

Effective preparation for KAP1/KAP4



**BISHOP CHALLONER
CATHOLIC COLLEGE**



SCHOOL PRAYER

**Who am I God?
Why am I here?
What do you want me to do?
You made me special
to do something wonderful
in this life of mine.
Show me what I might be,
what I might do,
who I might help
And I'll do it for you.**

Amen

Assessments are a part of school life. The results are reported to your parents. They can be worrying for some people. The key to overcome this is to be prepared.

- Know when your assessments will take place
- Know what your assessments will be on
- Do some effective revision



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Our School

→

Admissions

→

Year 7-11

→

Sixth Form

→

Catholic Life

→

Community

→

Develop Your Career

→

Platinum Jubilee

→

A Warm Welcome

Admissions & Appeals

Curriculum

SEND

Free School Meals

Library

Netbook Programme

Instrumental Lessons

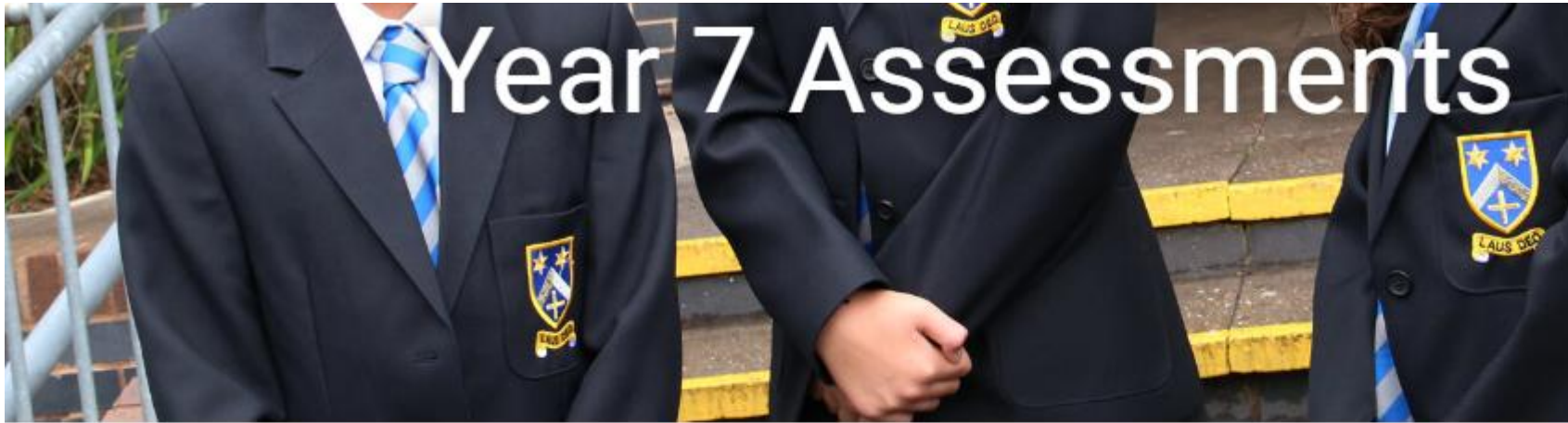
Extra-Curricular

Examination Information

Vocational Grade Comparison

Year 7 Assessments

Year 9 Assessments



This gives you information on what will be on the assessments. Your teacher will also be adding information onto class charts.

[Home](#) > [Examinations Information](#) > [Year 7 Assessments](#)

[A Warm Welcome](#)

[Admissions & Appeals](#)

[Curriculum](#)

[SEND](#)

[Free School Meals](#)

[Letter to Parents/Carers](#)

[Subject Topics and Guidance](#)

[Timetable](#)

[Downloads](#)

Dear Parent/Carer,

We are delighted to welcome Year 7 students to Bishop Challoner and to congratulate them on such a wonderful start to the school year and their secondary education. We are confident that Year 7 will have a very successful year and that they will achieve well.

During their time at Bishop Challoner, students are assessed in regular intervals so that we can monitor their progress.

