

PROGRESS TEST HANDBOOK

YEAR 7 - 2023/2024 - SUMMER 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 YOUR 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 17th June	Tuesday 18th June	Wednesday 19th June	Thursday 20th June	Friday 21st June
Period 1	7h D/T, Food & Textiles		7c D/T, Food & Textiles 7h Geography		7h Computing 7l Spanish (W)
Period 2					P band Science
Period 3		7d & 7e Geography	7d Computing	7s D/T, Food & Textiles	7c Computing S band Science 7a Spanish (W)
Period 4			Maths		7e & 7i Computing 7b & 7g Geography 7f Spanish (W)
Period 5	7a & 7b Computing 7f & 7i Geography	English	7f Computing	7g Computing 7a Geography	

	Monday 24th June	Tuesday 25th June	Wednesday 26th June	Thursday 27th June
Period 1	7b French (W)		7g French (W)	7g French (L&R)
Period 2		7b French (L&R) 7l Spanish (L&R)		7e French (L&R) 7h/7f Spanish (L&R)
Period 3		7h Spanish (W)	7a Spanish (L&R)	7d Spanish (L&R)
Period 4				
Period 5	7c Spanish (W) 7e French (W)		7d Spanish (W)	7c Spanish (L&R)

(L) Listening (R) Reading (W) Writing

SCAN
TO OPEN
THE HOME
LEARNING
SHAREPOINT



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



Learn Online



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 3rd June	Tuesday 4th June	Wednesday 5th June	Thursday 6th June	Friday 7th June	Saturday 8th June	Sunday 9th June
Home Study Session 1							
Home Study Session 2							
Home Study Session 3							

	Monday 10th June	Tuesday 11th June	Wednesday 12th June	Thursday 13th June	Friday 14th June	Saturday 15th June	Sunday 16th June
Home Study Session 1							
Home Study Session 2							
Home Study Session 3							

	Monday 17th June	Tuesday 18th June	Wednesday 19th June	Thursday 20th June	Friday 21st June	Saturday 22nd June	Sunday 23rd June
Home Study Session 1							
Home Study Session 2							
Home Study Session 3							




	Monday 24th June	Tuesday 25th June	Wednesday 26th June	Thursday 27th June	Friday 28th June	Saturday 29th June	Sunday 30th June
Home Study Session 1							
Home Study Session 2							
Home Study Session 3							








PREPARATION FOR STUDENTS







Progress Tests - Summer 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.

<p>YEAR 7</p>	<p>Progress Tests Format</p> <ul style="list-style-type: none"> • Duration • Format for test • Available Marks 	<p>Key revision topics for students</p> <p>What do students need to learn to be ready for this Progress Test?</p>	<p>Sources of information for home learning (Above and beyond Microsoft TEAMS)</p> <p>Where can students find access to information to help them prepare for their progress test?</p>
<p>English</p> 	<p>Duration: 50 Minutes</p> <p>Format: Creative Writing</p> <p>Marks available: 15</p>	<p>The key topics that will be covered in this classroom Progress Tests Assessment will be:</p> <ul style="list-style-type: none"> • To show an understanding of the writer's craft. • To show an ability to identify and correct spelling, punctuation and grammar errors. • To know how to effectively use ASMAPS (Alliteration, Simile, Metaphor, Adjectives, Personification, Senses) to create a description. • To create a story using a visual prompt for inspiration and draw on ideas from The Tempest. • To vary your punctuation for effect. 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Re-visit your exercise book to explore model answers, practice your writing skills and grammar skills within ARK lessons. • Complete the Progress Test Revision booklet given to you in class. • Complete your Bedrock Vocabulary homework on the website https://app.bedrocklearning.org/ • Practise writing stories independently and give this to your class teacher to mark. • Make sure you are reading for pleasure at home - this can inspire your own story writing!
<p>Maths</p> 	<p>Duration: 50 Minutes</p> <p>Format: Calculator Paper</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"> • Angles and Geometric Reasoning • Area of shapes • Two Way Tables • Pie Charts • Fractions • FDP conversion (fractions, decimals, percentages) • Averages • Highest Common Factor • Lowest Common Multiple • Types of number (square, cube, prime, etc.) • Place Value 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Sparx Maths - your revision list has clip numbers on. • Exercise book (Knowledge Organiser, Worked Examples) • BBC Bitesize - KS3 • Teams - there is a link to maths videos.
<p>Science</p> 	<p>Duration: 1 Hour</p> <p>Format: Past paper exam questions from SATs</p> <p>Marks available: 53</p>	<p>The key topics that will be covered in this classroom Progress Tests Assessment will be:</p> <ul style="list-style-type: none"> • Specialised cells and reproduction • Periodic table, particles and states of matter • Structure of an atom • Conservation of mass • Groups and periods in the periodic table • Reactivity of metals and trends in the periodic table • Current and voltage in series and parallel circuits • Magnets and electromagnets 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Homework booklet. This will be given out to support students alongside knowledge organisers

