

PROGRESS TEST HANDBOOK

YEAR 7 - 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	7H DT/Food/Textiles progress test		7C DT/Food/Textiles progress test		
Period 2					
Period 3				7S DT/Food/Textiles progress test	
Period 4					
Period 5					

	Monday 22nd January	Tuesday 23rd January	Wednesday 24th January	Thursday 25th January	Friday 26th January
Period 1					Science - P Band
Period 2					
Period 3					Science - S Band
Period 4		Maths Test 1 Maths Test 2 (30th Jan)			
Period 5					English

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



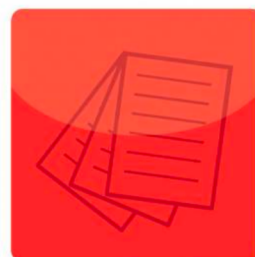
Memorising



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 7	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"> • Reading analysis of the novel studied in lesson • Revising key themes, plot and character from the novel studied in lesson • To practise writing S-Q-I paragraphs analysing the writer's methods such as descriptive techniques 	The revision resources for this Progress Tests assessment are: <ul style="list-style-type: none"> • Understanding the impact of writer's methods on the reader • Revising key chapters and key quotes from the novel studied in lesson • Widening research to improve contextual analysis
Maths	Duration: 2x 40 Minutes Format: Written Examination (2x Calculator Papers) Marks available: 1x 32 1x 35	The key topics that will be covered in this classroom Progress Tests Assessment will be: <ul style="list-style-type: none"> • Linear Sequences • Adding and subtracting fractions • Solving equations • Fractions and percentages of an amount • FDP conversions • Area (Rectangles, Parallelograms, Triangles) Mean • Improper fractions/mixed numbers • Substitution Students will be required to bring their own calculator into school.	The revision resources for this Progress Tests assessment are: Sparx Maths - Clip numbers are detailed below Linear Sequences - M991, M381 Adding and Subtracting Fractions - M835 Solving Equations - M707 Fractions and Percentages of amounts - M695, M437, M684, M905 FDP conversions - M264 Area (rectangles, parallelograms, triangles) - M996, M610, M291 Improper Fractions/Mixed Numbers - M601 Substitution - M327 Significant Figure - M994, M131 Financial Maths - M901
Science	Duration: 50 Minutes Format: Written Examination Marks available: 53	The key topics that will be covered in this classroom Progress Tests Assessment will be: <ul style="list-style-type: none"> • Scientific apparatus Scientific skills: <ul style="list-style-type: none"> • Hypothesis, conclusion, independent, dependent and control variables. Bar charts, lines graphs and data analysis. • Atomic structure • Using the periodic table • Elements, compounds and mixtures. • Reactivity, the reactivity series. • Word equations / chemical reactions. Displacement. Group 1 properties and reactivity. 	The revision resources for this Progress Tests assessment are: <ul style="list-style-type: none"> • Teams • BBC Bitesize • SharePoint • Revision booklet given out in class (all resources and links to exams will be shared in class in the last week of term)

