

Cardinal Newman Catholic School

Holy Cross Catholic Multi Academy Company

Year 11 Autumn Mock Examinations 2025



Name:



CARDINAL
NEWMAN
CATHOLIC SCHOOL

“Knowledge through the light of faith”

Assessment Booklet Introduction

Dear Parents/Carers and students

Re: Autumn Mock Exams 2025

Following on from our baseline assessments and to support our ongoing monitoring of student progress there will be mock exams the **week commencing 20th October 2025** that will continue the week after half term commencing **3rd November 2026**

These mock exams will follow the same format as any other exam and are designed to ensure our students understand and start to become familiar with the examination process. The results will be used by teachers to identify strengths and any areas where more support may be needed within each subject area. The examination results will also be shared with home and will be used to determine where your child is in relation to their GCSE target grade within each subject. If students are not successful in their mock examinations they will be selected to resit, after being provided with guidance on how to improve to ensure students have a positive experience.

As you are aware preparation for any exam is essential for success and students should be revising a minimum of 2 hours per day at home. All homework during the mock exam period will be tailored for revision and students should be completing this.

This booklet will support students in completing their mock exams by:

- Providing students with the mock exam timetable so they can plan their revision timetable.
- Providing students with what they will be assessed on within each subject.
- Signpost students to key revision material and websites so they can revise effectively.

If you need any further support, guidance or information please do not hesitate in contacting us. We would also like to take this opportunity to thank you for your continued support.

Yours faithfully



Ms L Eggison
Head of Year 11
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Ms E O'Connor
Headteacher
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Mock Examination Booklet

Mock Examination Timetable

	Year 11 & 13 - Assessments					
	Period 1	Period 2	Period 3		Period 4	Period 5
Monday 20 th October B	Year 11- English Literature (Component 1 2 hours)			Early Lunch		
Y11 Normal Lesson	A – Science B - English	A – RE B - Science	A – English B - Humanities		A – PE B - Maths	A – Maths B - Science
Y13 Normal Lesson	Block A	Block A	Block A		Block B	Block B
Tuesday 21 st October B	Year 11 Biology Paper 1 (1hr 15/45)			Early Lunch	Year 11 History (2 hours) Year 11 Geography Paper 3 (1 hr 30 mins)	
Y11 Normal Lesson	A – RE B - Maths	A – Maths B - Science	A/B – Block A		A – Humanities B - RE	A – Humanities B – English
Y13 Normal Lesson	Block E	Block E	Block E		Block C	Block C
Wednesday 22 nd October B	Year 11 Maths (Paper 1- 1 hour 30 mins)			Early Lunch	Year 11 – Comp Sci Paper 1* (1 hour 30 mins) Year 11- Media* (1 hour 30 mins) Year 11- Food Prep & Nutrition (1 hour 45 mins) Year 11- Paper & Boards (1 hour 45 mins) Year 11 Timbers (1 hour 45 mins)	
Y11 Normal Lesson	A – Science B - PE	A – English B - Maths	A – Science B - English		A – Maths B - RE	A/B – Block A
Y13 Normal Lesson	Block D	Block D	Block D		Block E	Block E
Thursday 23 rd October B	Year 11 – RE Component 1 (1 hour 30 mins)			Early Lunch	Year 11 – Music (1 hour) Year 11 – GCSE PE (1 hour) Year 11 Creative iMedia (1 hour 30 mins)	
Y11 Normal Lesson	A – Humanities B - PE	A/B – Block B	A/B – Block B		A – RE B - Humanities	A – English B - Science
Y13 Normal Lesson	Block B	Block B	Block B		Block A	Block A
Friday 24 th October B	Year 11 Chemistry Paper 1 (1hr15/1hr45)			Early Lunch	Year 11 – Business (1 hour 30 mins)	
Y11 Normal Lesson	A – English B - Humanities	A – English B - Science	A – PE B - English		A – Maths B - RE	A – Science B - Maths
Y13 Normal Lesson	Block C	Block C	Block C		Block D	Block D

	Year 11 & 13 Assessments					
	Period 1	Period 2	Period 3		Period 4	Period 5
Monday 3rd November A	Year 11 Maths (Paper 2- 1 hour 30 mins)			Early Lunch		
Y11 Normal Lesson	A – Science B - Humanities	A – RE B – Science	A – English B - Science		A – PE B - Maths	A/B – Block B
Y13 Normal Lesson	Block A	Block A	Block A			
Tuesday 4th November A	Year 10 English Language & Year 11 Resit (Component 1- 1 hour 45 mins)			Early Lunch	Year 11 Physics Paper 1 (1hr15/1hr45)	
Y11 Normal Lesson	A – RE B - Maths	A – Maths B - Science	A/B – Block A		A/B – Block A	A – Humanities B - English
Y13 Normal Lesson	Block E	Block E	Block E		Block C	Block C
Wednesday 5th November A	Year 11 - Spanish Writing (F 1 hour 10mins/H 1 hour 15 mins) Year 11 - French Writing (F 1 hour 10mins/H 1 hour 15 mins)			Early Lunch	Year 11 Geography Paper 2 (1 hr 45 mins)	
Y11 Normal Lesson	A – Science B - PE	A – English B - Maths	A – Science B - English		A – Maths B - RE	A/B – Block A
Y13 Normal Lesson	Block D	Block D	Block D		Block E	Block E

Students will an option subject examination clash can review their specific timetables/seating plans for further details



Mock Examination Booklet

Mock Examination Timetable

Using your school timetable and assessment timetable, create your mock schedule below:

Subject	Date & AM/PM	Topics Covered	Equipment Needed	Venue & Seat Number
English Literature			Pen Highlighter	
Maths Paper 1				
Maths Paper 2				
Chemistry				
Physics				
Biology				
Religious Education				
Geography/ History			Geog: Scientific Calculator, Pen, Pencil, Ruler, Highlighter.	
Option A				
Option B				
English Language (Resit Only)			Pen Highlighter Ruler	

Mock Examinations Booklet

What to Expect

These examinations are important and will help your teachers to support you through the stages of your final GCSE year.

We want you to feel really prepared for these exams and have organised them so that you have had your baseline assessments first to identify areas for development and review.

This booklet will provide you with key information about your mock examinations:

1. What topics will be covered in your examinations and what you should revise
2. Useful revision tools—websites/apps etc
3. Where you can find relevant information (revision materials and sessions)
4. Top Tips on how you can be successful
5. Please use this booklet to prepare for your examinations. There is a revision template included for the weeks running up to the exams.

WHAT TO BRING WITH YOU DURING THE EXAMINATIONS:

- 1) Uniform must be perfect! Go and see Helenea or your Head of Year if you have any issues before the examination.
- 2) Make sure that you are seated in the correct position in your exam location – seating plans will be shared in advance.
- 3) Do not speak when you enter the examination location and follow all the rules that are outlined to you.
- 4) You will need 2 black biros, a pencil and a spare or sharpener, eraser, ruler, protractor, compass, scientific calculator and a clear pencil case. **YOU MUST BE PROACTIVE**, and make sure you gather this equipment before you go into the examinations. If you need anything, please see your tutor or HOY. We will distribute an exam kit to you with all this equipment prior to the examinations.

Revision Sessions

Attend as many as possible, they will be shared with you, and you can record them in your Mock Examination Booklet.

Key Reminders:

- If you have a morning examination, you must be on school site for **8.15am**. You must then **sign-in outside the Sixth Form block** (opposite Student Reception)
- **Attendance is compulsory** to all examinations
- Check your **seating plans** (you should know your seat number/venue **before** arriving to the examination).
- You must **bring your equipment**: clear pencil case, water (label off), pens, pencils and subject specific equipment when necessary e.g. calculator, ruler etc.
- **Uniform**- same standards apply, no jewellery, blazer on.
- After an examination, you will **report immediately to the canteen** (unless you have extra time) where your teacher will collect you.

Assessment Information

For your mock examination, students will complete a section on Macbeth and a section on Poetry Anthology.

Exam Duration: 2 hours Exam Weighting: 40%

Section A: Macbeth – 40 marks

Students will respond to two questions. In the first question, you will only need to write about the extract. In the second question, you will need to write about the whole play.
Total time: 1 hour (20%).
AO1, AO2, AO4

Section B: Poetry Anthology – 40 marks

Students will respond to a poem from the anthology (20 mins) and then will write a comparative essay using another poem from the anthology. (40 mins)
Total Time: 1 hour (20%).
AO1, AO2

What revision material should I use?

Section A

Students will be provided with a 'Macbeth' revision guide and a task booklet to support their revision of plot, character, theme and context.
Students can also use Educake, SENECA and resources on Classcharts for additional preparation.

Section B

Students will be provided with a Poetry Anthology revision guide and a task booklet to support their revision.
Students can also use Educake, SENECA and resources on Classcharts for additional preparation.

Structured Revision Tasks

Your teacher will provide you with a Macbeth and a Poetry Anthology Revision Guide.

They will direct you on which tasks to complete.



WJEC Eduqas English Literature 9-1 Poetry Anthology Revision Guide



Name.....
Class.....
Teacher.....

