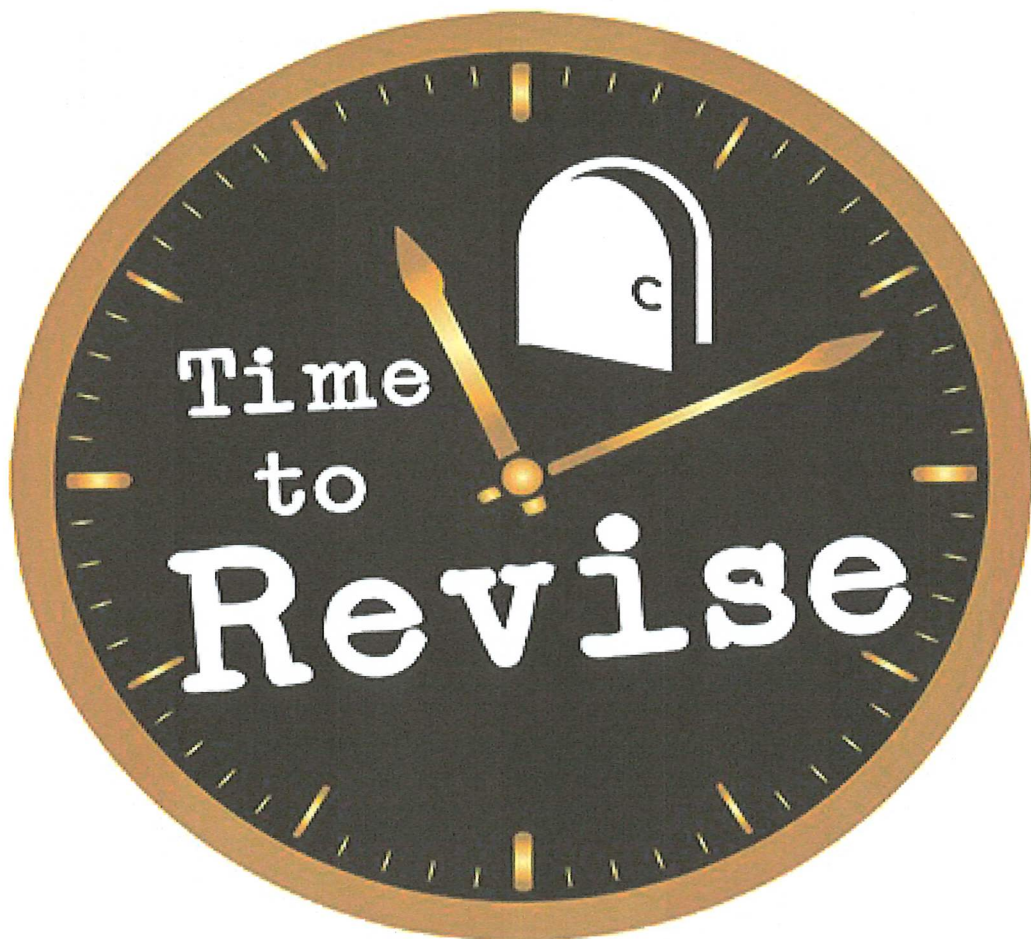




Preparing for Year 11 Mock Exams



You don't have to be great to start, but you
have to start to be great...

Year 11 Mock Examination Timetable

	P1/2	P3	P4/5
Monday 25th November	English Language paper 1: 1 hr 45 mins		Science: Biology Combined 1 hr 15 mins, Biology Separate 1hr 45 mins
Tuesday 26th November	Option X History 2 hrs Geography 1 hr 30 mins Art:2 hrs (in Art room) DT: 1 hr 30 mins		Maths Paper 1: 1 hr 30 mins
Wednesday 27th November	English Language paper 2: 2hrs		RE paper 1: 1 hr 30 mins
Thursday 28th November	Option Y PE Paper 1 :1 hr 15 mins HSC 1 hr French reading and writing 2 hrs Spanish reading and writing 2 hrs foundation, higher 2 hrs 15 mins Food: 1 hr 45 mins Music 1 hr Drama 1 hr 45mins		Science: Chemistry Combined 1 hr 15 mins, Chemistry Separate 1 hr 45 mins
Friday 29th November	Maths Paper 2: 1 hr 30 mins		NO EXAMS SCHEDULED
Monday 2nd December	Science: Physics Combined 1 hr 15 mins, Physics Separate 1 hr 45 mins		RE paper 2: 1 hour
Tuesday 3rd December	Option Z French reading and writing 2 hrs Spanish reading and writing 2 hrs foundation, higher 2 hrs 15 mins History 2 hrs Geography 1 hr 30 mins		English Literature 1 hr
Wednesday 4th December	Maths Paper 3: 1 hr 30 mins		Option Paper 2 PE 45 mins
Thursday 5th December	NO EXAMS SCHEDULED		

