

CHS SOUTH - SUMMER TERM

Progress Test Handbook - Year 7



Summer Term Progress Tests - Year 7

Name:

Why do we do progress tests?

- Teachers can find out more about you and your learning
- To see if you are on the right track in your lessons
- To identify any areas for development you may have in a subject – so that you can improve!
- So you can develop healthy home study habits

To make sure you are **READY** to succeed with you tests in lessons you need to check:

- **WHEN** the test is
- **WHAT** the test will cover
- **HOW** you can prepare yourself for it

Please complete this timetable in lessons with your teachers

	Monday 20th June	Tuesday 21st June	Wednesday 22nd June	Thursday 23rd June	Friday 24th June
Period 1				Music 7EO	
Period 2				Music 7AU	
Period 3				Music 7AK Science (O band)	
Period 4					
Period 5	Science (C/S band)			English (Exam Hall)	

	Monday 27th June	Tuesday 28th June	Wednesday 29th June	Thursday 30th June	Friday 1st July
Period 1					
Period 2					
Period 3					
Period 4		Music 7HS			
Period 5		Music 7HB	Maths		

Home Study

This half term you will complete home study. Instead of completing home learning tasks the focus is on you to make sure that you are completing independent revision and preparation for your Progress Tests.

How long should I spend?

- We recommend that you set yourself a regular time slot to complete home learning and/or home study.
- We would recommend 1 to 1 ½ hours, two to four times a week.
- Home study could be straight after school at Homework Club, at home after your evening meal or at a weekend.
- Set times that work best for you around your other hobbies and activities out of school.
- Relax before a sensible bedtime – read a book to escape and wind down to get a good night's sleep!

How do I get started?

- **Start with a plan:** Think about how many subjects you have to study for and try to map out how you will prepare for each subject leading up to the test.
- **Check what you need to prepare:** Your teachers will give you guidance on what to prepare for; use these topics as a starting point for Home Study.

How do I find revision materials?

- Log on to Teams and revise using the tasks that have been assigned to you.
- Use your exercise books to look over the topics that you have covered in lessons and study the information.
- Use revision guides or textbooks to help you prepare for progress tests. Your teachers will have these and the library will have lots to borrow.
- Find and read information that will help you to complete the progress tests; remember to use credible sources of information.

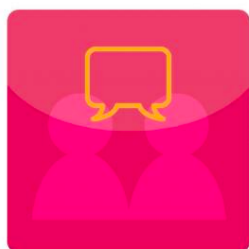
Some useful tips to develop your healthy study habits:

- Don't leave your study too late as cramming for exams isn't a healthy habit.
- Do your home study in a quiet area so you can concentrate.
- Be flexible during exams – don't try and do too much!
- If you start to feel nervous or stressed, stop, and talk to someone.
- Eat well and get enough sleep.
- Exercise – this REALLY helps you feel better!
- Make time for treats.
- Don't put too much pressure on yourself. Remember the point of the assessment is so that you and your teacher can see what areas for development you have in a subject – so that you can improve!

If you are unsure about your tests – speak to your teacher BEFORE the Progress Test, they might have some great tips and advice.

The Keys to Revision Success

At CHS South we recognise that all brains work differently and that you might need to try different methods of revision before you find the right fit for you. Below are some examples of tried and tested methods that we have successfully used with students at CHS South. Work your way through them and see which method/s help you to retain the most information!



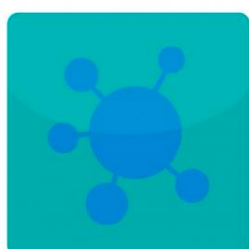
Ask a friend



LOL



Memorising



Mind Mapping



Mnemonics & Rhymes



Past Papers



Revision Cards



Revision Plan



Visualisation

Visualisation: Create a picture in your mind that represents the topic you are trying to remember. Try to use images and symbols to help you recall that information later.

Ask a friend: Communicate with friends about topics you are not sure about. You can create study groups and support each other.

Revision Plan: Revision planning is a good way to help make sure that you structure time appropriately and balance out the different topics you have to learn.

Mnemonics & Rhymes: Create these to break down long pieces of information into smaller memorable chunks; you can then recall these in an assessment.

LOL (Learn online): Use the internet to find information you are not sure on. You could also use Microsoft TEAMS to support your learning.

Revision Cards: Create revision cards which break down pieces of information into small topics you can prepare for.

Memorising: Try to memorise information, a good technique for this is to use repetition. Repeat information 3 times in your mind to help it stick in.

Mind Mapping: Creating a mind map can take a large topic and break it down into smaller sections which are manageable for you to remember.

Past Papers: Practice by using past test papers to help check your ability to answer test/exam questions; cross check your answers against a mark scheme.

Home Study Plan

In order to be ready for progress tests you need to prepare for them. Use the timetables below to map out your own home study schedule in the run up to the tests taking place in school. Consider what tests you have and when they will be; once you have done this you can map out your home study time. Here is a suggested timetable but adapt it to your own commitments.

	Monday 6th June	Tuesday 7th June	Wednesday 8th June	Thursday 9th June	Friday 10th June	Saturday 11th June	Sunday 12th June
Home Study Session 1						REST DAY	
Home Study Session 2						REST DAY	
Home Study Session 3						REST DAY	

	Monday 13th June	Tuesday 14th June	Wednesday 15th June	Thursday 16th June	Friday 17th June	Saturday 18th June	Sunday 19th June
Home Study Session 1							REST DAY
Home Study Session 2							REST DAY
Home Study Session 3							REST DAY

	Monday 20th June	Tuesday 21st June	Wednesday 22nd June	Thursday 23rd June	Friday 24th June	Saturday 25th June	Sunday 26th June
Home Study Session 1						REST DAY	
Home Study Session 2						REST DAY	
Home Study Session 3						REST DAY	

	Monday 27th June	Tuesday 28th June	Wednesday 29th June	Thursday 30th June	Friday 1st July	Saturday 2nd July	Sunday 3rd July
Home Study Session 1						REST DAY	REST DAY
Home Study Session 2						REST DAY	REST DAY
Home Study Session 3						REST DAY	REST DAY