

This is not

REVISION

Remove End of Year Test Week: 5th to 9th June, 2023

Question: WHAT ARE THESE?

Physics
Mathematics
Science
Physical Education
French
Chemistry
Product Design Technology
Latin
English Language
Geography
Music
Religious Studies
Art & Design
Greek
History
English Literature
Computer Science
Biology
Spanish
Drama
Classical Civilisation
Food Preparation and Nutrition
Business

Answer:

10 (or so) 2-Year Projects
that end on a *specific* day
and lead to a *specific* set of numbers

What and when
is test week?

How prepared are
you now on 9th May?

How will
you be on 5th June?

How prepared
will you be this January?

How ready will
you be next summer?

What is your test
week objective?

Not necessarily
this...

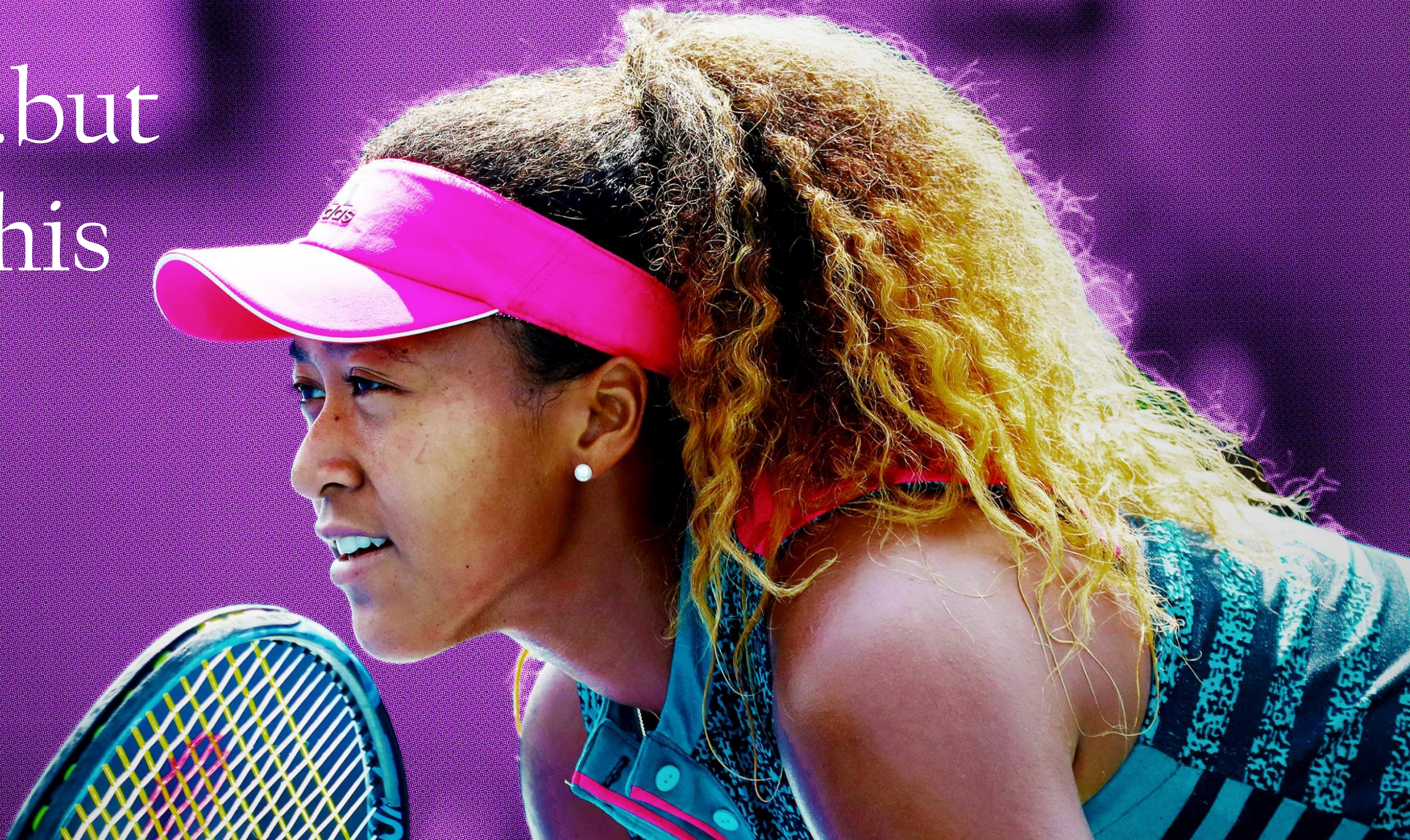


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GG

FOR

...but
this





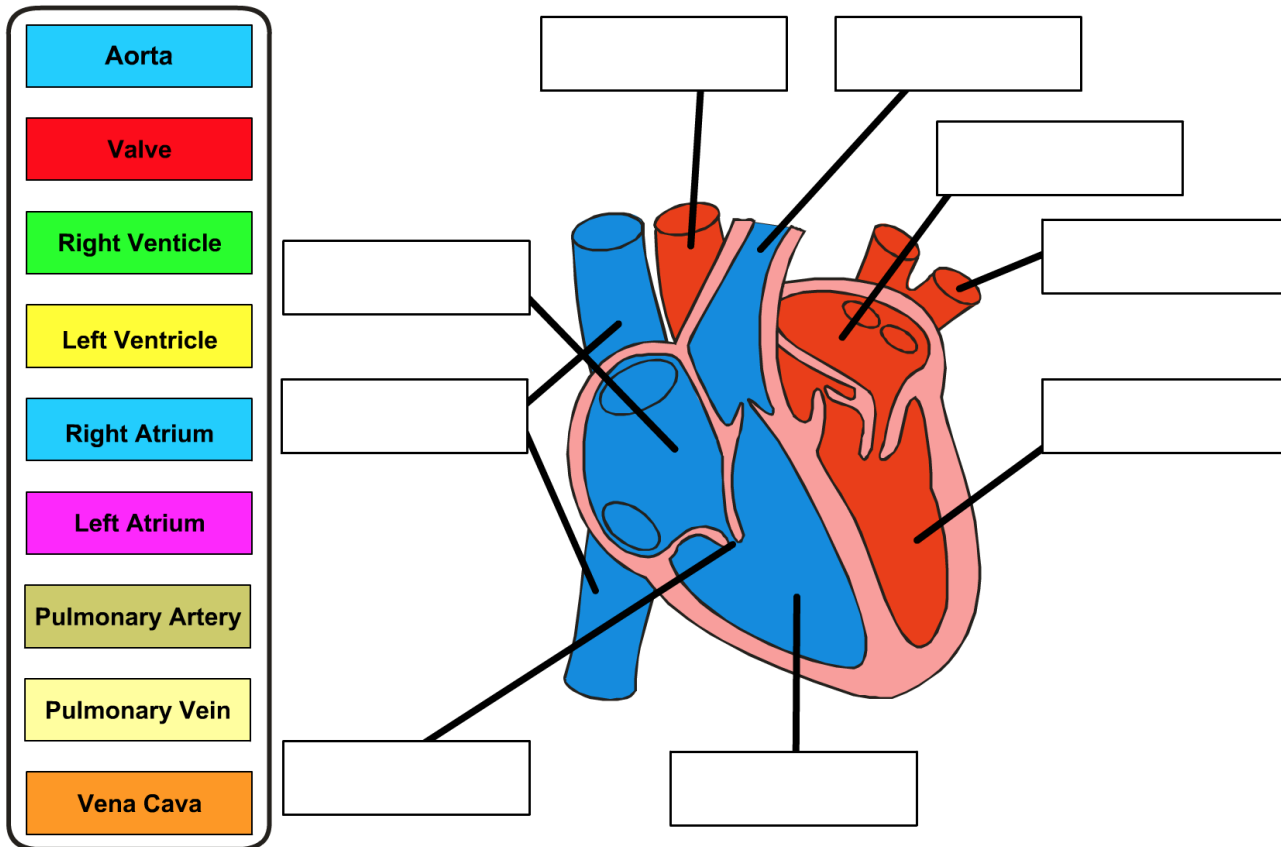
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REVISIONING

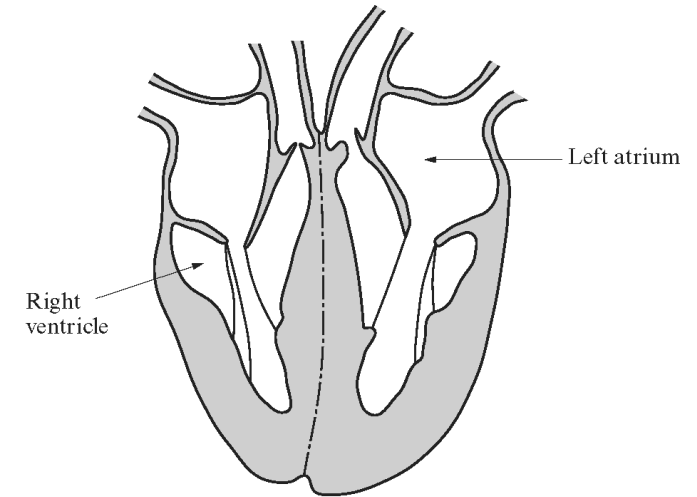
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What do I need
to train?

