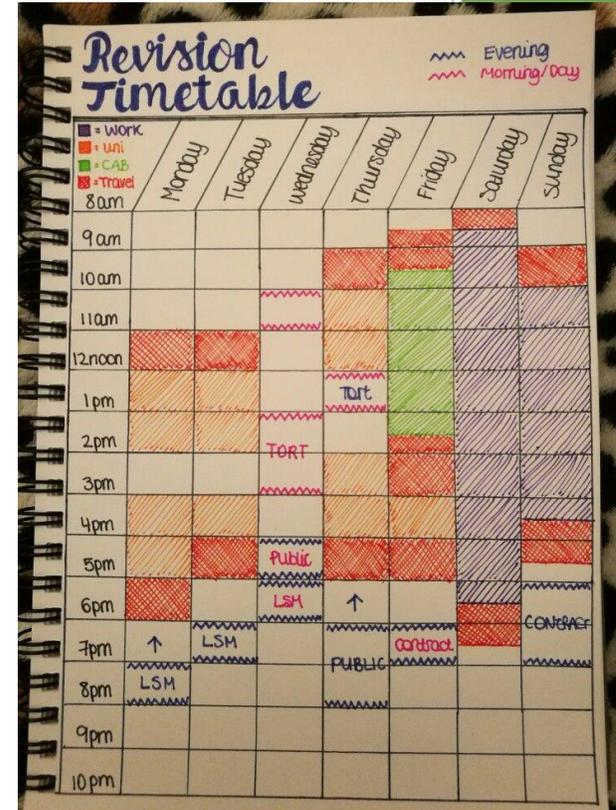
- 1) Condense information into a mind map
- 2) Regularly test yourself on this information, using flashcards and quizzes
- 3) Complete past papers to practise recalling this information. It is preferable to vary between planning longer answers (to focus on the content) and completing a paper/question under timed conditions (to practise performing under time pressure)

Make sure you know how long you should spend on each part of the exam paper, to help you plan your time during an exam.

Revision Timetables

► Prospective Revision Timetables

► Retrospective Revision Timetables



JAMOE

MATHS

Algebra and functions	19/11/20	20/11/20	23/11/20	
Coordinate geometry	19/11/20	23/11/20		
Sequences and series	20/11/20	23/11/20		
Trigonometry	18/11/20			
Exponentials and logarithms	19/11/20	22/11/20		
Differentiation	20/11/20	22/11/20		
Numerical Methods	18/11/20			
Vectors	18/11/20			

REVISOR'S GUIDE
TWEETABLE

Playlist

How to Study for Exams

RETROSPECTIVE REVISION
TIMETABLES



- 1. One...
- 2. Study...
- 3. Give...
- 4. Study...
- 5. Study...

Yr 11 Easter School

	Tuesday 11/4/23	Wednesday 12/4/23	Thursday 13/4/23
SLT	<i>Mr Hartley</i>	<i>Mr Hartley</i>	<i>Miss Bliss</i>
9.30- 11	<i>English Literature Mrs Hussain</i>	<i>Science Mrs Hardman Miss Swayne</i>	<i>Triple Science Mrs Hardman</i>
11.15 to -12.45	<i>English Language Mrs Hussain</i>	<i>History/ Art Miss Shepherd Mr Hartley Mr Watterson</i>	<i>French Miss Biddiss</i>
1.00 -1.30pm	<i>Geography/ Art Mr Yarwood / Mr Watterson</i>	<i>Art Mr Watterson</i>	<i>Drama Mr Harte</i>

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Miss Bliss



PPEs (Y10)

- ▶ PPEs (or Pre Public Exams) are opportunities for you and us to see how you are getting on with your GCSE courses
- ▶ They also allow you to experience taking exams in the Main Hall (or Training Suite if you have agreed Access Arrangements) and sit multiple papers in a day
- ▶ They also allow you to practice completing exam papers under exam conditions
- ▶ You will sit 'mock' papers in each of your subjects (with the exception of BTEC Sport, Art/Photography & ASDAN)
- ▶ There will also be a round of practice French Orals during this timeframe
- ▶ We will help you to prepare with a block of revision sessions afterschool in the weeks leading up to the PPEs
- ▶ This first round of PPEs will take place **Friday 5 - Friday 12 May:**
 - ▶ The papers will include material from across the units you have studied in Y10
 - ▶ Maths and Science papers will be the 'normal' length. All others will be 1 hour.
 - ▶ You will only sit one paper per subject (bar Science where there will be a paper per discipline)



PPE Week

- ▶ Exams will take place in the Main Hall

Students with access arrangements will be in the Training Suite.