Getting Exam Ready

INFORMATION FOR STUDENTS

- Exams will take place in Marie Madeleine Hall. Students will line up in form classes outside Marie Madeleine Hall prior to exams starting. Morning exams start no later than 9.05am and afternoon exams no later than 1.20pm. Students who have an afternoon exam will line up from 12.45pm and will have an early lunch at 12.10pm
- Students are reminded to check the option blocks to ensure they are clear as to when their exams take place. There are 2 option blocks for certain subjects such as History/Geography and French/Spanish. Some subjects will not sit an examination
- If a student is not scheduled to be in an examination, they should attend lessons as usual
- If an exam finishes part way through a lesson, students are asked to return to lessons as usual

EXAM CONDUCT

- Students must sit in the seat they are instructed to
- They must ensure that all mobile phones are in their bag and switched off at all times. Watches must also be removed
- Make sure you have all the correct equipment for your examinations. Two BLACK pens (not gel), two pencils, a rubber and a ruler, and a scientific calculator. A protractor and a compass will be provided for maths exams. Scientific calculators can be purchased from the Bellerive online shop www.belleriveshop.com. You may take a transparent water bottle which must be colourless into the exam room which must have no writing or label.
- For Mathematics and Science exams, students should make sure their scientific calculators conform to the examination regulations. If in doubt, check with your teacher. Remove any covers or instructions and make sure batteries are new. This is your responsibility, not the schools.
- All items of equipment, pens, pencils, mathematical instruments, etc. should be visible to the invigilators at all times. You must either use a colourless, transparent pencil case or colourless, clear plastic bag.
- No food is allowed in the examination rooms. A clear, colourless bottle of water may be brought with the label removed.
- Students who are disruptive or behave in an unacceptable manner will be removed from the examination room by invigilators and members of the SLT
- Listen carefully to instructions and notices read out by the examinations officer/invigilators – there may be amendments to the exam paper that you need to know about.
- Check you have the correct question paper – check the subject, paper and tier of entry, (Foundation/Higher) – if in ANY doubt, please ask.
- Do NOT start writing anything on the exam paper until you are instructed to do so.
- Read all instructions carefully and number your answers clearly.
- At the end of the examination all work must be handed in – remember to cross out any rough work. If you have used more than one answer book or loose sheets of paper ask for a tag to fasten them together in the correct order, making sure they are named.
- Invigilators will collect your exam papers before you leave the room.
- Absolute silence must be maintained during this time. Remember you are still under examination conditions until you have left the room.

GCSE Biology Revision Paper 1 (4.1-4.4) + Paper 2 (4.5-4.7)



You should RAG rate each topic and then focus your Rev 1 around those topics you have identified as Red and then move on to Amber. Once you are secure in each of these topics, you can focus your Rev 2 and Rev 3 on all areas and colour the boxes to highlight your confidence levels as you move through your revision

Topic	RAG	Rev 1	Rev 2	Rev 3
4.1 Cell Biology				
Animal cells				
Plant cells				
Required Practical - Using a light microscope				
Eukaryotes and prokaryotes				
Cell differentiation and specialization				
Microscopy				
Chromosomes				
Mitosis and the cell cycle				
Binary fission				
Culturing microorganisms				
Stem cells				
Diffusion				
Osmosis				
Required practical - Osmosis				
Active transport				
Exchange surfaces and exchanging substances				
4.2 Organization				
Organizational hierarchy				
Enzymes				
Required practical - Food tests				
Required practical - Enzymes				
The human digestive system				
The heart and blood vessels				
Blood				
Coronary heart disease				
Lungs and breathing				
The effect of lifestyle on some non-communicable diseases				

Cancer				
Plant tissues				
Plant organ system				
Transpiration and translocation				
Transpiration and stomata				
4.3 Infection and response				
Communicable infectious disease				
Plant organ system				
Viral diseases				
Bacterial diseases				
Fungal diseases				
Protist diseases				
Human defence systems				
Vaccination				
Monoclonal antibodies				
Antibiotics and painkillers				
Discovery and development of drugs				
Plant diseases and defences				
4.4 Bioenergetics				
Photosynthetic reaction				
Rate of photosynthesis				
Required practical - Photosynthesis				
Uses of glucose from photosynthesis				
Aerobic and anaerobic respiration				
Response to exercise				
Metabolism				
Topic	RAG	Rev 1	Rev 2	Rev 3
4.5 Homeostasis and Response				
Homeostasis				
The Nervous System				
Synapses and reflexes				
Required Practical - Investigating reaction time				
The Brain				
The Eye				
Correcting vision defects				
Controlling body temperature				
The endocrine system				
Blood glucose control				