RECOGNITION vs RECALL



The diagram shows the human heart in section.



Describe and explain how blood in the right ventricle travels to the left atrium. [6 QWC]

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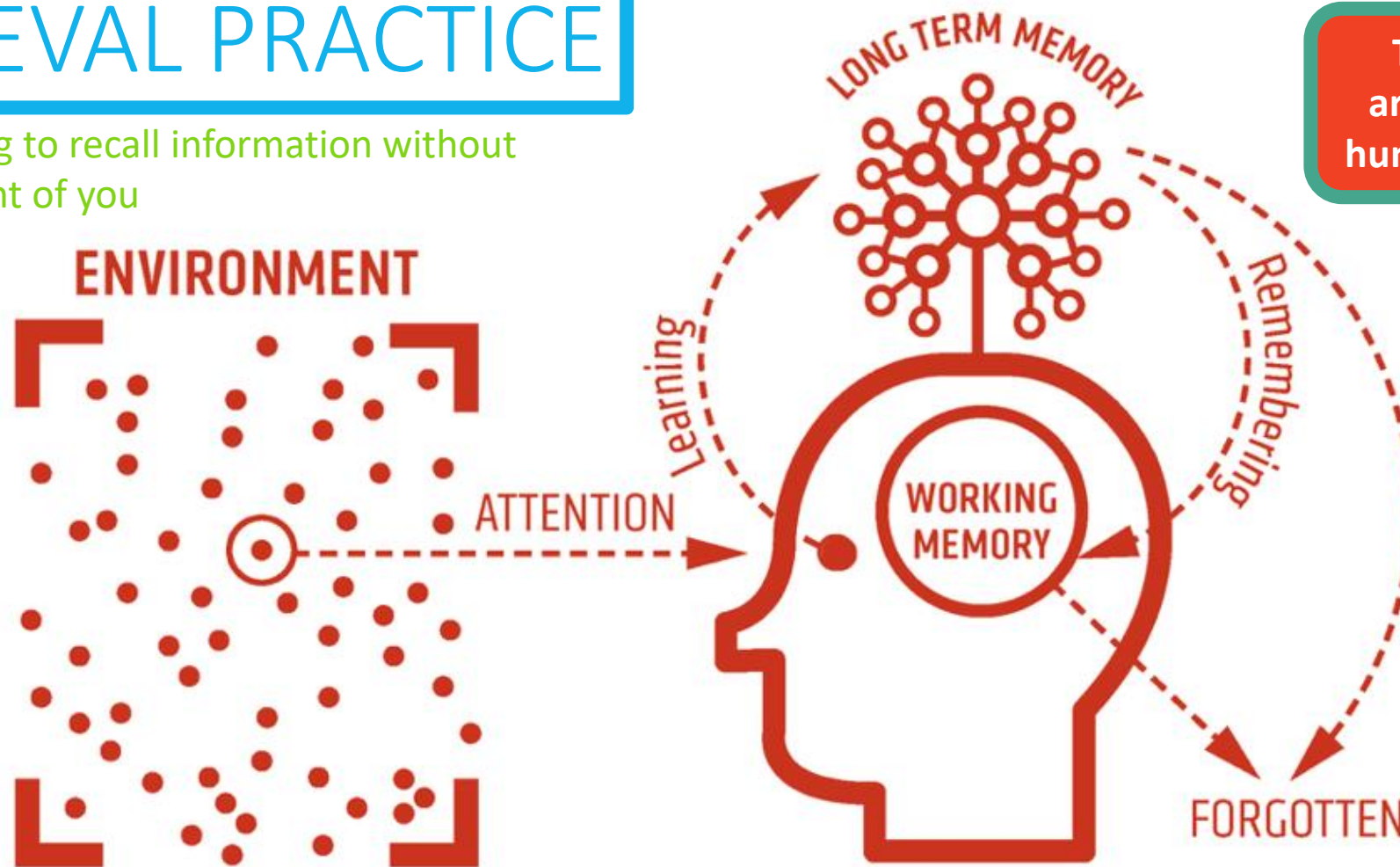
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Recalling knowledge is more challenging than recognising information – but this is what will make you successful in an exam.

RETRIEVAL PRACTICE

the act of trying to recall information without having it in front of you



The cognitive architecture of human memory

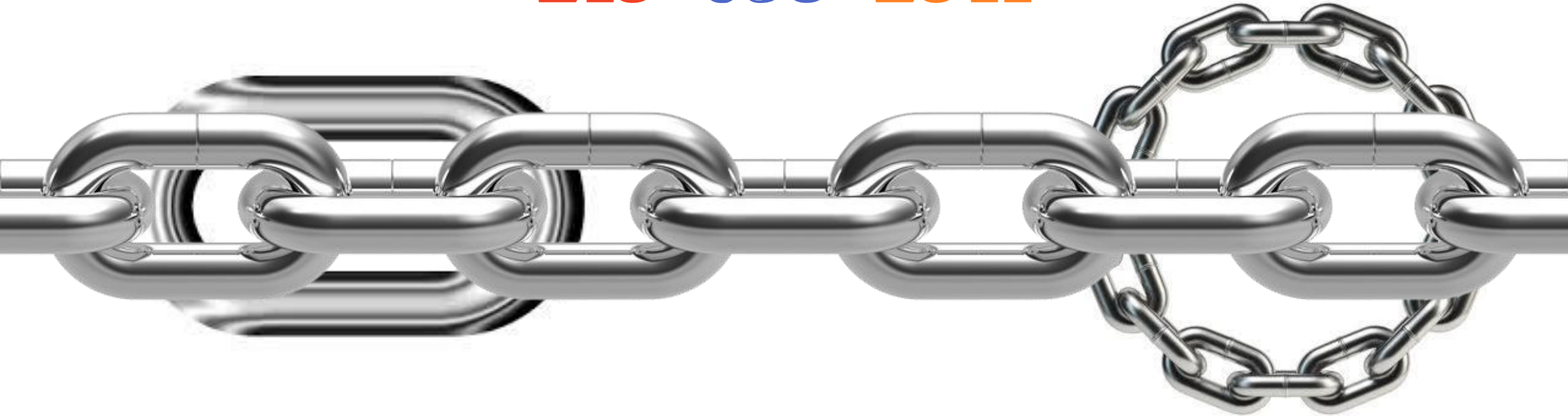
The best activities will feel difficult at first - they reveal how much you forget - forgetting is key to developing understanding & recall.