- ▶ Morning exams will start **BY** 9am

*Students should register with their tutor in the Quad promptly at 8.40 **BEFORE** heading to the Exam hall*

- ▶ Session 2 exams will start **BY** 11.30am

Student should make their way promptly at the end of break to the Exam hall

- ▶ Students not in exams will attend normal timetabled lessons

We will do a walk through of where you will sit for the exams and go through some of the key exam rules you will be expected to follow in the week running up to the PPEs

PPE Timetable

	Friday 5 May	Bank Holiday	Tuesday 9 May	Wednesday 10 May	Thursday 11 May	Friday 12 May
Session 1 (8.45 start)	Maths 1h 30		English Language 1h45	Chemistry 1h 15/ 1h45	Physics 1h 15/ 1h45	English Literature 50m
Students return to the remainder of Period 2 and have break						
Session 2 (11.30 start)	Option D 1h <i>Drama, Computer Science, History</i>		Biology 1h 15/ 1h45	Option C 1h <i>Geography</i> (Students of BTEC, ASDAN and Photography attend timetabled lessons)	Option A 1h <i>French, History, D&T, Food Tech</i>	Option B 1h <i>Geography, French, Food Tech</i> (Students of Art will attend timetabled lessons)
Students return to the remainder of Period 4, have lunch and Period 5 runs as timetabled.						

Options exams have been ordered by the block that they are delivered in. To check which subject falls in which block please refer to your timetable:

Option A: Thursdays p2/3

Option B: Mondays p2/3

Option C: Wednesdays p4/5

Option D: Fridays p2/3

To note:

- The length of the paper you will sit in Biology/Chemistry/Physics is dependent on tier of entry. Please check with your science teacher.



Then what?

w/c 15 May - Preparing for Post 16 Study

- 3 days of workshops / sessions on preparing for college, applying for post 16 study, and information on apprenticeships. A day of Work Shadowing....

