

TOTTINGTON
HIGH SCHOOL



INDEPENDENT STUDY



Independent Study at THS

Independent study is an integral part of learning in order for students to achieve the best possible outcomes.

Not only is it important for students to get used to working at home so that they are able to prepare for the study skills necessary for their exams, but also it is a key skill required to cope with professional demands in many careers and industries.

Independent learning will always link to the curriculum studied in school with opportunities to consolidate and practise learning. We believe that home study should not place an unnecessary burden on children or parents and carers.

In order to support this, KS3 independent learning will be linked to the key learning objectives in students' Knowledge Organisers so parents and carers have a clear overview of what is being practised.

At KS4 we expect students to become more independent in readiness for their GCSE exams and beyond. Therefore, they will have a suite of resources for subject-specific independent practice, past papers and revision guides alongside assignments set by their teacher.

All Independent learning tasks will be set on Classcharts/Arbor by students' class teacher.

Home Learning Support

Here is a reminder about the resources that are on offer to you whilst learning at home.

Students are lucky enough to get above and beyond that of most schools and it's important these are taken advantage of for success.

Key Stage 3: Knowledge Organisers – broken down per each half term and contain content and questions to work from home on.

Homework Schedule – to support time management at home and a guide for teachers so work issuing is not given all in one go.

Key Stage 4: Exam Board Study – the list on the next page offers guidance of the vast range of online resources such as past papers etc. This should be used as a guide.

Revision Guides – ALL students have been given FREE guides which they should have at home. There are no excuses for loss



Homework Timetable

Engagement with Independent Learning

Pupils will be expected to complete independent learning on time and rewarded with green points for this. Independent learning will be monitored by the class teacher in the first instance and pupils who repeatedly fail to complete homework will be asked to complete this during social times or after school and contact with parents will be made. Repeated failure to engage will lead to Head of Dept, Head of House and Senior Leader involvement.



Subject	Year 7, 8, 9	Year 10, 11
Maths, English and Science	Once per week	Once per week
Geography	Once per fortnight	Once per fortnight
History	Once per fortnight	Once per fortnight
MFL	Once per fortnight	Once per week
Personal Development	Once per half term	Once per fortnight
RE	Once per half term	Once per fortnight
ICT	Once per half term	Once per fortnight
Music	Once per half term	Once per fortnight
Art	Once per half term	Once per fortnight
Drama	Once per half term	Once per fortnight
Technology	Once per half term	Once per fortnight
PE	Once per half term	Once per fortnight

All Independent learning tasks will be set on Classcharts/ Arbor by students' class teacher.

Online links & Software

Each subject area uses additional software to support learning - Below are links to these resources.

www.gcsepod.com



www.bbc.co.uk/bitesize



www.senecalearning.com



You can find lots of resources for all subjects on the sites above

There are also additional sites below.