Illustration by
Oliver Caviglioli

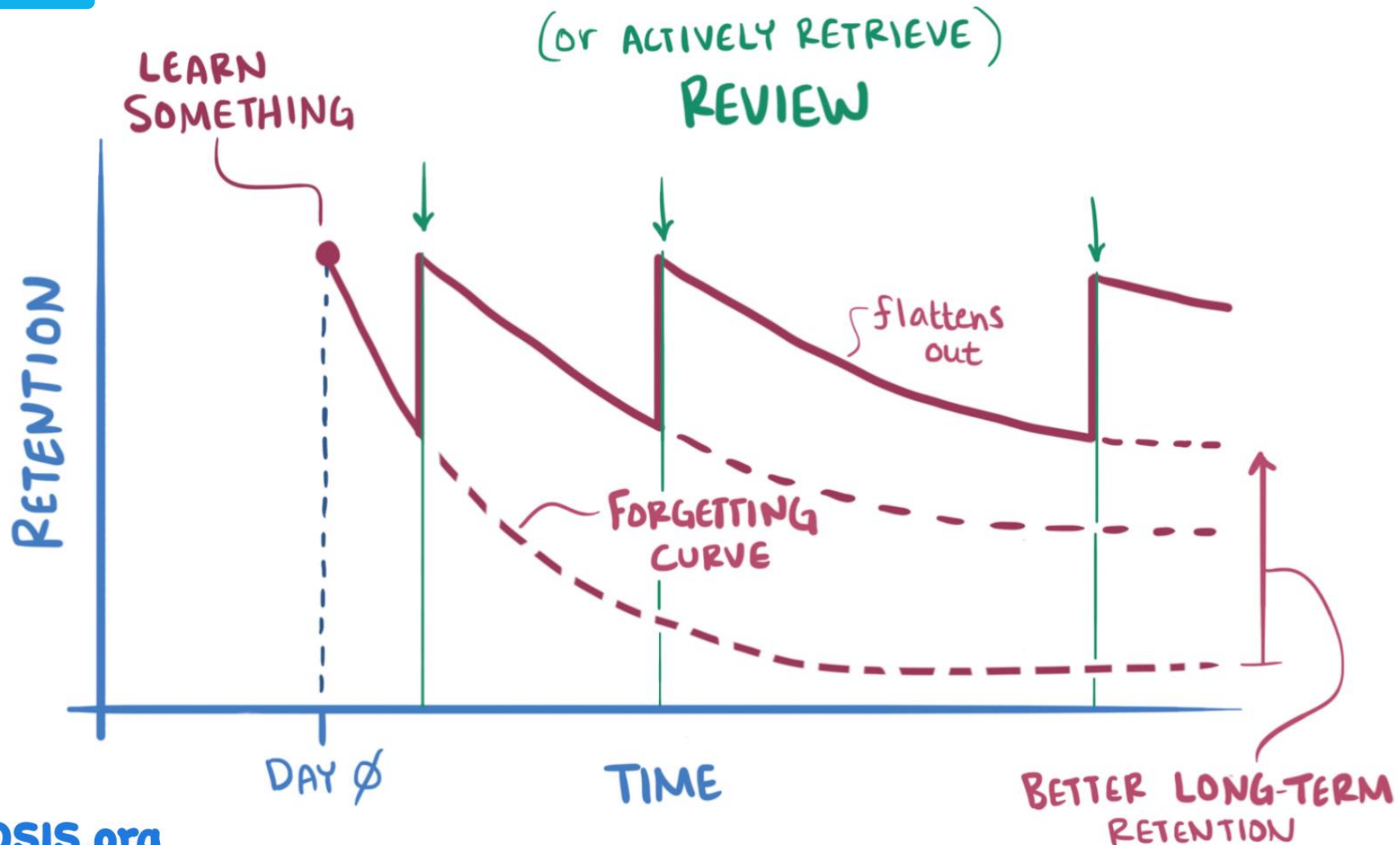
INFORMATION CHAINS

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RETENTION



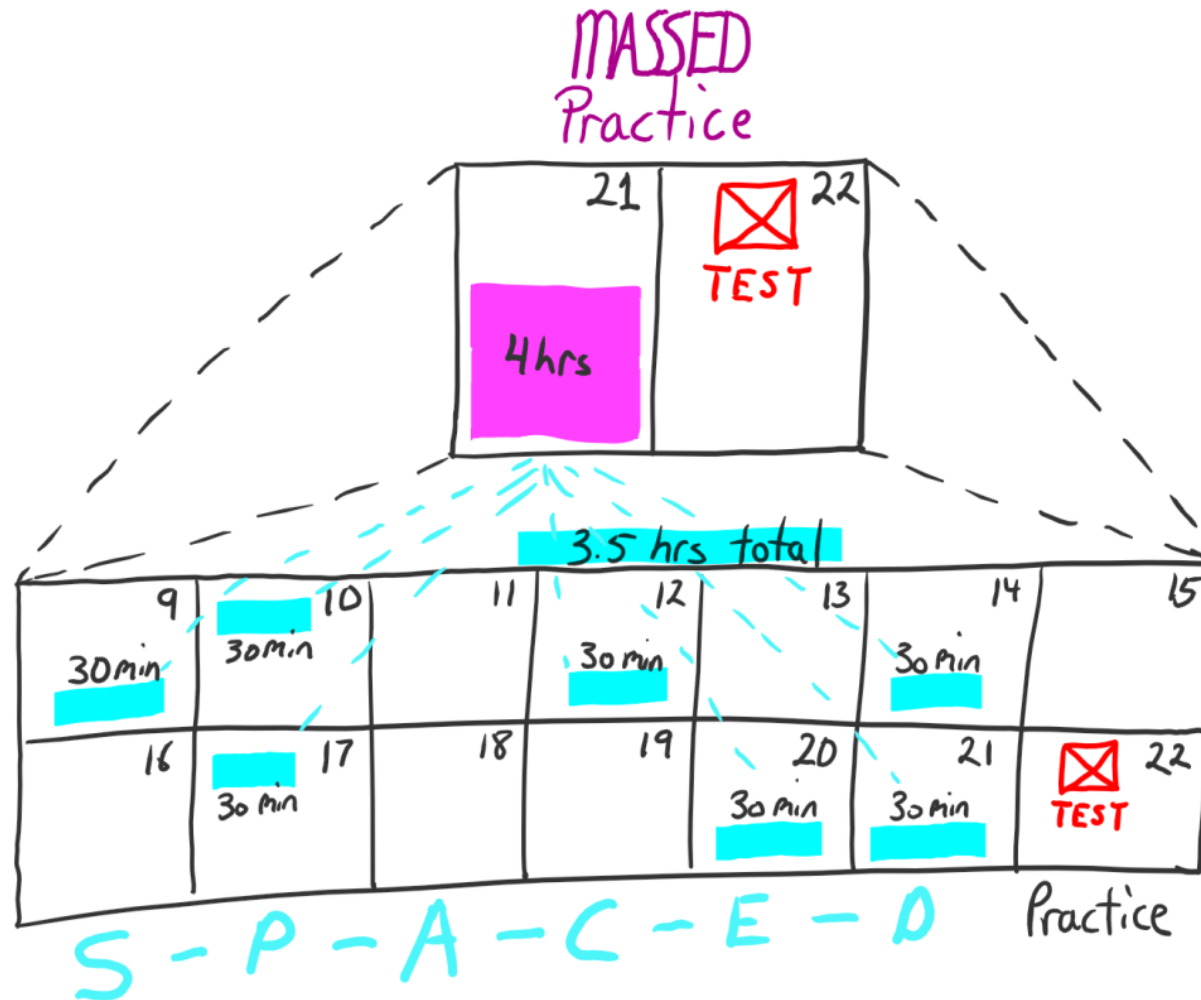
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When should I
train?

