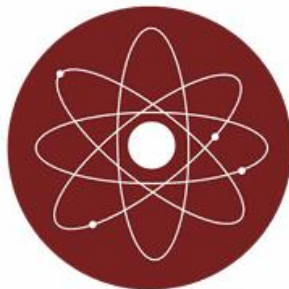




The Ridgeway School & Sixth Form College

'Inspiring learners for their future'



Year 11 Revision Guidance 2025

Dear Year 11,

We designed this booklet to give you support in preparing for the exams and to help you to access past papers, revision ideas and exam information.

Remember, small changes and consistent effort are the most important thing you can do. You can make a real difference now.

We are really proud of you, and will support you to achieve your potential.

You can do it,

The Ridgeway Staff



A general revision guide to buy with ideas, tips and ideas for revising different subjects is linked here:



BBC Bitesize revision



Exam Dates Summer 2026

Please remember that the below link takes you to the Exam Board timetabled exams, there will also be final practical and MFL exams organised by the school from March 23rd



Contents

**Pages 4-7:
Revision Ideas**

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**Page 12:
Knowledge Advice**

**Pages 13-30:
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**Page 31:
Healthy Revision
Ideas**

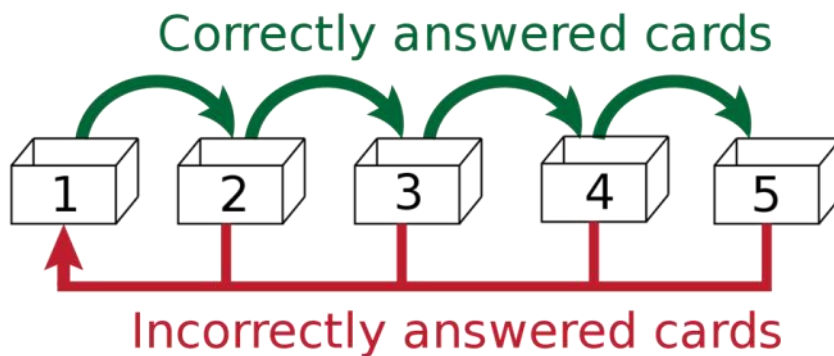
**Pages 32-33:
An Exam Mindset**

**Pages 34-35:
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Revision techniques

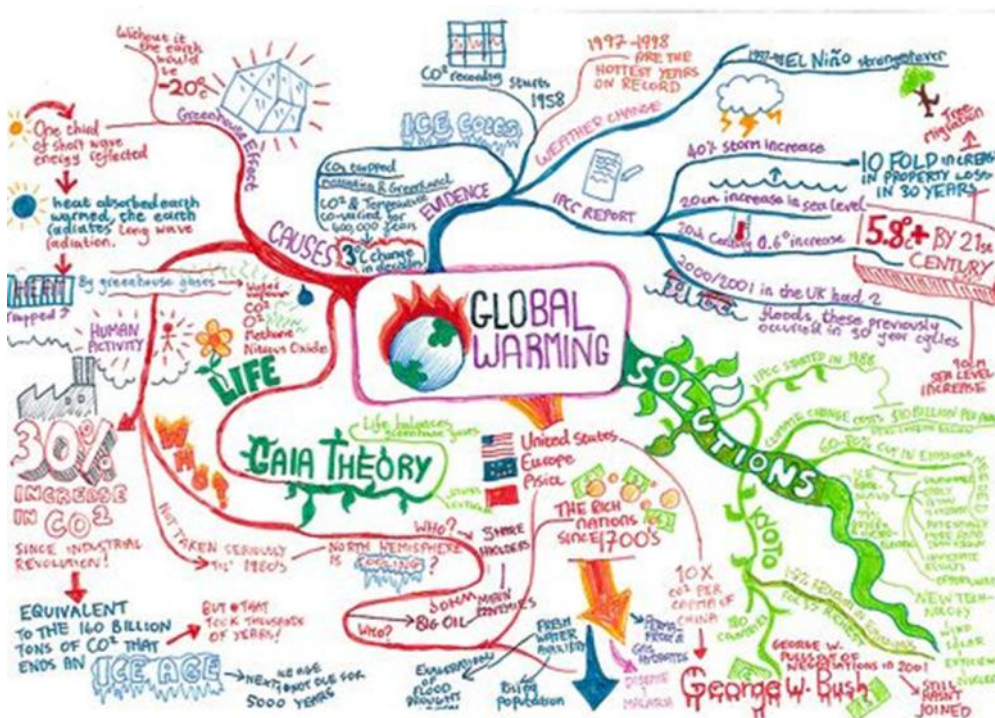
Flash cards

- If you like to use flash cards for revision, make them work for you.
- Flash cards should not be the information you need rewritten. There should be a question on the front, and the answer on the back.
- Organise yourself 3-5 boxes (plastic wallets, envelopes or simply piling them up will work)
- Put all cards in the first box.



Mind Maps

An example:



1. Start with a main idea
2. Identify sub topics
3. Add details, key words and ideas.
4. Add colour or images to increase engagement and interest
5. Keep it organised and stick to core knowledge and ideas
6. Review and revise

Revision tips

Set mini goals

Reward yourself to recognise the steps you have taken

Think about making a revision timetable, and make sure you schedule free time and time for yourself.

Example school week revision timetable

Build in free time first

	5-6	6-7	7-8	8-9	9-10
Mon		Dinner & TV			Relax
Tue		Dinner & TV			
Wed			Dinner & TV		
Thur	Work	Work	Dinner		Relax
Fri		Dinner & TV		Relaxing	Relaxing

Cover a range of topics to keep things fresh and focused:

	5-6	6-7	7-8	8-9	9-10
Mon	English	Dinner & TV	Maths	Science	Relax
Tue	Science	Dinner & TV	PE	PE	History: Normans: Revolt of the Earls
Wed	French	Science	Dinner & TV	Business	Science
Thur	Work	Work	Dinner	Maths	Relax
Fri	History	Dinner & TV	English	Relaxing	Relaxing