The kidneys and kidney failure				
Puberty and the Menstrual Cycle				
Controlling fertility				
More on controlling fertility				
Adrenaline and Thyroxine				
Plant hormones				
Commercial use of Plant Hormones				
4.6 Inheritance, Variation and Evolution				
DNA				
The structure of DNA and protein synthesis				
Mutations				
Reproduction				
Meiosis				
More on Reproduction				
X and Y Chromosomes				
Genetic diagrams				
More Genetic diagrams				
Inherited disorders				
The work of Mendel				
Variation				
Evolution				
More about evolution				
Selective breeding				
Genetic engineering				
Cloning				
Fossils				
Speciation				
Antibiotic-resistant bacteria				
Classification				
4.7 Ecology				
Competition				
Abiotic and biotic factors				
Adaptations				
Food chains				
Using quadrats				
Using transects				
Environmental change and the water cycle				
The carbon cycle				
Decay				
Investigating decay				
Biodiversity and maintaining ecosystems				

Trophic levels				
Pyramids of Biomass				
Biomass transfer				
Food security and farming				
Biotechnology				

GCSE Revision Topics for Chemistry



You should RAG rate each topic and then focus your Rev 1 around those topics you have identified as Red and then move on to Amber. Once you are secure in each of these topics, you can focus your Rev 2 and Rev 3 on all areas and colour the boxes to highlight your confidence levels as you move through your revision (**underlined separate science only**)

Topic	RAG	Rev 1	Rev 2	Rev 3
4.1 Atomic structure and the periodic table (Paper 1)				
Atoms, elements, compounds				
Separating mixtures				
History of the atom				
Atomic structure, sub atomic particles and electronic structure				
Relative atomic mass and isotopes				
Development of the periodic table				
Group 1, 7 and 0				
<u>Transition metals</u>				
4.2 Bonding structure, and the properties of matter (Paper 1)				
Ionic bonding, properties of ionic compounds				
Covalent bonding, properties of small molecules				
Metallic bonding, properties of metals and alloys				
The three states of matter				
Giant covalent structures, diamond, graphite				
Polymers				
Graphene and fullerenes				
<u>Nanoparticles and their applications</u>				
4.3 Quantitative chemistry (Paper 1)				
Conservation of mass and balanced chemical equations				
Relative formula mass				
Moles HT only				
Amounts of substances in equations HT only				
Using moles to balanced equations HT only				
Limiting reactants HT only				
Concentration of solutions				
<u>% yield, % atom economy</u>				
<u>Required practical - titration, titration calculations - HT only</u>				
<u>Volumes of gases - HT only</u>				
4.4 Chemical changes (Paper 1)				
The reactivity series				
Extraction of metals and reduction				
Oxidation and reduction in terms of electrons HT only				
Reactions of acids with metals				

Neutralization of acids and salt production				
Required practical - Making salts				
The pH scale and neutralization				
Strong and weak acids HT only				
Electrolysis of molten ionic compounds				
Using electrolysis to extract metals				
Electrolysis of aqueous solutions				
Required practical - Electrolysis				
Representation of reactions at electrodes as half equations HT only				
4.5 Energy changes (Paper 1)				
Energy transfer during exothermic and endothermic reactions				
Required practical - Temperature changes				
Reaction profiles				
Bond energy calculations				
4.6 The rate and extent of chemical change (Paper 2)				
Calculating rates of reaction				
Factors which affect the rate of chemical reactions				
Collision theory and activation energy				
Required practical - Rates (collecting gas and disappearing cross)				
Catalysts				
Reversible reaction, energy changes and reversible reactions				
Equilibrium				
The effect of changing conditions on equilibrium				
4.7 Organic Chemistry (Paper 2)				
Crude oil, hydrocarbons and alkanes				
Fractional distillation and petrochemicals				
Properties of hydrocarbons				
Cracking and alkenes				
Structure and formula of alkenes				
<u>Reactions of alkenes</u>				
<u>Alcohols</u>				
<u>Carboxylic acids</u>				
<u>additional polymerization</u>				
<u>Condensation polymerization HT only</u>				
<u>amino acids</u>				
<u>DNA and other naturally occurring polymers</u>				

GCSE Drama Revision List

You should **RAG** rate each topic and then focus your **Revision 1** around those topics you have identified as **Red** and then move on to **Amber**.