www.internetgeography.net/aqa-gcse-geography/

www.coolgeography.co.uk/gcsen/revision_zone.php

Freesciencelessons - YouTube

Primrose Kitten Academy | GCSE & A-Level

Revision - YouTube

AQA GCSE Science Past Papers - Revision

Science

Mr Bruff's video guide Mr Bruff - YouTube

Musictheory.net

Teoria.com

GCSE Courses

Subject	Name of Qualification	Type of Qualification	Examination Board	Course Code	Past Papers	Revision Guide
Art	Art & Design (Art, Craft & Design)	GCSE	AQA	8201	https://www.aqa.org.uk/subjects/art-and-design/gcse/art-and-design-8201-8206/assessment-resources?f.Resource+type%7C6=NEA+tasks	
Biology	Biology	GCSE	AQA	8461F 8461H	https://www.aqa.org.uk/subjects/science/gcse/biology-8461/assessment-resources?f.Resource+type%7C6=Question+papers	Higher: GCSE Biology AQA Revision Guide - Higher includes Online Edition, Videos & Quizzes CGP Books
Business	Business (9-1)	GCSE	OCR	J204	https://www.ocr.org.uk/qualifications/past-paper-finder/	GCSE Business Complete Revision & Practice (with Online Edition) CGP Books
Chemistry	Chemistry	GCSE	AQA	8462F 8462H	https://www.aqa.org.uk/subjects/science/gcse/chemistry-8462/assessment-resources?f.Resource+type%7C6=Question+papers	Higher: GCSE Chemistry AQA Revision Guide - Higher includes Online Edition, Videos & Quizzes CGP Books
Computing	Computer Science	GCSE	OCR	J277	https://www.ocr.org.uk/qualifications/past-paper-finder/	New GCSE Computer Science OCR Complete Revision & Practice includes Online Edition, Videos & Quizzes CGP Books
English Language	English Language	GCSE	AQA	8700	https://www.aqa.org.uk/subjects/english/gcse/english-language-8700/assessment-resources?f.Resource+type%7C6=Question+papers	GCSE English Language AQA Complete Revision & Practice - includes Online Edition and Videos CGP Books
English Literature	English Literature	GCSE	AQA	8702	https://www.aqa.org.uk/subjects/english/gcse/english-literature-8702/assessment-resources?f.Resource+type%7C6=Question+papers	Macbeth: GCSE English Shakespeare Text Guide - Macbeth includes Online Edition & Quizzes CGP Books An Inspector Calls: GCSE English Text Guide - An Inspector Calls includes Online Edition & Quizzes CGP Books

						A Christmas Carol: GCSE English Text Guide - A Christmas Carol includes Online Edition & Quizzes CGP Books
French	French	GCSE	AQA	8658F 8658H	https://www.aqa.org.uk/subjects/languages/gcse/french-8658/assessment-resources?f.Resource+type%7C6=Question+papers	New GCSE French AQA Complete Revision & Practice with CGP RevisionHub (for exams from 2026) CGP Books
German	German	GCSE	AQA	8668F 8668H	https://www.aqa.org.uk/subjects/languages/gcse/german-8668/assessment-resources?f.Resource+type%7C6=Question+papers	GCSE German AQA Complete Revision & Practice: with Online Edition & Audio (For exams in 2025) CGP Books
Chinese	Chinese (Spoken language in Mandarin and Cantonese)	GCSE	Edexcel (Pearson)	1CN0F 1CN0H	https://qualifications.pearson.com/en/support/support-topics/exams/past-papers.html?Qualification-Family=GCSE&Qualification-Subject=Chinese%20(2017)&Status=Pearson-UK:Status%2FLive&Specification-Code=Pearson-UK:Specification-Code%2Fgcse17-chinese	
Italian	Italian	GCSE	AQA	8633F 8633H	https://www.aqa.org.uk/subjects/languages/gcse/italian-8633/assessment-resources?f.Resource+type%7C6=Question+papers	
Persian	Persian	GCSE	Edexcel (Pearson)	1PN0F 1PN0H	https://qualifications.pearson.com/en/support/support-topics/exams/past-papers.html?Qualification-Family=GCSE&Qualification-Subject=Persian%20(2018)&Status=Pearson-UK:Status%2FLive&Specification-Code=Pearson-UK:Specification-Code%2Fgcse18-persian	
Spanish	Spanish	GCSE	AQA	8698F 8698H	https://www.aqa.org.uk/subjects/languages/gcse/spanish-8698/assessment-resources?f.Resource+type%7C6=Question+papers	