Be ready, know the plan,
don't waste time

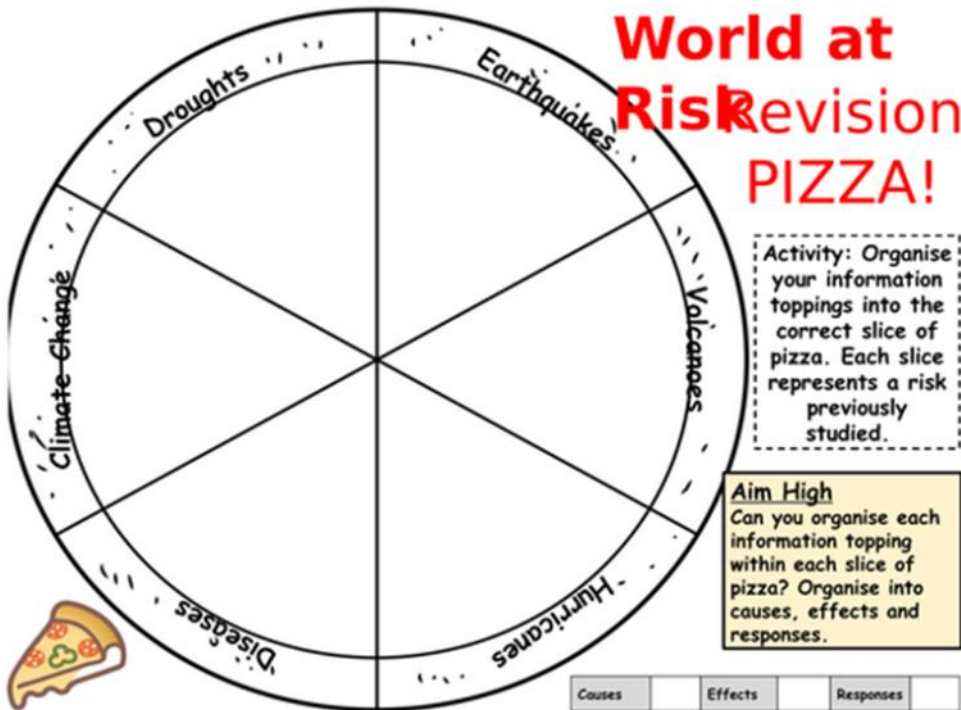
ROLLING REVISION

Roll two die, whichever numbers are generated, complete that revision task.

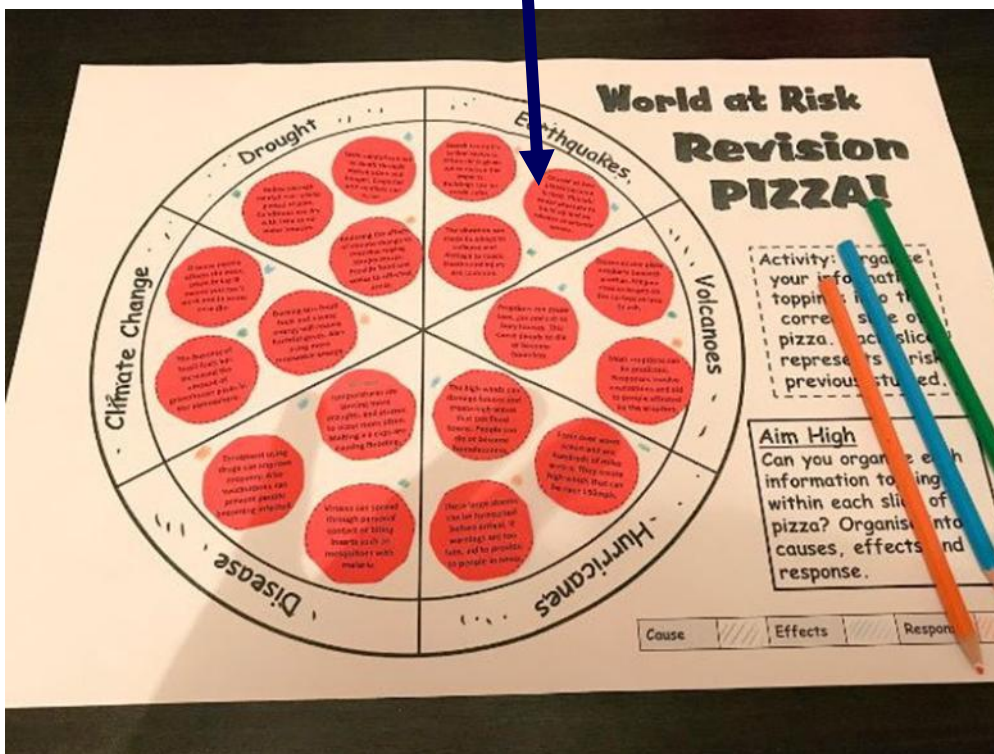
1	2	3	4	5	6
1 Create a text message explaining a topic	2 Create a link chain to match keywords and definitions	3 Draw a topic using images and colour	4 Tweet all that you know about a topic using 140 characters	5 Describe your knowledge of a topic by creating a rap/song/poem	6 Create a storyboard/comic strip based on a topic
2 Use modelling clay to illustrate keywords	5-5-1 Write 5 sentences on one topic, then 5 words, then 1 word	Write 5 quiz questions for somebody to answer	Create a menu for a topic: Starter- keywords Main- definitions Dessert- links	Just a minute Talk for 1 minute about a topic	Use doodles to illustrate what you know on a topic in 1 minute
3 On a post-it, write a sentence on a topic and a question you want answering	Pick 3 keywords you have learnt and provide a dictionary definition for them	Summarise a topic in 5 sentences	Use a mark scheme to write an exam answer	Create a set of anagrams with clues based on keywords and definitions	Write down 3 things about a topic
4 Pick 5 keywords from the topic and write a question for them	Use hexagons to link your knowledge of a topic	Write the exam questions based on a topic	Use post-its to create dominoes of your knowledge on a topic	Draw your brain and fill it with all of your knowledge on a topic	Write a Facebook status update of your knowledge of a topic
5 Create a revision tool eg. Flashcards to summarise keywords/definitions	Taboo - write keywords on a post-it and the definitions on the back	Use a paper plate to create a revision pizza to recap a topic	3 starts and a wish 3 things you know about a topic and 1 thing you need to revise	Link your knowledge of a topic with other subjects	Design a poster advertising all that you know on a topic
6 Use jigsaw connections to link and summarise a topic	Relate 3 things you have learnt to a practical example	3-4-5 Tell 3 people 4 things that you know about a topic in 5 minutes	Summarise your knowledge of a topic by drawing / writing on a tablecloth	Create a paper plane and summarise learning of a different topic on each part of the plane	Create a mind map to review your knowledge on a topic

Revision Pizza

This activity can be useful for subjects where you need to organise lots of information into categories or factors. The slices represent different topics/factors/ideas and the topping is the detail of that idea.



Extra "toppings" can be added to categorise detail





English Language

Department Leader - Mr M Webber

Email - mwebber@ridgewayschool.co.uk

Specification:

Name - GCSE English Language
Board - AQA
Code - 8700

There are two formal examinations worth 100% at the end of the course. AQA has developed two equally-balanced papers, each assessing reading and writing in an integrated way. The final grade is awarded for students' performance in the examinations.

Revision guidance

Students have been given The Ridgeway School Guide to Mastering Paper 1 and Paper 2, containing graded exemplar material, structures and sentence starters to answer each question and advice on how to achieve the assessment objectives for all questions. In addition to this guide, students have also received a booklet of past papers.