Once you are secure in each of these topics, you can focus your **Revision 2** and **Revision 3** on **all areas** and colour the boxes to highlight your confidence levels. This will help to transfer knowledge into your long-term memory and help you to recall it in your exam.

Topic	RAG	Rev 1	Rev 2	Rev 3
Physical Skills (including proxemics)				
Vocal Skills				
Theatre Roles				
Lighting Terminology				
Costume Terminology				
Sound Terminology				
Set Terminology				
Puppet Terminology				
Stage Positions				
Stage Configurations				
Noughts and Crosses				
Everybody's Talking about Jamie				

GCSE English Language Revision List

You should **RAG** rate each topic and then focus your **Revision 1** around those topics you have identified as **Red** and then move on to **Amber**.



Once you are secure in each of these topics, you can focus your **Revision 2** and **Revision 3** on **all areas** and colour the boxes to highlight your confidence levels. This will help to transfer knowledge into your long-term memory and help you to recall it in your exam.

Topic	RAG	Rev 1	Rev 2	Rev 3
Component 1 Section A – Reading Fiction				
Narrative Writing				
Component 2 Section A – Reading Non-Fiction				
Writing Formal Letters				
Writing Informal Letters				
Writing Speeches				
Writing Articles				
Writing Reviews				
Writing Leaflets				
Writing Reports				

GCSE English Literature Revision List

You should **RAG** rate each topic and then focus your **Revision 1** around those topics you have identified as **Red** and then move on to **Amber**.

Once you are secure in each of these topics, you can focus your **Revision 2** and **Revision 3** on *all areas* and colour the boxes to highlight your confidence levels. This will help to transfer knowledge into your long-term memory and help you to recall it in your exam.



Topic	RAG	Rev 1	Rev 2	Rev 3
The Manhunt				
Sonnet 43				
London				
The Soldier				
She Walks in Beauty				
Living Space				
As Imperceptibly as Grief				
Cozy Apologia				
Valentine				
A Wife in London				
Death of a Naturalist				
Hawk Roosting				
To Autumn				
Afternoons				
Dulce Et Decorum Est				
Ozymandias				
Mametz Wood				
The Prelude				

GCSE Revision Topics for French

You should RAG rate each topic and then focus your Rev 1 around those topics you have identified as Red and then move on to Amber. Once you are secure in each of these topics, you can focus your Rev 2 and Rev 3 on all areas and colour the boxes to highlight your confidence levels as you move through your revision



Topic	RAG	Rev 1	Rev 2	Rev 3
Theme 1 – My People				
About yourself				
Family				
Describing People				
Personalities				
Relationships				
Marriage & Partnerships				
Socialising				
Social Media & Technology				
Theme 1 – Interests and Influences				
Hobbies & Sports				
Music				
Cinema & TV				
Theme 1 – Customs & Festivals				
Festivals in French Speaking Countries				
Food and ordering food				
Theme 2- Holidays				
Weather				
Summer activities				
Holiday preferences				
Transport				
Accommodation e.g room, facilities				
Making a complaint				

Theme 2 – My Town

Landmarks and places of interest				
Climate, weather, landscape				
Shops- types of shop and going shopping				
Advantages and disadvantages of your town				
Problems in town e.g pollution				

Theme 2 – Global Issues

Environment				
Healthy and unhealthy lifestyles				
Poverty, addiction, homelessness, animal welfare				
Solutions to problems				

GCSE Geography Revision List



You should RAG rate each topic and then focus your Rev 1 around those topics you have identified as Red and then move on to Amber. Once you are secure in each of these topics, you can focus your Rev 2 and Rev 3 on all areas and colour the boxes to highlight your confidence levels as you move through your revision