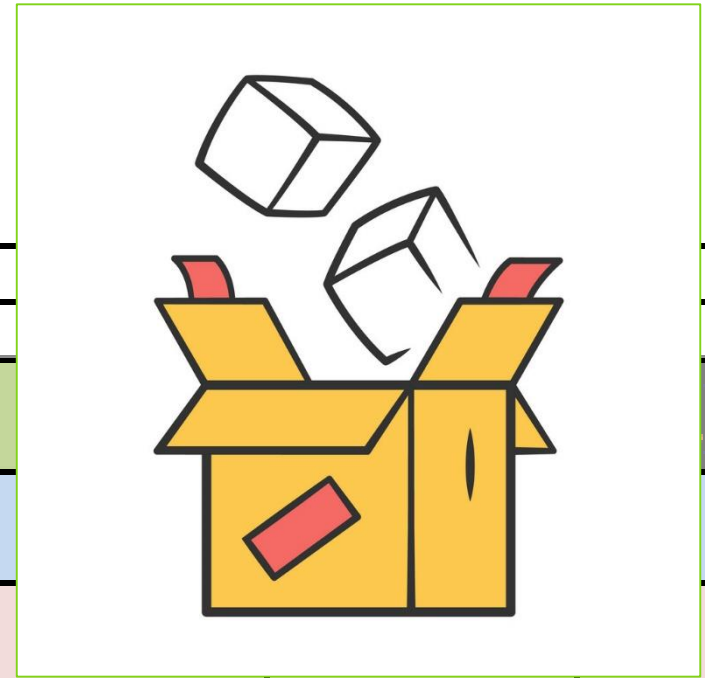
SPACED PRACTICE

spacing out your studying over time

“Implementing a schedule of practice that spreads out study activities over time”



REVISION PLANNERS



Day	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Date							
<i>Example:</i> BIOLOGY	<i>Plan when you will revise & take exam.</i>		<i>Revise</i>				<i>You're done for now.</i>
Subject: Maths	X						
Subject: English							
Subject: Biology			X				
Subject: History	X					X	
Subject: DT		X					
Subject:							
Subject:							

be realistic... commit to what you can handle and build up from there

3

How do I keep
track of my
progress?

Revision Trackers

HISTORY – Edexcel IGCSE 2022 – Revision Tracking

CONTENT COVERAGE	Audit	Revised date	Revised date	Revised date	Audit	Revised date	Revised date	Revised date	Audit
Paper 1: The USSR 1924-53									
The leadership struggle, 1924-29									
Five-year Plans and Collectivisation									
Purges, Show Trials, the cult of Stalin and the revision of history									
Life in the Soviet Union 1924-41									
The Second World War and after, 1941-53									
Paper 1: A World Divided: Superpower Relations 1943-72									
Reasons for the Cold War									
Early Developments in the Cold War 1945-49									
The Cold War in the 1950s									
Three Crises: Berlin, Cuba and Czechoslovakia									
The Thaw and moves towards Détente 1963-72									
Paper 2: The USA 1917-1942									
The Roaring Twenties									
Increased social tension in the 1920s									
The USA in Depression, 1929-1933									
Roosevelt and the New Deal, 1933-1941									
The Opposition to the New Deal									

AUDITS – Assign each topic area with a number representing your confidence level. 1 = Highly confident, 4 = Not at all confident.

REVISED DATE – Add the date after you have revised this topic.

Knowledge Audit

HISTORY – Edexcel IGCSE 2022 – Revision Tracking

CONTENT COVERAGE	Audit	Revised date	Revised date	Revised date	Audit	Revised date	Revised date	Revised date	Audit
Paper 1: The USSR 1924-53									
The leadership struggle, 1924-29	1								
Five-year Plans and Collectivisation	2								
Purges, Show Trials, the cult of Stalin and the revision of history	4								
Life in the Soviet Union 1924-41	2								
The Second World War and after, 1941-53	3								
Paper 1: A World Divided: Superpower Relations 1943-72									
Reasons for the Cold War	2								
Early Developments in the Cold War 1945-49	4								
The Cold War in the 1950s	3								
Three Crises: Berlin, Cuba and Czechoslovakia	2								
The Thaw and moves towards Détente 1963-72	4								
Paper 2: The USA 1917-1942									
The Roaring Twenties									
Increased social tension in the 1920s									
The USA in Depression, 1929-1933									
Roosevelt and the New Deal, 1933-1941									
The Opposition to the New Deal									

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Record

HISTORY – Edexcel IGCSE 2022 – Revision Tracking

CONTENT COVERAGE	Audit	Revised date	Revised date	Revised date	Audit	Revised date	Revised date	Revised date	Audit
Paper 1: The USSR 1924-53									
The leadership struggle, 1924-29	1								
Five-year Plans and Collectivisation	2								
Purges, Show Trials, the cult of Stalin and the revision of history	4	29/04							
Life in the Soviet Union 1924-41	2								
The Second World War and after, 1941-53	3								
Paper 1: A World Divided: Superpower Relations 1943-72									
Reasons for the Cold War	2								
Early Developments in the Cold War 1945-49	4	06/05							
The Cold War in the 1950s	3								
Three Crises: Berlin, Cuba and Czechoslovakia	2								
The Thaw and moves towards Détente 1963-72	4	13/05							
Paper 2: The USA 1917-1942									
The Roaring Twenties									
Increased social tension in the 1920s									
The USA in Depression, 1929-1933									
Roosevelt and the New Deal, 1933-1941									
The Opposition to the New Deal									

Opportunity for **Interleaving**: involves switching between topics and ideas - shown to improve long-term learning relative to block studying

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Revisit & Track

HISTORY – Edexcel IGCSE 2022 – Revision Tracking

CONTENT COVERAGE	Audit	Revised date	Revised date	Revised date	Audit	Revised date	Revised date	Revised date	Audit
Paper 1: The USSR 1924-53									
The leadership struggle, 1924-29	1				2				
Five-year Plans and Collectivisation	2			27/05	2				
Purges, Show Trials, the cult of Stalin and the revision of history	4	29/04	20/05		2				
Life in the Soviet Union 1924-41	2				3				
The Second World War and after, 1941-53	3		20/05	27/05	1				
Paper 1: A World Divided: Superpower Relations 1943-72									
Reasons for the Cold War	2				2				
Early Developments in the Cold War 1945-49	4	06/05	20/05		1				
The Cold War in the 1950s	3		20/05	27/05	1				
Three Crises: Berlin, Cuba and Czechoslovakia	2				4				
The Thaw and moves towards Détente 1963-72	4	13/05	20/05		1				
Paper 2: The USA 1917-1942									
The Roaring Twenties									
Increased social tension in the 1920s									
The USA in Depression, 1929-1933									
Roosevelt and the New Deal, 1933-1941									
The Opposition to the New Deal									

Remember: Revisiting topics is key to spaced practice

AUDITS – Assign each topic area with a number representing your confidence level. 1 = Highly confident, 4 = Not at all confident.

REVISED DATE – Add the date after you have revised this topic.

Less of a 'Guilt List'

BIOLOGY - Edexcel IGCSE (2018+) – Alternative Revision Tracker

CONTENT TO COVER	CONFIDENCE (0 → 100%)				Notes:
Section 1: The nature and variety of living organisms	█	█			
a) Characteristics of living organisms	█	█			
b) Variety of living organisms	█	█	█		
Section 2: Structures and functions in living organisms	█				
a) Levels of organisation	█	█	█		
b) Cell structure	█	█			
c) Biological molecules	█	█	█	█	
d) Movement of substances into and out of cells	█	█	█		
e) Nutrition	█	█	█		
f) Respiration	█	█			
g) Gas exchange	█	█			
h) Transport	█				
i) Excretion	█				<i>No notes! Borrow.</i>
j) Coordination and response	█	█	█	█	
Section 3: Reproduction and inheritance	█	█	█	█	
a) Reproduction	█	█	█	█	<i>Review in May</i>
b) Inheritance	█	█	█		
Section 4: Ecology and the environment	█				
a) The organism in the environment	█	█			
b) Feeding relationships	█	█			
c) Cycles within ecosystems	█				
d) Human influences on the environment	█				<i>Need clinic</i>
Section 5: Use of biological resources	█	█			
a) Food production	█				<i>Need clinic</i>
b) Selective breeding	█	█			
c) Genetic modification (genetic engineering)	█	█	█	█	
d) Cloning	█	█	█	█	

Activates reward systems. Focuses on what you are doing, not what you aren't.

2

What helps and
hinders training?

How long do you study for?

THE POMODORO TECHNIQUE[®]

A SIMPLE METHOD TO BALANCE FOCUS WITH DELIBERATE BREAKS



1 PLAN YOUR TASKS
How many pomodoros might you need?

2 DO 1 POMODORO
Time for 25 mins then take a 5 min break

NO SNEAKY
WORKING!

PROTECT
YOUR POMODORO!



3 REPEAT x 4 POMODOROS
Then take a longer break



HOW LONG IS YOUR FOCUS?

Measure it early on.

apps to try

<https://pomodor.app/timer>

<https://www.marinaratimer.com/>

<https://www.forestapp.cc/>

Where do you study?