The most impactful method to revise English Language is to complete past paper questions, using the guide as a reference to support your responses.

Additional online support can be found at:

<https://www.youtube.com/@mrbruff>



Practice papers and other resources are available on the AQA website:





English Literature

Department Leader - Mr M Webber

Email - mwebber@ridgewayschool.co.uk

Specification:

Name - GCSE English Literature
Board - AQA
Code - 8702

Books studied:

An Inspector Calls
A Christmas Carol
Romeo and Juliet
Power and Conflict Anthology

Revision guides from the CGP company are available for these books. Students have been provided with all the resources they need to succeed, but these can be purchased in addition.



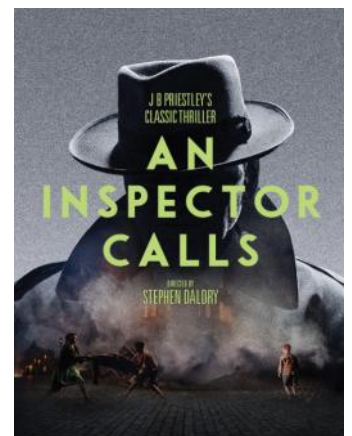
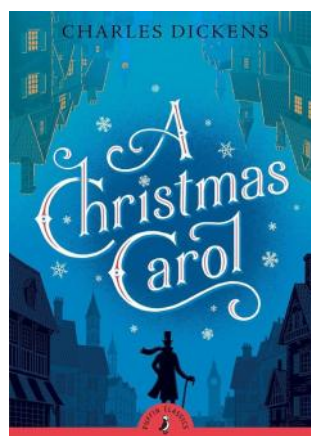
Revision guidance

Students have received knowledge organisers for each of their English Literature texts and have an exemplar guide to structuring their responses in English Literature exams. In addition to this guide, students have also received a booklet of past papers and guidance on how to structure English Literature essays.

The most impactful method to revise English Literature is to complete past paper questions, using the guide as a reference to support your responses.

Additional online support can be found at:

<https://www.youtube.com/@mrbruff>





Mathematics

Department Leader - Mrs R Adams

Email - r.adams@ridgewayschool.co.uk

Specification:

Name - Mathematics (9-1)
Board - OCR
Code - J560

Assessment of Course:

Foundation Tier (grades 5 to 1)

Paper 1 1 hour 30 minutes
Calculator permitted
Paper 2 1 hour 30 minutes
Calculator not permitted
Paper 3 1 hour 30 minutes
Calculator permitted
Each paper has an equal weighting

Higher Tier (grades 9 to 4)

Paper 4 1 hour 30 minutes
Calculator permitted
Paper 5 1 hour 30 minutes
Calculator not permitted
Paper 6 1 hour 30 minutes
Calculator permitted
Each paper has an equal weighting

Revision guidance

The GCSE exam papers are a mixture of calculator and non-calculator exams and students will be entered at either Higher or Foundation Tier.

For all maths exams they will need some specialist equipment:

- A protractor
- A pair of compasses
- A scientific calculator

We will provide students with a protractor and compasses to use in school, but they must have their own scientific calculator.

Students have been provided with a CGP knowledge organiser and knowledge retrieval book, which they can use to guide their revision.

To further facilitate their revision, students can use

www.corbettmaths.com

(free videos, practice questions and answers)

and

www.mymaths.co.uk

(interactive lessons)

For past papers and exam information, please use the QR link below:





Science

Department Leader - Miss M Tuck

Email - mtuck@ridgewayschool.co.uk

Specification:

GCSE Biology	AQA 8461
GCSE Chemistry	AQA 8462
GCSE Physics	AQA 8463
GCSE Combined Science: Trilogy	AQA 8464

Course Content:

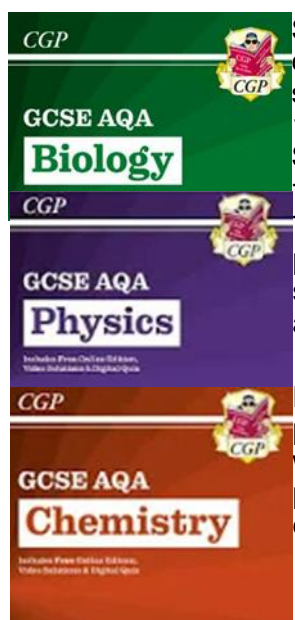
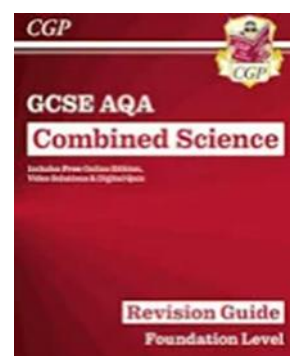
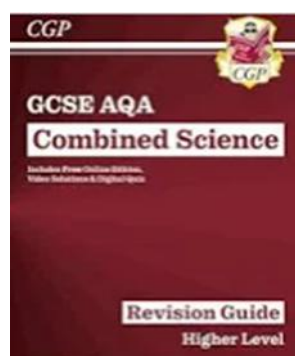
The Science curriculum is based on a study of the key models that underpin scientific understanding. Alongside this students will be taught the skills they need to work scientifically. They will learn to use equipment with accuracy and precision, to work as a team, to plan their time and resources effectively and about the wide variety of ways in which results can be presented.

Students are assessed on their core knowledge regularly during DO NOWs and practice exam papers.

Students should use Knowledge Organisers and Notes Booklets to ensure all core knowledge is secure.

Please contact your child's class teacher or Miss Tuck, Head of Science, with any queries.

You may want to purchase a CGP revision guide. This can be done through websites such as amazon, however we recommend using the Notes booklets given to students in class in the first instance.



Students completing the combined Science course (all in sets 2-5 and a select few in set 1) are sitting GCSE Combined Science: Trilogy.

Those in set 1 who have chosen Triple Science as an option as part of Year 9 Pathways are sitting GCSE Biology, Chemistry and Physics

For other revision resources please visit the exam board website or the useful website [physicsandmathstutor](http://physicsandmathstutor.com) (see QR codes below).



Knowledge Organisers

Knowledge is key to success

Knowledge Organisers have been created and shared with students in all subjects. The aim is to make sure that students are able to revise and secure the core knowledge each term, and then build on this with lessons homework and their own revision.

These Organisers should be used, with the:

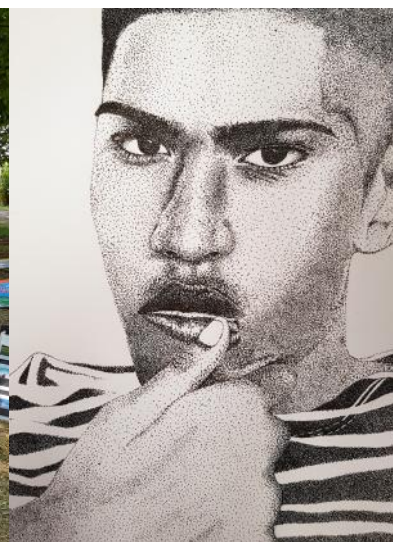
Read—Cover—Test—Repeat technique

to test memory of key facts, vocabulary and ideas in each subject.