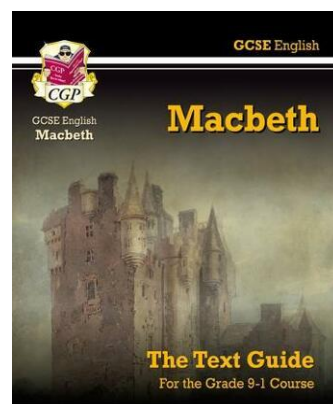
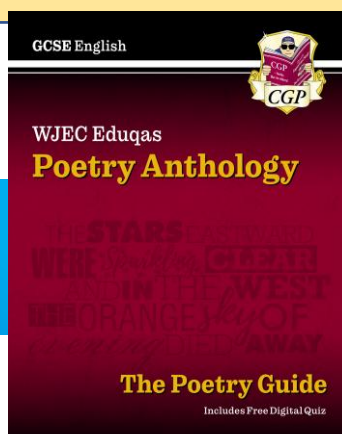
Challenge/Extension task:

Choose from the selection of practice essay questions in the revision guides and complete at least 3 of them.

Additional Resources:



*sparknotes



Assessment Booklet English Literature



Poetry Structured Revision Tasks

eduqas
Part of WJEC

1. Ensure all the poems are fully annotated in **your anthology** for: Summary, Context, Structure/Form & Theme
2. Create **terminology glossaries/flashcards** for the key language used and structural techniques for poetry.
3. Using your revision guide, **read and make notes on the summary, context, structural and analytical information for every poem.**
4. Using your revision guide, choose a poem from each thematic cluster (love, nature, war, people & place) and **read a model Section A and B essay.**
5. Write your own **essay plan for Section A and B** for each thematic cluster (love, nature, war, people & place).

WJEC Eduqas
English Literature 9-1
Poetry Anthology
Revision Guide



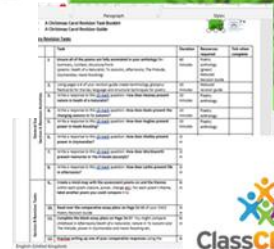
Name.....
Class.....
Teacher.....

Additional Resources:

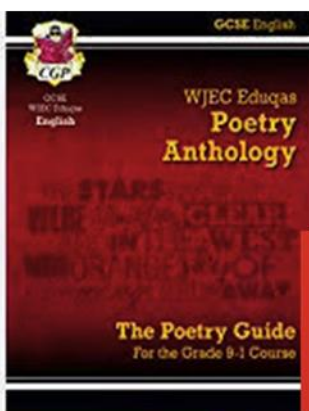
WJEC Eduqas
English Literature 9-1
Poetry Anthology
Revision Guide



Name.....
Class.....
Teacher.....



ClassCharts



Assessment Booklet

English Language - Resit



What am I being assessed on?

eduqas
Part of WJEC

Component 1: 20th Century Fiction Reading and Narrative Writing

(1 hour 45 minutes)

Section A: 20th Century Fiction Reading (1 hour)

Section B: Narrative Writing (45 minutes)

What revision material should I revise from?

Students will be provided with a 'Component 1' Revision Guide and a 'Narrative Writing' Guide to support their revision of reading and writing skills.

Students will also have their prepared story from Year 10 to revise from.

Students can also use Educake and resources on Classcharts for additional preparations.



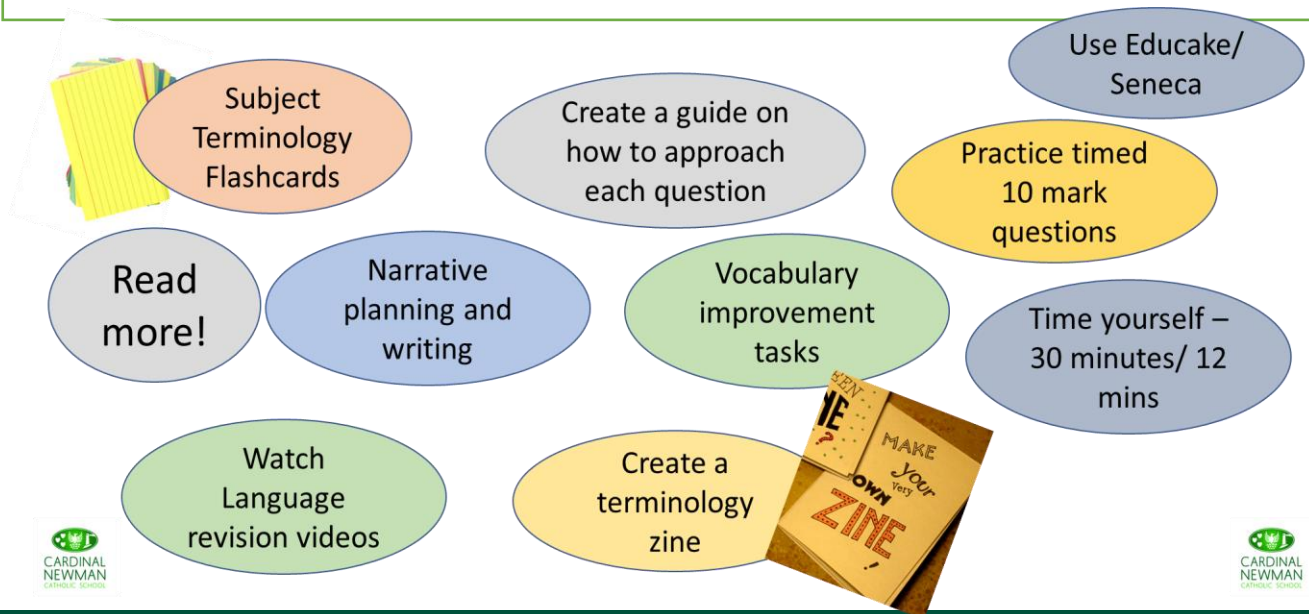
English Language
Component 1

20th Century Literature
Reading and Narrative
Writing

Revision Guide

Name.....
Class/Teacher.....

How can I revise?



Assessment Booklet

Maths - Foundation

What am I being assessed on? - You will have 2 exam papers.

Year 10 Mocks - Foundation topics	
Paper 1	Paper 2
Sequences	Words into numbers
BIDMAS	Ordering decimals
Time conversions	Conert FDP
Measuring	Mass conversions
Basic probability	Fraction of amount
Estimation	Coordinates
Pictograms	Combinations
Recognising and drawing shapes	Money questions
Scale	Draw bar charts
Convert between FDP	Sequences with patterns
Conversion graphs	Faces, vertices and edges of 3D shapes
Indices	Two-way table probability
Caluclating with fractions	Inequality symbols
Volume of cuboids	Solving linear equations
Percentage of amount	Reverse area questions
Area of triangles	Forming equations - worded
Constructions	Recipe questions
Rounding to decimal places and sig	Simple interest
Best value questions	Currency conversions
Product of prime factors	Angles in parallel lines
Multiplying and dividing decimals	Using a calculator and rounding
Fraction, percentage, ratio questions	Frequency polygons
Scatter graphs	Speed-distance-time
Probability and relative frequency	Ratio - combining
Linear inequalities	Probability trees
Drawing graphs with table of values	Forming equations - shape
Pressure questions	Trigonometry - SOH CAH TOA
	Expanding and factorising

Paper 1 – Non calculator
Paper 2 - Calculator

What revision material should I revise from?

Go to the [Mathsgenie](https://www.mathsgenie.co.uk/) website, and click on the revision tab. Pick a topic and try the questions from there. Then mark your answers with the solutions provided. You can also practise papers on Mathsgenie – there are worked solutions and video solutions so you can check your answers. Login to Mathswatch. It has helpful videos and questions on every topic you might be tested on. Ask your teacher to reset your password if you have forgotten your login details!

How can I revise?

Your class teacher will complete some revision lessons with you ahead of the assessment.

- Practise past papers. These are on Mathsgenie – there are written and video solutions.
- Make posters and revision cards about key methods and facts e.g. formula for the area of a triangle, how to factorise a quadratic.
- Answer questions from the revision section of Maths Genie
- Watch videos and complete tasks on Mathswatch.

Assessment Booklet

Maths – Higher

What am I being assessed on? - You will have 2 exam papers:

Year 11 Mocks - Higher topics

Paper 1	Paper 2
Product of prime factors	Using a calculator and rounding
Multiplying and dividing decimals	Frequency polygons
Fraction, percentage, ratio questions	Speed-distance-time
Scatter graphs	Ratio - combining
Probability and relative frequency	Probability trees
Linear inequalities	Forming equations - shape
Ratio problems	Laws of indices
Percentage increase/decrease	Compound interest
Similar shapes	Cumulative frequency
Reverse area	Volume of cones, spheres and cylinders
Density	Factorising quadratics with coefficient of x^2
Recurring decimals	Direct and inverse proportion
Translations	Rearranging formulae - more difficult
Enlargements	Bounds
Gradient of a curve	Iterations
Surds	Solving trig equations
Area = $\frac{1}{2}ab\sin C$	Graph transformations
Proofs	3D Trig and Pythag
Solving equations with algebraic fractions	Circle Theorems
Vectors	Equation of tangent to a circle
Simultaneous equations with quadratic	
Histograms	

Paper 1 – Non calculator

Paper 2 - Calculator

What revision material should I revise from?

Go to the [Mathsgenie](https://www.mathsgenie.co.uk/) website, and click on the revision tab. Pick a topic and try the questions from there. Then mark your answers with the solutions provided. You can also practise papers on Mathsgenie – there are worked solutions and video solutions so you can check your answers. Login to Mathswatch. It has helpful videos and questions on every topic you might be tested on. Ask your teacher to reset your password if you have forgotten your login details!

How can I revise?

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- Practise past papers. These are on Mathsgenie – there are written and video solutions.
- Make posters and revision cards about key methods and facts e.g. formula for the area of a triangle, how to factorise a quadratic.
- Answer questions from the revision section of Maths Genie
- Watch videos and complete tasks on Mathswatch.