Urdu	Urdu	GCSE	AQA	8648F 8648H	https://www.aqa.org.uk/subjects/languages/gcse/urdu-8648/assessment-resources?f.Resource+type%7C6=Question+papers	
Geography	Geography	GCSE	AQA	8035	AQA GCSE Geography Assessment resources	New GCSE Geography AQA Complete Revision & Practice includes Online Edition, Videos & Quizzes CGP Books
History	History	GCSE	Edexcel (Pearson)	1HI0BR	https://qualifications.pearson.com/en/support/support-topics/exams/past-papers.html?Qualification-Family=GCSE&Qualification-Subject=History%20(9%E2%80%93931)%20from%202016&Status=Pearson-UK:Status%2FLive&Specification-Code=Pearson-UK:Specification-Code%2Fgcse16-history	New GCSE History Edexcel Revision Guide (with Online Edition, Quizzes & Knowledge Organisers) CGP Books Paper 1 Pearson Edexcel Revision Guide Paper 1 CGP Revision Guide
Mathematics	Mathematics	GCSE	OCR	J560F J560H	https://www.ocr.org.uk/qualifications/past-paper-finder/	Higher: GCSE Maths Edexcel Complete Revision & Practice: Higher inc Online Ed, Videos & Quizzes CGP Books Foundation: GCSE Maths Edexcel Complete Revision & Practice: Foundation inc Online Ed, Videos & Quizzes CGP Books
Statistics	Statistics	GCSE	Edexcel (Pearson)	1ST0F 1ST0H	https://qualifications.pearson.com/en/support/support-topics/exams/past-papers.html?Qualification-Family=GCSE&Qualification-Subject=Statistics%20(2017)&Status=Pearson-UK:Status%2FLive&Specification-Code=Pearson-UK:Specification-Code%2Fgcse17-stat	
Additional Mathematics	Additional Mathematics	FSMQ	OCR	6993	https://www.ocr.org.uk/qualifications/past-paper-finder/	

Music	Music	GCSE	WJEC (Eduqas)	C660QS	https://www.eduqas.co.uk/qualification/s/music-gcse/#tab_pastpapers	New GCSE Music WJEC/Eduqas Complete Revision & Practice (with Audio & Online Edition) CGP Books
PE	Physical Education	GCSE	AQA	8582	https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/assessment-resources?f.Resource+type%7C6=Question+papers	New GCSE Physical Education AQA Complete Revision & Practice (with Online Edition and Quizzes) CGP Books
Physics	Physics	GCSE	AQA	8463	https://www.aqa.org.uk/subjects/science/gcse/physics-8463/assessment-resources?f.Resource+type%7C6=Question+papers	Higher: GCSE Physics AQA Revision Guide - Higher includes Online Edition, Videos & Quizzes CGP Books
RE	Religious Studies B (Option ZN)	GCSE	Edexcel (Pearson)	1RB0ZN	https://qualifications.pearson.com/en/support/support-topics/exams/past-papers.html?Qualification-Family=GCSE&Qualification-Subject=Religious%20Studies%20B%20(2016)%20&Status=Pearson-UK:Status%2FLive&Specification-Code=Pearson-UK:Specification-Code%2Fgcse16-rs-b	GCSE Religious Studies: Edexcel B Beliefs in Action Revision Guide (with Online Edition) CGP Books
Resistant Materials	Design and Technology	GCSE	AQA	8552	https://www.aqa.org.uk/subjects/design-and-technology/gcse/design-and-technology-8552/assessment-resources?f.Resource+type%7C6=Question+papers	GCSE Design & Technology AQA Revision Guide CGP Books
Textiles	Art & Design (Textile Design)	GCSE	WJEC (Eduqas)	C653QS	https://www.eduqas.co.uk/qualification/s/art-and-design-gcse/#tab_pastpapers	
Science	Combined Science: Trilogy	Double Award GCSE	AQA	8464F 8464H	https://www.aqa.org.uk/subjects/science/gcse/combined-science-trilogy-8464/assessment-resources?f.Resource+type%7C6=Question+papers	Higher: GCSE Combined Science AQA Revision Guide - Higher includes Online Edition, Videos & Quizzes CGP Books Foundation: GCSE Combined Science AQA Revision Guide - Foundation includes Online Edition, Videos & Quizzes CGP Books