They are a summary of the core curriculum and do not replace the lesson or expertise and support a teacher can give, but are a resource to increase confidence and detail in exam answers.

To understand and follow the curriculum, Subject Overviews are saved onto our website:





Art

Department Leader - Miss L Kirk

Email - lkirk@ridgewayschool.co.uk

Specification:

Name - Art & Design

Board - AQA

Code - 8201

Assessment of Course:

Portfolio - 60% of total marks

10 hour exam - 40% of total marks

Unit 1: Portfolio work including two separate projects

60% of the GCSE grade

A sustained project developed in response to the theme Masks and a smaller project in response to the theme Natural Forms.

Unit 2: Students work in response to a theme set by the exam board.

They complete a project investigating the theme, including finding relevant artists. They then create a personal response through idea development and complete the final piece in a 10hour exam (2 days) 40% of the GCSE.

Revision guidance

Students follow a set list of tasks to build their portfolios and ensure they cover the assessment objectives equally. Each task helps them to practice and improve skills. The class tick list and personalised tick lists should be used in order to complete any missed work.

Students are welcome to remain in school to use the facilities during the week, as long as a member of staff is aware and able to supervise.

After school Art runs on Tuesday and Thursday 3.15pm – 4.15pm

In their assessment

Students must demonstrate the ability to:

Use a visual language to communicate their understanding of Artists and the chosen themes.

Presenting work that shows skill with materials, techniques and processes, appropriate to students' personal intentions, for example:

Observational drawing and photography

Artist research

Using a variety of appropriate materials that link to the artists and creating work in the style of Artists

Presenting 2D ideas with annotations

Experimenting to show a clear and detailed thought process leading to a final piece



Business

Department Leader - Miss H Lamport
Email - hlamport@ridgewayschool.co.uk

Specification:

Name - GCSE Business
 Board - Edexcel
 Code - 1BSO

Assessment of Course:

The Business exam paper is not tiered. This means that you have as much chance of getting a 9 as anyone else in your class.

There are two examined papers with a variety of questions styles allowing students to display a range of skills. All topics will be taught along with exam skills over the two year course.

1BSO/01— Exam : 1 hour 45 mins

- Investigating Small Businesses; Spotting opportunities, putting ideas in to practice and how to make the business successful.
- 50% of the course

1BSO/ 02— Exam: 1 hour 45 mins

- Building a business; Growing a business through the marketing, operational, financial and human resource management decisions.
- 50% of the course

Revision guidance

Revision guide:



Revision workbook:



Students should use their glossaries and knowledge organisers to make sure key term are understood as well as practice exam technique using past papers.



Computer Science

Department Leader - Mr C Adams
Email - cadams@ridgewayschool.co.uk

Specification:

Name - GCSE Computer Science
Board - OCR
Code - J277

Assessment of Course:

Assessment is based on two written exams.



Revision guidance

The Exam Board website can be found here:



Students have been given the CGP GCSE OCR Computer Science Exam Practice Workbook and a revision guide. Ask your teacher if you do not have one or have lost it.

Revision resources will be used in class, but students should practice past papers as the best way of improving exam technique and securing knowledge. Your teacher will give you these, but again you can ask for these at any time.

Students also have access to an online revision guide, knowledge organisers through the Virtual Resource Centre.

Would highly recommend the students to use the "Craig and Dave J277" YouTube channel for videos on the whole course. For programming, the website "CsNewbs" goes through all sections, including file handling, string manipulation, conditional statements and the different types of loops.



Drama

Department Leader - Mrs R Jankinson

Email - rjankinson@ridgewayschool.co.uk

Specification:

Name - Drama

Board - OCR

Code - J316

Assessment of Course:

GCSE Drama is made up of three units.

Component 1 is **Devising Drama** where you will research and explore a stimulus, work collaboratively and create your own piece of devised Drama. You are also marked on a portfolio that you will create, detailing your decision making process and outlining the journey you have made. 30% of the total GCSE.

Component 2 is **Presenting & Performing Texts** this is where you will present two extracts from a play to a visiting examiner. 30% of the total GCSE.

Component 3 is **Performance & Response** you will practically explore a play and learn to evaluate Live Theatre performances. You will then demonstrate that knowledge and understanding in a final written exam. 40% of the total GCSE.

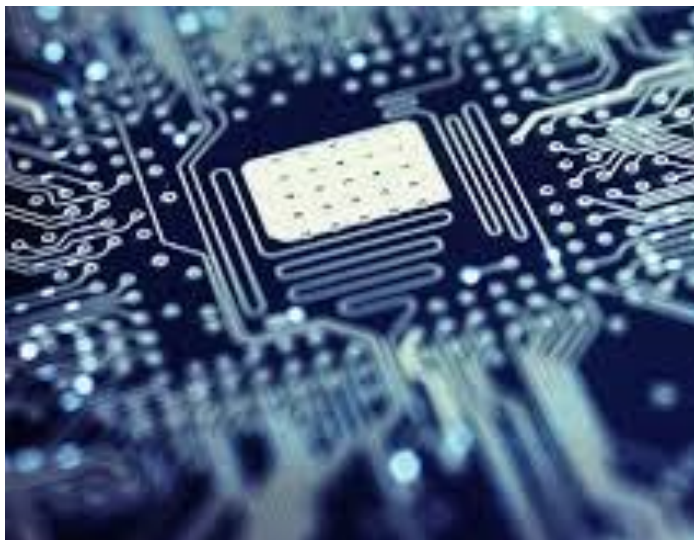
Revision guidance

The practice papers from the Exam Board is linked here:



The revision guide may support preparation for the final exams:





Design and Technology

Department Leader - Mrs J Possamai

Email - jpossamai@ridgewayschool.co.uk

Specification:

Board: AQA

Unit 1: Technical Principles, Design and Making
2 hour exam
50% of the total grade

Non-Examined Coursework:

50% of the total grade

Assessment of Course:

Unit 1 examination:

Section A – Core technical principles (20 marks)

A mixture of multiple choice and short answer questions assessing a breadth of technical knowledge and understanding.

Section B – Specialist technical principles (30 marks)

Several short answer questions (2–5 marks) and one extended response to assess a more in depth knowledge of technical principles.

Section C – Designing and making principles (50 marks)

A mixture of short answer and extended response questions.

Revision guidance

The revision guide link has been shared, but below is a QR code. This will support preparation for the written exam.



Students should make sure they bring all stationary and materials for lessons, so they are not delayed in making progress with coursework.