Biology

Assessment Information

Paper 1 AQA

Combined Science 1: 15 Min

B1 Cell Biology
B2 Organisation
B3 Infection & response
B4 Bioenergetics



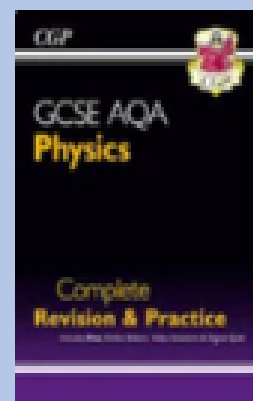
Separate Science 1: 45 Min

B1 Cell Biology
B2 Organisation
B3 Infection & response
B4 Bioenergetics



What revision material should I use?

- PiXL resources on Class charts
- BBC bitesize – AQA Biology
- Your exercise books
- Your revision guide
- Pitstops you have already completed
- Educake and Seneca
- FreeSciencelessons.com & Primrose Kitten videos on Youtube



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Chemistry

Assessment Information

Paper 1 AQA

Combined Science 1: 15 Min

Atomic structure and the periodic table;
Bonding, structure, and the properties of matter;
Quantitative chemistry;
Chemical changes;
Energy changes.



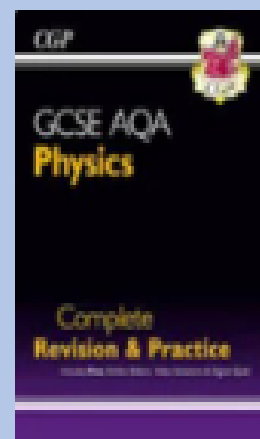
Separate Science 1: 45 Min

Atomic structure and the periodic table;
Bonding, structure, and the properties of matter;
Quantitative chemistry;
Chemical changes;
Energy changes.



What revision material should I use?

- PiXL resources on Class charts
- BBC bitesize – AQA Biology
- Your exercise books
- Your revision guide
- Pitstops you have already completed
- Educake and Seneca
- FreeSciencelessons.com & Primrose Kitten videos on Youtube



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Physics

Assessment Information

Paper 1 AQA

Combined Science 1: 15 Min

Energy;
Electricity;
Particle model of matter
Atomic structure.



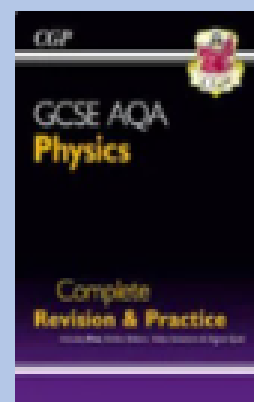
Separate Science 1: 45 Min

Energy;
Electricity;
Particle model of matter
Atomic structure.



What revision material should I use?

- PiXL resources on Class charts
- BBC bitesize – AQA Biology
- Your exercise books
- Your revision guide
- Pitstops you have already completed
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- FreeSciencelessons.com & Primrose Kitten videos on Youtube



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Religious Education

Assessment Information

Your RE Mock Paper will be on Component 1. This will be a full paper lasting 90 minutes. It is split into 2 sections:

Origins and Meaning
Good and Evil

Exam Style Questions

Origins and Meaning:

2x A Questions, 2xB Questions, 2x C Questions, 1x D Question + 6 SPAG marks

Good and Evil

1x A Question, 1xB Question, 1x C Question, 2x D Questions

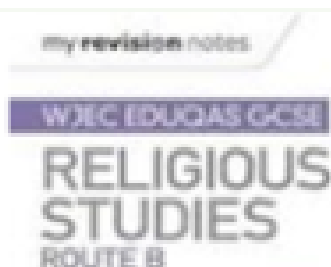
Total – 96 marks

Topic	RAG
Origins & Meanings	
Creation	
Sanctity of life	
Abortion	
Stewardship	
Social Justice	
Charities	
Artwork	
Good & Evil	
Origins of Evil	
Goodness of God	
Trinity	
Salvifici Doloris	
Jesus' moral teachings	
Statues	
Pilgrimage	
Rosary	

What revision material should I use?

All resources will be uploaded to Teams by your class teacher. You should use them to:

- ✓ Complete the PLCs
- ✓ Test yourself on each topic
- ✓ Complete practice B, C & D questions
- ✓ Complete Seneca tasks
- ✓ Create flash cards/mind maps/revision notes



Religious Education

Structured Revision Tasks



- ☐ **PLCs** – Complete this at the start of your revision to see what you already know and then at the end to see the progress that you have made.
- ☐ **Revision guide** – Test yourself questions for each topic
- ☐ **Seneca** – Complete both topics online for more interactive revision
- ☐ **A3 mindmaps** – use the mindmap to help you with areas that you are struggling with (remember not all areas are on this assessment though)
- ☐ **Knowledge organisers** – use these to help structure your revision more clearly.
- ☐ Practice timed exam questions using the revision guide example questions for B, C and D style questions .

Top Tip – best way to practice is having a go at timed questions.

Remember to aim for ‘a mark - a minute’

A D style question which is worth 15 marks should therefore take you around 15 minutes

- ☐ Don't forget to send any questions you complete to your class teacher either in person/via email for them to check and mark for you

Challenge/Extension tasks:



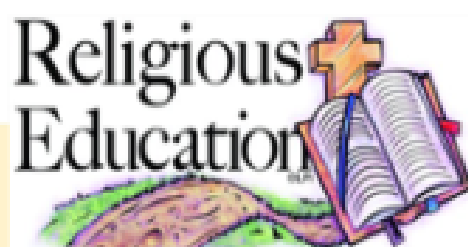
- B) Describe Catholic teachings on the Trinity (5)
- B) Describe the work of Cafod (5)

C) Explain from either Catholic Christianity and Judaism **OR** two Christian traditions, beliefs about the origins of evil (8)

- D) "Suffering proves that God does not exist" Discuss
- D) "Abortion is murder" Discuss

Exam Technique will vary on what your teacher has encouraged you to attempt. The Challenge for exam technique is:

- B) 2 x PEE C) 4 x PEE D) 4 x PEE + conclusion



Geography

Specification Revision Focuses & Key Examiners Advice - LMR

Mock Examination Title: Paper 3 – People & Environmental Issues: Making Geographical Decisions (64 Marks) (1 Hour 30 Minutes)

Specification Links: Paper Three Revision Focuses

Topic 7 – People & The Biosphere	Topic 8 – Forests Under Threat	Topic 9 – Consuming Energy Resources
• Biomes: Examples, global distribution and reasons for location, adaptations, climate. • Local Factors Affecting Biomes: ARSD – Altitude, Rock Type, Soil & Drainage. • Biotic & Abiotic Species: Photosynthesis, The Nutrient Cycle & Regulating The Hydrological Cycle. • The Importance Of The Biosphere: Resources, Commercial Exploitation & Threats. • The Malthus & Boserup Theories: Pessimistic vs. Optimistic.	• Tropical Rainforest Features: Climate, Distribution, Nutrient Cycle, Adaptations & Food Webs/Chains • Taiga (Boreal Forest) Features: Climate, Distribution, Nutrient Cycle, Adaptations & Food Webs/Chains. • Tropical Rainforest & Taiga Threats: Direct (Human Causes) & Indirect (Natural Causes). • Tropical Rainforest Conservation Schemes: CITES, REDD, Sustainable Management & Ecotourism. • Taiga Conservation Schemes: National Parks & Sustainable Forestry Schemes.	• Renewable, Non-Renewable & Recyclable Energy Resources: Examples, costs & benefits of consumption. • Reasons For Energy Distribution: Geology, Relief, Climate & Development. • Factors Affecting Oil Supply & Price: Gulf Wars, BP Oil Spill Recessions, Industrialisation. • Unconventional Oil & Gas Supplies: Athabasca Tar Sands Extraction (Plus Shale Gas). • Energy Efficiency: Sustainable Homes & Transport Schemes. • Energy Stakeholders: TNC's, Climatologists, Consumers, Environmental Groups etc. • Ecological & Carbon Footprint: Methods To Reduce.

Key Examiners Advice & Guidance: Paper Three (**Resource Booklet: Either Tropical Rainforest Or Taiga Biome**)

- Students must have a strong understanding of Paper Three **geographical terms**.
- Students must consistently refer to the **Resource Booklet** provided in the examination. For 8 and 12-mark accessibility, 50% of the marks can be acquired by articulating key pieces of evidence from the selected figures.
- **8 Mark Advice:** Aim for 2-3 PEEL paragraphs. Marks are banded into 3 Levels. Level 1: 1-3 marks for basic responses; Level 2: 4-6 marks for moderate responses; Level 3: 7-8 marks for consistently developed responses. Marks are divided into AO3 (Judgement) and AO4 (Geographical Skills – Figure). An even balance must be acquired to attain 7-8 marks.
- **12 Mark Advice – Decision-Making:** Students must complete x3 PEEL paragraphs in deep detail, one for each option. The first paragraph should be discussing the chosen options, with a more intense focus on benefits, as opposed to challenges. The second and third paragraphs must be discussing the positives and negatives of the options not selected, and why their chosen option was better. Lastly all students must finish with a conclusion to justify their decision.
- **8 & 12-Mark Question Importance:** The 2 8-mark questions (16 marks) and the 12-mark response (+4 marks for Spelling, Punctuation & Grammar – 16 marks), equates to 32 marks out of a possible 64, which is 50% of your grade. These need to be answered in good details, as else **students cannot acquire a Level 4 grade in this exam**.