ATTENTION

- Attention – your brain obtaining from your environment
- Focus – extent you can maintain attention
- Novelty – your brain is addicted to it and will crave and seek it

Distractions?



Attention aids?



BREAKS

*can be
hazardous
to study
plans*

*5 mins
goes quick*

*choose
what you
do wisely*

I

How do I train?

MOST SUCCESSFUL REVISION PROCESS

ESTABLISHING KNOWLEDGE (forming foundational memories):

- Reviewing (textbooks, revision guides, class folders)
- Taking & summarising notes (on paper, flashcards)

‘CLOSED BOOK’ ACTIVITIES
(adding features to existing memories):

- **Elaboration**
- **Examples**
- **Drawing & annotating diagrams**

CHECKING & UPDATING

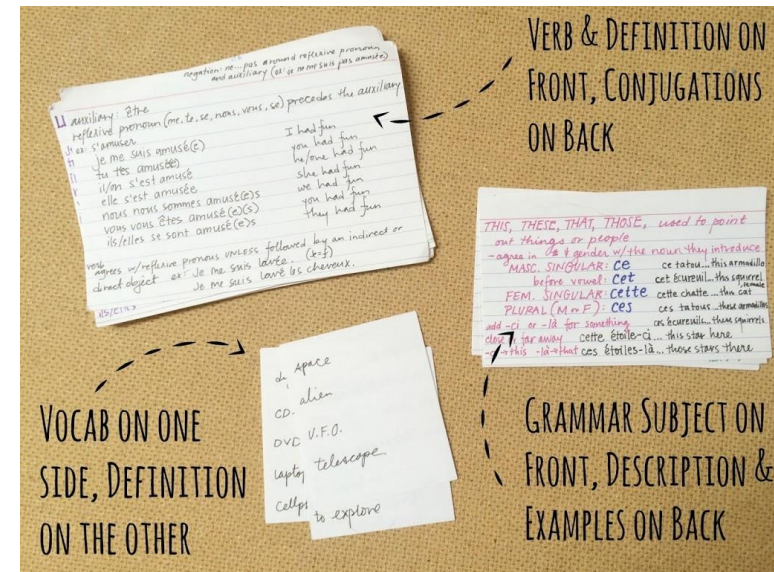
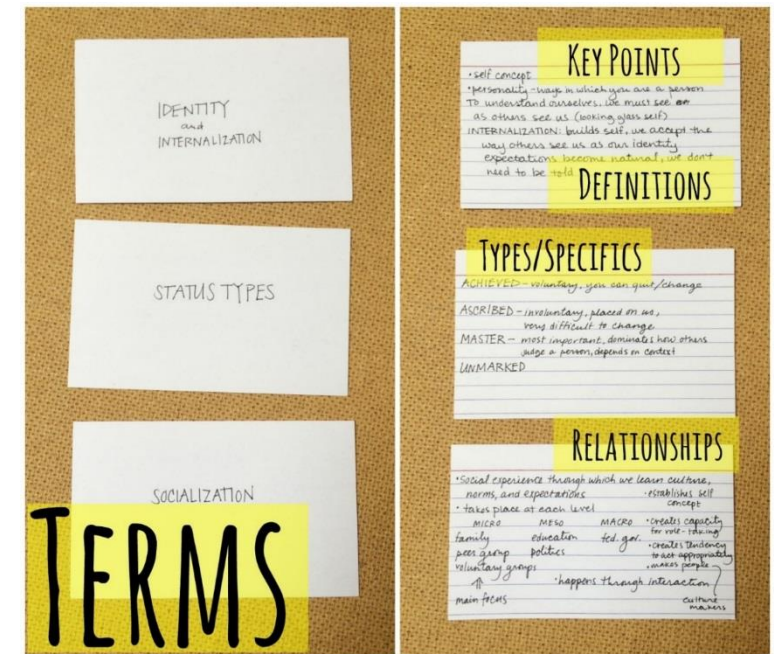
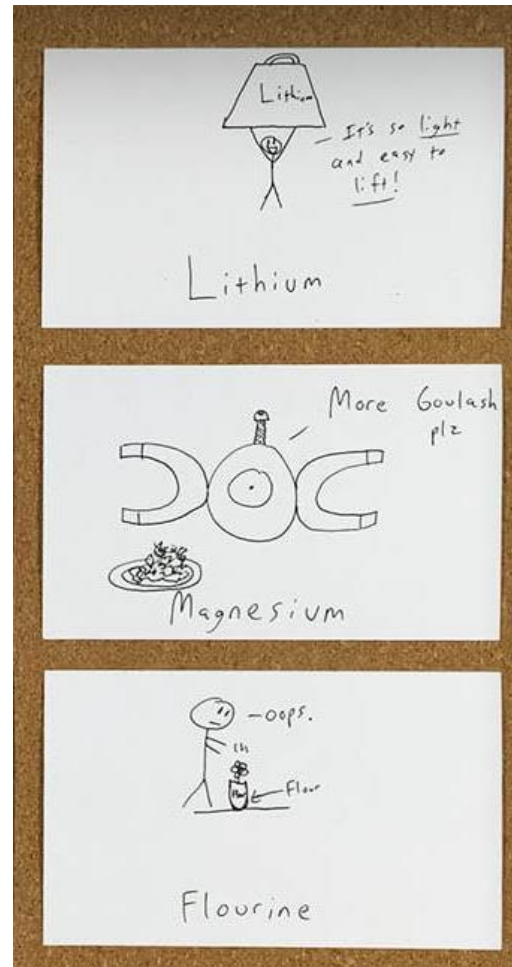
PRACTICING & APPLYING RECALL
(strengthening recall & memory usage)

- **Retrieval practice**
textbook questions, past papers, made-up questions
- **Dual-coding**