Topic	RAG	Rev 1	Rev 2	Rev 3
Tectonics				
Tectonic Hazards – plate boundaries				
Case Studies				
Why do people live in areas with tectonic hazards				
Earthquakes and volcanoes				
Weather				
Weather Hazards – Global atmospheric circulation				
Formation of Tropical Storms				
Features of tropical storms				
Case Study of tropical storm				
Reducing the effects of tropical storms				
Extreme weather in the UK - examples				
Somerset Levels floods 2014				
Climate Change				
Climate Change – evidence				
Natural and human causes of climate change				
Impacts of climate change				
Mitigating and adapting to climate change				
Living World – Ecosystems and Rainforests				
Global Ecosystems – World Biomes differences				
Tropical Rainforests – Amazon – physical geography				
Causes and impacts of deforestation				
How tropical rainforests are managed				
Hot deserts – physical geography				
Case Study of hot desert				
Causes of desertification/Reducing Desertification				
Rivers				
Changes in rivers and their valleys				
Types of erosion/transportation				
River erosion landforms and their formation				
River deposition landforms and their formation				
Causes of flooding				
Hard and soft engineering to stop floods				
Example of flood management				

BTEC Health and Social Care Revision List



You should **RAG** rate each topic and then focus your **Revision 1** around those topics you have identified as **Red** and then move on to **Amber**.

Once you are secure in each of these topics, you can focus your **Revision 2** and **Revision 3** on **all areas** and colour the boxes to highlight your confidence levels. This will help to transfer knowledge into your long-term memory and help you to recall it in your exam.

Topic	RAG	Rev 1	Rev 2	Rev 3
A1 Human growth and development across life stages (booklet 1A)				
Life stages, their key characteristics and PIES development:				
• Infancy				
• Early childhood				
• Adolescence				
• Early adulthood				
• Middle adulthood				
• Later adulthood				
A2 Factors affecting growth and development and their impact (booklet 1A)				
Physical factors				
• Inherited conditions				
• Illness and disease				
• Mental health (anxiety and stress)				
• Cardiovascular disease, obesity, type 2 diabetes,				
• Disabilities				
• Sensory impairment				
Lifestyle factors				
• Nutrition				
• Physical activity				
• Smoking				
• Alcohol				
• Substance misuse				
Emotional factors				
• Fear				
• Anxiety/worry				
• Upset/sadness				
• Grief/bereavement				
• Happiness/contentment				
• Security				
• Attachment				
Social factors				
• Supportive/unsupportive relationships				
• Social inclusion and exclusion				
• Bullying				
• Discrimination				
	RAG	Rev 1	Rev 2	Rev 3
Cultural factors				
• Religion				

<ul style="list-style-type: none"> • Gender roles and expectations • Gender identity • Sexual orientation • Community participation • Race 				
Environmental factors <ul style="list-style-type: none"> • Housing needs, conditions and locations • Home environment - conflict, abuse and neglect • Exposure to pollution – air, noise and light 				
Economic factors <ul style="list-style-type: none"> • Employment situation • Financial resources – income, inheritance, savings 				
B1 The impact of different life events on PIES development (booklet 1B)				
Health and wellbeing <ul style="list-style-type: none"> • Accident/injury • Physical illness • Mental and emotional health and wellbeing 				
Relationship changes <ul style="list-style-type: none"> • Entering a relationship • Marriage, civil partnership, long-term relationships • Divorce, separation for non-married couples • Parenthood • Bereavement 				
Life circumstances <ul style="list-style-type: none"> • Moving house, school or job • Exclusion from education • Redundancy • Imprisonment • Changes to standard of living • Retirement 				
B2 Coping with change caused by life events (booklet 1B)				
The character traits that influence how individuals cope <ul style="list-style-type: none"> • Resilience • Self-esteem • Emotional intelligence • Disposition, e.g positive/ negative attitude 				
The sources of support that can help individuals adapt <ul style="list-style-type: none"> • Family, friends, neighbours, partners • Professional carers and services • Community groups, voluntary and faith organisations • Multi-agency working, e.g. social services, mental health trust, children’s services, justice system • Multidisciplinary working, e.g. health visitor, GP, psychiatric nurse, occupational therapist 				
The types of support that can help individuals <ul style="list-style-type: none"> • Emotional support • Information, advice, endorsed apps • Practical - financial, childcare, transport, domestic 				

GCSE History Revision List



You should **RAG** rate each topic and then focus your **Revision 1** around those topics you have identified as **Red** and then move on to **Amber**.

Once you are secure in each of these topics, you can focus your **Revision 2** and **Revision 3** on **all areas** and colour the boxes to highlight your confidence levels. This will help to transfer knowledge into your long-term memory and help you to recall it in your exam.

