

Year 10

Examination Information



2024

3rd June to 17th June

Year 10 End of Year Examinations
Monday 3rd to Monday 17th June 2024

WEEK 1

WEEK A	MONDAY 3 rd	TUESDAY 4 th	WEDNESDAY 5 th	THURSDAY 6 th	FRIDAY 7 th
AM session 9.00am	NO EXAM	Religious Education – 1h 45m & RE Short Course – 1hr	French Reading F/H – 45m/1hr & Listening F/H – 35m/45m	NO EXAM	Combined Science Biology – 1hr & Triple Chemistry – 1h 30m
Lunch	12.10pm to 12.50pm	12.10pm to 12.50pm	12.10pm to 12.50pm	12.10pm to 12.50pm	12.10pm to 12.50pm
PM session 1.00pm	English Language – 2hr	<u>Option D</u> Geography – 1hr 30m French Writing F/H – 1hr/1h 15m Design Tech – 2hr Spanish Writing - TBC History – 1h 30m <i>Music in class exam</i> <i>Extra English & Maths follow normal timetable</i>	Maths Paper 1 – 1h 30m	Spanish Reading F/H – 45m/1hr & Listening F/H – 35m/45m	NO EXAM

**Year 10 End of Year Examinations
Monday 3rd to Monday 17th June 2024**

WEEK 2

WEEK B	MONDAY 10 th	TUESDAY 11 th	WEDNESDAY 12 th	THURSDAY 13 th	FRIDAY 14 th
AM session 9.00am	NO EXAM	NO EXAM	Maths Paper 2 – 1h 30m	<p align="center">Option C</p> Triple Biology – 1hr 30m Computer Sci – 1hr 30m Food & Nutrition – 1h 45m Geography – 1hr 30m Child Dev – 1h 15m PE – 2 x 45m <i>Art, Sports Studies in class exam</i> <i>Performing Arts follow normal timetable</i>	NO EXAM
Lunch	12.10pm to 12.50pm	12.10pm to 12.50pm	12.10pm to 12.50pm	12.10pm to 12.50pm	12.10pm to 12.50pm
PM session 1.00pm	<p align="center">Option B</p> Imedia – 1h 15m Geography – 1h 30m History – 1h 30m Spanish Writing – F/H – 1hr/1h 15m Triple Biology – 1h 30m <i>Art, Photography & Sports Science in class exam</i>	Combined Science Chemistry – 1hr & Triple Physics – 1h 30m	<p align="center">Option A</p> Spanish Writing - F/H – 1hr/1h 15m Design Tech – 2hr Geography – 1hr 30m Health & Social – 1h 15m Imedia – 1hr 15m Computer Science – 1hr History – 1hr 30m <i>Music in class exam</i> <i>Performing Arts follow normal timetable</i>	Combined Science Physics – 1hr & 10SS ONLY Triple Biology – 1h 30m	NO EXAM

WEEK 3

WEEK A	Monday 17th June
9.00am Start	English Literature – 1h 45m

Subject	Design and Technology
Exam Board	AQA
Paper Length / Component	2 hours Total 100 marks
Topics To Be Covered	<p>Section A (Multiple choice questions) – 20 marks Expectations: Identify the correct answer to the question from 4 possible choices, NEVER leave an answer blank! You must show knowledge of: Technical Textiles – pg 17 Material properties – pg 28 Papers and boards - pg 29 Electronic components – pg 18-21 Man-Made boards – Pg 31 Metals – pg 32-33 Renewable sources – pg 11 Modern materials be able to name one and explain its use and properties – pg 16-17</p> <p>Section B (Specialist technical principles) – 30 marks Expectations: Show knowledge about materials, properties, manufacturing processes and ethical production. Use notes, diagrams and extended writing to show your knowledge. You must show knowledge of: Laser cutting – explain the process step by step with diagrams and notes Forces - pg 40-41 Templates – pg 99 Maths e.g. Geometry/shape question relating to hexagons Culture – pg 12 & 39 Environmental impact of products (8 marks) e.g. focus on carbon footprint, 6 Rs, Pollution, Transportation, product life cycle – pg 9 and pg 43 (extended writing question, be prepared to write in full sentences with correct vocabulary and good SPAG)</p> <p>Section C (Designing and Making) – 50 marks Expectations: be able to show a full understanding of the processes of designing, making, testing and evaluating. You must show knowledge of: Analyse and Evaluate – wooden garden furniture Specification given, work from that. Consider function pg 38 & 120, consider sources of wooden materials Pg 57-60 Maths - circles Shaping and forming materials – p76-79 Exploded Isometric drawing – Pg 117 CAD e.g. advantages/disadvantages pg 7-8 Vacuum Forming – step by step pg 77 Evaluating Prototypes – Pg120-121</p>
Revision Techniques	PEEL Technique Point Evidence Explain Link Seneca Learning