I Media	Creative I Media	Cambridge National	OCR	J834	https://www.ocr.org.uk/qualifications/past-paper-finder/ *Please note only a sample paper is available as this is a new qualification	New OCR Cambridge National in Creative iMedia: Revision Guide inc Online Edition, Videos and Quizzes CGP Books
Sports Studies	Sports Studies	Cambridge National	OCR	J829	https://www.ocr.org.uk/qualifications/past-paper-finder/ *Please note only a sample paper is available as this is a new qualification	New OCR Cambridge National in Sport Studies: Revision Guide (with Online Edition) CGP Books
Hospitality and Catering	Hospitality and Catering	WJEC Award	WJEC (Eduqas)	5409QA	https://www.wjec.co.uk/qualifications/level-1-2-vocational-award-in-hospitality-and-catering/#tab_keydocuments *Please note only a sample paper is available as this is a new qualification	New WJEC Level 1/2 Vocational Award in Hospitality & Catering: Revision Guide (with Online Edition) CGP Books
Food Preparation & Nutrition	Food Preparation & Nutrition	GCSE	AQA	601/8421/8	AQA GCSE Food Preparation and Nutrition Assessment resources	New GCSE Food Preparation & Nutrition AQA Complete Revision & Practice (with Online Ed. and Quizzes) CGP Books
Performing Arts	Performing Arts	BTEC Level 1/2 Tech Award	Edexcel (Pearson)	603/7054/3	*Please note no external examination papers (Component 3) are available at this time as this is a new qualification being assessed for the first time in June 2024	Revise BTEC Tech Award Performing Arts Revision Guide (pearsonschoolsandfecolleges.co.uk)
Drama	Drama	GCSE	AQA	8261	AQA GCSE Drama Assessment resources	GCSE Drama Revision Guide CGP Books
Health and Social Care	Health and Social Care	BTEC Level 1/2 Tech Award	Edexcel (Pearson)	603/7047/6	https://qualifications.pearson.com/en/qualifications/btec-tech-awards/health-and-social-care-2022.coursematerials.html#filterQuery=category:Pearson-UK:Category%2FSpecification-and-sample-assessments *Please note only a sample paper is available as this is a new qualification	BTEC Tech Award in Health & Social Care: Revision Guide CGP Books

Sociology	Sociology	GCSE	AQA	8192	AQA GCSE Sociology Assessment resources	AQA GCSE 9-1 Sociology All-in-One Complete Revision and Practice: Ideal for home learning, 2022 and 2023 exams (Collins GCSE Grade 9-1 Revision): Amazon.co.uk: Collins GCSE: 9780008227456: Books
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Wellbeing Support



It is so important to look after yourself. Check out some of the Apps below to help manage your time and build in time to relax.



HeadSpace

Guided Meditations and Mindfulness takes a calm, relaxed approach to bringing calm relaxation into the lives of adults and kids. The Headspace app, aims to keep children “calm and focused” through short meditation exercises. The app will help children fall asleep and wake up peacefully. It uses common meditation techniques like becoming aware of environmental sounds, breath awareness, breath counting, and more. Children can learn the basics of meditation and mindfulness. Children can follow the instructions and are reminded by the app to meditate each day. They can develop the habit of making time for personal growth and self-reflection in different situations, such as bedtime and waking up. It is also being used by mental health professionals and licensed therapists in medical sector.



Moodpath

Moodpath is an interactive depression and anxiety screening program. This app tracks psychological, emotional and physical health over a two-week period in order to generate a personalised mental health assessment that users can discuss with their doctor or counsellor. The app also contains an educational component to teach users about the psychology behind their mood, signs of depression, and psychotherapy. It's one of the best apps that help youth and young adults with mental health struggles that include CBT and wellness.