Topic	RAG	Rev 1	Rev 2	Rev 3
Britain: Health and the People: c1000 to the present day. Full paper to revise for. 1 hour paper to complete.				
Part one: Medicine stands still content.				
Medieval medicine - beliefs about the cause of illness.				
Ideas of Hippocrates and Galen.				
The contribution of Christianity to medical progress.				
Importance of Islamic medicine.				
Surgery in medieval times.				
Public health in the Middle Ages - towns and monasteries.				
The Black Death – beliefs about its causes and its impact.				
Part two: The beginnings of change content.				
The work of Vesalius, Paré, William Harvey.				
The growth of hospitals; changes to the training and status of surgeons and physicians.				
The work of John Hunter.				
Dealing with disease: traditional and new methods of, treatments. Quack doctors.				
The work of Edward Jenner and vaccination.				
Part three: A revolution in medicine content.				
The development of Germ Theory - the importance of Pasteur and Robert Koch.				
Pasteur and vaccination.				
Paul Ehrlich and magic bullets				
Simpson and chloroform.				
Lister and carbolic acid.				
Public health problems in industrial Britain - cholera epidemics.				
The work of John Snow and cholera.				
The 1848 and 1875 Public Health Acts.				
Part four: Modern medicine content.				
The development of penicillin.				
Antibiotic resistance and alternative treatments.				
The impact of war and technology on surgery.				

Modern surgical methods - lasers, radiation therapy and keyhole surgery.				
Modern public health: the importance of Booth, Rowntree and the Boer War.				
The Liberal social reforms.				
The impact of the two world wars on public health.				
Beveridge Report and the creation of the National Health Service.				
The costs, choices and the issues of healthcare in the 21 st century.				

GCSE History Revision List

You should **RAG** rate each topic and then focus your **Revision 1** around those topics you have identified as **Red** and then move on to **Amber**.

Once you are secure in each of these topics, you can focus your **Revision 2** and **Revision 3** on *all areas* and colour the boxes to highlight your confidence levels. This will help to transfer knowledge into your long-term memory and help you to recall it in your exam.

<u>Topic</u>	<u>RAG</u>	<u>Rev 1</u>	<u>Rev 2</u>	<u>Rev 3</u>
Germany, 1890–1945: Democracy and dictatorship. Full paper to revise for. 1 hour paper to complete.				
Part one: Germany and the growth of democracy content.				
Kaiser Wilhelm's Germany and his autocratic rule.				
Problems faced by Kaiser Wilhelm - the growth of parliamentary government; the influence of Prussian militarism; industrialisation; social reform and the growth of socialism.				
The domestic importance of the Navy Laws.				
Impact of the First World War: war weariness; economic problems; defeat and the end of the monarchy.				
Post-war problems including reparations, the occupation of the Ruhr and hyperinflation.				
Political change and unrest, 1919–1923 - Spartacists, Kapp Putsch and the Munich Putsch.				
Economic recovery during the Stresemann era (1924–1929). Economic developments including the new currency, Dawes Plan and the Young Plan.				
The impact of international agreements during the Stresemann era.				
Weimar culture.				
Part two: Germany and the Depression.				
The impact of the Depression: growth in support for the Nazis and other extremist parties (1928–1932).				
The role of the SA and Hitler's appeal.				
1932 election results. the role of Papen and Hindenburg in Hitler's appointment as Chancellor.				
The establishment of Hitler's dictatorship: the Reichstag Fire; the Enabling Act; elimination of political opposition; trade unions;				

Rohm and the Night of the Long Knives; Hitler becomes Führer.				
Part three: The experiences of Germans under the Nazis content.				
Goebbels and the use of propaganda and censorship.				
Nazi control of culture.				
The police state and the roles of Himmler, the SS and Gestapo.				
Opposition and resistance, including White Rose group, Swing Youth, Edelweiss Pirates and July 1944 bomb plot.				
Nazi policies and impact on women.				
Nazi policies and impact on young people and education.				
Nazi policies and impact on religion and the churches.				
Racial policy and persecution of minorities.				
Racial policy and persecution of the Jewish community.				
The Final Solution.				
Nazi economic policies – benefits and drawbacks.				
Nazi economic policies – public works programmes and rearmament.				
the impact of war on the economy and the German people, including bombing, rationing, labour shortages, refugees.				
Nazi attempts to achieve economic self-sufficiency.				

GCSE Mathematics Revision List



You should **RAG** rate each topic and then focus your **Revision 1** around those topics you have identified as **Red** and then move on to **Amber**.

Once you are secure in each of these topics, you can focus your **Revision 2** and **Revision 3** on *all areas* and colour the boxes to highlight your confidence levels. This will help to transfer knowledge into your long-term memory and help you to recall it in your exam.