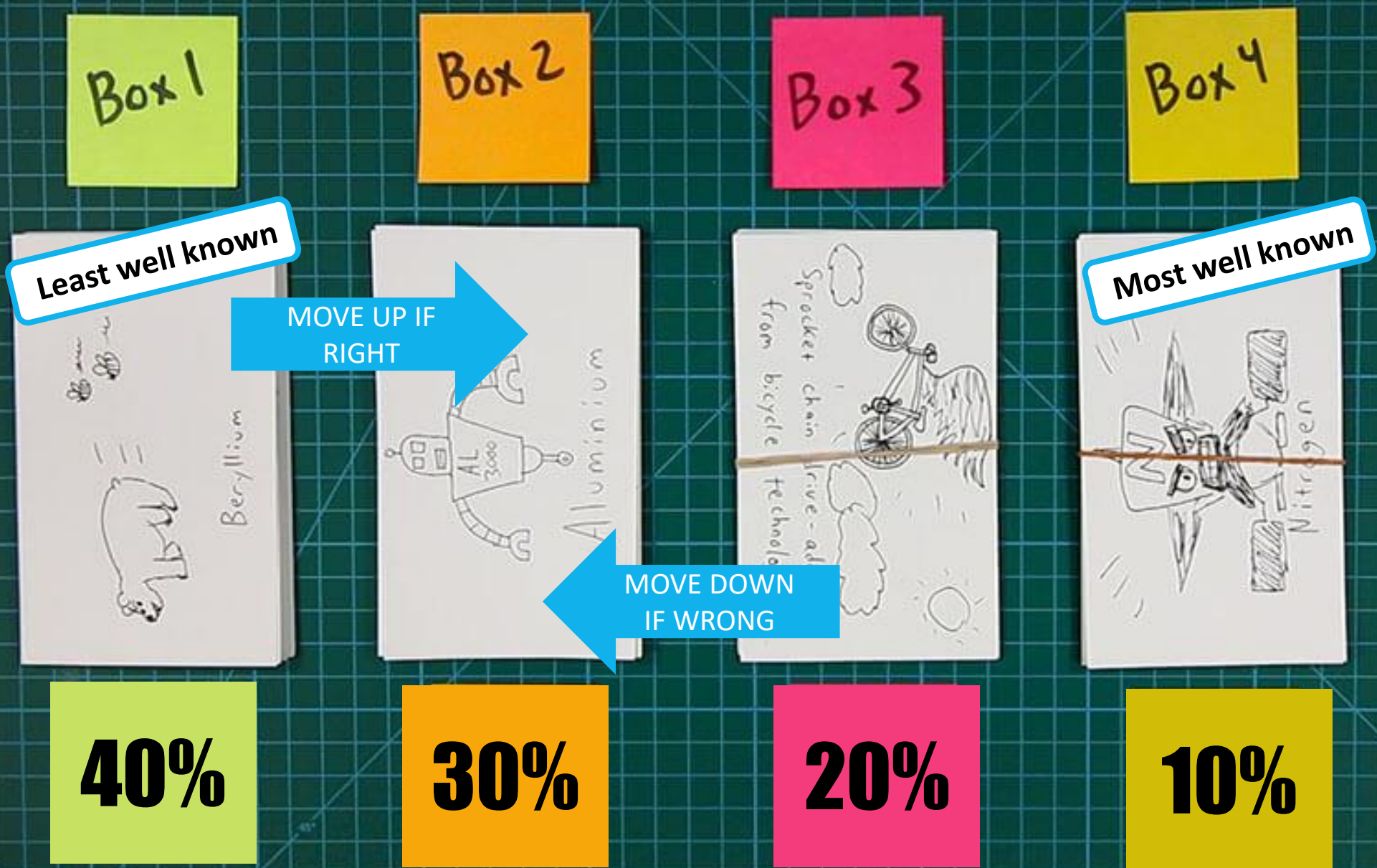
MARKING & UPDATING

FLASH CARDS

1. Make your own flash cards
2. Mix pictures and words
3. Use Mnemonic Devices to create mental connections
4. Break complex concepts into multiple questions
5. Say your answers out loud when studying
6. Study your flash cards in both directions

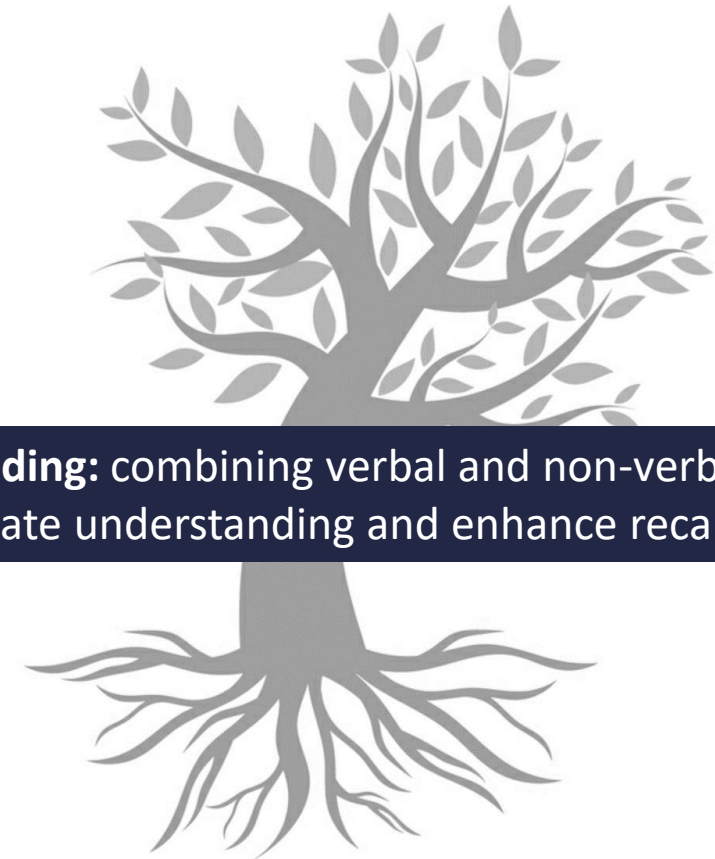
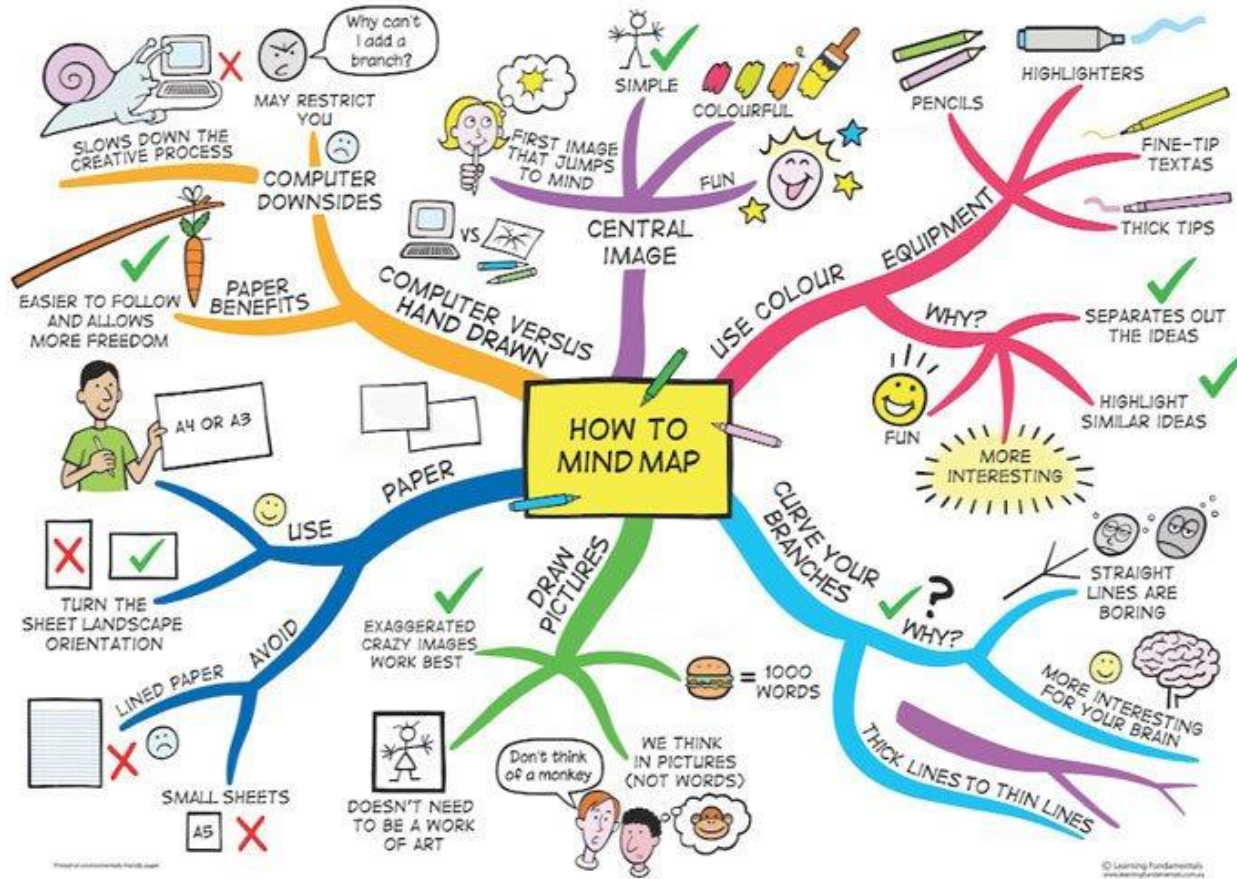


ACTIVITY: THE LEITNER BOX



% TIME REVIEWED

ACTIVITY: GRAPHIC ORGANISERS



Dual-Coding: combining verbal and non-verbal elements to facilitate understanding and enhance recall.

Comparison table of similarities and differences.

Flow chart to summarise a process or series of events.

How about...?

A **castle** with separate turrets & a strong foundation.

Streams growing into a **river** & then a **lake**.

A **village** with a central square & streets around it.

