

PROGRESS TEST HANDBOOK

YEAR 10 - 2023/2024 - SPRING TERM



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

YOU MAY NEED TO COMPLETE THESE TIMETABLES WITH YOUR TEACHERS

	Monday 15th January	Tuesday 16th January	Wednesday 17th January	Thursday 18th January	Friday 19th January
Period 1					
Period 2	Spanish Reading and Listening (V band)				
Period 3					
Period 4		Spanish Reading and Listening (Y band) History Paper	Spanish Reading and Listening (X band)	Spanish Reading and Listening (W band) History Paper	Maths Paper 1
Period 5					

	Monday 22nd January	Tuesday 23rd January	Wednesday 24th January	Thursday 25th January	Friday 26th January
Period 1	History paper				
Period 2				Science	English Jekyll and Hyde
Period 3					
Period 4			Design & Technology Food & Nutrition Sport Studies (Media Studies - NEA)		Maths Paper 2
Period 5					

HOME STUDY

This half term you will complete home study. Instead of completing home study 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



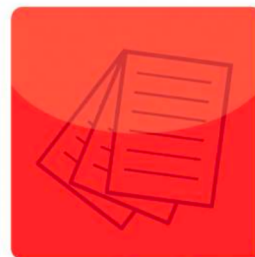
Memorising



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.

Home Study Session 1							
Home Study Session 2							
Home Study Session 3							

Home Study Session 1							
Home Study Session 2							
Home Study Session 3							

Home Study Session 1							
Home Study Session 2							
Home Study Session 3							

Home Study Session 1							
Home Study Session 2							
Home Study Session 3							

PREPARATION FOR STUDENTS

Progress Tests - Spring Term - 2023/2024

Look at the information below and use it to prepare for your Progress Test. Your teachers have given you a list of topics to revise and study and suggested where you can go to search for that information.

Remember: In your class teams on Microsoft TEAMS you can find all of your lessons in the Home Learning tab. This will also help you prepare. There might also be additional revision materials there for you also.

YEAR 10	Progress Tests Format <ul style="list-style-type: none"> • Duration • Format for test • Available Marks 	Key revision topics for students What do students need to learn to be ready for this Progress Test?	Sources of information for home learning (Above and beyond Microsoft TEAMS) Where can students find access to information to help them prepare for their progress test?
English	Duration: 50 Minutes Format: Written Examination Marks available: 50	The key topics that will be covered in this classroom Progress Tests Assessment will be: <ul style="list-style-type: none"> • Literature Paper 1 – Macbeth • To be able to respond to a question on a theme or character within the play • To analyse one extract and analyse scenes from elsewhere • To analyse contextual knowledge surrounding the play and playwright 	The revision resources for this Progress Tests assessment are: <ul style="list-style-type: none"> • To read the play • GCSE Pod • GCSE Bitesize • TEAMS – resources • Independent home learning practice
Maths	Duration: 1 Hour 30 Minutes Format: Written examination 2 Paper for both tier Marks available: Higher - 80 Foundation - 100	The key topics that will be covered in this classroom Progress Tests Assessment will be: Foundation Tier (Classes 10ma3 – 10ma7) 2 X Calculator Papers (Students will be required to bring their own calculator into school.) <ul style="list-style-type: none"> • Types of numbers • HCF • Ratio • Solving Equations • Indices • Best Buys • Forming Expressions • Pythagoras’ Theorem - • Tree Diagrams • Nth term • Substitution • Estimated Mean • Trigonometry • Standard form • Speed Higher Tier (Classes 10ma1 – 10Ma2) 1 X Non-Calculator Paper 1 X Calculator Paper (Students will be required to bring their own calculator into school) <ul style="list-style-type: none"> • Prime Factors • Angles in Parallel Lines • Area – Circles • Estimate the Mean • Speed • Negative and Fractional Indices • Box Plots • Recurring Decimals • Direct Proportion • Negative Enlargement • Venn Diagrams • Simultaneous Equations • Angles in Polygons • Trigonometry • Compound Interest • Factorise and Solve Quadratics Students will be required to bring their own calculator into school.	The revision resources for this Progress Tests assessment are: Foundation Tier Types of numbers - 28, 99, 100 HCF - 31-32 Ratio - 333 Solving Equations - 178 Indices - 174 Best Buys - 763-765 Forming Expressions - 176 Pythagoras’ Theorem - 499 Tree Diagrams - 361 Nth term - 198 Substitution - 781 Estimated Mean - 418 Trigonometry - 509 Standard form - 128 Speed - 718 Higher Tier Prime Factors - 29 Angles in Parallel Lines - 490 Area – Circles 543 Estimate the Mean - 4 Speed 720 Negative and Fractional Indices - 108-109 Box Plots - 435-436 Recurring Decimals - 54 Direct Proportion - 344 Negative Enlargement - 646 Venn Diagrams - 372 Simultaneous Equations - 191-192 Angles in Polygons - 562 Trigonometry - 509 Compound Interest - 94 Factorise and Solve Quadratics - 230-232