Topic	RAG	Rev 1	Rev 2	Rev 3
Basic number and decimals				
Factors and multiples				
Accuracy (inc .rounding, est)				
Indices				
Surds				
Fractions				
Basic Percentages				
Calculating with Percentages				
Ratio				
Algebra				
Equations & Formulae				
Solve quadratics by Factorising				
Sequences				
Properties of Polygons				
Angles				
Pythagoras' theorem				
Representing Data				
Summarising data				
Histograms (H only)				
Circle Theorems (H only)				
Coordinates & linear graphs				
Scatter graphs				
Systematic Listing				
Basic Probability				
Probability Tree Diagrams				
Perimeter and area				
Circumference and area				
Volume				
Bearing and scale drawing				
2D representations of 3D				
Right angled trigonometry				
Non-right angled trigonometry				
Functions				
Algebraic Fractions (H only)				
Inequalities				

GCSE Music Revision List

You should **RAG** rate each topic and then focus your **Revision 1** around those topics you have identified as **Red** and then move on to **Amber**.



Once you are secure in each of these topics, you can focus your **Revision 2** and **Revision 3** on **all areas** and colour the boxes to highlight your confidence levels. This will help to transfer knowledge into your long-term memory and help you to recall it in your exam.

Topic	RAG	Rev 1	Rev 2	Rev 3
Africa				
Melody				
Articulation				
Dynamics				
Texture				
Structure				
Harmony & Tonality				
Instrumentation				
Rhythm & Metre				
Tempo				
Style				
Notes on the Treble Clef				
Aural dictation				
Performing Solo				
Performing Ensemble				
Composing Piece 1				
Composing Piece 2				

GCSE PE Revision List

You should **RAG** rate each topic and then focus your **Revision 1** around those topics you have identified as **Red** and then move on to **Amber**.

Once you are secure in each of these topics, you can focus your **Revision 2** and **Revision 3** on *all areas* and colour the boxes to highlight your confidence levels. This will help to transfer knowledge into your long-term memory and help you to recall it in your exam.



Paper 1- Fitness and Body Systems				
Topic 1: Applied Anatomy and Physiology	RAG	Rev 1	Rev 2	Rev 3
1.1 The structure and Function of the Musculo-skeletal system				
The functions of the skeleton				
Classification of bones e.g. short, long				
Structure e.g. labelling bones				
Classification of joints				
Movements possible at a joint				
The roles of ligaments and tendons				
Classification and characteristics of muscle types				
Location and role of the voluntary muscular system to work with the skeleton to bring about specific movement				
Antagonistic pairs of muscles				
Characteristics of fast and slow twitch muscle fibre types				
How the skeletal and muscular systems work together to allow participation in physical activity and sport				
Topic 3: Physical training				
3.1 The relationship between health and fitness and the role that exercise plays in both				
Definitions of fitness, health, exercise and performance and the relationship between them				
3.2 The components of fitness, benefits for sport and how fitness is measured and improved				
Components of fitness and the relative importance of these components in physical activity and sport				
Fitness tests: the value of fitness testing, the purpose of specific fitness tests, the test protocols, the selection of the appropriate fitness test for components of fitness and the rationale for selection				
Collection and interpretation of data from fitness test results				
Fitness tests for specific components of fitness				
3.3 The principles of training and their application to personal exercise/ training programmes				
Planning training using the principles of training				
Factors to consider when deciding the most appropriate training methods and training intensities for different physical activities and sports				
Methods of training				
3.5 How to optimise training and prevent injury				
The use of a PARQ				
Injury prevention				

	RAG	Rev 1	Rev 2	Rev 3
3.5 How to optimise training and prevent injury				
The use of a PARQ				
Injury prevention				
Injuries that can occur in physical activity and sport				
RICE				
Performance-enhancing drugs (PEDs) and their positive and negative effects on sporting performance and performer				
3.6 Effective use of warm up and cool down				
The purpose and importance of warm-ups and cool downs				
Phases of a warm-up and their significance in preparation for physical activity and sport				
Topic 4: Use of data				
4.1 Use of data				
Develop knowledge and understanding of data analysis in relation to key areas of physical activity and sport				
Demonstrate an understanding of how data is collected in fitness, physical and sport activities – using both qualitative and quantitative methods				
Present data (including tables and graphs)				
Interpret data accurately				
Analyse and evaluate statistical data from their own results and interpret against normative data in physical activity and sport				