Students need good knowledge of key terms and should use knowledge organisers and other resources such as mind maps, flash cards and previous exam papers to practice these.

Exam specification linked here:





Economics

Department Leader - Miss H Lamport
Email - hlamport@ridgewayschool.co.uk

Specification:

Name - GCSE Economics
Board - AQA
Code - 8136

Assessment of Course:

Paper one is **8136/1** - How markets work which includes economic foundations, resource allocation, how prices are determined, production, costs, revenue and profit, competitive and concentrated markets and market failure.

1 hour 45 minute paper, worth 50% of the course.

Paper 2 is **8136/2** - How the economy works which includes introduction to the national economy, government objectives, how the government manages the economy and international trade and the global economy.

1 hour 45 minute paper, worth 50% of the course.

Revision guidance

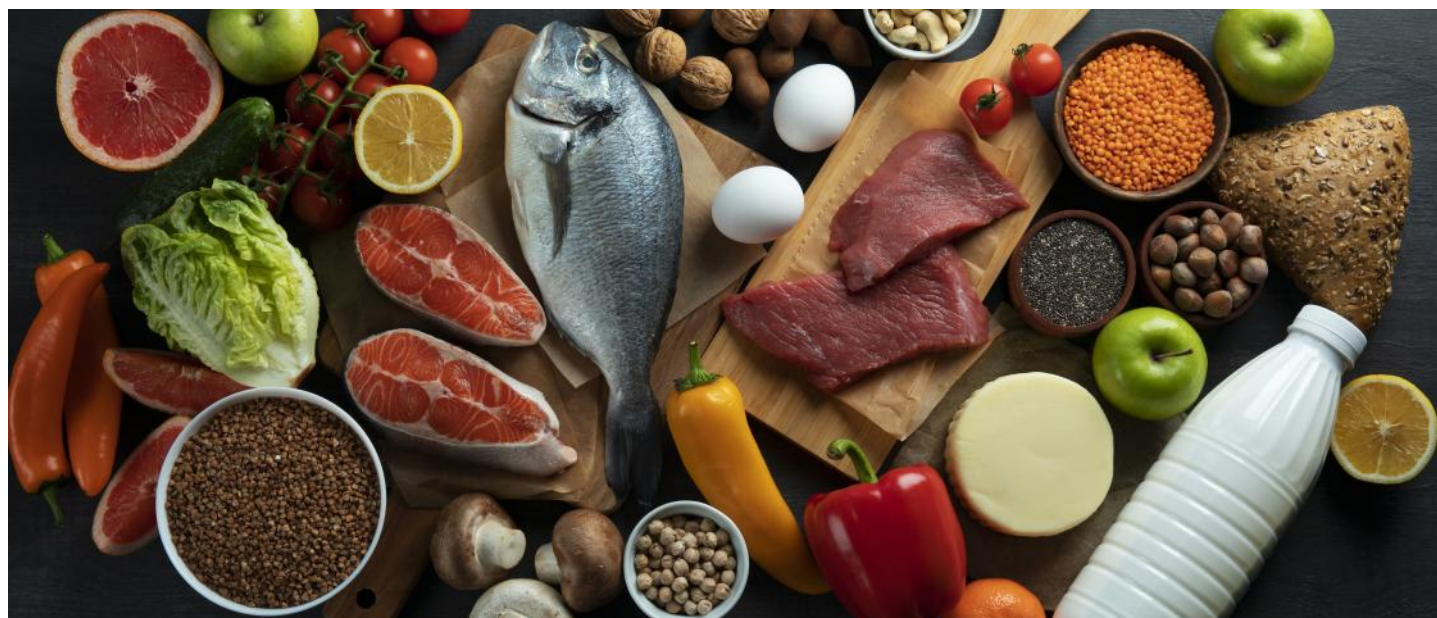
Link to Exam Board here:



Revision guide:



Students should use their glossaries and knowledge organisers to make sure key term are understood as well as practice exam technique using past papers.



Food and Nutrition

Department Leader - Mrs J Possamai
Email - sjackson@ridgewayschool.co.uk

Specification:

Name - Food Preparation & nutrition
 Board - AQA
 Code - 8585

Assessment of Course:

The Food Preparation and Nutrition course is split into 2 units as detailed below.

Unit 1—1hr 45 mins written exam—50% of GCSE and worth 100 marks

NEA: None examined coursework—50% of GCSE

Task 1—worth 30 marks

Task 2—worth 70 marks

Revision guidance

Written exam theory is split into 5 areas of subject knowledge as detailed below.

Content:

1. Food, nutrition and health
2. Food science
3. Food safety
4. Food choice
5. Food provenance

Questions:

Multiple choice questions (20 marks)

Five questions each with a number of sub questions (80 marks)

All contents for the written exam and guidance for the none examination assessment can be found by scanning the QR code.



Revision guide available here:





French

Department Leader - Mrs A Melo and Miss A Folleat

Email - amelo@ridgewayschool.co.uk
afolleat@ridgewayschool.co.uk

Specification:

Name - GCSE French
Board - Edexcel

Assessment of Course:

The language is assessed through examination at the end of the course.

- Paper 1 speaking 25%
- Paper 2 listening 25%
- Paper 3 reading 25%
- Paper 4 writing 25%



Topics and themes covered:

- My personal world
- Media and technology
- Travel and tourism
- My neighbourhood

Revision guidance

BBC bitesize to practice exam-style questions for listening and reading.

Homework booklet for information about the speaking exam + practice questions.

Knowledge organisers for vocab learning.

For the exam board website, please use the QR code below:



Recommended revision techniques:

Use Flash Cards to build sentences and to test key words and phrases (including common vocabulary, opinion phrases, spicy phrases).

Practice conversation and speaking the language, even to yourself. This will help to build your confidence in the spoken exam.

Use your knowledge organisers to create more complex sentences.



Geography

Department Leader - Miss A Curtis-Slater

Email - aslater@ridgewayschool.co.uk

Specification:

Name - GCSE Geography
Board - AQA
Code - 8035

Assessment of Course:

The world is constantly changing.
To be a successful person in today's society,
knowing how and why it changes is important.

Geography revision guides can be purchased online:



Revision guidance

Paper 1: Living with the physical environment (35% of GCSE) – Exam 1 hour 30 mins.

Section A: The challenge of natural hazards

- Tectonic hazards
- Weather hazards
- Climate change

Section B: The living world

- Ecosystems
- Tropical rainforests
- Cold environments

Section C: Physical landscapes in the UK

- Coastal landscapes in the UK
- River landscapes in the UK

Paper 2: Challenges in the human environment (35% of GCSE) – Exam 1 hour 30 mins.

Section A: Urban issues and challenges

- Urban growth
- Urban sustainability

Section B: The changing economic world

- Development
- Changing economy of Nigeria
- Major changes in the UK economy

Section C: The challenge of resource management

- Water

Paper 3: Geographical applications (30% of GCSE) Exam 1 hour 15 mins.