Geography

Assessment Information: GCSE Geography Autumn Mocks

Mock Examination Title: Paper 2 – UK Geographical Issues (94 Marks) (1 Hour 45 Minutes)

Exam Date: Wednesday 5th November

Revision Topics: Paper Two



Topic Four: UK Evolving Physical Landscapes (Geology / Coasts / Rivers)
Revision Guide Pages: P44-70

Topic Five: UK Evolving Human Landscapes (UK Cities)
Revision Guide Pages: P72-82

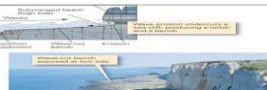
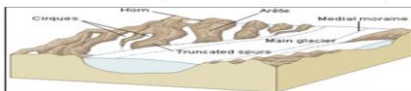
Topic Six: Geographical Investigations – Fieldwork (Coasts & Cities)
Revision Guide Pages: P84-86

Revision Material & Support – GCSE Geog Edexcel B: Paper Two

Paper 2: Topic 4 The UK's Evolving Physical Landscape Sheet 1/4

Enquiry question: Why does the Physical landscape of the UK vary from place to place?

1. Describe the characteristics of igneous, metamorphic and sedimentary rocks and give two examples for each.
2. How have past tectonic processes helped to shape the landscape of the UK?
3. How have past glacial processes helped to shape the landscape of the UK?
4. Igneous and metamorphic rocks make up upland areas of the UK, why is this?
5. Explain why sedimentary rocks make up the lowland areas of the UK.
6. Describe the distribution of igneous, metamorphic and sedimentary rocks in the UK.
7. What type of rock is chalk, carboniferous limestone and clay?
8. What type of rock is granite?
9. Which type of rock are schists and slate?



Please check the examination details below before entering your candidate information

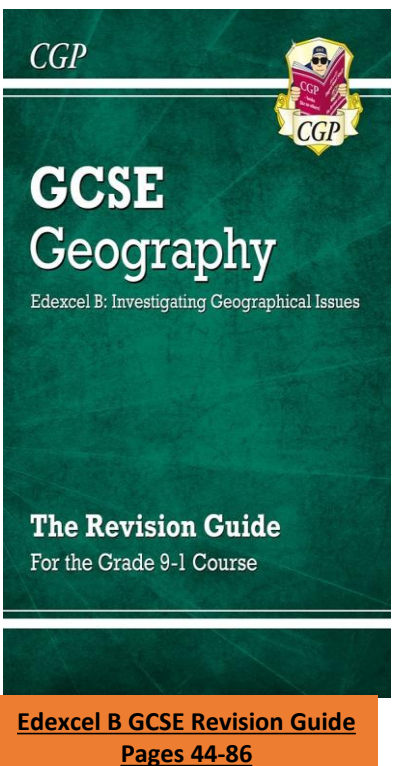
Candidate surname	Other names
Centre Number	Candidate Number
Pearson Level 1/Level 2 GCSE (9–1)	
Wednesday 5 June 2024	
Morning (Time: 1 hour 30 minutes)	Paper reference 1GB0/02
Geography B PAPER 2: UK Geographical Issues	
You must have: Calculator	Total Marks

Knowledge Specification Questions
LMR can send electronically practice knowledge questions on Topics 4 and 5 to test key terms and case studies such as Birmingham.



Past Exam Papers Revision World & Pearson Edexcel B Website

Educake Weekly Topic Knowledge Quizzes



Edexcel B GCSE Revision Guide Pages 44-86

Geography

Specification Revision Focuses & Key Examiners Advice - LMR

Mock Examination Title: Paper 2 – UK Geographical Issues (94 Marks) (1 Hour 45 Minutes)

Specification Links: Paper Two Revision Focuses

Topic 4: UK Evolving Physical Landscapes – Geology, Coasts & Rivers.	Topic 5: UK Evolving Human Landscapes - UK Dynamic Cities	Topic 6: Fieldwork Investigations – Coasts (Q8) & Cities (Q10).
Processes: Types Of Erosion, Transportation, Weathering, Mass Movement etc. Geology: Rock Types, Distribution, Formation, Types, Glaciation, Tectonics.. Coasts: Wave Type, Climate Change, Landforms, Concordant/Discordant etc. Rivers: Landforms, River Course Differences, Forms Of Transportation (SSST), Different Characteristics – Width, Depth, Velocity, Discharge.	Economic Sectors: Primary, Secondary, Tertiary & Quaternary – Include Types. Urban Layers: CBD, Inner City, Suburbs – Why Are They Different? (Buildings/Land). Urban Processes: Regeneration, Urbanisation, Studentification, Gentrification, Decentralisation etc. Migration: Causes & Consequences Across The UK - Positives & Negatives (Push vs. Pull Factors).	Enquiry Questions: Coastal Processes & Management vs. Urban Quality Of Life. Data Collection: Primary (Firsthand) vs. Secondary Data (Previously Collected) For Coasts/Cities. Quantitative vs. Qualitative Data: Differences, Examples, Costs & Benefits. Methodology: Written Descriptions Or Diagrams Of Data Presentation In Birmingham & Hunstanton.

Key Examiners Advice & Guidance: Paper Two (Students Must Remember It's UK Focused – No Paper 1 Case Studies)

- Students must have a strong understanding of Paper Two **geographical terms**.
- 8 Mark Advice – Questions 4 and 7:** There are 2 opening 8 markers, Questions 4/7. Q4 is about an 'Unforeseen Investigation' link to physical geography, such as precipitation, glaciation, flooding, climate change, hydrographs etc. Q7 is about an 'Unforeseen Investigation' link to human geography, like population rise, sustainability, crime, urban growth. You will have a figure/source you **must** talk about. Marks are divided into **AO3** (Judgement) and **AO4** (Geographical Skills – Figure). An even balance must be acquired to attain 7-8 marks.
- Topic 6 Fieldwork:** Students must only answer the questions within Question 8 (Coasts) and Question 10 (Cities – Urban Areas), because you attended fieldwork in Hunstanton and Birmingham. Each section has 4-5 questions, with both including an 8 marker. One of the 8 markers is about your fieldwork where you must discuss your methods, in terms of how accurate and reliable they are. The other 8 marker will be evaluating/critiquing another student's fieldwork. The smaller questions will be about fieldwork basics, such as enquiry questions, methods, ways you can improve your data.

Exam: Paper Two – Elizabethan England
October 2025 – AM: 2hours)

(Wednesday 22nd

Paper 2: Section B: Elizabethan England, 1558 - 1603

You will need to revise over the following topics in Elizabeth;

- Elizabeths early problems
- Elizabeths court & council
- Essex rebellion
- Religious settlement
- Catholic & Puritan treatments & dangers
- Globe Theatre

Paper 1: Section B: Conflict & Tensions, 1918 - 1939

You will need to revise over the following topics in Conflict;

- Treaty of Versailles & other treaties
- League of Nations, success and failure
- Hitler's foreign policy
- Anschluss
- Sudeten crisis and appeasement
- Nazi Soviet pact and start of war

How can I revise?

- Review your notes from last year - RAG Knowledge, this gives you a starting point.
- Read through your revision books/ knowledge organisers
- Practice writing responses to past questions.
- Create revision cards
- Watch revision videos (see emails & class charts for all resources)

Which exams will be assessed?

Paper	Exam type and Length	Section	Details
1	Listening: done in class. -Foundation 35 min including 5 min reading time- 40 marks - Higher 45 min including 5 min reading time - 50 marks	A	Questions in English ; Answers in English or non-verbally (✓/X- True or false - A/B/C...) F: 32 marks / H: 40 marks
		B	Dictation: transcribe short sentences. F: 8 marks / H: 10 marks
2	Reading: done in class - Foundation 45 min - 50 marks - Higher 60 min - 50 marks	A	Questions in English ; Answers in English or non-verbally (✓/X - True or false - A/B/C...) F & H : 40 marks
		B	Translation French to English: Foundation: min. 35 words Higher: min. 50 words F & H: 10 marks
3	Writing: done in the Sports Hall- invigilated Foundation 1 hour 1 min - 50 marks Higher 1hour 15 min - 50 marks		

What revision material should I use?

- ☐ The model answers for the speaking/ writing questions on all the topics done up to now. You have a copy in your books
- ☐ The vocabulary of all the topics we have done, you have copies in your book.
- ☐ The rules on how to form and use the different tenses that are in your books.

Other IMPORTANT resources

- **BBC Bitesize GCSE MFL French:** to practice vocabulary, grammar, do quizzes, as well as listening and reading tasks. Choose the tasks of the topic you want to revise.
 - [GCSE French - AQA \(for exams from 2026\) - BBC Bitesize](#)
- **SENECA:** for grammar and vocabulary
- **Quizlet:** to practise vocabulary, tenses and grammar.
 Type "New GCSE French"
 - [Search Quizlet > new GCSE French AQA | Quizlet](#)
 - [AQA New GCSE French personality adjectives Flashcards | Quizlet](#)
 - [GCSE French - French Tenses Flashcards | Quizlet](#)
 - [French GCSE Grammar Flashcards | Quizlet](#)

Assessment Booklet

French

What can I do to prepare myself well?