Head Student process

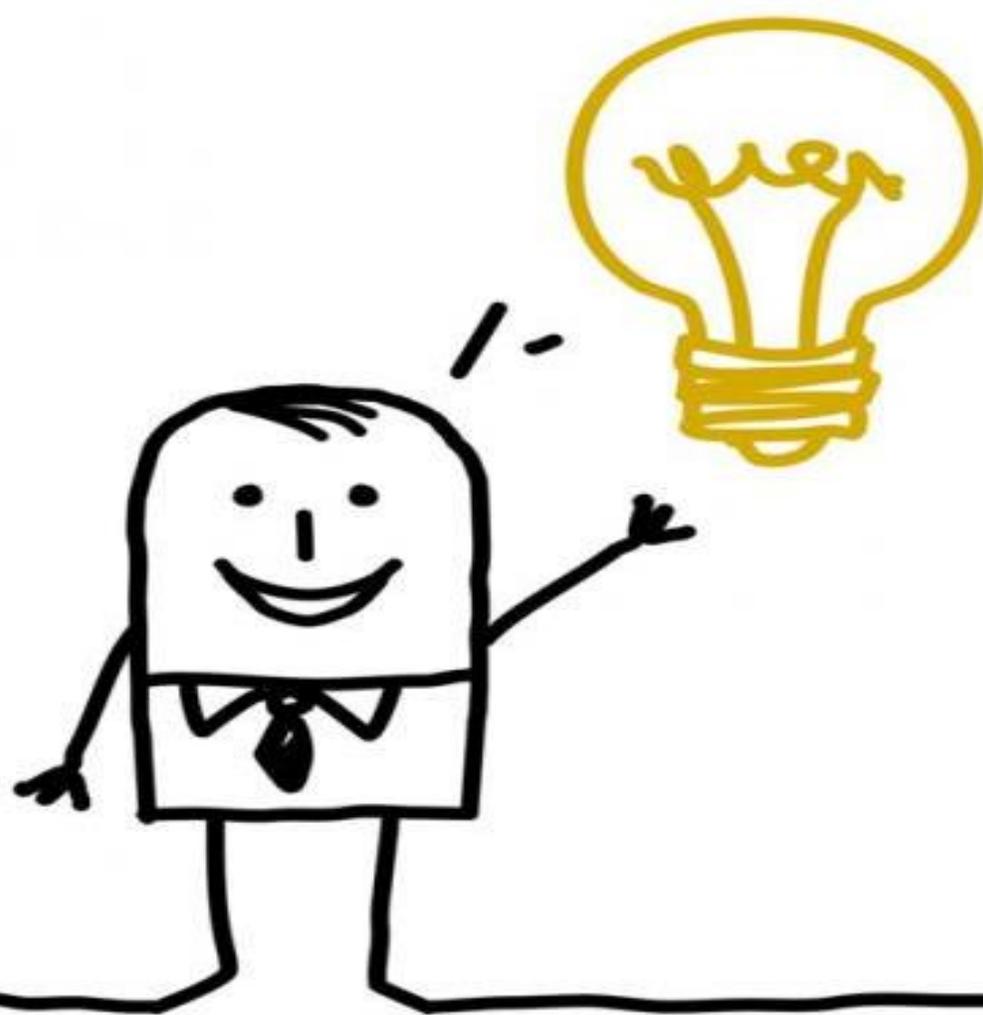
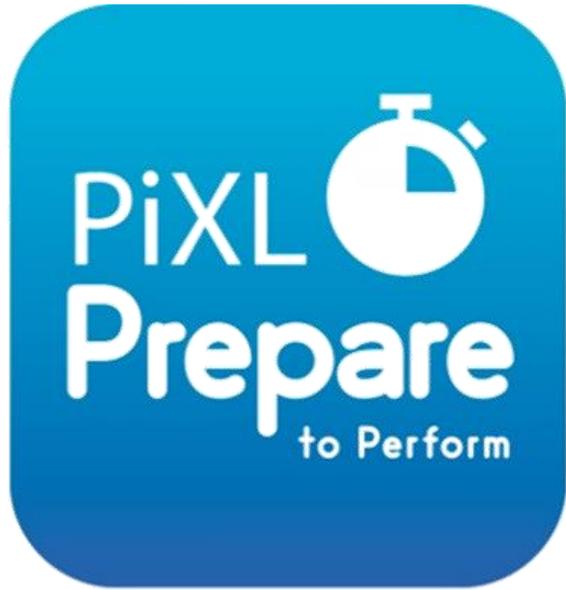
- Details on applications and process will be shared from Mr Hunter - this includes Head Student posts, Sports Leaders and House Ambassadors - hoping to have this wrapped up by May Half Term!



Year 11

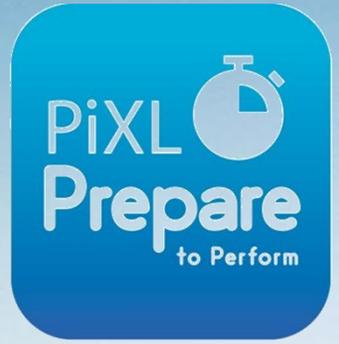
We are almost there!

- Final pieces of NEA (coursework) being completed and marked
- Students will receive these marks (not grades) in the days after Easter. There is a strict & limited process of appeal and a very short timeline. Details can be found on the website
- Photography and Art exams (2 days each) are taking place directly after Easter
- First 'formal' exams of the summer series take place from Monday 15 May. Students are expected in school and lessons until xxxxxxxxxx



Top 10 tips to support your child through their exams

What is Prepare to Perform?