Section A: Issue evaluation

- Critical thinking and problem solving using a pre-released resource booklet

Section B: Fieldwork

- Students will be examined on two geographical enquiries, each of which will require them to collect and interpret primary data from a fieldtrip.

Use the QR code below to link to the resources on the exam board website or visit www.aqa.org.uk





German

Department Leader - Mrs A Melo and Miss A Folleat

Email - amelo@ridgewayschool.co.uk
afolleat@ridgewayschool.co.uk

Specification:

Name - GCSE German
Board - Edexcel

Assessment of Course:

The language is assessed through examination at the end of the course.

- Paper 1 listening 25%
- Paper 2 speaking 25%
- Paper 3 reading 25%
- Paper 4 writing 25%

Topics and themes covered:

- Identity and culture
- Local area, holiday and travel
- School
- Future aspirations, study and work
- International and global dimension



BBC bitesize to practice exam-style questions for listening and reading.

Homework booklet for information about the speaking exam + practice questions.

Knowledge organisers for vocab learning.

Revision guidance

Recommended revision techniques:

Use Flash Cards to build sentences and to test key words and phrases.

Practice conversation and speaking the language, even to yourself. This will help to build your confidence in the spoken exam.

Use your knowledge organisers to create more complex sentences.

Exam board linked below:





Graphic Design

Department Leader - Mrs J Possamai

Email - jpossamai@ridgewayschool.co.uk

Specification:

Board: AQA

Unit 1: Portfolio work

60% of the GCSE grade

A sustained project developed in response to a subject, theme, task or brief. Also, a selection of further work from activities such as trials and experiments; skills-based workshops; mini projects; responses to gallery, museum or site visits and independent study.

Unit 2: 10 hour exam

40% of the GCSE

The externally set assignment provides students with the opportunity to demonstrate, through an extended creative response, their ability to draw together different areas of knowledge, skills and/or understanding in response to their selected starting point.

Revision guidance

Students should practice skills and develop their portfolios.

Students are welcome to remain in school to use the facilities during the week, as long as a member of staff is aware and able to supervise.

Course guidance

Students must demonstrate the ability to:

- use graphic communication techniques and processes, appropriate to students' personal intentions, for example:
- typography
- illustration
- digital and/or non-digital photography
- hand rendered working methods
- digital working methods

use media and materials, as appropriate to students' personal intentions, for example:

- pencil, pen and ink, pen and wash, crayon, and other graphic media
- watercolour, gouache and acrylic paint
- layout materials
- digital media
- printmaking
- mixed media

Students should come fully equipped for practical lessons, this can cause delays in coursework completion.

For course details, please use the QR code to visit the AQA website.





History

Department Leader - Mr J Bister

Email - jbister@ridgewayschool.co.uk

Specification:

Board - Edexcel

Units & Codes:

1HI0/13 - Exam : 1 hour 15 mins

- Migration 800-Present Day - 30%

1HI0/ B1/P4 - Exam: 1 hour 45 mins

- Superpower relations and the Cold War, 1941-91, - 20%

- Anglo-Saxon and Norman England, c.1060-88, - 20%

1HI0/31 - Exam: 1 hour 20 mins

- Weimar and Nazi Germany, 1918-39, - 30%

Assessment of Course:

The History exam paper is not tiered. This means that you have as much chance of getting a level 9 as anyone else in your class.

There are three examined papers with different sections that are worth different weightings. All topics will be taught along with exam skills over the two year course.

Revision guidance

Exam guides for all units are available via Parent Pay.

Please contact Mr Bister with any queries or for any support.

Exam board information linked here:



Students should make use of the Virtual Resource Centre to access additional revision resources. This can be accessed via their Student Portal.

They should use their Knowledge Organisers to secure core content and test their knowledge of key facts with Flash Cards.

Students should practice questions to improve exam technique.

Making mind maps may help some make links between ideas.



Music

Department Leader - Mrs R Jankinson

Email - rjankinson@ridgewayschool.co.uk

Specification:

Name - GCSE Music

Board - AQA

Code - 8271

Assessment of Course:

Understanding Music - 40%

External Exam

Section A - Listening (68 marks)

Section B - Contextual Understanding (28 marks)

Performing Music - 30%

Internal Assessment – Practical Coursework

1. Solo performance (36 marks)

2. Ensemble Performance (36 marks)

Composing Music - 30%

Internal Assessment – Practical Coursework

1 Composition to a set brief (36 marks)

2 Free composition (36 marks)

Revision guidance

Exam board information is linked here:





Health and Social Care BTEC Tech Award

Department Leader - Mr M Halsall

Email - mhalsall@ridgewayschool.co.uk

Specification:

Name - Health and Social Care 2022

Board - Pearson

Code - **603/7047/6**

Assessment of Course:

The course is split into three components each worth an equal amount. Components 1&2 are assessed internally via controlled assessment. Component 3 is assessed via an exam at the end of Year 11.

Component 1— Human Lifestyle Development (internal assessment)

Students complete 5 questions during a 6 hour period, preparation in class, notes are allowed. Writing is under controlled conditions.

Component 2— Health and Social Care Services and Values (internal assessment)

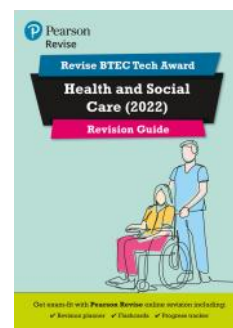
Students complete 5 questions during a 6 hour period, preparation in class, notes are allowed. Writing is under controlled conditions.

Component 3—Health and Wellbeing (2 hour external exam)

Revision guidance

Pearson Revise BTEC Tech Award Health and Social Care
Revision Guide (2022)

ISBN:9781292436128



Exam board information



Recommended revision techniques:

- Practice papers to improve essay writing
- Regular knowledge tests
- Mind Mapping with classmates and on your own.
- Knowledge Organisers to secure core knowledge.



Physical Education GCSE

Department Leader - Mr M McMeeking

Email - mmcmeeking@ridgewayschool.co.uk

Specification:

Name - Physical Education

Board - AQA

Code - 8582

Assessment of Course:

The course is 40% practical and 60% theory. Candidates are assessed in a range of practical activities and the best combination of marks are submitted. There are two 1¼ hour exam taken at the end of the course.

- Human Body and Movement 30% of GCSE. 1 hour 15 minutes.
- Social Cultural Influences and Well-being 30% of GCSE. 1 hour 15 minutes.
- Practical Performance. 40% of GCSE.

Recommended revision techniques:

- Mind maps for detailed information showing links between ideas
- Knowledge Organisers to secure core knowledge
- Practice papers to improve exam technique
- Use of 'Everlearner' (online examination PE questions and tutorials)
- Use of full GCSE PE Papers completed for Homeworks.