ACTIVITY: REVISION CLOCKS

WATER ON THE LAND

UK WATER MANAGEMENT
 Surplus - area with too much
 Deficit - area with not enough

CASE STUDY OF A WATER TRANSFER SCHEME (LAKE VYRNWY + DAM)
 Water surplus - Wales
 Deficit - Liverpool
 Pipeline built by 1988
 Issues: (1) New village had to be built (Eco) loss of farming + livelihoods (Env) loss of wildlife

EROSION
 Hydraulic Action - force of water against bed + banks
 Abrasion - wearing away of material (sandpaper)
 Attrition - material collides + breaks into smaller pieces
 Solution - acids in water will dissolve material

TRANSPORTATION
 1 Traction
 2 Saltation
 3 Suspension
 4 Solution

RIVER DRAINAGE BASIN
 Source
 Mouth
 Watershed
 Tributaries
 Confluence

RIVER CROSS PROFILE
 UPPER - NARROW CHANNEL
 MIDDLE - HIDDEN CHANNEL
 LOWER - DEEPEST AND WIDEST

RIVER LANDFORMS IN THE UPPER COURSE
 1 WATER FALLS + GORGES
 2 leaves behind an overhang
 3 This will collapse
 4 soft rock is undercut by hydraulic action

RIVER LANDFORMS IN THE MIDDLE COURSE
 1 MEANDERS
 2 OX-BOW LAKES
 3 DEPOSITION

RIVER LANDFORMS IN THE LOWER COURSE
 1 FLOODPLAINS + LEVEES
 2 DEPOSITION

EROSION + DEPOSITION
 x = erosion
 • = deposition
 1 erosion wears away the neck of the meander
 2 river winds
 3 as river winds to form an ox-bow lake

FORM HYDROGRAPH
 Peak discharge
 lag time
 time

FACTORS AFFECTING DISCHARGE
 • RELIEF - steeper the land = more surface run off
 • IMPERMEABLE ROCK - water cannot infiltrate = more surface run off
 • DEFORESTATION - trees dis around = less in to intercept

RIVER HYDROLOGICAL CYCLE
 Precipitation
 Surface run off
 Transpiration
 Evaporation
 Condensation
 Infiltration
 Groundwater flow
 Sea

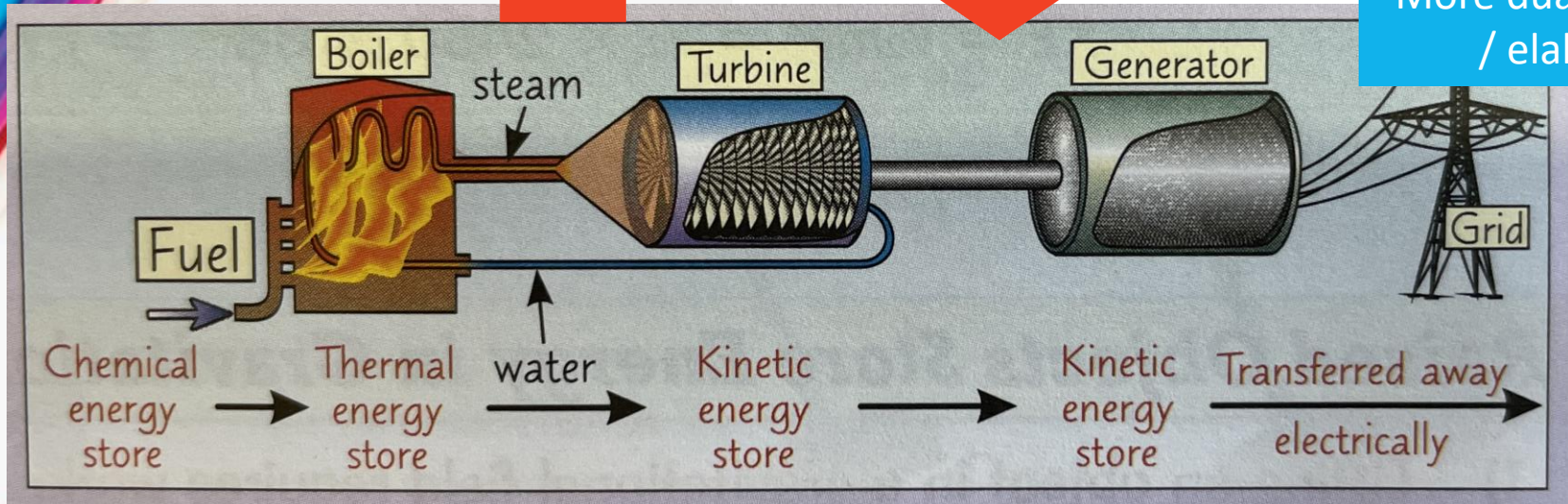
WATER ON THE LAND

ACTIVITY: TEXT \leftrightarrow GRAPHICS

Power stations use steam to drive a turbine:

- 1. As the fossil fuel burns (in oxygen) the energy in its chemical energy store is transferred to the thermal energy store of the water by heating.*
- 2. The water boils to form steam, which turns a turbine, transferring mechanically to the kinetic energy store of the turbine.*
- 3. As the turbine revolves, so does the generator, which produces an electric current.*
- 4. The generator transfers the energy electrically away from the power station, via the national grid.*

OR



More dual coding
/ elaboration

ACTIVITY: ROAD MAP

Suitable for
anything with a
start and end

e.g.

the Moroccan
crises

the carbon cycle

Jane Eyre red
room scene

Start of a
chronology or
sequence

Next step...

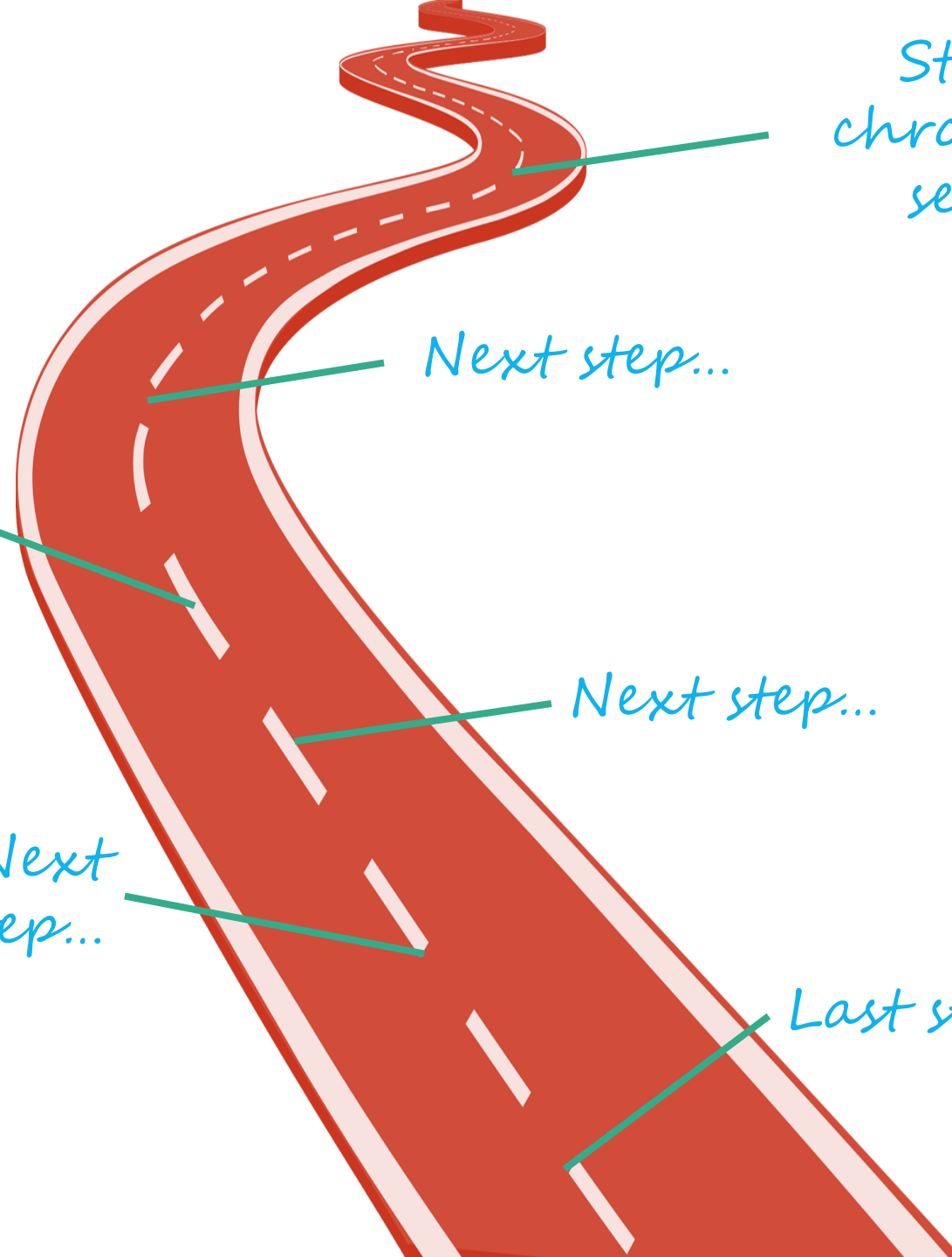
Next
step...