<p>French</p> 	<p>Duration: 45 Minutes</p> <p>Format: Listening & Reading</p> <p>Marks available: 60</p>	<p>The key topics that will be covered in this classroom Progress Tests Assessment will be:</p> <ul style="list-style-type: none"> • Introducing myself • School subjects • Opinions and reasons • Places in town • Hobbies and sports 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Teams • Language Nut
<p>Spanish</p> 	<p>Duration: 45 Minutes</p> <p>Format: Listening & Reading</p> <p>Marks available: 60</p>	<p>The key topics that will be covered in this classroom Progress Tests Assessment will be:</p> <ul style="list-style-type: none"> • Introducing myself • School subjects • Opinions and reasons • School facilities • Hobbies and sports 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Teams • Language Nut
<p>Geography</p> 	<p>Duration: 35 Minutes</p> <p>Format: 20 knowledge recall and 2 extended written answers</p> <p>Marks available: 26</p>	<p>The key topics that will be covered in this classroom Progress Tests Assessment will be:</p> <ul style="list-style-type: none"> • Weathering, erosion and soil • Different types of rocks • Continents, Countries of British Isles, UK and Great Britain • Desertification • Renewable and no-renewable resources • Weather and climate • Types of rain • River features 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Teams • Exercise books
<p>History</p> 	<p>Duration: 35 Minutes</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> <p>Autumn:</p> <ul style="list-style-type: none"> • Pre-history • Norman Conquest <p>Spring:</p> <ul style="list-style-type: none"> • Medieval World • The Reformation <p>Summer:</p> <ul style="list-style-type: none"> • The English Civil War 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Teams • Exercise books • Knowledge Organiser
<p>RE</p> 	<p>Duration: 50 Minutes</p> <p>Format: Written - multiple choice, short and extended answers</p> <p>Marks available: 28</p>	<p>The key topics that will be covered in this classroom Progress Tests Assessment will be:</p> <ul style="list-style-type: none"> • Buddhism • Sikhism • Inequality during Covid 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Teams • Exercise books
<p>Art</p> 	<p>Duration: 50 Minutes</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"> • The task will be an observational drawing with pencil tone • The theme will be everyday objects • This will include 3D shapes 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • YouTube tutorials • BBC Bitesize observational drawing • Check Teams for practice resources
<p>Computing</p> 	<p>Duration: 1 Hour</p> <p>Format: Multiple choice and written exam questions</p> <p>Marks available: 60</p>	<p>The key topics that will be covered in this classroom Progress Tests Assessment will be:</p> <ul style="list-style-type: none"> • Online Safety – Account Security, Cyberbullying, • Software Tools - PowerPoint, Word, Excel • Networks – Hardware, Wired and Wireless, Internet, World Wide Web • Gaining Support for a cause – Licensing images, credibility of sources, Data Protection Act, Copyright, Design and Patent Act • Programming – Sequence, Variable, Input/Output, Operators, Subroutines, Iteration, Lists • Modeling Data – Features, formula, functions 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Teams • Knowledge Organisers • BBC Bitesize - https://www.bbc.co.uk/bitesize/subjects/zvc9q6f • Oak National Academy - https://classroom.thenational.academy/subjects-by-key-stage/key-stage-3/subjects/computing