Subject	History
Exam Board	Edexcel
Paper Length / Component	<p>Combined exam of questions from the Germany unit and the Medicine Unit.</p> <p>6 questions in total.</p> <p>Length of exam: 1 hour 30 minutes</p>
Topics To Be Covered	<p><u>Germany 1919-39</u></p> <ul style="list-style-type: none"> • Development of the Nazi Party (Home Learning Booklet Lesson 10) • Nazi Police State (Home Learning Booklet Lesson 16) • Treatment of women in Nazi Germany (Home Learning Booklet Lesson 21) <p><u>Medicine 1250-Modern</u></p> <ul style="list-style-type: none"> • Medieval – causes of disease • Renaissance – causes of disease • Industrial Revolution – causes of disease • Industrial Revolution – Treatment and Prevention (cures) including Florence Nightingale • Industrial Revolution – Public Health Acts • Modern – causes of disease
Revision Techniques	<p>F L A T</p> <p>F = Focused – we have done this for you by listing the topics you need to revise.</p> <p>L = Long Term – you need to start to revise early / with plenty of time.</p> <p>A = Active – you need to be DOING whilst you are revising – not passively reading. Transform your notes into mind maps/revision diagrams/bullet point lists/speak about topics out loud/highlight key points and then re-write them out.</p> <p>T = Test yourself or ask someone at home to test you.</p>

Subject	Geography
Exam Board	AQA
Paper Length / Component	1 hour and 30 minutes / Paper 1 (Physical Geography)
Overview	<p>1. The Challenge of Natural hazards (30 mins)</p> <p>2. The Living World (30 mins)</p> <p>3. Coasts (15 mins)</p> <p>4. Glaciation (15 mins)</p>
Topics To Be Covered	<p>Natural Hazards (30 mins)</p> <ul style="list-style-type: none"> • Climate change – causes • Climate change – effects • Atmospheric circulation • Tropical storms (location, causes and effects linked to wealth) – KEY SKILL: MEDIAN • Tropical Storms – Reducing the effects (6) • Plate Boundaries – Why do earthquakes and volcanoes happen at plate boundaries? (9) <p>Living World (30 mins)</p> <ul style="list-style-type: none"> • Food chains/webs • Distribution of Tropical Rainforests • Nutrient cycle • Deforestation – economic and environmental impacts (6) • Deserts – Opportunities for ECONOMIC DEVELOPMENT (9) <p>Coasts (15 mins)</p> <ul style="list-style-type: none"> • Erosion and weathering processes • Erosional Landforms • OS Maps – KEY SKILL: DISTANCE • Deposition – SPITS and BARS • Hard Engineering – costs and benefits (6) <p>Glaciation (15 mins)</p> <ul style="list-style-type: none"> • Depositional landforms and transportation • OS Maps – KEY SKILL: 6 FIGURE GRID REFERENCES • Ribbon Lakes • Corries – formation • Conflicts – Conservation and development (6)

Subject	Food Preparation and Nutrition
Exam Board	AQA
Paper Length / Component	1 hour and 45 minutes
Overview	Total 100 marks
Topics To Be Covered	<p>Section A - Multiple choice questions (20 marks) Expectations: Identify the correct answer to the question from 4 possible choices, NEVER leave an answer blank!</p> <p>You must show knowledge of:</p> <ul style="list-style-type: none"> • Eatwell guide • Macronutrients – protein, fats and carbs • Vitamins and minerals • Sustainable fishing • Raising agents • Food safety • Emulsification • Food choice – religion <p>Section B – questions range from 2 – 12 marks (80 marks) Expectations: Show knowledge about nutrition and health, food science, food safety, food choice and food provenance. Use notes, diagrams, and extended writing to show your knowledge.</p> <p>You must show knowledge of:</p> <ul style="list-style-type: none"> • Best before and used by dates • Storage of ingredients • Food safety • Food hygiene – food poisoning • Factors influencing food choice • Effects of fast food and ready meals on health • Healthy eating guidelines • Osteoporosis – causes and prevention • Dextrinization • Shortening • Gelatinisation • Fibre • Problems with pastry dough • Secondary processing – jam making • Free range foods
Revision Techniques	<ul style="list-style-type: none"> • PEEL Technique – point, evidence, explain, link • Websites - Seneca learning/ BBC bitesize/ food a fact of life • Printed revision booklet that Mrs Burke has handed out in class and also emailed it to you. • CGP revision guides • Practice exam questions

Subject	Level 1 / Level 2 Health and Social Care
Exam Board	Cambridge National
Paper Length / Component	1 hour and 15 minutes
Overview	Total 70 marks
Topics To Be Covered	<p>The following areas will be covered in the exam:</p> <p>Personal hygiene Safety procedure and risk assessments Health care setting Social care settings Early years settings Security measure – nursery setting Rights of service user Safeguarding Maintaining confidentiality Person Centre Values Qualities of service provider – 6C's Methods of communication Person Centred Values Personal Protection. Protecting service users against infection Effective communication</p> <p>Keywords Please make sure you understand and can explain the meaning of the following: PPE DBS Advocate Safeguarding</p>
Revision Techniques	Unit PowerPoints Class Work booklets Personal theory folder. PEEL technique for 6-8 mark questions.