Subject	Summary of Exam (Type/length)	Teaching Group/ Time & Date	Topic content
Science	45 minutes	7C Monday 20th October, P6 7H Thursday 23rd October, P2 7N Thursday 23rd October, P4 7J Thursday 23rd October, P4 7P Tuesday 21st October, P4 7T Thursday 23rd October, P1 7V Thursday 23rd October, P1	Section 1 – Cells 20 marks on the Autumn topic of cells • Life processes • Plant and animal organs and organ transplant • Microscopes and magnification • Cell structures and functions Section 2 – Separation techniques 20 marks on the Autumn topic of separation techniques • Filtering, chromatography, distillation • Bunsen burners and safety rules • Solubility • Saturated solutions • Changes of state
Religious Education	40 minutes	7F Monday 20th October (P1) 7K Wednesday 22nd October (P3) 7B Monday 20th October (P1) 7R Monday 20th October (P4) 7M Monday 20th October (P1)	Section 1 – Multiple Choice Questions Section 2 – Short Response Questions Section 3 – Longer Response Questions (PEE) Topics to revise: • The Bible (structure, literary styles, canon, etc) • The TaNaKh (what is it? Similarities/differences to the Bible?) • Is scripture inspired? How can it be used in prayer? The types and importance of translations • The Magisterium (what is it? Importance? E.gs) • The Lindisfarne Gospels

There will be information for every subject

Please note this show last years dates.

This year the information will be added to the website on **Wednesday 14th October**

Year 7 Assessments (Date Order)

Subject	Day	Group	Time
English	Tuesday 03 November 2026	7N	Lesson
English	Wednesday 04 November 2026	7K	Lesson
English	Wednesday 04 November 2026	7B	Lesson
English	Wednesday 04 November 2026	7L	Lesson
English	Thursday 05 November 2026	7R	Lesson
English	Thursday 05 November 2026	7W	Lesson
English	Friday 06 November 2026	7F	Lesson
Religious Education	Monday 09 November 2026	7R	Lesson
Mathematics	Tuesday 10 November 2026	7H	Lesson
Mathematics	Tuesday 10 November 2026	7J	Lesson
Mathematics	Tuesday 10 November 2026	7P	Lesson
Mathematics	Tuesday 10 November 2026	7V	Lesson
Religious Education	Tuesday 10 November 2026	7F	Lesson
Religious Education	Tuesday 10 November 2026	7K	Lesson
Religious Education	Tuesday 10 November 2026	7W	Lesson
Science	Tuesday 10 November 2026	7C	Lesson
Science	Tuesday 10 November 2026	7H	Lesson
Science	Tuesday 10 November 2026	7N	Lesson
Science	Tuesday 10 November 2026	7J	Lesson
Science	Tuesday 10 November 2026	7T	Lesson
Mathematics	Wednesday 11 November 2026	7C	Lesson
Mathematics	Wednesday 11 November 2026	7N	Lesson
Mathematics	Wednesday 11 November 2026	7J	Lesson
Religious Education	Wednesday 11 November 2026	7B	Lesson
Religious Education	Wednesday 11 November 2026	7M	Lesson
Religious Education	Wednesday 11 November 2026	7L	Lesson
Science	Wednesday 11 November 2026	7P	Lesson
Mathematics	Thursday 12 November 2026	7T	Lesson
Mathematics	Thursday 12 November 2026	7C	Lesson
Mathematics	Thursday 12 November 2026	7N	Lesson
Mathematics	Thursday 12 November 2026	7P	Lesson
Mathematics	Thursday 12 November 2026	7V	Lesson
Science	Thursday 12 November 2026	7V	Lesson
Mathematics	Friday 13 November 2026	7H	Lesson
Mathematics	Friday 13 November 2026	7T	Lesson

There is a timetable
for everyday.

Please note this show last years
dates.