- Know well the key sentences about different topics that you have been memorising, they are one of the best tools you have. because you will be able to "recycle" (use and adapt) them in the writing exams, and later in year 11 in the speaking mock exam.
- Learn the vocabulary of every topic: How? revising, look at the French, cover the English and write/ say the meaning. Then, do it the other way, look at the English, cover the French, and write/ say the meaning.
- You need to be aware that in the reading and listening exam, there will be topics you do not know very well or words we have not seen yet, do not worry about it, Remember we need to learn to deal with new vocabulary (use exam skills: find similar words in English & French, understand by the context, make a sensible guess based on the topic and your knowledge). You have all the vocabulary you need for your GCSE in your book, use it.
- Make your own list with the main verbs in the different tenses. Also Use Seneca to practise and master the tenses. Write sentences in different tenses and using vocabulary from different topics.
- Do as many reading & listening past papers as possible (you will find them in the AQA website, if not ask your teacher).
 - Once you have done the papers, mark them (the marking schemes are also in the AQA website), and write down any new vocabulary. Then learn it.
 - Listening papers: **download the transcripts**, and once you have done the paper, listen to the paper again with the transcripts. This is a SUPER useful technique that will improve not only your knowledge but also help you recognise words.
- In languages is better to do short revision sessions, but very often.

Useful revision guides which can support and boost your revision

- Oxford Revise: AQA GCSE French Complete Revision and Practice: Foundation/ Higher
- Clear Revise AQA GCSE FRENCH 8652 – PG online

Which exams will be assessed?

Paper	Exam type and Length	Section	Details
1	Listening: done in class. -Foundation 35 min including 5 min reading time- 40 marks - Higher 45 min including 5 min reading time - 50 marks	A	Questions in English ; Answers in English or non-verbally (✓/X- True or false - A/B/C...) F: 32 marks / H: 40 marks
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- ☐ The vocabulary of all the topics we have done, you have copies in your book and in Class Charts.
- ☐ The rules on how to form and use the different tenses that are in Class Charts.

Other IMPORTANT resources

- **BBC Bitesize GCSE MFL Spanish:** to practice vocabulary, grammar, do quizzes, as well as listening and reading tasks. Choose the tasks of the topic you want to revise.
[GCSE Spanish - AQA \(for exams from 2026\) - BBC Bitesize](#)
- **Quizlet:** to practise vocabulary, tenses and grammar. Type “New GCSE Spanish”
 - [Search Quizlet > new GCSE Spanish AQA | Quizlet](#)
 - [New AQA GCSE Spanish - El Instituto Flashcards | Quizlet](#)
 - [Theme 1 NEW AQA SPANISH GCSE Flashcards | Quizlet](#)
 - [Spanish Present tense : Irregular verbs Flashcards | Quizlet](#)
 - [GCSE Spanish - Preterite tense Flashcards | Quizlet](#)
- **SENECA:** for grammar and vocabulary

Assessment Booklet

Spanish

What can I do to prepare myself well?

- Know well the key sentences about different topics that you have been memorising, they are one of the best tools you have. because you will be able to "recycle" (use and adapt) them in the writing exams, and later in year 11 in the speaking mock exam.
- Learn the vocabulary of every topic: How? revising, look at the Spanish, cover the English and write/ say the meaning. Then, do it the other way, look at the English, cover the Spanish and write/ say the meaning.
- You need to be aware that in the reading and listening exam, there will be topics you do not know very well or words we have not seen yet, do not worry about it, Remember we need to learn to deal with new vocabulary (use exam skills: find similar words in English & Spanish, understand by the context, make a sensible guess based on the topic and your knowledge). You have all the vocabulary you need for your GCSE in your book, use it.
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Useful revision guides which can support and boost your revision

- Oxford Revise: AQA GCSE Spanish Complete Revision and Practice: Foundation/ Higher
- Clear Revise AQA GCSE SPANISH 8692– PG online

Music

Assessment Information

GCSE MUSIC SUMMARY OF ASSESSMENT FOR MOCK

Component 3: Appraising

Written examination: 40minutes (approximately)

This component is assessed via a listening examination.

Four questions in total, two on each of these areas of study.

Area of study 3: Film Music

Area of study 4: Popular Music

*One of the four questions are based on extracts set by WJEC.
(Africa).*

To support your revision, you should use the following resources:

GCSE WJEC/Eduqas CGP Complete revision and practice.

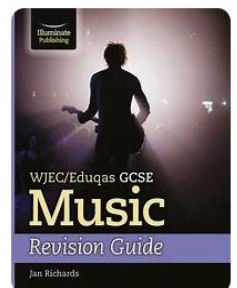
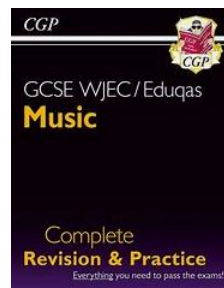
ISBN 978 1 83774 005 5

WJEC/Eduqas GCSE Music Revised Edition Revision Guide, by Jan Richards.

ISBN 978 1 9128 2078 8

[eduqas-toto-africa-musical-analysis-update-10-20.pdf \(wjec.co.uk\)](http://wjec.co.uk/eduqas-toto-africa-musical-analysis-update-10-20.pdf)

[eduqas-toto-africa-notes-update-08-20.pdf \(wjec.co.uk\)](http://wjec.co.uk/eduqas-toto-africa-notes-update-08-20.pdf)



Music

Toto: Africa

Soft rock

Form and structure:

The piece is in **strophic** or **verse-chorus** form.

Intro	Verse 1 / Verse 2	Chorus 1 / Chorus 2	Link 1 / Link 2	Instrumental	Chorus 3	Outro
1 – 4	5 – 39 / 14 – 39	40 – 57	58 – 65	66 – 82	40 – 92	93 – 96
4 bars	35 bars / 26 bars	18 bars	8 bars	17 bars	22 bars	4 bars

Melody:

Mostly **conjunct** (moving in step) with a **wide vocal range**.

Riff b uses the **pentatonic scale** (interpreted through E major):



Vocal improvisations occur towards the end of the song.

Texture:

Homophonic: melody and accompaniment.

Tonality:

The majority of the song is in **B major** whilst the choruses are all in **A major**.

Tempo:

The tempo is **moderately fast**.

Harmony:

Diatonic; mixture of root position and inverted chords.

Riff a can be heard during the intro, verses, link sections, instrumental and outro. This riff uses a three-chord pattern: **A – G#m – C#m**.



Choruses use a standard chord pattern: **vi (F#m) – IV (D) – I (A) – V (E)**.

The **harmonic rhythm** (the rate of chord change) is mostly once per bar.

Metre and rhythm:

Simple duple time – 2/2 (split common time) – with two minim beats in every bar.

Uses distinctive **ostinato rhythms** for both riffs, consisting almost totally of **quavers**, with constant use of **syncopation**.

Vocal rhythm looks complex but follows the natural rhythm of the lyrics.

Instrumentation:

Rock band: drum kit with additional percussion, lead and bass guitars, synthesisers, male lead vocals and male backing vocals.

Dynamics:

Most of the song is **mezzo-forte** (moderately loud) whilst the choruses are **forte**.

Film Music

Area of study 3 - Eduqas GCSE Music

Some film **SOUNDTRACKS** include specially composed **SCORES**, either for orchestra (e.g. composers like John Williams, Ennio Morricone) or songs written especially for the film (e.g. Disney films). Other films use pre-existing music e.g. popular songs from the era/place in which the film is set.

STRINGS

- Violin
- Cello
- Viola
- Double bass
- Harp

BRASS

- Trumpet
- Trombone
- French horn
- Tuba

PERCUSSION

- Bass drum
- Snare drum
- Triangle
- Cymbal
- Drum kit (untuned)
- Timpani
- Glockenspiel
- Xylophone (tuned)

WOODWIND

- Flute
- Clarinet
- Oboe
- Bassoon
- Saxophone

KEYBOARDS

- Piano
- Electronic keyboard
- Harpsichord
- Organ
- Synthesizer

OTHER

- Electric guitar
- Bass guitar
- Spanish/classical guitar
- Traditional world instruments

Musical elements

Film composers use the **MUSICAL ELEMENTS** (tempo, texture, dynamics, timbre, tonality, rhythm, melody, harmony) to create mood and atmosphere to help to tell the story and enhance the action.

For example:

An **exciting car chase scene** in a thriller might have a fast tempo, busy, polyphonic texture, dissonant chords, loud dynamics, syncopated rhythms, a disjunct melody and short riffs.

A scene where the **superhero 'saves the day'** might use a major tonality, brass fanfares, loud dynamics, accents, 4ths and 5ths (intervals).

Composers will often use **CONTRASTS** to create effect (e.g. using a wide range of pitch from very high to very low).

Intervals

Film composers often use intervals to create a particular effect (e.g. a rising perfect 4th sounds 'heroic', and a semitone can sound 'menacing').

An **interval** is the distance between two notes.



Rising interval: moving upwards (ascending)

Falling interval: moving downwards (descending)

Specific instrumental terms

Pizzicato	Plucking the strings.
Divisi	Two parts sharing the same musical line.
Double stopping	Playing two strings at the same time.
Arco	Using a bow to play a stringed instrument.
Tremolo	A 'trembling' effect, moving rapidly on the same note or between two chords (e.g. using the bow rapidly back and forth).
Tongued	A technique to make the notes sound separated (woodwind/brass).
Slurred	Notes are played smoothly.
Muted	Using a mute to change/dampen the sound (brass/strings).
Drum roll	Notes/beats in rapid succession.
Glissando	A rapid glide over the notes.
Tutti	Alternation rapidly between two notes.

Composers also use:

Theme	The main tune/melody.
Motif	A short musical idea (melodic or rhythmic).
Leitmotif	A recurring musical idea linked to a character/object or place (e.g. Darth Vader's motif in Star Wars).
Underscore	Music playing underneath the dialogue.
Scale	Melody follows the notes of a scale.
Triadic	Melody moves around the notes of a triad.
Fanfare	Short tune often played by brass instruments, to announce someone/something important; based on the pitches of a chord.
Pedal note	A long, sustained note, usually in the bass/lower notes.
Ostinato/riff	A short, repeated pattern.
Conjunct	The melody moves by step.
Disjunct	The melody moves with leaps/intervals.
Consonant harmony	Sounds 'good' together.
Dissonant harmony	Sounds 'clashy'.
Chromatic harmony	Uses lots of semitones/accidentals that's not in the home key.