Subject	English Language
Exam Board	EDUQAS
Paper	Component 2, Section A: Non-fiction reading questions; section B: Transactional/Persuasive Writing. Two hours.
Overview	Section A: Pupils will be required to answer six compulsory questions. Section B: Pupils will be required to answer two compulsory writing tasks.
Topics To Be Covered	Section A: Select and retrieve information. Analyse the writer's technique. Critical evaluation of a text. Comparison of two texts. Section B: Formal letters Articles Reviews Speeches
Revision Techniques	Section A: Using the workbook from lessons: <ol style="list-style-type: none"> 1. Revise the exam advice for each question; 2. Look at previously written answers to see what you have done well and how you might improve; 3. Re-do the same paper under timed conditions and then mark using the mark scheme in the workbook; 4. Complete another paper from the workbook and mark using the marks scheme for that paper. Section B; <ol style="list-style-type: none"> 1. Learn the DAFOREST techniques; 2. Learn the formats/ features of articles, formal letters, reviews and speeches. Using past exam tasks: <ol style="list-style-type: none"> 1. practice identifying purpose, audience, format and tone of each task; 2. plan three 'big ideas' for a task (tasks 1 & 2 timed to five minutes); 3. write the answer and time to 22 minutes (25 mins for 25% extra time); 4. proofread your work and correct any errors (3-5 minutes). Have you put question marks on questions? Have you avoided commas between two main clauses (comma splicing)? Have you paragraphed? Used full stops? Spelling?

Subject	English Literature
Exam Board	EDUQAS
Paper	Component 1B (anthology poetry) and 2B (A Christmas Carol) 1 hour, 45 minutes
Overview	The paper will consist of three compulsory tasks. Section A 'A Christmas Carol' – 45 mins) Write about how Dickens presents theme/character. Section B Analysis of one Anthology poem – (20 mins – 15marks) Compare poem with one other poem from Anthology – (40 mins – 25 marks)
Topics To Be Covered	Section A topics: Scrooge; Bob Cratchit and the wider Cratchit family; Christmas. Section B: To Autumn/ As Imperceptibly As Grief Death of a Naturalist/ The Prelude Hawk Roosting/ Ozymandias London/ Living Space
Revision Techniques	Timelines/ revision of Victorian and poetry contexts/ key quotations for each character or poem/ exploding quotations (think: what/how/why?), selecting knowledge to plan any essay question/ practising writing under timed conditions/ pairing poems and finding three points of comparison.

Subject	Combined Science
Exam Board	AQA
Paper Length / Component	Biology – 1 hour Chemistry – 1 hour Physics – 1 hour
Overview	<p>Foundation Biology Units 1, 2 and 3. Chemistry Units 1, 2 and 3 Physics Units 1, 2 and 3.</p> <p>Higher Biology Units 1, 2 and 3. Chemistry Units 1, 2 and 3 Physics Units 1, 2 and 3.</p>
Topics To Be Covered	<p><u>Biology Topics</u> Unit 1 – Cell Biology Unit 2 – Organisation Unit 3 – Infection and Response</p> <p><u>Chemistry Topics</u> Unit 1 – Atomic Structure and the Periodic Table Unit 2 – Bonding, Structure and the Properties of Matter Unit 3 – Quantitative Chemistry</p> <p><u>Physics Topics</u> Unit 1 – Energy Unit 2 – Electricity Unit 3 – Particle Model of Matter</p>
Revision Techniques	<ul style="list-style-type: none"> - Use the Free Science Lessons website to review the content: www.freesciencelessons.co.uk - Use the MME website to review the content and access past papers: https://mmerevise.co.uk/ - Past paper questions and revision videos are also available on the cognito website: https://cognitoedu.org/home - The exam board for Combined Science is AQA.