Staying calm, feeling good, being effective

- ✓ A toolkit to help your child control different aspects of their life to help them perform better when it comes to exam time
- ✓ It will allow them to focus, set themselves a plan and work towards being prepared in the best possible way



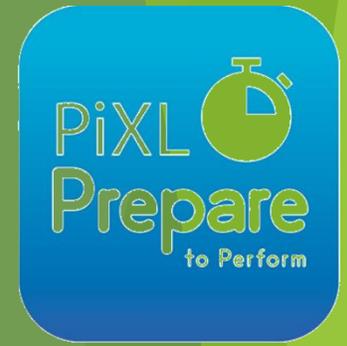
How can you help your child and prepare them to perform?



1. Being a role model
2. Help them set goals
3. Keep them active
4. Healthy eating
5. Time out
6. Sleep patterns
7. Unplugging
8. Staying cool & calm
9. Belief
10. Be supportive

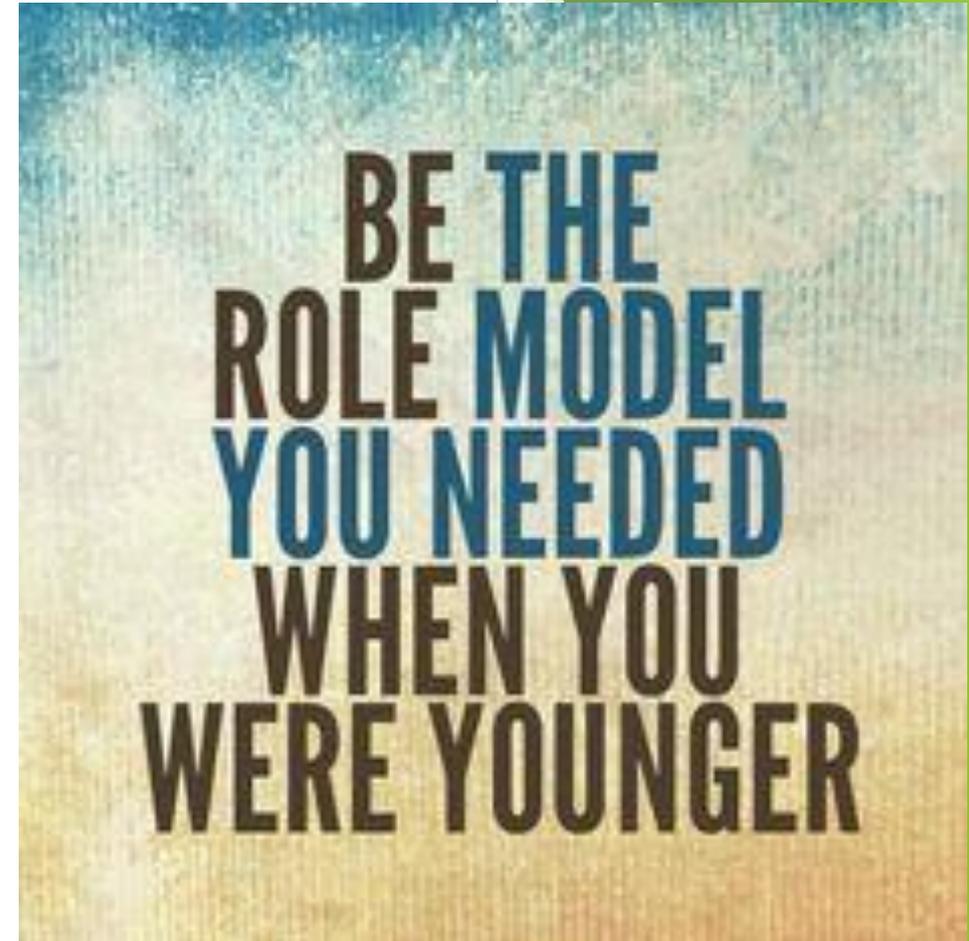
Each day you can support your child to make choices which can impact how they perform during the exam period

1. Being a role model



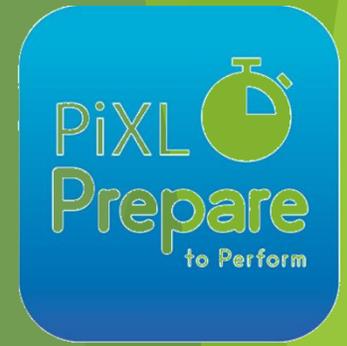
Set a good example by modelling the behaviour you want your child to adopt...