Music

Popular Music

Area of study 4 - Eduqas GCSE Music

Popular music includes:

- **POP**
- **ROCK**
- **RAP**
- **HIP HOP**
- **REGGAE**

Plus many other genres, e.g. soul, ska, heavy metal, R&B, country, rock'n'roll.

FUSION: when two different styles are mixed together. This can be two styles of popular music e.g. 'rap metal', or could combine a popular music genre with other styles, folk-rock, gospel, world music, classical to create a new and interesting sound. **Jazz fusion**

Instruments

ELECTRIC GUITAR:

- **Lead guitar:** plays the melody/ solos/riffs
- **Rhythm guitar:** plays the chords/ accompaniment.

BASS GUITAR: plays the bass line.

DRUM KIT: provides the beat.

LEAD SINGER: the main vocalist.

BACKING VOCALS: singers who provide harmony.

Pop/rock groups may also include **acoustic** (not electric) instruments e.g. trumpet, trombone, saxophone and/or electronic keyboards/synthesizers.

The structure of a pop/rock song may include:

INTRO: short opening section, usually instrumental.

VERSE: same music but different lyrics each time.

CHORUS: repeated with the same lyrics each time (refrain).

MIDDLE EIGHT: a link section, often eight bars, with different musical ideas.

BRIDGE: a link/transition between two sections.

OUTRO: an ending to finish the song (coda).

*You may also hear a pre-chorus, instrumental interlude or instrumental solo.

*Strophic songs, 32 bar songs (AABA) and 12 bar blues are also found in popular music.

Technology

Amplified	Made louder (with an amplifier).
Synthesized	Sounds created electronically.
Panning	Moving the sound between left and right speakers.
Phasing	A delay effect.
Sample	A short section of music that is reused (e.g. looped, layered).
Reverb	An electronic echo effect.

A typical rock ballad in verse-chorus form could follow the pattern:

- Intro
- Verse 1
- Chorus
- Verse 2
- Chorus
- MiddleEight
- Chorus
- Outro

Features and techniques found in popular music

Riff	A short, repeated pattern.
Hammer on	Finger brought sharply down onto the string.
Pitch bend	Altering (bending) the pitch slightly.
Power chords	A guitar chord using the root and 5 th note (no 3 rd).
Distortion	An effect which distorts the sound (creates a 'grungy' sound).
Slap bass	A percussive sound on the bass guitar made by bouncing the strings on the fret board.
Fill	A short, improvised drum solo.
Rim shot	Rim and head of drum hit at same time.
Belt	A bright, powerful vocal sound, high in the chest voice.
Falsetto	Male voice in a higher than usual range.
Syllabic	One note sung per syllable.
Melismatic	Each syllable sung to a number of different notes.

Music

Music terms and signs

Glossary - Eduqas GCSE Music

Dynamics

<i>pp</i>	<i>p</i>	<i>mp</i>	<i>mf</i>	<i>f</i>	<i>ff</i>
PIANISSIMO	PIANO	MEZZO PIANO	MEZZO FORTE	FORTE	FORTISSIMO
very soft (v.quiet)	soft (quiet)	moderately soft	moderately loud	loud	very loud
crescendo (cresc.)			diminuendo (dim.)		
gradually getting louder			gradually getting quieter		

Tempo

LARGO	LENTO/ ADAGIO	ANDANTE/ MODERATO	ALLGRETTO	ALLEGRO/ VIVACE	PRESTO
v.slow	slow	walking pace/ moderate	quite fast	quick/lively	very quick

- **Accelerando:** gradually getting faster
- **Rallentando/ritardando:** gradually getting slower
- **A tempo:** return to the original speed
- **Ritenuto:** in slower time
- **Rubato:** rhythms are played in a more free/flexible way ('robbed time').

Terms and signs

#	Sharp	Raises a note by a semitone.		
b	Flat	Lowers a note by a semitone.		
	Natural	Cancels a previous sharp or flat for a note.		
	Staccato	Detached.		Tie
	Slur	Play smoothly.		Accent
				Pause
				Sforzando
				Sudden stress/ accent.

Time values

NOTE	NAME	LENGTH (duration)	REST
	Semibreve	4 beats	
	Minim	2 beats	
	Crotchet	1 beats	
	Quaver	½ beats	
	Semiquaver	¼ beats	

A dot after the note increases its length by half:

	Dotted minim	
	Dotted crotchet	

Groups of quavers/semiquavers are usually beamed together:



Computer Science

What am I being assessed on?

J277/01: Computer systems

This component will assess:

- 1.1 Systems architecture
- 1.2 Memory and storage
- 1.3 Computer networks, connections and protocols
- 1.4 Network security
- 1.5 Systems software
- 1.6 Ethical, legal, cultural and environmental impacts of digital technology

Written paper: 1 hour and 30 minutes

50% of total GCSE

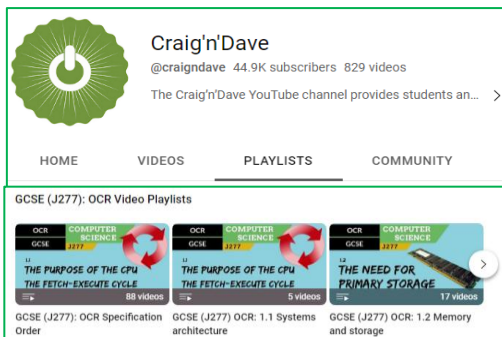
80 marks

This is a non-calculator paper.

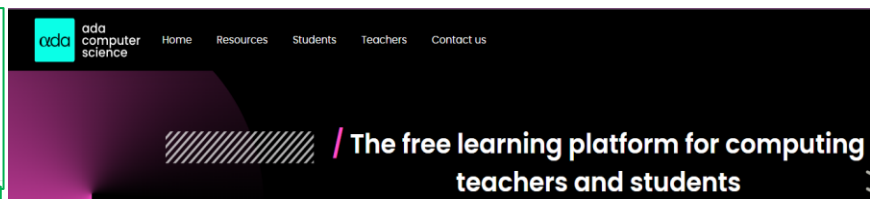
All questions are mandatory.

This paper consists of multiple choice questions, short response questions and extended response questions.

What revision material should I revise from?



The screenshot shows the YouTube channel for 'Craig'n'Dave'. The channel has a green power button icon, 44.9K subscribers, and 829 videos. Below the channel name, it says 'The Craig'n'Dave YouTube channel provides students an...'. There are tabs for HOME, VIDEOS, PLAYLISTS, and COMMUNITY. Under the PLAYLISTS tab, there are three video thumbnails for OCR Computer Science topics: 'THE PURPOSE OF THE CPU THE FETCH-EXECUTE CYCLE' (88 videos), 'THE PURPOSE OF THE CPU THE FETCH-EXECUTE CYCLE' (5 videos), and 'THE NEED FOR PRIMARY STORAGE' (17 videos). Below the thumbnails, it says 'GCSE (J277): OCR Specification Order', 'GCSE (J277) OCR: 1.1 Systems architecture', and 'GCSE (J277) OCR: 1.2 Memory and storage'.



The screenshot shows the website for 'ada computer science'. The website has a dark header with the logo and navigation links: Home, Resources, Students, Teachers, and Contact us. Below the header, there is a large banner with the text 'The free learning platform for computing teachers and students'.

These resources cover the whole specification, with the topic numbers matching those listed above.

- On YouTube search for "Craig'n'Dave", from the playlist section choose the GCSE J277 OCR playlist.
- Visit 'adacomputerscience.org', select GCSE resources and then the OCR option.

How can I revise?

Using the resources along with your class books, you should try some of the following methods of revision to find which you believe works best for you.

Mind map

Flash
cards

Acronyms

Summary
notes

What am I being assessed on?

The focus for this mock exam is Paper 1 and Operations from Paper 2. This is all of the theory covered in Year 10. This includes the following areas:

- **Business Activity**
- **Marketing**
- **People**
- **Operations**

The paper will explore key concepts including multiple choice questions, short and longer written questions. The Paper is 1 hour 30 minutes and you will need the following equipment: black pen, ruler, pencil and a calculator.

What revision material should I revise from?

- ☐ **You were all provided with a revision guide last academic year so it is important to use this and your exercise books from last year to revise from.**
- ☐ **By using the past exam papers that your class teachers have uploaded onto classcharts for you.**
- ☐ **Homework will be based on Seneca tasks to revise over the key concepts**
- ☐ **Key word sheets that are in your exercise books**

How can I revise?

- ☐ **Revision cards**
- ☐ **Key word tests**
- ☐ **Complete Seneca tasks**
- ☐ **Past exam questions**
- ☐ <https://www.youtube.com/watch?v=8DH70EyNgjY>
- ☐ https://www.youtube.com/watch?v=fQpY3RFkrKI&list=PLPjEeatPHRU-0rkuo7_bU3sV1e5a174L8

What am I being assessed on?

For your Autumn Mock, you will be sitting a **full** Component 1 paper (90 mins, 80 marks). You will be assessed on the following topics:

1. **Media Language** – Quality Street **or** Vogue [15 marks]
2. **Context and Representation** – Quality Street **or** Vogue [5 + 25 marks]
3. **Industry** – No Time to Die [17 marks]
4. **Audience** – Fortnite [18 marks]



How can I revise effectively?