<p>French</p>	<p>Duration: 60 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"> • Introductions • Ages • Birthdays • Brothers and sisters • School subjects • Times • Opinions 	<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>Spanish</p>	<p>Duration: 60 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"> • Introductions • Ages • Birthdays • Activities • Opinions 	<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>Geography</p>	<p>Duration: 30 Minutes</p> <p>Format: 20 x 1 mark questions 1 x 2 mark question 1 x 4 mark question</p> <p>Marks available: 26</p>	<p>The key topics that will be covered in this classroom Progress Tests Assessment will be:</p> <p>Autum 1 Geographical skills</p> <ul style="list-style-type: none"> • Continents and Oceans • British Isles • Physical and human features • Grid references • OS and GIS maps <p>Autumn 2 Rocks</p> <ul style="list-style-type: none"> • The rock cycle • Rock characteristics • Layers of the earth • Infiltration fieldwork 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • TEAMS lessons • Books
<p>History</p>	<p>Duration: 40 Minutes</p> <p>Format: Multiple choice and explain</p> <p>Marks available: 50</p>	<p>The key topics that will be covered in this classroom Progress Tests Assessment will be:</p> <p>Autumn 1:</p> <ul style="list-style-type: none"> • Neanderthals • Pre-history (Stone Age, Bronze Age, and Iron Age Britain <p>Autumn 2:</p> <ul style="list-style-type: none"> • The battle of Hastings • Norman control of the Saxons (castles, feudal system, Domesday Book) 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Teams • Books • Knowledge Organiser (to be shared Spr1)
<p>RE</p>	<p>Duration: 40 Minutes</p> <p>Format: Multiple choice and extended answers</p> <p>Marks available: 40</p>	<p>The key topics that will be covered in this classroom Progress Tests Assessment will be:</p> <ul style="list-style-type: none"> • Studying EPR • Places of worship • Religious rules • Religious leaders • Life after death • Existence of God • Creation • Trimurti • Gods and Goddesses • Festivals • Rama and Sita 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • TEAMS • Books • Knowledge Organiser
<p>Art</p>	<p>Duration: 1 Hour</p> <p>Format: Observational Drawing</p>	<p>The key topics that will be covered in this classroom Progress Tests Assessment will be:</p> <ul style="list-style-type: none"> • Students are assessed on observational drawing that explores pencil work and tone. Still life objects are preferable. 	<p>The revision resources for this Progress Tests assessment are:</p> <p>https://www.bbc.com/bitesize/guides/zc7sfrd/revision/2</p> <p>https://www.bbc.com/bitesize/guides/zc7sfrd/revision/8</p>
<p>Computing</p>	<p>Duration: 1 Hour</p> <p>Format: Multiple choice and written</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"> • Account security • Cyberbullying • Presentation tools • Networks and protocols • Hardware used for networks • The internet • World wide web 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Teams for lessons • Books • BBC Bitesize

<p>Dance</p>	<p>Duration: 1 Hour</p> <p>Format: Practical</p> <p>Marks available: 30</p>	<p>The key topics that will be covered in this classroom Progress Tests Assessment will be: Responding to a set stimulus and creative use of:</p> <ul style="list-style-type: none"> • Actions • Space • Dynamics • Relationships • Choreographic Devices 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Teams home learning for key vocabulary to be used.
<p>Drama</p>	<p>Duration: 2 Lessons</p> <p>Format: Performance</p> <p>Marks available: 20</p>	<p>The key topics that will be covered in this classroom Progress Tests Assessment will be: Performance skills:</p> <ul style="list-style-type: none"> • Physical – Gesture, Posture, Facial Expression, Body Language • Vocal – Pace, Pitch, Volume, Emphasis • Learn lines for performance 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Pupils will need to learn lines and rehearse for their performances in class
<p>Design and Technology</p>	<p>Duration: 1 Hour</p> <p>Format: Multiple choice, designing and written</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"> • Properties • Timbers • Felling • Deciduous • Sustainability • Hardwood, softwood, and manufactured board • Polymers • Thermoset • Thermoplastic 	<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>Textiles</p>	<p>Duration: 1 Hour</p> <p>Format: Multiple choice Written</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"> • Fibres • Textile constructions • Care labels • Industrial Revolution • Decorative Techniques • Sewing machine • Health and safety • 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</p> <p>Format: Written</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"> • Hygiene and safety • Danger zone • Personal hygiene • Eat well guide • Micro and macronutrients • Energy balance • Seasonality 	<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
<p>Music</p>	<p>Duration: 1 Hour</p> <p>Format: Practical</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"> • The Elements of Music (Pitch, Dynamics, Texture, Timbre, Tempo) • Notes on the stave • Note values • Chords • Instruments of the Orchestra • Music of the North Context 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Teams • BBC Bitesize
<p>PE</p>	<p>Duration: 1 Hour</p> <p>Format: Practical</p> <p>Marks available: 14</p>	<p>The key topics that will be covered in this classroom Progress Tests Assessment will be:</p> <ul style="list-style-type: none"> • Practical skills • Please visit the knowledge organisers on teams to access the sport/topics you will be covering this term 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Teams for knowledge organisers • Extracurricular clubs