Next step...

Next
step...

Even more dual
coding /
elaboration

Last step...



ACTIVITY: THE BLANK PAGE

Put away class materials and **write or sketch everything you know about a topic.**

Be as thorough as possible.

retrieval

Then, **check your class materials for accuracy and add any important points** you missed.

elaboration





ACTIVITY: PREPARE TO TEACH

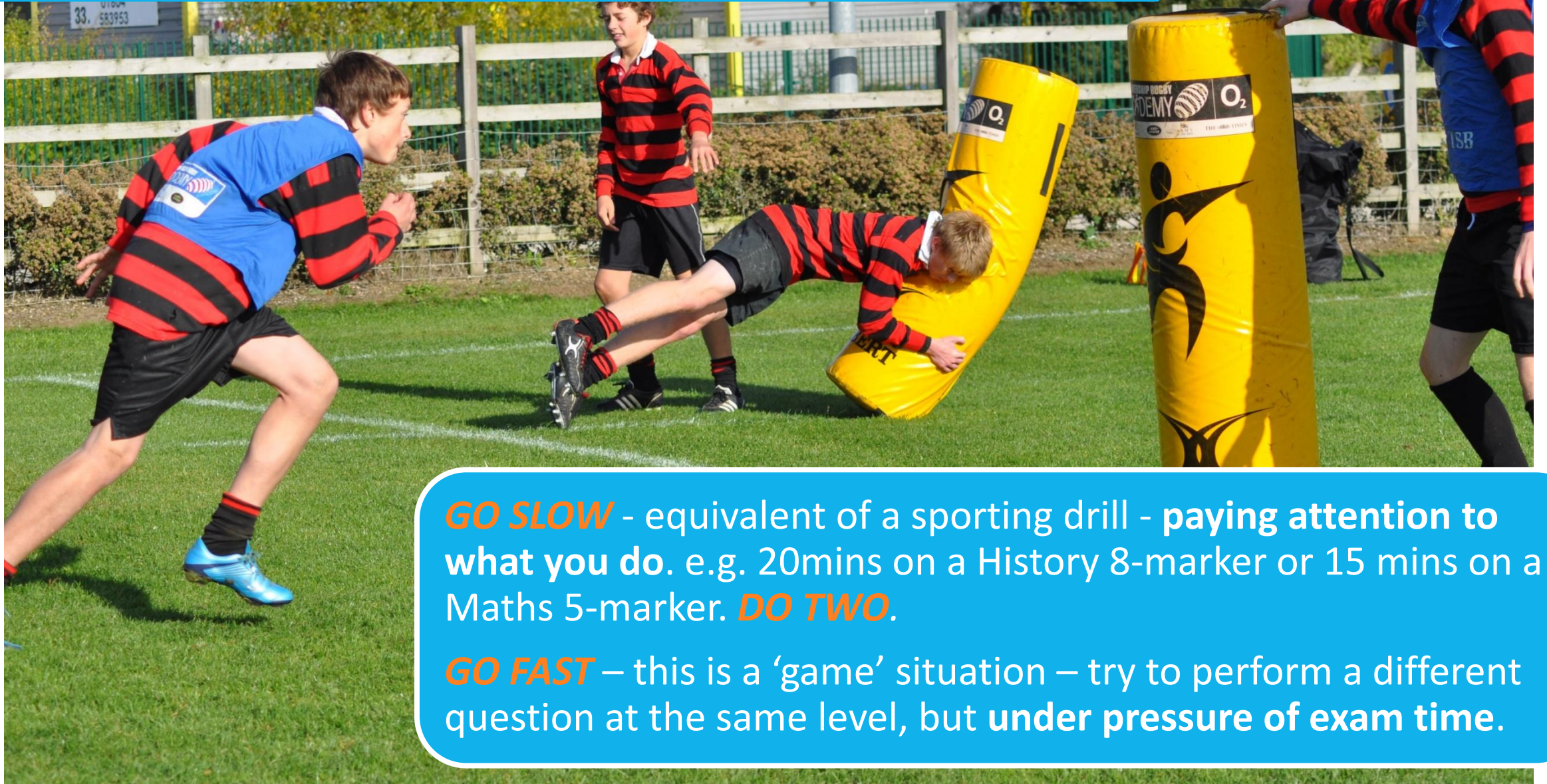
You're the teacher.

Prepare and teach a topic to a friend / parent.

Set them an exam question. For you to succeed, they have to be able to answer it.

Mark it and feedback.

ACTIVITY: TWO SLOW, ONE FAST



GO SLOW - equivalent of a sporting drill - paying attention to what you do. e.g. 20mins on a History 8-marker or 15 mins on a Maths 5-marker. **DO TWO**.

GO FAST – this is a ‘game’ situation – try to perform a different question at the same level, but **under pressure of exam time**.

ACTIVITY: WHITEBOARD JUMBLE

Solve for m .

$$\frac{6}{m} = \frac{-2}{m-8}$$

TRICKY
QUESTIONS
POST-IT
COLLECTION

[Practise fast
/ slow
answers here.
Then do the
next post-it]

What should I do to get started?

GCSE TARGETING & TRACKING

Revision Trackers help pupils identify and rank the exam content they need to recall, target their priorities, and track their progress to ensure best coverage.

BIOLOGY [Word / PDF]

CHEMISTRY [Word / PDF]

CLASSICAL CIVILISATION [Word / PDF]

DESIGN TECHNOLOGY [Word / PDF]

FOOD REVISION [Word / PDF]

GUIDE / Case Studies]

[Word / PDF]

MATHEMATICS [Word / PDF]

PHYSICAL EDUCATION [Word / PDF]

PHYSICS [Word / PDF]

TOOLS & ACTIVITIES

Different tools and activities help pupils develop their knowledge and understanding of exam content. Pupils can use these tools to develop their skills and to develop it further.

WEC) & Template [Word / PDF]

Leitner Flash Card System (Harris 2014)

Print Your Own Flashcards

Revision Clock & Additional Templates

SQR4 Learning Method (MSJC)

The Memory Clock System (Sandringham School)

<https://dcslibrary.com/revisionkit>

When test week arrives...

THE DAY BEFORE

Check you know the time and place for your exam.

Make sure you know how many questions you need to answer and how long you are planning to spend on each part of the paper.

Make sure you have pens, cartridges, highlighters and any other equipment you need.

Read through your notes but don't work too late.

Get some fresh air. Don't stay inside all day.

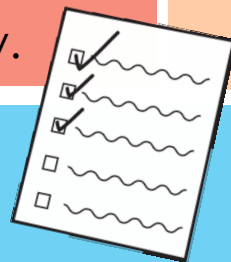


THE NIGHT BEFORE

Last minute cramming increases anxiety and tires you out.

Go to bed at a sensible hour.

If you can't sleep, don't worry - your body is still resting.



ON THE DAY

Get up in plenty of time.

Eat breakfast, even if you are not hungry. Research shows students who eat breakfast perform better in exams.

Check you have all your equipment.

Don't be put off by other students who are panicking.

Stay hydrated. Drink plenty of water to aid concentration.

IN THE EXAM

Read the instructions carefully.

Make sure you read to the end of the paper and turn over every page in the booklet - including blank pages.

Put your watch on the table and keep an eye on the time.

Spend time reading the questions carefully. Underline key words. Plan your answers.

If your mind goes blank, breathe! Look away from the paper and try to visualise your classroom for that subject, your notes and key words from that topic.

If you feel anxious, breathe in to the count of 7 and out to the count of 11.

If you do run out of time, jot down some bullet points. You may pick up some extra marks.