<p>Science</p>	<p>Duration: 1 Hour 15 Minutes</p> <p>Format: Written Examination</p> <p>Marks available: 70</p>	<p>The key topics that will be covered in this classroom Progress Tests Assessment will be:</p> <p>4.1 Cell Biology</p> <ul style="list-style-type: none"> • Cell structure • Cell division • Transport in cells <p>4.2 Organisation</p> <ul style="list-style-type: none"> • Principles of organisation • Plant tissues, organs and systems <p>4.3 Infection and response</p> <ul style="list-style-type: none"> • Communicable diseases • Viral diseases • Bacterial diseases • Fungal diseases • Protist diseases • Human defence systems • Vaccination <p>4.4 Bioenergetics</p> <ul style="list-style-type: none"> • Photosynthetic reaction • Rate of photosynthesis • Use of glucose • Aerobic and Anaerobic • Response to exercise • Metabolism 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • AQA past papers (biology) • Teams – past papers • SharePoint • Save my exams • Unit 1 Biology practice questions (tiered) • All logins for language nut are on teams in the year group team
<p>Geography</p>	<p>Duration: 30 Minutes</p> <p>Format: 2x 13 mark “questions” made up of any combination of 1-4, 6 and 8 mark questions</p> <p>Marks available: 26</p>	<p>The key topics that will be covered in this classroom Progress Tests Assessment will be:</p> <p>Paper 1 Topic 1 – Global hazards</p> <ul style="list-style-type: none"> • Atmospheric circulation • Extreme weather and El Niño • Yorkshire floods 2019 • Ethiopia drought 2015 • Tectonic hazards • Nepal earthquake 2015 <p>Paper 1 Topic 2 – Changing climates</p> <ul style="list-style-type: none"> • Human and natural causes of climate change • Patterns and evidence of climate change • Impacts of climate change on the UK and globally 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Teams Lessons • SENECA • Revision Guide • BBC bitesize
<p>History</p>	<p>Duration: 60 Minutes</p> <p>Format: Edexcel Germany paper</p> <p>Marks available: 52</p>	<p>The key topics that will be covered in this classroom Progress Tests Assessment will be:</p> <ul style="list-style-type: none"> • Weimar Germany 1919-23 problems • Weimar recovery 1923-29 • Hitler’s rise to power 1929-33 • Hitler’s consolidation of power • Life in Hitler’s Germany 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Teams for lessons • BBC Bitesize • Revision from books
<p>RE</p>	<p>Duration: 50 Minutes</p> <p>Format: AQA ‘A’ Christian Beliefs & Practices</p> <p>Marks available: 51</p>	<p>The key topics that will be covered in this classroom Progress Tests Assessment will be:</p> <p>Christian Beliefs</p> <ul style="list-style-type: none"> • Nature of God • Creation • The Fall • The Trinity • The Problem of Evil and Suffering • Sacrifice and Atonement • Incarnation • The Life of Jesus • The Crucifixion • The Resurrection • Salvation • Eschatology <p>Christian Practices</p> <ul style="list-style-type: none"> • Worship • Prayer • Sacraments • Pilgrimage • Christmas • Easter • Importance of the Church • Mission and Evangelism • The Role of the Church • Charity 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Teams for lessons • BBC Bitesize • Revision from books

<p>Spanish</p>	<p>Duration: 30 Minutes</p> <p>Format: Listening, Reading, Writing</p> <p>Marks available: 50</p>	<p>The key topics that will be covered in this classroom Progress Tests Assessment will be:</p> <ul style="list-style-type: none"> • Pupils will sit a past GCSE Reading and Listening paper. These papers contain all KS3 and KS4 content, some of which pupils have not yet covered in lessons. • The writing paper covers the two modules of work they have covered so far in Year 10. 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Teams for lessons • Language nut for practice and homework • All logins for language nut are on teams in the year group team
<p>Art</p>	<p>Duration: 2 Hours</p> <p>Format: Observational Drawing</p> <p>Marks available: Goes towards coursework</p>	<p>The key topics that will be covered in this classroom Progress Tests Assessment will be:</p> <ul style="list-style-type: none"> • Final Piece in response to the project 'messages' • Looking at the artists studied so far, create a piece merging the styles and techniques 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • All lessons available on teams • www.banksy.co.uk • www.streetartbio.com/artist/roa/
<p>Photography</p>	<p>Duration: 2 Hours</p> <p>Format: Practical</p> <p>Marks available: Goes towards coursework</p>	<p>The key topics that will be covered in this classroom Progress Tests Assessment will be:</p> <ul style="list-style-type: none"> • Final piece in a personal response to Aaron Siskind 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • All lessons available on teams • E books available on Teams
<p>Computing</p>	<p>Duration: 1 Hour 30 Minutes</p> <p>Format: Written Paper</p> <p>Marks available: 80</p>	<p>The key topics that will be covered in this classroom Progress Tests Assessment will be:</p> <ul style="list-style-type: none"> • CPU • Memory • Storage • Factors affecting performance of a computer • FDE Cycle • Abstraction • Decomposition • Search Algorithms – binary/linear • Sorting Algorithms – Insertion/bubble • Algorithms • Programming Fundamentals 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Teams • Knowledge Organisers • Books • Revision Guides • Craig n Dave - https://student.craigndave.org/gcse-ocr-j277-computer-science-videos • Mr Brown CS YouTube Channel - https://www.youtube.com/watch?v=sKIRllg1Db4&list=PL04uZ7242_M5KDdD9XnuWb2MNYsM57HpU • BBC Bitesize - https://www.bbc.co.uk/bitesize/topics/zdjfq3 • Quizlet - https://quizlet.com/en-gb/content/ocr-gcse-computer-science-resources
<p>Dance</p>	<p>Duration: 2 Hours</p> <p>Format: Controlled assessment</p>	<p>The key topics that will be covered in this classroom Progress Tests Assessment will be:</p> <p>Component 2 practical mock</p> <ul style="list-style-type: none"> • Students will learn and log a chosen professional work based on the theme as outlined and released by the exam board. 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Watch videos attached to teams and try to learn choreography (copy) • Tik tok is a good tool, if used correctly and for the purpose of education in dance, to learn movement/actions quickly and accurately
<p>Drama</p>	<p>Duration: 1 Hours</p> <p>Format: Practical</p> <p>Marks available: 20</p>	<p>The key topics that will be covered in this classroom Progress Tests Assessment will be:</p> <ul style="list-style-type: none"> • You will be marked on your devising process so far 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Please learn line/write scripts in time for this.
<p>Design and Technology</p>	<p>Duration: 1 Hour 45 Minutes</p> <p>Format: Mixture of multiple choice questions, medium response questions and 1 longer question</p> <p>Marks available: 101</p>	<p>The key topics that will be covered in this classroom Progress Tests Assessment will be:</p> <ul style="list-style-type: none"> • Enterprise • Crowd funding • Ethics • Commercial process • Contemporary • Market pull • Kinetic • Biomass 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Teams • Knowledge organisers • Revision books • BBC bitesize • Books • Flash cards