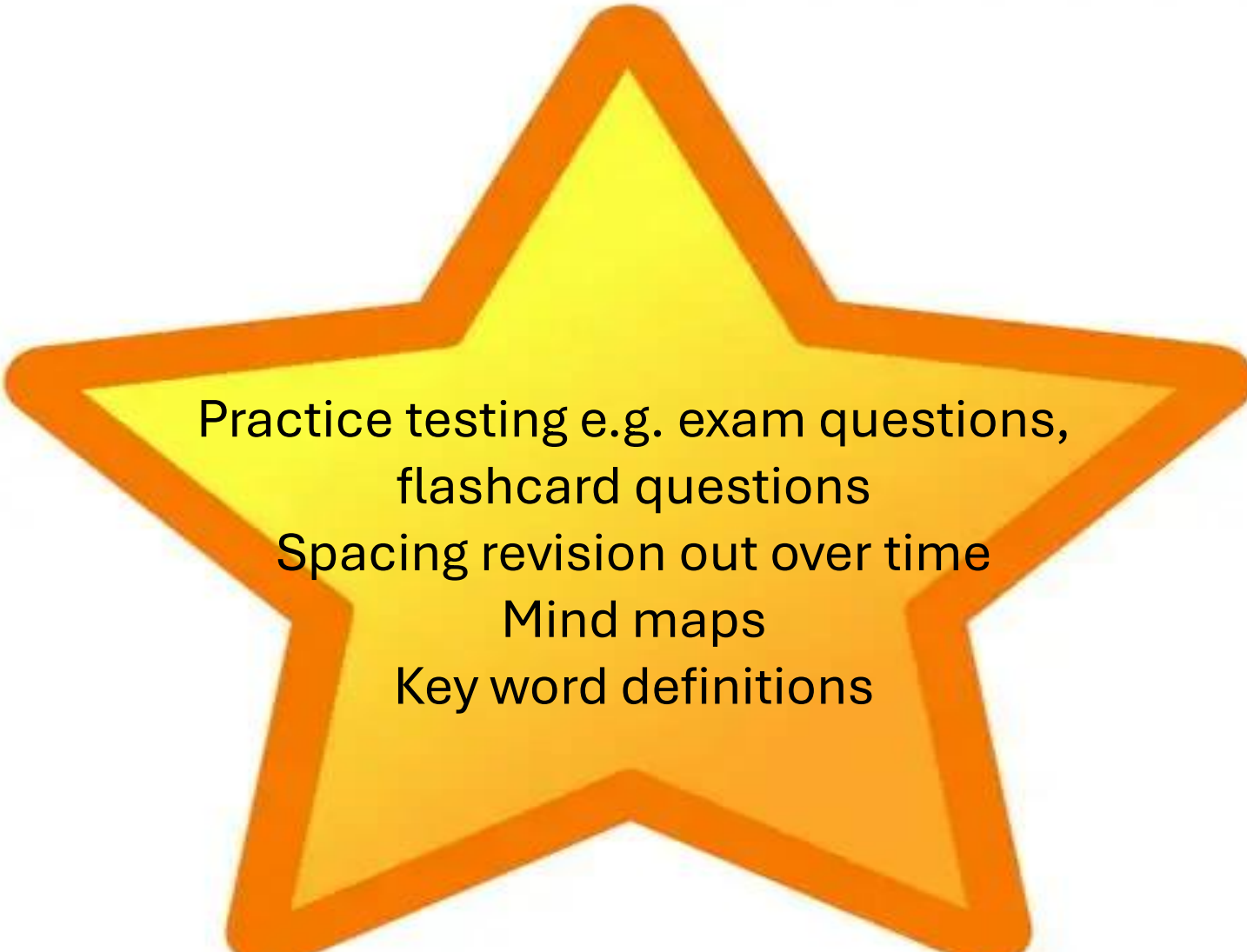
This year the information will be
added to the website on
Wednesday 14th October

- Know when your assessments will take place ✓
- Know what your assessments will on ✓
- Do some effective revision



What are effective revision strategies?

Most Effective



Practice testing e.g. exam questions,
flashcard questions
Spacing revision out over time
Mind maps
Key word definitions