Mindshift

MindShiftapp is based on to help young adults cope with anxiety, by acting as a portable coach that guides users through challenging situations. Designed in collaboration with Anxiety Canada, this app teaches users how to relax and helps them identify active steps to directly face and take charge of their anxiety. The app provides a variety of methods for young people to respond to anxiety including; developing their knowledge of anxiety and symptoms, engaging in relaxation tasks, evaluating their level of anxiety in particular situations, developing realistic thinking patterns and changing behaviour. Specific tools help users tackle issues such as improving their sleep quality, dealing with perfectionism, and handling conflict. These tools address everyday situations that contribute to increased levels of anxiety to help users change their overall relationship with anxiety. The goal is to help young people learn and practice anxiety coping skills.



Smiling Mind

Smiling Mind is designed to help people pressure, stress, and challenges of daily life. This app has a fantastic section on Mindfulness in the Classroom. An especially good choice for the younger users out there, as it was created specifically with students in mind. Smiling Mind offers programs for a variety of age groups, including 7-9, 10-12, 13-15, 16-18 and adults. The app has an easy-to-use interface for keeping track of your progress over time, both in terms of how many sessions you complete and how your emotions change.



Extra-Curricular Timetable HT1

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Break				Sparx Maths (KS3/KS4) C1 - Miss Young	GCSE/Sports Studies Table Tennis - Mr Deakin
Lunch 1	Table Tennis (KS3) Gym - Mr Mlynarski Spanish Club (KS3) Room 31 - JSC Drum Club KS3/KS4 Room 17 - Mrs Willowley House Sport Competition Sports Hall - Mr Scholes	Hockey (KS3) Sports Hall - Miss Thorne	Debate Club (KS3) Room 26 - Mrs O'Hara Spanish Club Room L8 - Mrs Cantisano & Miss Molyneux		
Lunch 2	Table Tennis (KS4) Gym - Mr Mlynarski House Sport Competition Sports Hall - Mr Higham	Hockey (KS4) Sports Hall - Miss Thorne	GCSE Music Club Room 17 - Mrs Willowley	Crochet Club All year groups L6 - Miss Fell KS3 History Club J4 - Mr Hill, Miss Stone	Y7 Fashion Illustration Room 7 - Mrs Rogers Watch "Ada Twist, the Scientist" on Netflix Dr Thomson, Room 12 Games Club (KS3) Drama Studio - Mr Tait
After School	Year 7 Football Field - Mr Higham Year 8 Football Field - Mr Scholes Yr11 GCSE PE Intervention Mr Deakin Basketball (KS3/KS4) Sports Hall - Mr Mlynarski Girls Basketball (KS3/KS4) Gym - Mrs Carter Science Club - All Years Room 13 - Miss Whelan School Musical Rehearsals (KS3/4) - Hall Mr Tait, Mrs Willowley, Miss Meadowcroft Year 11 Science Intervention (GT, JBu, MMI, RS, RD) Youth Club (KS3/KS4) PEEL Centre Miss. Molyneux and Mrs. Cantisano	Yr 7 Rugby Field - Mr Deakin Girls Football (all ages) Sports Hall/field - Mr Stretton Rock Skool (KS3/KS4) Room 17 - Mrs Willowley Year 11 GCSE Art Room 27 - Ms Preston-Webb Year 11 GCSE Art Room 28 - Ms Parnell Choir All Years Room 17 - Mr Tait	Netball (All years) Sports Hall Mrs Carter/Miss Thorne School Musical Rehearsals (KS3/KS4) Hall Mr Tait, Mrs Willowley, Miss Meadowcroft KS4 Football Field - Mr Scholes Year 11 GCSE German Room 26 - Mrs O'Hara Year 10 GCSE French Room 31 - Mrs Dumas Chess Club All Years Room 1 (Maths) - Mr Hope	Table Tennis (KS3/KS4) Gym - Mr Mlynarski Boxing Sports Hall	Friday Fun Club (Trampolining & Table Tennis) Yr7 and 8 Gym Mr Deakin GCSE PE and Staff Badminton Sports Hall - Mr Scholes