Subject	Triple Science
Exam Board	AQA
Paper Length / Component	Biology – 1 hour and 30 minutes Chemistry – 1 hour and 30 minutes Physics – 1 hour and 30 minutes
Overview	<p>Foundation Biology Units 1, 2 and 3. Chemistry Units 1, 2 and 3 Physics Units 1, 2 and 3.</p> <p>Higher Biology Units 1, 2 and 3. Chemistry Units 1, 2 and 3 Physics Units 1, 2 and 3.</p>
Topics To Be Covered	<p><u>Biology Topics</u> Unit 1 – Cell Biology Unit 2 – Organisation Unit 3 – Infection and Response</p> <p><u>Chemistry Topics</u> Unit 1 – Atomic Structure and the Periodic Table Unit 2 – Bonding, Structure and the Properties of Matter Unit 3 – Quantitative Chemistry</p> <p><u>Physics Topics</u> Unit 1 – Energy Unit 2 - Electricity Unit 3 – Particle Model of Matter</p>
Revision Techniques	<ul style="list-style-type: none"> - Use the Free Science Lessons website to review the content: www.freesciencelessons.co.uk - Use the MME website to review the content and access past papers: https://mmerevise.co.uk/ - Past paper questions and revision videos are also available on the cognito website: https://cognitoedu.org/home - The exam board for Triple Science is AQA.

Subject	Religious Education
Exam Board	AQA Religious Studies Specification B
Paper Length / Component	1hr 45 minutes. The Year 10 Exam paper will feature a mixture of content from Paper 1 Catholic Christianity and Paper 2 Judaism.
Topics To Be Covered	Creation - (Purple Book) Triune God - (Purple Book) Judaism Beliefs – (Blue Book) Judaism Practices – (Blue Book)
Revision Techniques	<p>Students can revise via the following methods.</p> <ul style="list-style-type: none"> • Revision checklist, emailed by Mrs Hooton, will help target topics and subtopics to revise. • Create mind-maps. Guided Mind-maps will be provided by your class teacher however you may want to start with a blank canvass to make your own links in a more memorable way. • Revision cards will help you summarise the key points from topics and are very handy to use to learn scripture/Church teachings. • Use online resources, directed by your class teacher, such as Kerboodle or Mr McMillan videos. • Practice questions. These will help you spot 'tricky' question and will help you get better at linking your points to the question that has been asked.

Subject	Music
Exam Board	Eduqas (WJEC)
Paper Length / Component	Component 3 (Listening & Appraising) 1 hour 15 minutes
Overview	<p>8 x 12-mark questions = total 96 marks (40% Y10 exam grade)</p> <ul style="list-style-type: none"> • 4 questions on AoS1 Musical Forms and Devices (Baroque, Classical, Romantic) with 1 question on the set work Badinerie by J.S. Bach. • 4 questions on AoS4 Popular Music with 1 question on the set work Africa by Toto. • 1 of the 8 questions will be a written response question where pupils are expected to write at length about the elements of music (DR. P. SMITH) in relation to an unheard extract played in the exam.
Topics To Be Covered	<p>AoS1 Musical Forms and Devices:</p> <ul style="list-style-type: none"> • Baroque, Classical, Romantic features • Musical elements: Dynamics, Rhythm, Pitch, Structure, Melody, Instrumentation, Texture, Tempo, Tonality, Harmony • Time signatures, key signatures, cadences, scale degrees (tonic, sub-dominant, dominant) • Badinerie set work by J. S. Bach. <p>AoS4 Popular Music</p> <ul style="list-style-type: none"> • Styles, structures, and instrumentation. • Musical features: ostinato, sequence, syncopation, staccato, chromatic, broken chords, pedal, riff, improvisation, conjunct, disjunct, syllabic, melismatic, glissando, reverb, delay. • Africa set work by Toto.
Revision Techniques	<p><u>Use the revision booklets that will be issued by your class teachers.</u></p> <ul style="list-style-type: none"> • Booklet 1 has all the revision materials for set works (overviews, annotated scored and background notes), knowledge organisers and key term glossaries. • Booklet 2 has practice questions in relation to set works, blank knowledge organisers, key term glossaries and practice extended writing questions.

Subject	Creative iMedia
Exam Board	OCR
Paper Length / Component	R093 – Creative iMedia in the media industry 1 hour 30 minutes
Topics To Be Covered	<ul style="list-style-type: none"> • The media industry: <ul style="list-style-type: none"> ○ Different sectors and sub sectors ○ Products created by the different sectors ○ Job Roles in the media industry(creative, technical and senior) • Factors influencing media product design: <ul style="list-style-type: none"> ○ The different purposes of media products (all five) ○ How style, content and layout are adapted to meet a purpose(colour, tone, language, conventions of genre, audio and visual) ○ Reading client briefs and interpreting requirements ○ The different formats of client brief ○ Target audience, demographics and segmentation ○ Research methods and types of data ○ Media codes (technical, symbolic, written) • Pre-production planning(mind map, mooboard, visualisation diagram, storyboard, script) : <ul style="list-style-type: none"> ○ Phases ○ Work planning components ○ Purpose, components and conventions of each document ○ Hardware and software used to create. ○ users of each document ○ Evaluate each document (positives and improvements) ○ Creating each document
Revision Techniques	<ul style="list-style-type: none"> • Practice creating different pre-production documents. • Use structure strips and write model answers to evaluate each pre-production document. • Create job profiles for each of the different jobs and get someone to test you on the roles. • Use your OneNote notes to make revision resources.