Log on to the Google Classroom:

- <https://classroom.google.com/c/NzQ2MzA1MzY3NTM2/m/NzQ2MzA1MjE3ODgy/details>
- <https://classroom.google.com/c/NzQ2MzA1MzY3NTM2/m/Njg4MDAwMzQyMTE0/details>

1. Complete the structured revision tasks for each set text
2. Review and practice the model responses for each set text
3. Test yourself on key terminology and practice embedding these into responses
4. Use the revision videos available to you and make notes, flashcards, mindmaps etc!
5. Ensure you know the key theories that can be applied to the set text – use the revision videos and theory booklet to help you!

Assessment Booklet

GCSE PE

What am I being assessed on?

Content overview

- Topic 1: Applied anatomy and physiology
- Topic 2: Movement analysis
- Topic 3: Physical training
- Topic 4: Use of data

Paper 1 and 2 combined paper: Mock paper = 1hr 30mins. Covering all aspects taught for Paper 1 and the topics taught so far in paper 2. Please see below for possible content.

Component 2: Health and Performance. (Paper 2 = 24% of whole GCSE)

Possible content of Paper 2 element:

Health fitness and well-being:

Physical, emotional and social health: How to achieve well-being through physical activity

Lifestyle choices: **Diet, activity levels, recreational drugs**

Sedentary lifestyle: **Overweight, overfat, obese. Long term health effects.**

A balanced diet: **Carbohydrates, proteins, fats, vitamins, minerals, fibre.**

Factors effecting optimum weight: **gender, height, muscle girth, bone structure.**

Specific sports nutrition: **Different sports place different demands on the body. How do you adapt your diet to suit?**

Sport psychology:

Classification of skills: **Environmental influence (closed/open), difficulty (basic/complex), organisation level (Low/high)**

Practice structures: **Fixed practice, variable practice, massed practice, distributed practice**

Goal setting: **Motivation and S.M.A.R.T. targets**

Types of guidance: **Verbal, manual and mechanical guidance**

Types of feedback: **intrinsic and extrinsic, concurrent and terminal feedback**

Mental preparation for performance: **Psychological warm up, mental rehearsal**

When answering questions with 3 or more marks – REMEMBER!!!!!!!!!!!!

Identify (A01)

Explain- how to it will aid a sports performer. (A02)

Given a sporting example RELATED to the question. (A03)

- ☐ PLC/books – Complete this at the start of your revision to see what you already know and then at the end to see the progress that you have made. Revise from your books.
- ☐ Revision guide – Make notes/flash cards on all the topics listed above using the revision notes to help
- ☐ Seneca – Complete the topics online for more interactive revision
- ☐ Revision notes – Use the revision notes I have given to you in lesson
- ☐ Create Knowledge organisers – use these to help structure your revision more clearly.
- ☐ Practice exam questions

Assessment Booklet

GCSE PE

Describe the characteristics of a vein.

Describe the characteristics of an artery.

Describe the characteristics of a capillary.

What is vasoconstriction?

What is vasodilation?

1. Arteries
2. Veins
3. Capillaries

Blood Vessels

1. Normal artery
2. Vasoconstriction
3. Vasodilation

Cardiovascular System

Cardiac Cycle

There are two parts to the cardiac cycle: systole and diastole

What is systole?

What is diastole?

What happens to each volume during exercise? (Increase/decrease/stay the same)

1. What is Tidal Volume?

2. What Expiratory Reserve Volume?

3. What Inspiratory Reserve Volume?

4. What is Residual Volume?

5. What is Vital Capacity?

Respiratory System

Spirometer Trace

What blood vessel surrounds the alveoli?

Which two features of the alveoli enable gaseous exchange?

What is gaseous exchange?

How is equilibrium achieved? (HINT: high/low/diffusion/concentration)

Pathway of the blood

Place the following words in the blank spaces. Some words may be used more than once:

1. Aorta
2. Ventricle
3. Vein
4. Superior Vena Cava
5. Inferior Vena Cava
6. Artery
7. Atrium

Deoxygenated blood enters the right from the and the It then passes through a valve to the right The pulmonary transports the deoxygenated blood to the lungs. Gaseous exchange occurs resulting in oxygenated blood. The pulmonary transports oxygenated blood from the lungs to the left It then passes through a valve to the left Oxygenated blood is ejected from the heart and is transported to the body via the

Right Left

X

Y

Aerobic and Anaerobic Exercise

Aerobic Exercise

Anaerobic Exercise

What is the definition of anaerobic exercise?

Roughly, how long can you work anaerobically?

What is lactic acid?

What is the definition of aerobic exercise?

What is the equation for anaerobic exercise? (HINT: 3 parts?)

What is the equation for aerobic exercise? (HINT: 5 parts)

Which part of the red blood cell attaches to the oxygen molecule?

Once attached this forms:

Explain what is meant by EPOC? (sometimes referred as oxygen debt)

Produced by
Tom Lappin

Additional Revision Tasks

Main functions of the skeletal system:

- Movement
- Support
- Protection

2 For each image, identify a **different** role of the skeletal system and describe how the role is achieved in the image.

Use the images to help you answer the question.

Figure 1

Figure 2

Antagonistic pairs

Skeletal muscles work together to provide movement of the joints.

While one muscle **contracts**, another **relaxes** to create movement.

Muscles working together like this are called **antagonistic pairs**.

The muscle contracting is the **agonist** (prime mover).

The muscle relaxing is the **antagonist**.

Remember, muscles are connected to bones via tendons. When the muscles contract, they pull on the tendon which pulls on the bone. This creates the movement.

(4 marks)

(b) Name the muscle that works antagonistically with muscle A in Figure 1.

(3 marks)

(c) Analyse how these muscles act as an antagonistic pair.

When the biceps contract the triceps

This allows the runner to

(3 marks)

(d) Explain how the ability to use antagonistic pairs of muscles in his arms helps the sprinter in his performance.

(2 marks)

Vasoconstriction and Vasodilation

Using your knowledge of the words **vasoconstriction** and **vasodilation** to help, and remember **more** relates to blood vessels.

Complete the practice exam questions.

Timbers

Which exams will be assessed?

You will be sitting a full GCSE paper, this is worth 100 marks and you will have 1hr 45mins. This will include, short and long answer questions as well as sketch and notes.

Revision Topics:

Timbers:

Design Contexts

Sources of Timbers

Selection of Timber

Strengthening Timber

Stock Forms and Sizes

Manufacturing Processes

Equipment and Processes

Surface Treatments and Finishes

What revision material should I use?

Revision Techniques:

- Rank the topics on the list starting with the one you are least confident then ending with the most confident. Revise them in this order.
- Flash cards.
- Create a 10 question quiz that you will have to use in class with the group.
- Choose a topic on the exam list and create a power point that you can use to teach another student.



Food Preparation & Nutrition

Which exams will be assessed?

You will be sitting a full GCSE paper, this is worth 100 marks and you will have 1hr 45mins.

Revision Topics:

Food Commodities

Principles of Nutrition

Diet and Good Health

The science of Food

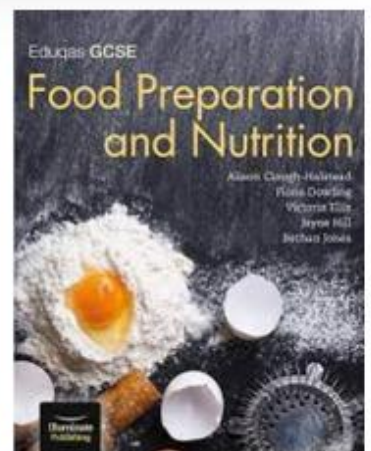
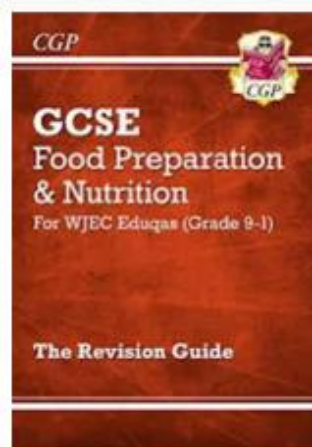
Where Food comes From

Cooking and Food Preparation

What revision material should I use?

Revision Techniques:

- Rank the topics on the list starting with the one you are least confident then ending with the most confident. Revise them in this order.
- Flash cards.
- Create a 10 question quiz that you will have to use in class with the group.
- Choose a topic on the exam list and create a power point that you can use to teach another student.



Papers & Boards

Which exams will be assessed?

You will be sitting a full GCSE paper and you will have 1hr 45mins. This will include, short and long answer questions as well as sketch and notes.

Revision Topics:

Design Contexts

Sources of Papers and Boards

Selection of Papers and Boards

Impact of forces and stresses on papers and boards

Different forms and types of papers and boards

Manufacturing Processes

Specialist Equipment and Processes

Surface Treatments and Finishes

What revision material should I use?

Revision Techniques:

- Rank the topics on the list starting with the one you are least confident then ending with the most confident. Revise them in this order.
- Flash cards.
- Create a 10 question quiz that you will have to use in class with the group.
- Choose a topic on the exam list and create a power point that you can use to teach another student.