- Planning for the week
- Eating healthily and well
- Keeping hydrated
- Leading an active life
- Staying calm
- Being organised
- Good sleep habits



2. Goal Setting

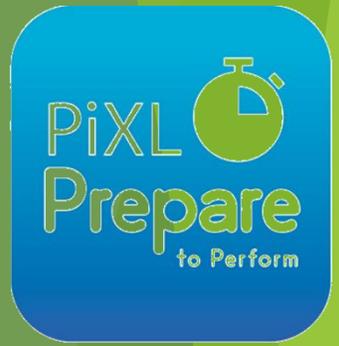
- **Encourage** them to keep their goals planner visible – e.g. printed and displayed on their bedroom wall
- **Help focus** them and talk to them about their goals regularly
- Give **positive reinforcement**
- **Connect** with them about ‘**why**’ and ‘**what**’ they want to achieve



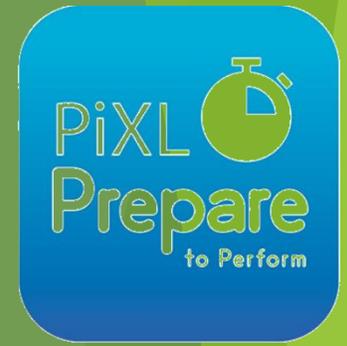
3. Keeping Active

- Encourage them to keep active on a daily basis
- Carry out exercise in manageable chunks e.g. 3 x 20 min sessions throughout the day
- Plan to do active things together on a weekend
- Go out for a walk together and get some fresh air
- Help them plan out their weekly exercise schedule in advance
- After exercise your brain functions well, so encourage a revision session afterwards

60
minutes
per day



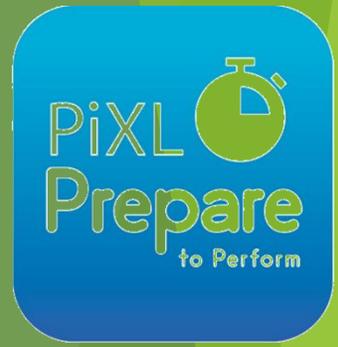
4. Healthy Eating



- Plan your family meals for the week – breakfast, snacks, lunches and evening meals
- Carry out a weekly food shop and make sure you write a list
- Avoid high sugary and fatty foods or drinks
- Aim to eat clean, fresh and healthy foods
- Have a couple or 'treat' meals / or meals out per week
- Use the Mark Lloyd recipes and meal planner as guidance
- Encourage them to eat breakfast everyday
- Hydration is key to brain functioning so make sure your child carries a bottle of water with them



4. Healthy Eating



A BALANCING ACT

Keep your sugar levels under control.

Carbohydrates Macro Cheat Sheet

Breads Rice Couscous Cereals Bran Potatoes Pasta Oats Cream of Wheat Corn English Muffins Pancakes Whole Wheat/ Whole Grains Vegetables Squash Pumpkin Berries Fruits Sugars	Beans Sprouted Grains Quinoa Most Yogurts Skim Milk Peas	Proteins Chicken Turkey Egg Whites Fish Buffalo Bison Whey Protein Turkey Bacon Lean Beef Low/Non-fat cottage cheese Low/Non-fat greek yogurt	Eggs Salmon Bacon Chia Seeds Cottage Cheese Whole Fat Milk Duck Whole-Fat Yogurt	Acocado Nut Butters Egg Yolks Nuts Oils Olives Flaxseed
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Fats

Eating the right food and drink can energise your system, improve alertness and sustain your child through the long exams

MIGHTY MAGNESIUM

Magnesium is involved in over 1000 enzymatic reactions in the body. It's vitally important in providing our cells with energy

- Green vegetables
- Nuts
- Pulses
- Fish
- Bananas

UP THE B'S & OMEGA 3'S

B vitamins are directly involved in creating energy at a cellular level & will give you an energy boost

- Green vegetables
- Asparagus / Spinach
- Broccoli
- Yoghurt
- Chicken / Salmon
- Whole Grains / Brown rice
- Almonds / Pecans
- Eggs