Subject	Computer Science
Exam Board	OCR
Paper Length / Component	1 hour 30 minutes
Overview	A combination of questions from both paper 1 and paper 2
Topics To Be Covered	<ul style="list-style-type: none"> • Data Representation (Binary, Hexadecimal, Denary, image, sounds, arithmetic, compression) • Logic Gates(AND, OR, NOT) • Programming Basics (Variables, data types, input, output) • Programming Concepts (Sequence, Selection, Iteration) • Reading and writing code • Advanced programming(Arrays, functions and SQL) • Computer systems (CPU Components, factors that impact the CPU performance, RAM, ROM, Storage, Embedded Systems,) • Searching and Sorting Algorithms(Linear search, binary search, merge sort, bubble sort, insertion sort)
Revision Techniques	<p>Practice programming in python using the free online platforms such as:</p> <ul style="list-style-type: none"> • https://www.codecademy.com/ • https://www.sololearn.com/learn/courses/python-introduction <p>Practice programming and writing algorithms using the programming challenge booklet you have been provided.</p> <p>Access your OneNote from home and make revision resources such as:</p> <ul style="list-style-type: none"> • Mind Maps • Cornell Notes <p>Access free online platforms such as:</p> <ul style="list-style-type: none"> • https://isaacomputerscience.org/ • https://senecalearning.com/en-GB/ • Craig 'n' Dave YouTube channel <p>Complete practice exam questions in your OneNote Practice binary conversion questions, play the binary conversion games.</p>

Subject	Performing Arts BTEC
Exam Board	Pearson
Paper Length / Component	12 hours
Overview	<p>The exam will take place in two parts:</p> <p>Part 1 - Practical Assessment. Students will prepare and perform their chosen Musical Theatre extract which will be recorded and graded by the class teacher as a Mock Exam for Component 2.</p> <p>Part 2 - Written Assessment. Students will work in exam conditions to complete the 'Skills Audit' section of their written log. This will be completed in a computer room as the work has to be submitted online.</p>
Topics To Be Covered	<p>Blood Brothers/Hamilton extracts Written Log based on practical work</p> <ul style="list-style-type: none"> -Use rehearsal / design processes -Apply skills and techniques in performance/outcomes -Review own development and application of performance/design skills
Revision Techniques	<p>Learn lines for script work Look at professional works for inspiration Note take and use a rehearsal journal to help with written paper Use vocabulary sheet to help with written log and subject specific log</p>

Subject	Art & Photography
Exam Board	AQA
Paper Length / Component	<p>The actual exam is a 2-3 month project, culminating in a final 10Hr window in exam conditions.</p> <p>To mirror this, students will work in exam conditions, but will be marked on their current project in its part completed state.</p>
Overview	<p>Students will be assessed on the four assessment objectives.</p> <p>1 - Develop ideas through working, demonstrating understanding of the work of artists/photographers.</p> <p>2 - Refine work by exploring ideas, selecting and experimenting with appropriate media, materials, techniques and processes</p> <p>3 - Record ideas, observations and insights relevant to intentions as work progresses (This is usually drawing based on the theme or work of artists in the art course or student photographs in the photography course).</p> <p>4 - Present a personal and meaningful response that ties together the ideas the student has explored and demonstrates understanding of the work of artists/photographers and art/photography techniques and skills.</p>
Topics To Be Covered	<p>Selected by the student in Art.</p> <p>Architecture in Photography.</p>
Revision Techniques	<p>As art and photography are a practical subjects, classwork and homework continue as these will produce work that helps to develop towards the final idea and form part of the mark themselves.</p>

Subject	GCSE Physical Education
Exam Board	OCR
Paper Length / Component	Paper 1 (Physical) 45 minutes Paper 2 (Social) 30 minutes
Topics To Be Covered	<p><u>Paper 1</u></p> <ul style="list-style-type: none"> • The Structure and Function of the Skeletal System • The Structure and Function of the Muscular System • Movement Analysis • Components of Fitness • Applying the Principles of Training <p><u>Paper 2</u></p> <ul style="list-style-type: none"> • Engagement Patterns of Different Social Groups in Physical Activity and Sport • Commercialisation of Physical Activity and Sport • Ethical and Socio-Cultural Issues in Physical Activity and Sport
Revision Techniques	<p>Read – Go through your notes</p> <p>Rest – Have a break and see if it sticks</p> <p>Test – Try answering exam questions</p> <p>Review – See how you have done</p>