Assessment Booklet

GCSE Art

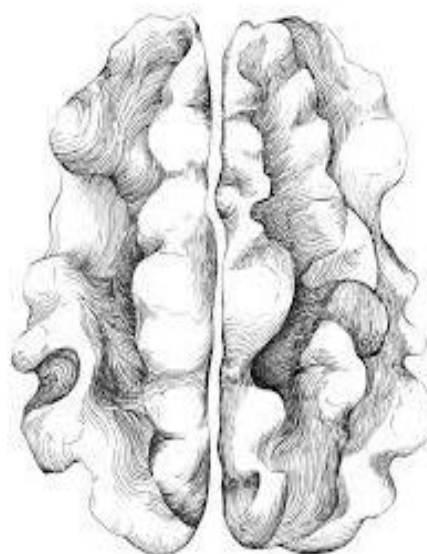
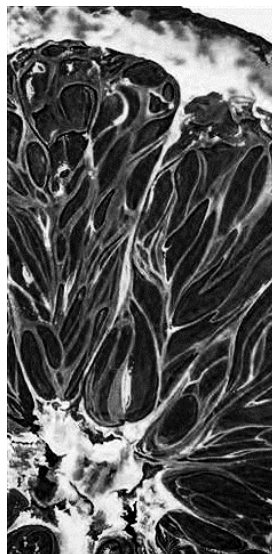
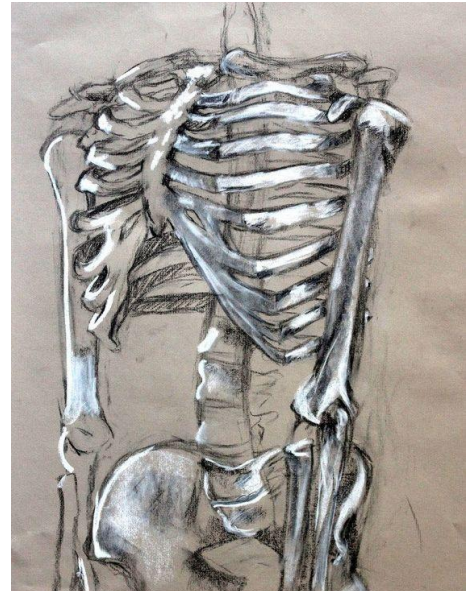
What am I being assessed on?

Creating a drawing from a secondary source (an image you didn't photograph). You can choose from any dry 2D drawing materials e.g. tonal pencil, charcoal pencil, fineliner, biro. A choice of images will be provided by your teacher. We are looking for accurate outlines and proportion, a range of dark to light tones and different marks and patterns that describe the textures in the image.

What revision material should I revise from?

SUCCESS CRITERIA

- ✓ Accurate outlines and drawn details.
- ✓ Objects are in proportion, not stretched.
- ✓ A mix of light, medium and dark tones are added to the drawing.
- ✓ Tone / shading is smooth - using a blended down pencil, small oval shapes or using a cotton bud.
- ✓ Highlight areas are left pure white.
- ✓ Contact shadows are applied to surfaces the objects are sitting on.
- ✓ Marks and patterns are used to create the appearance of texture.



How can I revise?

Draw the outline before your assessment lesson/s, this could be freehand, traced, using a lightbox – it doesn't matter how its drawn out.

Practice adding soft shading by blunting off your pencil and shading in small oval shapes the size of a grain of rice. Practice using cotton buds to smooth out tone.

Assessment Booklet

GCSE Photography

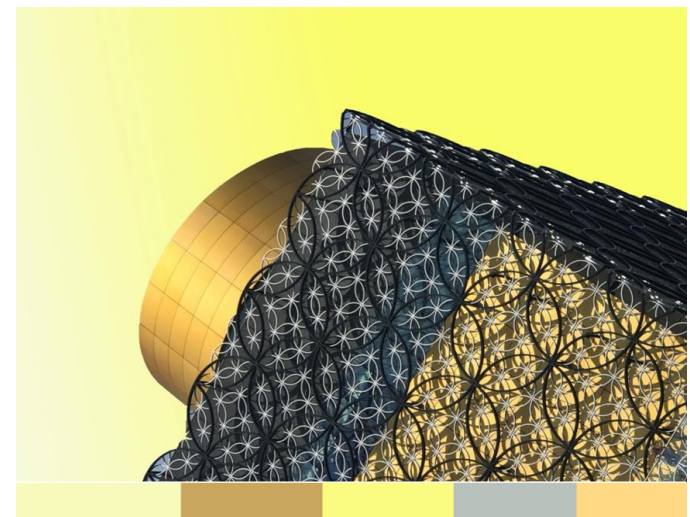
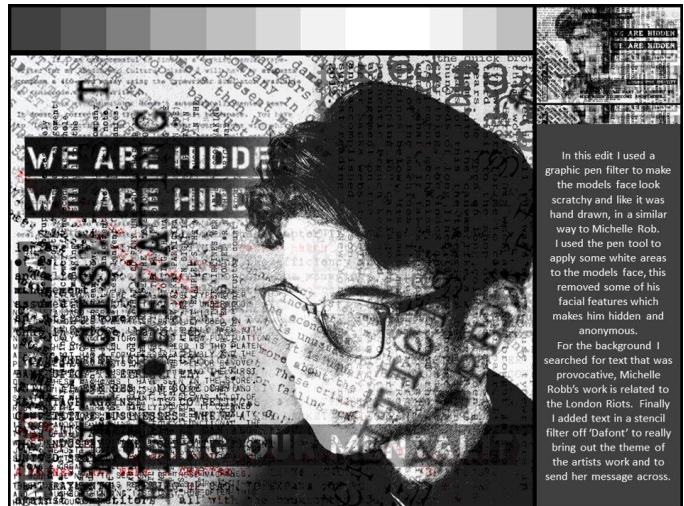
What am I being assessed on?

How you create an edit (digital or physical) in the style of an artist.

What revision material should I revise from?

SUCCESS CRITERIA

- ✓ Take high quality photographs for the edits.
- ✓ Take the photographs in good light – bright day light or use the lighting studio.
- ✓ Use your photographs.
- ✓ Demonstrate excellent cutting skills – quick select tool / magic wand.
- ✓ Use blending modes to merge layers tastefully.
- ✓ Think about image placement, what story is the edit telling?
- ✓ Use colour tastefully and show that you have looked at the artist who inspired the edit.



How can I revise?

Use the above success criteria and example slides to help you create successful edits in your assessment.

Exam Regulations

- You should **not attempt to communicate with any other students**. This includes turning around and look at other students once seated. Examination conditions remain until you had left the exam room.
- **All electronic devices** should be **switched off and placed in your bag** before you enter the room
- **Do not bring** any **pieces of paper** in your pockets.
- **Labels must be removed from water bottles** before entering the room.
- Any **watches** must be taken off and **are not allowed in the exam room**.
- You must be in **full school uniform**. Any student without the correct uniform will not be allowed into the examination hall.

Exam Season Timings

AM- Line Up 8.40am

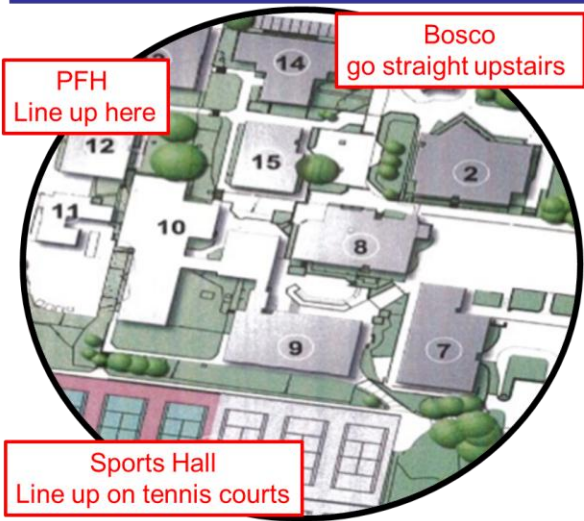
PM- Line Up 1.00pm

Examinations

Where are the Exams?

Sports Hall	Most examinations take place in the Sports Hall
PFH	Students who receive extra time or need a smaller environment
Exam Access	Upstairs Bosco classrooms

Where do we line up?



Line up in the correct row in seat order (normally alphabetical)

Wait in silence so that you can hear instructions.

When instructed you will be guided into the assessment venue

There should be no talking once you have entered the venue.

Move to your seat when instructed and remain there for further instructions.

What do we do with our bags?



Please take your bag and coat and place in the entrance to the sports hall

Those in the PFH will put their bags into the sports cupboard

Bosco student will be instructed when they arrive.



AI and Assessments

A quick guide for students



What is AI?

- AI stands for artificial intelligence and using it is like having a computer that thinks
- AI tools like ChatGPT or Snapchat My AI can write text, make art and create music by learning from data from the internet, but watch out – they can also make things up and be biased



How can AI be misused in assessments?

AI misuse is when you take something made using AI and say it's your own work.

THIS IS CHEATING!

How do I make sure I don't misuse AI?



1 Know the rules

- You're **not allowed** to use AI tools when you're in an exam
- Your teachers will tell you if you're allowed to use AI tools when doing your coursework – the rules will depend on your qualification
- Even if you're allowed to use AI tools, you can't get marks for content just produced by AI – your marks come from showing your own understanding and producing your own work

2 Reference reference reference!

- If you're allowed to use AI tools, you must reference them clearly
- Name the AI tool you used
 - Add the date you generated the content
 - Explain how you used it
 - Save a screenshot of the questions you asked and the answers you got

3 Declare it's all your own work

– When you hand in your assessment, you have to sign a declaration. Anything without a reference must be all your own work. If you've used an AI tool, don't sign the declaration until you're sure you've added all the references



What happens if I misuse AI?

If you've misused AI, you could lose your marks for the assessment – you could even be disqualified from the subject.

DON'T RISK IT!



REMEMBER

Misusing AI is cheating!

Know the rules

Talk to your teachers

Reference clearly