5. Time Out



Encourage them to build in opportunities to take some time out every week, away from study. For example:

- Going out for food
- Seeing friends
- Having a bath
- Listening to music
- Reading a book
- Doing a hobby
- Going shopping
- Going to the cinema

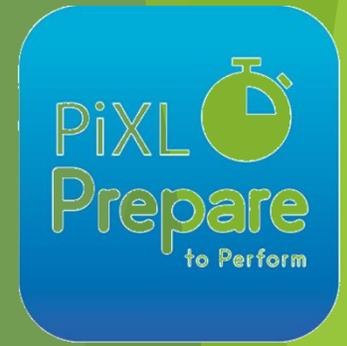


TAKING TIME OUT

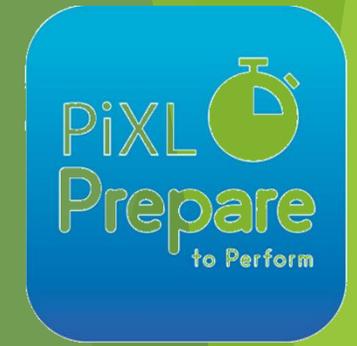
IS AS IMPORTANT AS PUTTING TIME IN

6. Sleep Patterns

- Young people need between 8 – 9 hours sleep per night
- Help your child create a relaxing evening routine
- Make sure they don't eat too late at night
- Avoid giving them caffeine or sugary drinks late at night
- Make sure they don't work or revise too late before going to bed
- Encourage them to switch off from social media / technology at least an hour before bedtime



7. Unplugging



- ✓ Encourage them to unplug from technology everyday
- ✓ Help them switch off from technology at least 30 mins- 1 hr before going to sleep
- ✓ Support your child to appreciate the world around them rather than being governed by their phone
- ✓ Make sure they put their phone away, & on silent, while they are concentrating on tasks / revision / homework
- ✓ Help them learn to have the control to not be obsessed with their phone
- ✓ Choose some time each day/week to switch off and unplug from technology with them

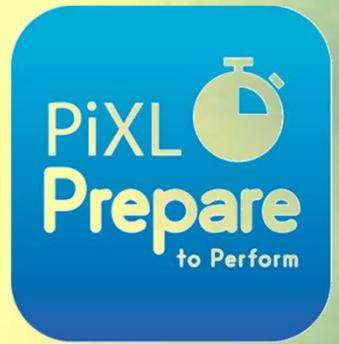


8. Staying Cool & Calm



- Set a good example by staying calm yourself
- Create a relaxing environment for your child
- Help them plan out coping strategies to deal with their stress
- Give them positive distractions away from studying
- Help them understand their stress & to focus on controlling the controllables
- Promote a balance of their academic studies & other activities during the week

9. Belief

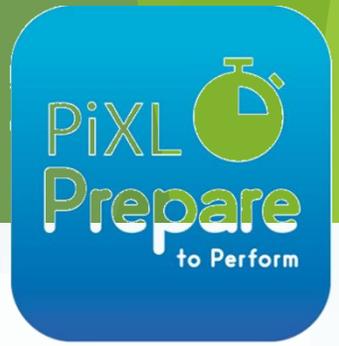


- Give them positive reinforcement
- Boost their confidence daily
- Celebrate any successes and reward them e.g. if they have achieved their mini-goals
- Try not to set your expectations too high
- Show them how proud of them you are
- Highlight things to make them feel good
- Give them the belief in themselves to help them achieve

**BELIEVE
YOU CAN
& YOU'RE
HALFWAY
THERE.**

A black-framed sign with white background and bold, black, hand-drawn style text. The text is arranged in five lines, reading 'BELIEVE YOU CAN & YOU'RE HALFWAY THERE.' The background of the slide features a person holding a red balloon against a bright sky.

10. Be Supportive



- Be a good listener
- Be approachable
- Encourage them to take breaks in between revision
- Show some understanding of what they are going through
- Help them deal with their emotions & feelings
- Offer caring advice
- Just be there for them!

DREAM
BELIEVE
ACHIEVE

Any Questions?