Subject	Cambridge National in Sports Studies
Exam Board	OCR
Paper Length / Component	R185 Performance and leadership in sports activities (80 marks) R187 Increasing awareness of Outdoor and Adventurous Activities (6 marks) *Red topic area will be assessed in Y10 assessment week
Topics To Be Covered	<p>R185 - Topic area 1: Key components of performance</p> <ul style="list-style-type: none"> • Demonstrate the key components of performance in your two activities. • Demonstrate the ability to develop your own skills in BOTH activities. <p>R185 - Topic area 2: Apply practice methods to support improvement in a sporting activity</p> <ul style="list-style-type: none"> • Review your own skills performance. • Suggest realistic ways to improve two skills in one of your selected activities. • Apply these suggestions practically over a meaningful number of sessions and measure any improvement achieved. <p>R185 - Topic area 3: Organising and planning a sports activity session</p> <ul style="list-style-type: none"> • Create a plan for your selected sporting activity. Your plan must take into account the organisation, safety and objectives of the activity. • Complete an effective risk assessment that takes into account safety considerations. <p>R185 - Topic area 4: Leading a sports activity session</p> <ul style="list-style-type: none"> • Follow your plan from Task 3 and show flexibility with your approach. • Demonstrate effective leadership and communication skills, and ensure you follow safety considerations in your session. • Demonstrate effective organisational skills. <p>R185 - Topic area 5: Reviewing your own performance in planning and leading a sports activity session</p> <ul style="list-style-type: none"> • Describe what went well and not so well. • Discuss how you adapted your plan. • Describe how your plan could be improved if the process was to be repeated in future. <p>R187 – Topic area 1: The provision for different types of Outdoor and Adventurous Activities</p> <ul style="list-style-type: none"> • Research which of the three <u>approved activity areas</u> you could do within your region AND where you could go to do these. • Research where you could go nationally to take part in the three <u>approved activity areas</u>. • Research the provision available from outdoor activity organisations for the three <u>approved activity areas</u> both regionally AND nationally.
Revision/Planning Techniques	Read through your notes from your booklet and plan how you will start your coursework. Complete a small section and get the teacher to check over before continuing. Look at set/live assignments for cases studies or examples that need to be included.

Subject	Cambridge National in Sports Science
Exam Board	OCR
Paper Length / Component	R181 - Applying the principles of training: fitness and how it affects skill performance (80 marks) *Red topic area will be assessed in Y10 assessment week
Topics To Be Covered	<p>R181 - Topic area 1: Components of fitness applied in sport</p> <ul style="list-style-type: none"> • Research and select the tests that are appropriate for each of your selected activities. • Undertake the selected fitness tests and interpret your results data. <p>R181 - Topic area 2: Principles of training in sport</p> <ul style="list-style-type: none"> • Research which components of fitness are relevant to skills in both activities. • Demonstrate the skills linked to each component of fitness for both activities. • Design tests for two main skills you have highlighted in one of your selected activities. • Do the skills tests and collate the results data. • Analyse the strengths and weaknesses of the data from the two tests you have designed and what it means to your fitness for your selected activity. <p>R181 - Topic area 3: Apply principles of training in sport</p> <ul style="list-style-type: none"> • Discuss how the principles of training (SPOR and FITT) and SMART goals can be applied to the case study's training programme. • Analyse the benefits of applying the principles to the training programme. • Analyse each training method including a comparison of aerobic and anaerobic exercise. <p>R181 - Topic area 4: Organising and planning a fitness training programme</p> <ul style="list-style-type: none"> • Plan and develop a six-week fitness training programme for your selected activity, which takes into account the aims of the programme, appropriate equipment, the organisation of the programme and takes into account appropriate principles of training. • You should include relevant warm up and cool down routines that can be used before and after each session, these do not have to change from session to session. • Complete an effective risk assessment that takes into account the safety considerations. <p>R181 - Topic area 5: Review own performance in planning and delivery of a fitness training programme</p> <ul style="list-style-type: none"> • Compare the pre and post test results for the fitness training programme. • Describe what went well and what didn't go well in the planned fitness training programme. • Describe how you adapted your plan and the justifications for doing so. • Analyse the effectiveness of the fitness training programme. • Describe how the plan could be improved if the process was to be repeated in future.
Revision/Planning Techniques	Read through your notes from your booklet and plan how you will start your coursework. Complete a small section and get the teacher to check over before continuing. Look at set/live assignments for cases studies or examples that need to be included.