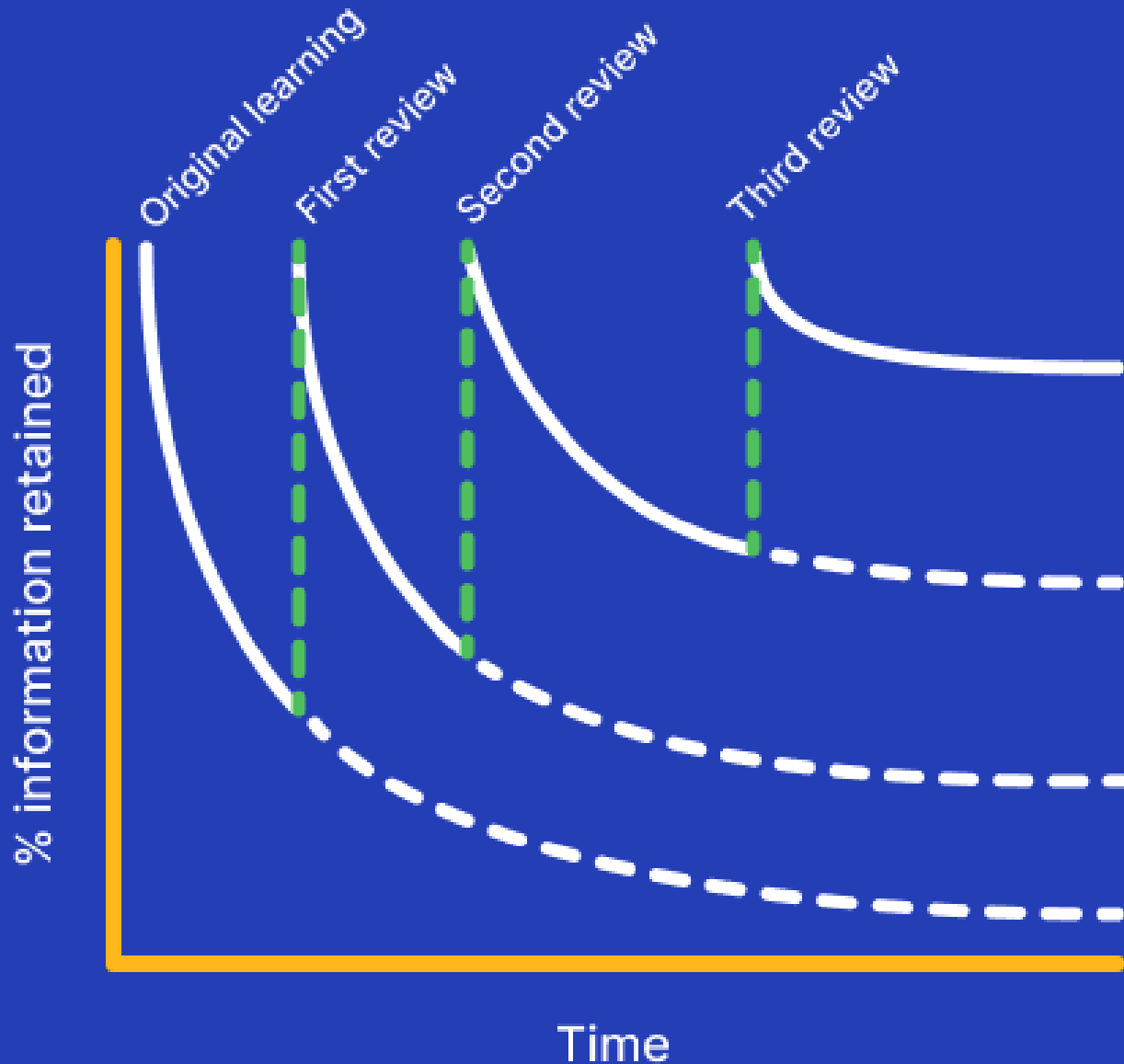
Quite Effective



Summarisation
Highlighting
Using images to explain
ideas

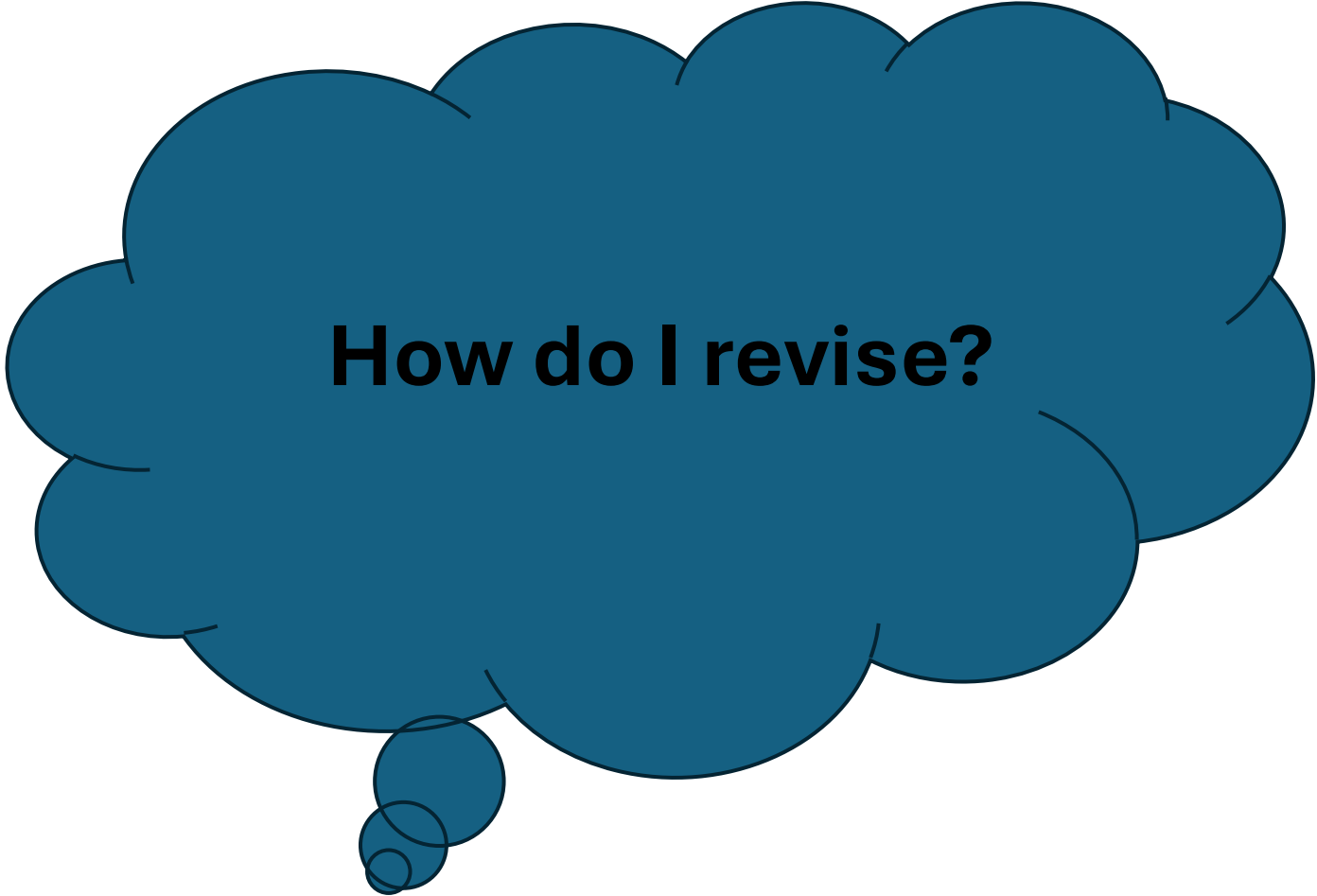


**Not effective: Just reading or
watching summary videos**



The forgetting curve

The more you review the content you have learned the more you remember and for longer.



How do I revise?

Making Flashcards

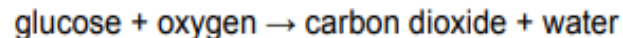


- Two to three questions on one side
- The answers on the reverse
- Test yourself
- Get someone to test you

Types of respiration

All living cells **respire** to release energy. Organisms need energy for everything they do (for example, making new substances, moving).

Aerobic respiration is a series of **chemical reactions** that can be summarised as:



Energy is released (but is not a chemical substance and so is not shown in the word equation).

Carbon dioxide can be detected using:

- **limewater** (which it turns cloudy)
- an **indicator** (such as hydrogen carbonate) because it is acidic.

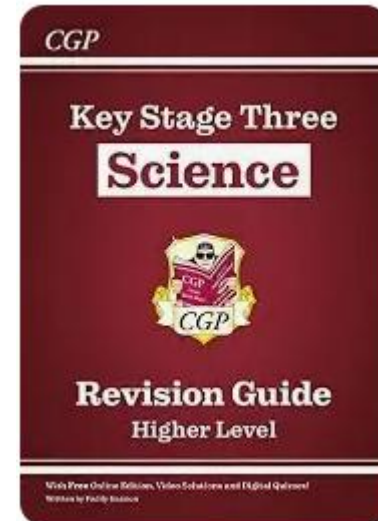
1. What does respiration release? **Energy**
2. What is needed for aerobic respiration?
Glucose and oxygen
3. What is produced in aerobic respiration? **Carbon dioxide and water**