<p style="text-align: center;">Dance</p> 	<p>Duration: 2 Lessons</p> <p>Format: Dance</p> <p>Marks available: 30</p>	<p>The key topics that will be covered in this classroom Progress Tests Assessment will be:</p> <p>Responding to a set stimulus and creative use of:</p> <ul style="list-style-type: none"> • A range of dance actions in your work e.g. travel, turn, jump, roll, use of different body parts, gestures • A range of spatial content in your work e.g. pathways, levels, directions, size of movement, patterns • A range of dynamics in your work e.g. speed (fast/slow), strength (strong/light), or flow (flowing/abrupt or sudden/sustained) • A range of different relationships in your work e.g. contact, formations, duets, mirroring • A range of choreographic devices/links to intention e.g. unison, canon, repetition and motif and development 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Ghost dances
<p style="text-align: center;">Drama</p> 	<p>Duration: 2 Lessons</p> <p>Format: Performance</p> <p>Marks available: 20 (5 marks per section)</p>	<p>The key topics that will be covered in this classroom Progress Tests Assessment will be:</p> <p>Performance skills:</p> <ul style="list-style-type: none"> • Acting • Techniques • Collaboration and Teamwork • Creativity • Evaluation 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Physical Theatre • London Riots 2011 (news articles, YouTube videos) • Frantic Assembly
<p style="text-align: center;">Design and Technology</p> 	<p>Duration: 45 Minutes</p> <p>Format: Multiple choice Written questions 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"> • Timbers – Hardwood, Softwood and Manufacture Board • Polymers • Templates • Sustainability • 1 point perspective drawing • Tools and Equipment • Finishes 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Teams • Exercise book
<p style="text-align: center;">Textiles</p> 	<p>Duration: 45 Minutes</p> <p>Format: Multiple choice Written</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"> • Fibres • Fabric Constructions • Decorative Techniques • Care label symbols • Sewing Machine • Seams and Hems • Industrial Revolution (Cotton) • ACCESSFM 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Teams • Books • BBC Bitesize - https://www.bbc.co.uk/bitesize/guides/zfr3rwx/revision/1
<p style="text-align: center;">Food Preparation</p> 	<p>Duration: 45 Minutes</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"> • Food hygiene an preparation • Bacteria and danger zone • Eat well guide • Fibre and sugar 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Knowledge Organiser on Teams • Exercise book
<p style="text-align: center;">Music</p> 	<p>Duration: 40 Minutes</p> <p>Format: Written</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"> • Elements of music (Pitch, Tempo, Texture, Tonality, Dynamics) • Note lengths and names • With a Little Help from my Friends in Context • Time Signatures • Instruments of the Orchestra • Chords (How to build and tonality e.g. major / minor) • Musical Theatre (Melisma, Repetition, Syllabic, Conject, Pit Orchestra) • The Classical Orchestra • Notes on the treble and bass clef • Music from around the World 	<p>The revision resources for this Progress Tests assessment are:</p> <ul style="list-style-type: none"> • Knowledge Organiser on Teams • YouTube to listen to instruments of the orchestra

PE



Duration:
2 Hours

Format:
Practical

Marks available:
15

The key topics that will be covered in this classroom
Progress Tests Assessment will be:

Skill acquisition in:

- Athletics - Track and Field
- Striking and fielding - cricket rounders or softball

The revision resources for this Progress Tests
assessment are:

- To attend after school enrichment activities to improve your skills in isolation, under pressure and in a game