Set 1 and Set 2 Maths

I can do this	Title
	Algebraic fractions – Adding and Subtracting
	Algebraic fractions - Simplifying
	Bearings
	Bearings inc distance calculations
	Box plots – Drawing and Comparing
	Changing the subject of a formula
	Cumulative frequency - Averages
	Expanding triple brackets
	Histogram- drawing and averages
	Inequality regions
	Midpoints
	Perpendicular lines
	Proportion – Direct and Inverse
	Quadratic graphs – Estimate solutions and turning point
	Quadratic graphs – simultaneous equations
	Compound interest
	Cumulative frequency – Draw and estimate
	Equation of a straight line
	Expanding Triple brackets
	Frequency polygon – Draw and find an average
	Gradients of Parallel lines
	Iteration
	Laws of indices
	Pythagoras' Theorem
	Simultaneous equations
	Solving quadratic equations

I can do this	Title
	Quadratic Simultaneous equations
	Rounding to significant figures
	Worded inverse proportion problem
	Advance Trigonometry
	Basic Trigonometry
	Bearings – Measure and distance
	Bounds
	Box plot – Draw and estimate

Each of the topics listed will appear on your end of year paper.

A Mathswatch revision assignment has been created to test your understanding of these topics.

Other useful revision websites:

- Corbett Maths
- Dr Frost Maths
- OnMaths
- BBC Bitesize

Revision guides are on sale in the Maths department (£4.90).

Set 3 and 4 Maths

I can do this	Title
	Advance Trigonometry
	Basic Trigonometry
	Bearings – Measure and distance
	Bounds
	Box plot – Draw and estimate
	Compound interest
	Cumulative frequency – Draw and estimate
	Equation of a straight line
	Expanding Triple brackets
	Frequency polygon – Draw and find an average
	Gradients of Parallel lines
	Iteration
	Laws of indices
	Pythagoras' Theorem
	Simultaneous equations
	Solving quadratic equations
	Angles in parallel lines
	Bar chart
	Changing the subject
	Collecting like terms
	Conversion graph
	Drawing a straight line graph
	Expanding brackets and simplifying
	Factorising into a single bracket
	Fraction from worded information
	Laws of indices
	Money problems
	Percentage of an amount
	Perimeter

I can do this	Title
	Surds – Rationalising the denominator
	Surds – Simplifying
	Surface Area of cubes and cuboids
	Volume of a cuboid
	Pythagoras' Theorem
	Ratio – Sharing into three parts
	Ratio from worded information
	Recipe problem
	Scatter graphs with correlation and estimates
	Similar shapes
	Simultaneous equations
	Solving equations
	Stem and Leaf diagram with averages
	Transformation – Rotation
	Transformation – Translation
	Two-way table
	Venn diagram with probability
	Probability problem

A Mathswatch revision assignment has been created to test your understanding of these topics.

Other useful revision websites:

- Corbett Maths
- Dr Frost Maths
- OnMaths
- BBC Bitesize

Revision guides are on sale in the Maths department (£4.90).

Set 5 and 6 Maths

I can do this	Title
	Angles in parallel lines
	Bar chart
	Changing the subject
	Collecting like terms
	Conversion graph
	Drawing a straight line graph
	Expanding brackets and simplifying
	Factorising into a single bracket
	Fraction from worded information
	Laws of indices
	Money problems
	Percentage of an amount
	Perimeter
	Probability problem
	Pythagoras' Theorem
	Ratio – Sharing into three parts
	Ratio from worded information
	Changing the subject
	Collecting like terms
	Conversion graph
	Coordinates
	Expanding brackets and simplifying
	Factorising into a single bracket
	Horizontal and Vertical lines

I can do this	Title
	Recipe problem
	Scatter graphs with correlation and estimates
	Similar shapes
	Simultaneous equations
	Solving equations
	Stem and Leaf diagram with averages
	Transformation – Rotation
	Transformation – Translation
	Two-way table
	Venn diagram with probability
	Line graph with averages
	Perimeter
	Pictogram
	Ratio – Combining two ratios
	Ratio – Convert to a fraction
	Ratio – Sharing into three parts
	Ratio – simplify
	Scatter graph and estimations
	Similar shapes

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- OnMaths
- BBC Bitesize

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Set 7, 8 and 9 Maths

I can do this	Title
	Changing the subject
	Collecting like terms
	Conversion graph
	Coordinates
	Expanding brackets and simplifying
	Factorising into a single bracket
	Horizontal and Vertical lines
	Line graph with averages
	Perimeter
	Pictogram
	Ratio – Combining two ratios
	Ratio – Convert to a fraction
	Ratio – Sharing into three parts
	Ratio – simplify
	Scatter graph and estimations
	Similar shapes
	Area of a triangle
	Bar chart
	Collecting like terms
	Congruent and similar shapes
	Converting between Fractions and Decimals
	Coordinates
	Drawing linear graphs
	Horizontal and Vertical graphs
	Inequalities – solving
	Inequalities on a number line