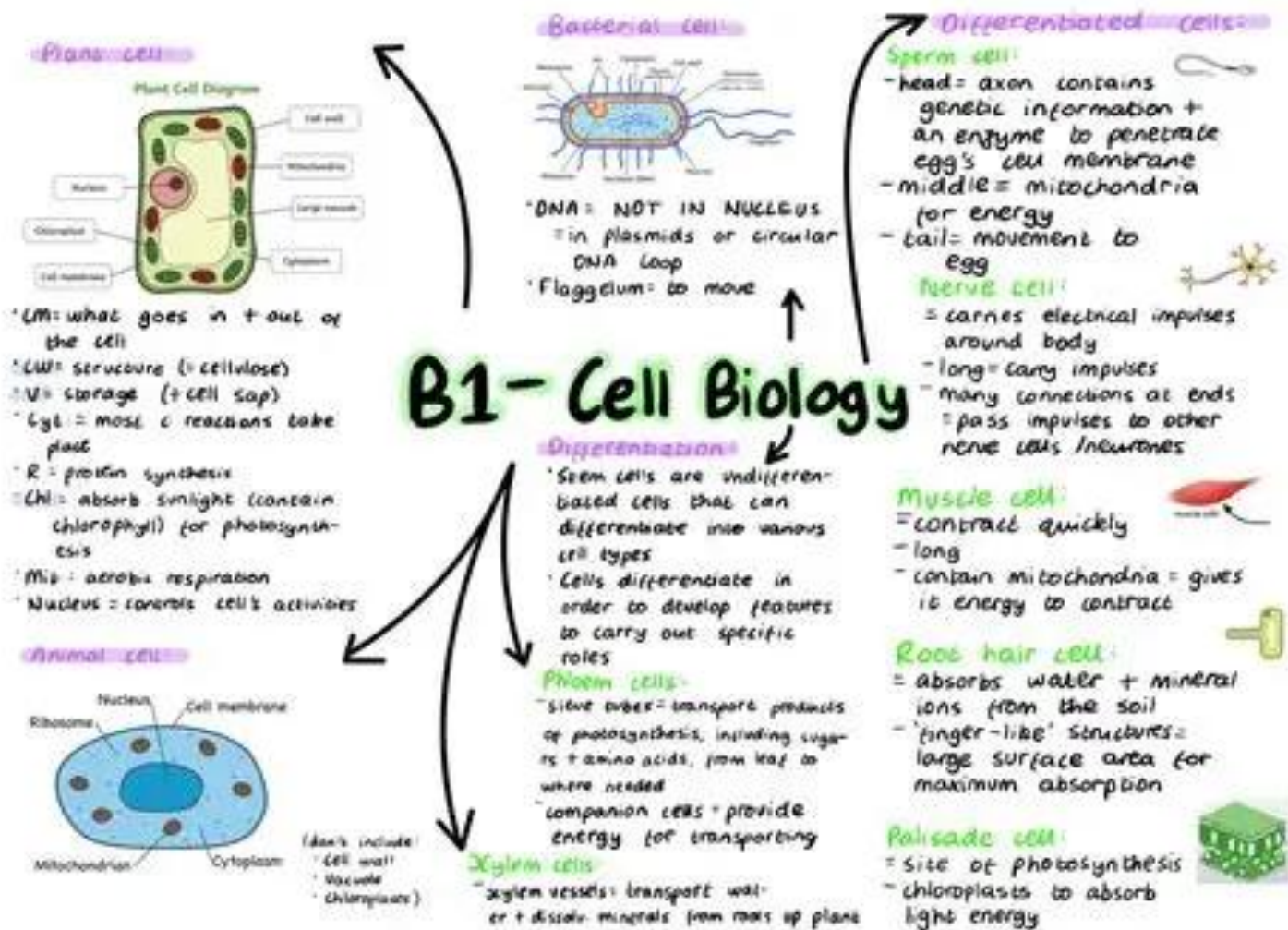
What resources can you use to make flashcards?

- Your exercise books or work booklets
- Resources on the school website for each department
- Revision PowerPoints provided by different subjects
- Revision guides if you have them
- Subject factsheets
- BBC Bitesize
- Seneca
- Educake



BITESIZE





Produce a mind map

One for each subject for the KAP assessments.

- Get someone to ask you questions about it.
- Review it and highlight a few key words
- Use it to make flashcards.

You can use the same sources as the flashcards
e.g. book, revision guide, web resource.

Using Highlighting Effectively

Root hair cells

Roots hold plants in place as they grow and also absorb water and minerals from the soil. Roots divide into smaller and smaller branches as they travel into the soil. The outside surface of roots are covered with root hair cells, which have tiny 'hairs' which poke into the soil. This massively increases the surface area for the **root hair cell** to absorb more water and minerals.

Palisade cells

These plant cells are packed with green **chloroplasts**. When the Sun shines, photosynthesis in plant cells makes sugar for growth, reproduction and other life processes. Photosynthesis occurs in a special chemical called **chlorophyll**, which is found in parts of plant cells called chloroplasts



Don't highlight a lot.
Highlight key words
and write a definition
of each key term.

1.	2.	3.	4.	5.

It is not about luck

It is about being prepared

Demonstrate your full potential