Revision guidance

Revision guide can be purchased online:

CGP – GCSE AQA - Physical Education Complete Revision and Practice

ISBN No = 978 1 78908 008 7



For course details and exam materials use the QR code below or visit www.aqa.org.uk





Religious Studies

Department Leader - Mrs H Clapton

Email - hclapton@ridgewayschool.co.uk

Specification:

Name - Religious Studies A (8062)
Board - AQA
Code - 8062MA (exam code)

Assessment of Course:

Two Units; Christianity and Islam / Thematic

- Two written exams: 1 hour 45 minutes each
- Each paper has 102 marks
- Each 50% of GCSE

Course Content:

Paper 1 - Depth Study into the religions of Christianity and Islam

Islam.

Key Beliefs and Practices

Christianity

Key beliefs and Practices

Paper 2 - Thematic Studies

Relationships and families

Topics include: Contraception/ Sexual relationships before marriage/ Homosexual relationships/ Family planning/ Gender discrimination

Religion and life

Topics include: Abortion/ Euthanasia/ Animal experimentation/ Origins of the universe/ Value of human life

Religion, peace and conflict

Violence/ Weapons of mass destruction/ Pacifism/ Terrorism/ Forgiveness/ Holy War

Religion, crime and punishment

Corporal punishment/ Death penalty/ Forgiveness/ Causes and aims of crime and Punishment

Revision guide available to buy online:

Any questions, please contact us.



Recommended revision techniques:

Practice questions to develop exam technique

Use of knowledge organisers to test core knowledge

Flash cards to test key ideas.



Spanish

Department Leader - Mrs A Melo

Email - amelo@ridgewayschool.co.uk

Specification:

Name - GCSE Spanish

Board - Edexcel

Assessment of Course:

The language is assessed through examination at the end of the course.

- Paper 1 speaking 25%
- Paper 2 listening 25%
- Paper 3 reading 25%
- Paper 4 writing 25%

Topics and themes covered:

- My personal world
- Media and technology
- Travel and tourism
- My neighbourhood
- Studying and my future

Revision guidance

BBC bitesize to practice exam-style questions for listening and reading.

Homework booklet for information about the speaking exam + practice questions.

Knowledge organisers for vocab learning.

Revision guidance

Recommended revision techniques:

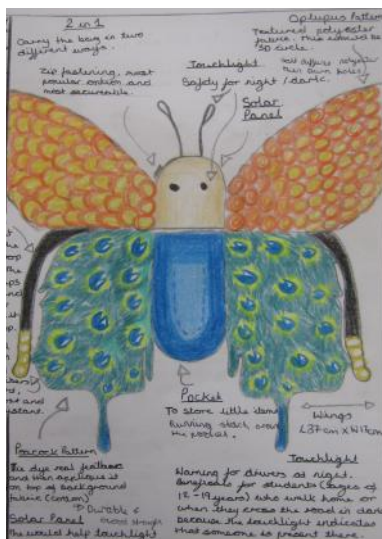
Use Flash Cards to build sentences and to test key words and phrases (including common vocabulary, opinion phrases, spicy phrases).

Practice conversation and speaking the language, even to yourself. This will help to build your confidence in the spoken exam.

Use your knowledge organisers to create more complex sentences.

Exam board linked below:





Textiles

Department Leader - Mrs J Possamai

Email - jpossamai@ridgewayschool.co.uk

Specification:

Board - AQA

There are two components:

Component 1 Portfolio:

A Coursework portfolio which includes a sustained project developed in response to a theme, task or brief and a selection of further work completed during the two year course.

Component 2 Externally set assignment:

A portfolio and final piece with the starting point chosen from a selection set by the exam board. It includes a 10 hour practical exam.

Assessment of Course:

Component 1: Portfolio

Assessed across 4 Objectives with total marks of 96. Worth 60% of the final GCSE grade. Set and marked by the school and moderated by AQA during a visit.

Component 2: Externally set assignment

Assessed across 4 Objectives with total marks of 96 and includes 10 hours of supervised exam time. Worth 40% of the final GCSE grade. Set by AQA, marked by the school and moderated by AQA during a visit.

Revision guidance

Students should come fully equipped for practical lessons, this can cause delays in coursework completion.

For course details, please use the QR code to visit the AQA website.



Students are welcome to use the facilities after school or during a working lunch, if the classroom is free. Please just contact staff in Technology and they will be happy to support.

Students should practice their skills and develop their portfolios to secure the best possible grade.

Healthy Revision

Some top tips for a healthy approach to revision from [whatuni.com](https://www.whatuni.com)

Set achievable goals

It's common to feel overwhelmed by the revision workload. Try identifying the big tasks, breaking them down into smaller ones and spacing them out across the days ahead. Completing your tasks in this way will allow you to set daily mini-goals and improve your ability to focus on the task at hand and reward yourself for your progress.

Take breaks

Split up your study sessions with breaks. Schedule breaks and don't feel guilty for doing so. Taking a short break drastically improved levels of concentration.

Try the Pomodoro Technique if you're unsure where to start. The idea is that you work for 25 minutes and, when the timer goes off, you take a three to five minute break. You then repeat, and after four rounds of this, take a longer break for around 20-30 minutes.

Keep active

When you do decide to take breaks, get moving. Physical activity has been shown to boost mood and improve focus. Mandolesi et al. (2018) found that moving around increased blood flow, improved concentration, heightened attention and enhanced memory.

Eat well

You'll be surprised by how making little, more healthy changes to your diet can improve your mental health. Firth et al. (2020) discovered that maintaining a diet well-balanced in nutrients improved energy levels, mood, lowered stress levels and increased cognitive performance.

Try swapping chocolate and crisps for the likes of nuts and fruit. Put a few more veggies in at dinner time.

Sleep

Sleep is your best friend. In 'Why We Sleep', sleep scientist Matthew Walker describes how sleep can not only improve memory after learning, but how effectively it boosts concentration, positive mood and emotional stability.

Walker recommends an average of seven to nine hours of sleep per night. Anything less or more will affect your focus, motivation and mental wellbeing. If you struggle to sleep, try reading a book 30 minutes before going to sleep, reducing any light in your room and ensuring your room isn't too hot.

Reach out to others

One of the most important protectors of your mental health is social connections. It's easy to feel isolated while revising, so reach out to classmates and friends. Create virtual study groups or, where possible, meet up for in-person study sessions.