I can do this	Title
	Stem and Leaf diagram with averages
	Transformation – Enlargement
	Transformation – Reflection
	Transformation – Rotation
	Transformation - Translation
	Travel graphs
	Two-way tables
	Drawing rectangles given the area
	Drawing special triangles
	Forming and solving an equation
	Fraction of an amount
	Fractions - Adding
	Fractions – Dividing

Each of the topics listed will appear on the **calculator** paper.

A Mathswatch revision assignment has been created to test your understanding of these topics.

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- Dr Frost Maths
- OnMaths
- BBC Bitesize

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Enhanced Maths A1 and A2

I can do this	Title
	Calculations with standard form (non calculator)
	Estimation
	Negative indices
	Prime factor decomposition
	Drawing quadratic graphs
	Finding the roots of quadratic graphs
	Two way tables
	Venn Diagrams including set notation
	Frequency trees
	Estimating the mean from grouped frequency tables
	SOHCAHTOA
	Expanding double brackets
	Factorising quadratics including difference of two squares
	Calculating percentage change
	Bearings
	Interior and exterior angles in polygons
	Drawing straight line graphs from a table of values
	Scatter graphs and correlation
	Expand and simplify

I can do this	Title
	Basic laws of indices
	Calculating with mixed number fractions
	Real life graphs
	$Y=mx+c$
	Angles on parallel lines
	Reverse percentages
	Forming and solving equations
	Pythagoras' theorem
	Using a calculator
	Ratio as fractions
	Finding the midpoint of two coordinates
	Compound interest
	Error intervals
	Area of a circle
	Speed, distance, time
	Subject of a formula

Each of the topics listed will appear on the **calculator** paper.

A Mathswatch revision assignment has been created to test your understanding of these topics.

Other useful revision websites:

- Corbett Maths
- Dr Frost Maths
- OnMaths
- BBC Bitesize

- Revision guides are on sale in the Maths department (£4.90).

Subject:	French
Exam Board	AQA
Paper Length / Component	Listening (30 minutes) Reading (30 minutes) Writing (1 hour)
Overview	<p>Listening (Foundation and Higher) Section A – Listen to extracts and answer in English. Section B – Listen to extracts and answer in French.</p> <p>Reading (Foundation and Higher) Section A – Read the extracts and answer in English. Section B – Read the extracts and answer in French.</p> <p>Writing (Foundation) Describe a photograph in 4 sentences. Respond to 4 bullet points (40 words) Translate 5 sentences from English into French. Respond to 4 bullet points (90 words). Include past, present and future tenses and opinions in your answers.</p> <p>Writing (Higher) Respond to 4 bullet points (90 words). Include past, present, and future tenses and opinions in your answers. Respond to 2 bullet points (150 words). Include a range of tenses and high-level phrases in your answers. Translate a passage from English into French.</p>
Topics To Be Covered	<ul style="list-style-type: none"> • Self, Family and Friends • Relationships and Marriage • Free Time (cinema, TV, music) • Mobile Phones and the Internet • Home • Local Area
Revision Techniques	Revise vocabulary for each topic. Specific vocabulary revision will be set and tested using Book Widget.

Subject:	Spanish
Exam Board	AQA
Paper Length / Component	Listening (30 minutes) Reading (30 minutes) Writing (1 hour)
Overview	<p>Listening (Foundation and Higher) Section A – Listen to extracts and answer in English. Section B – Listen to extracts and answer in Spanish.</p> <p>Reading (Foundation and Higher) Section A – Read the extracts and answer in English. Section B – Read the extracts and answer in Spanish.</p> <p>Writing (Foundation) Describe a photograph in 4 sentences. Respond to 4 bullet points (40 words) Translate 5 sentences from English into Spanish. Respond to 4 bullet points (90 words). Include past, present and future tenses and opinions in your answers.</p> <p>Writing (Higher) Respond to 4 bullet points (90 words). Include past, present, and future tenses and opinions in your answers. Respond to 2 bullet points (150 words). Include a range of tenses and high-level phrases in your answers. Translate a passage from English into Spanish.</p>
Topics To Be Covered	<ul style="list-style-type: none"> • Self, Family and Friends • Relationships and Marriage • Free Time (cinema, TV, music) • Mobile Phones and the Internet • Home • Local Area
Revision Techniques	Revise vocabulary for each topic. Specific vocabulary revision will be set and tested using Book Widget.