<p>Design and Technology</p>	<p>Duration: 1 Hour</p> <p>Format: Multiple choice, written and designing</p> <p>Marks available: 30</p>	<p>The key topics that will be covered in this classroom Progress Tests Assessment will be:</p> <ul style="list-style-type: none"> • Input • Output • Process • Resistor • LED (light emitting diode) • Thermistor • Circuit • Soldering • Template • Tolerance • Quality control • Vacuum forming • Manufacturing plan • Stock form • Fibres • Textile constructions • Care labels • Decorative Techniques • Sewing machine • Health and safety • Hems • Seams 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Teams • Knowledge organisers • Revision books • BBC bitesize • Books
<p>Food Preparation and Nutrition</p>	<p>Duration: 1 Hour 45 Minutes</p> <p>Format: Multiple choice, medium response questions and longer answer questions</p> <p>Marks available: 100</p>	<p>The key topics that will be covered in this classroom Progress Tests Assessment will be:</p> <ul style="list-style-type: none"> • Food choice • Food science • Food, nutrition, and health • Food safety • Food provenance 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Teams lessons • Books • Revision • Knowledge organisers • BBC Bitesize • Flash cards • Revision guide
<p>BTEC Music</p>	<p>Duration: 1 Hour</p> <p>Format: PowerPoint Presentation</p> <p>Marks available: 50</p>	<p>The key topics that will be covered in this classroom Progress Tests Assessment will be: You will create a PowerPoint on a genre of music given to you. You will consider:</p> <ul style="list-style-type: none"> • Context • Melody • Harmony • Tonality • Rhythm • Structure <p>You should also consider the use of sonic features:</p> <ul style="list-style-type: none"> • Instrumentation • Texture • Timbre • Production 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Teams
<p>GCSE Music</p>	<p>Duration: 1 Hour</p> <p>Format: Written/Listening</p> <p>Marks available: 50</p>	<p>The key topics that will be covered in this classroom Progress Tests Assessment will be:</p> <ul style="list-style-type: none"> • General music theory • Composition techniques • Musical analysis 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Teams
<p>PE</p>	<p>Duration: 1 Hour</p> <p>Format: Multiple choice and short answers</p> <p>Marks available: 8</p>	<p>The key topics that will be covered in this classroom Progress Tests Assessment will be:</p> <ul style="list-style-type: none"> • Task: to review the negative effects of media sources on sporting performers 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Teams • Revision, class books
<p>Health & Social Care</p>	<p>Duration: 1.5 Hours - 2 Hours</p> <p>Format: Written Assessment</p> <p>Marks available: 12</p>	<p>The key topics that will be covered in this classroom Progress Tests Assessment will be: Task 1 - Life stages How an individual's PIES characteristics grow and develop through the life stages</p> <ul style="list-style-type: none"> • Infancy 0-2 years • Early childhood 3-8 years • Adolescence 9-18 years • Early adulthood 19-45 years • Middle adulthood 46-65 years • Later adulthood 65+ years 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Lessons on Teams • Revision – Teams/class books • BBC Bitesize - https://www.bbc.co.uk/bitesize/topics/zxfrwmn/articles/zk4bgwx • Quizlet • https://quizlet.com/gb/284513513/health-and-social-care-level-2-unit-1-revision-for-exam-flash-cards/