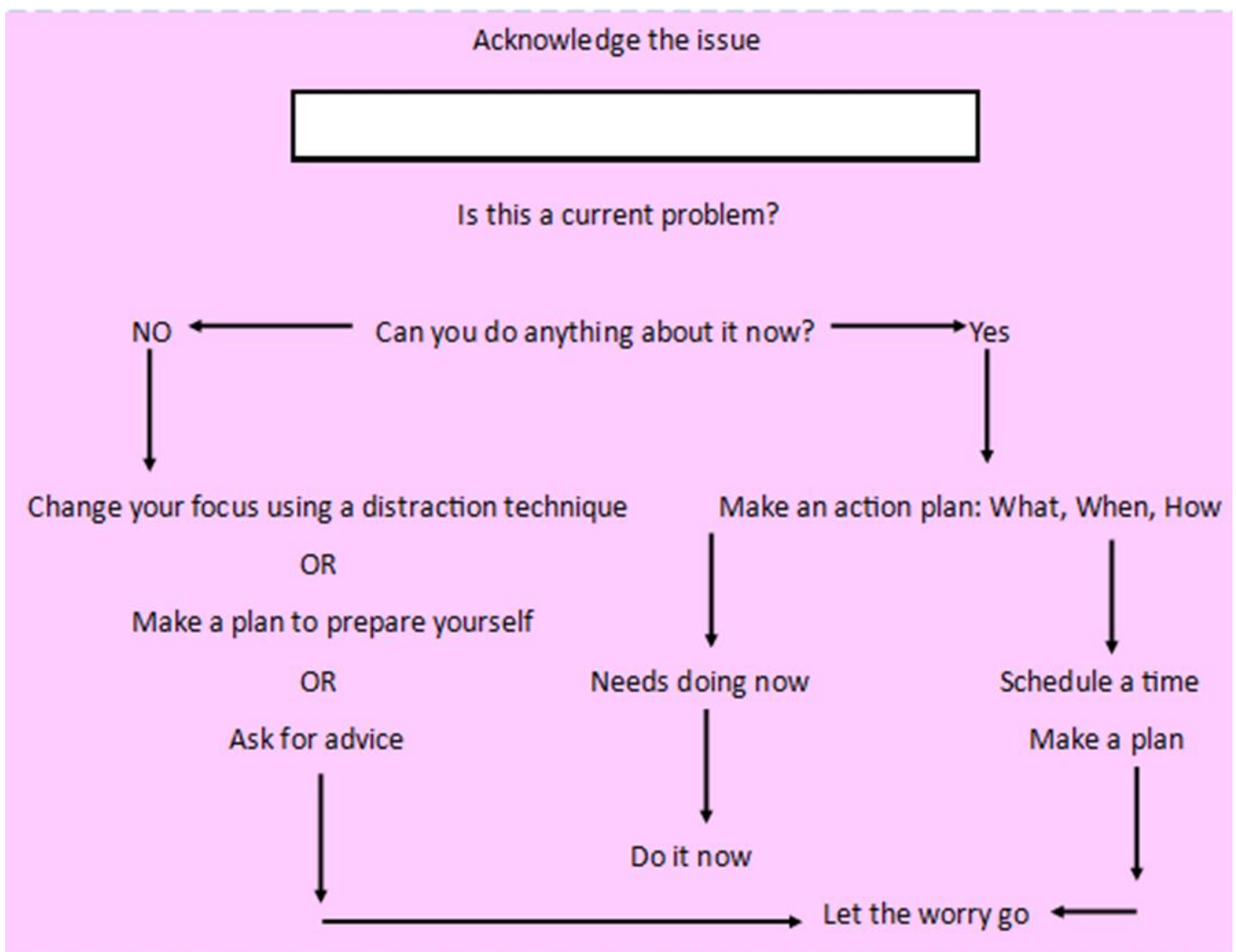
Developing an Exam Mindset

Plan to worry, then plan to move on

Use the method of 3: Will it be a problem in Three Hours, Three Weeks, Three Months, Three Years?

The Worry Cycle: Step 1

1. If you feel worried, then set a time each day to allow yourself to do this. This should be in the morning if possible, so your thoughts don't escalate before you go to sleep. Try to use the same time and place each day to sort your worries. Then tell yourself the rest of the day can be worry free until the next day.
2. If worries come in to your head during the day write them down. Then keep them until the next time slot and get on with your day. You will have time to think about it, just not now, tell yourself this. Also worries can lose some of their power when written down as they escalate less easily.
3. Review your list of worries in your worry time, if they are still bothering you see if you can plan to do something about them using the chart below.



The Worry Cycle: Step 2

If there is nothing you can currently do about your worry, or if it is hypothetical you may need to try and distract yourself

1. Get up and do something: exercise, achieve something small such as tidying up, walk over to someone and have a conversation
2. Talk to other people, either about your worry or just have a conversation, ask about them, talk about something you have in common
3. If you are worried try to take time to breathe deeply and slowly and manage your thoughts. Make sure you are breathing out of your mouth and fully expanding your abdomen.
 - If you're sitting or standing, place both feet flat on the ground. Whatever position you're in, place
 - your feet roughly hip-width apart.
 - Let your breath flow as deep down into your body as is comfortable, without forcing it.
 - Try breathing in through your nose and out through your mouth.
 - Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5. You may not be able to reach 5 at first.
 - Then let it flow out gently, counting from 1 to 5 again, if you find this helpful.
 - Keep doing this for at least 5 minutes.

The Worry Cycle: Step 3: If you are still worried, challenge yourself and your thoughts with these questions:

- What actual, factual evidence do you have that the worrying thought is true?
- What evidence do you have that it is not true?
- Can you think of a more positive or realistic view point that a friend might have?
- What is the actual probability that your fear will come true?
- If the probability is low, what are some more likely outcomes?
- Is the thought helpful, how will this worry help me?
- How would I advise a friend who had this worry?

Post 16 Ideas

Level 2 qualifications	Possible next steps	Need to know or do
GCSEs/BTecs Grades 1-3	Level 1 or 2 qualifications at College. Employment Entry level apprenticeship	Resitting Maths and English may be required until you achieve a Grade 4
GCSEs/BTecs Grades 1-5	Level 2/3 qualifications at College Employment Advanced apprenticeship	Maths and English Grade 4 will still be needed
GCSEs/BTecs Grades 4-9	A levels/Level 3 qualifications at Sixth Form or College Employment Advanced apprenticeship	Check course requirements. Think if any required subjects are needed for future career plans. Do you need to think about any combinations for steps to a degree?

You don't need to make every decision right now.

You can put in multiple applications, and secure different offers. Then make the decision once you have your results.

Some future careers need you to make accurate decisions about applications.

If you are thinking about going to university, GCSE grades matter to universities when they are choosing who to offer a place to, especially for competitive courses or universities with a high-number of applicants.

If you would like more advice, or a Careers Appointment, speak to your mentor or Mr Columbro.

General Careers Quiz



Health Careers Quiz



Careers Quiz



Ridgeway Sixth Form



Swindon Post 16 Apprenticeships



Post 16 and Post 18 ideas



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“We are committed to creating a culture of opportunity, support, challenge and ambition, where potential is realised and nobody is left behind.”

www.ridgewayschool.com



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