Paper 2- Health and Performance				
Topic 1: Health, fitness and well being	RAG	Rev 1	Rev 2	Rev 3
1.1 Physical, emotional, and social health, fitness and wellbeing				
Physical health				
Emotional health				
Social health				
Impact of fitness on well being				
How to promote personal health through a PEP				
Lifestyle choices in relation to: diet, activity level, work/rest/sleep balance, and recreational drugs (alcohol, nicotine)				
Positive and negative impact of lifestyle choices on health, fitness and wellbeing				
1.2 The consequences of a sedentary lifestyle				
A sedentary lifestyle and its consequences				
Interpretation and analysis of graphical representation				
1.3 Energy use, diet, nutrition and hydration				
The nutritional requirements and ratio of nutrients for a balanced diet				
The role and importance of macronutrients				
The role and importance of micronutrients				
The factors affecting optimum weight: sex, height, bone structure and muscle girth				
The variation in optimum weight according to roles in specific physical activities and sports				
The correct energy balance to maintain a healthy weight				

Topic 2: Sports Psychology	RAG	Rev 1	Rev 2	Rev 3
2.1 Classification of skills (basic/ complex, open/closed)				
Classification of a range of sports skills using the open-closed, basic (simple)-complex, and low organisation-high organisation continua				
Practice structures: massed, distributed, fixed and variable				
Application of knowledge of practice and skill classification to select the most relevant practice to develop a range of skills				
2.2 The use of goal setting and SMART targets to improve and/or optimise performance				
The use of goal setting to improve and/or optimise performance				
Principles of SMART targets				
Setting and reviewing targets to improve and/or optimise performance				
2.3 Guidance and feedback on performance				
Types of guidance to optimise performance: visual, verbal, manual and mechanical				
Advantages and disadvantages of each type of guidance				
Types of feedback to optimise performance: intrinsic, extrinsic, concurrent, terminal				
2.4 Mental preparation for performance				
Topic 4: Use of data				
4.1 Use of data				
Develop knowledge and understanding of data analysis in relation to key areas of physical activity and sport				
Demonstrate an understanding of how data is collected in fitness, physical and sport activities – using both qualitative and quantitative methods				
Present data (including tables and graphs)				
Interpret data accurately				
Analyse and evaluate statistical data from their own results and interpret against normative data in physical activity and sport				

GCSE Physics Combined science Revision List Paper 1

You should **RAG** rate each topic and then focus your **Revision 1** around those topics you have identified as **Red** and then move on to **Amber**.

Once you are secure in each of these topics, you can focus your **Revision 2** and **Revision 3** on **all areas** and colour the boxes to highlight your confidence levels. This will help to transfer knowledge into your long-term memory and help you to recall it in your exam.



Topic	RAG	Rev 1	Rev 2	Rev 3
Energy Stores in a System				
Work Done (equation)				
Gravitational potential energy (equation)				
Kinetic energy (equation)				
Specific heat capacity (equation)				
Specific heat capacity (required practical)				
Heating and insulating buildings				
Power (equation)				
Efficiency (equation)				
Energy Resources				
Circuit diagrams and symbols				
Electrical charge and current (equation)				
Potential difference (equation)				
Current, potential difference and resistance (equation)				
Resistance in a wire (required practical)				
Component characteristics (required practical)				
Series circuits (resistance in series equation)				
Parallel circuits				
Alternating and direct current				
Mains electricity				
Electrical power (equation)				
Energy transfers in appliances				
The National Grid				
Density (required practical)				
States of matter				
Changes of state				
Internal energy				
Specific Latent heat (equation)				
Gas pressure and temperature				
Structure of the atom				
Mass number, atomic number and isotopes				
Discovery of the nucleus				
Alpha, beta and gamma				
Nuclear equations				
Activity and half-life				
Irradiation and contamination				
Background radiation				
Uses of nuclear radiation				

GCSE Physics Combined Science Revision List Paper 2



You should **RAG** rate each topic and then focus your **Revision 1** around those topics you have identified as **Red** and then move on to **Amber**.

Once you are secure in each of these topics, you can focus your **Revision 2** and **Revision 3** on **all areas** and colour the boxes to highlight your confidence levels. This will help to transfer knowledge into your long-term memory and help you to recall it in your exam.

Topic	RAG	Rev 1	Rev 2	Rev 3
Scalar and Vector quantities				
Contact and non-contact forces				
Newtons third law/ Forces between objects				
Resultant forces				
Newtons first law				
Centre of mass				
Parallelogram of forces Higher tier				
Resolution of forces Higher tier				
Speed (equation)				
Distance-time graphs				
Velocity and acceleration (equation)				
Uniform acceleration equation Higher tier				
Velocity time graphs				
Newtons second law/ Force and acceleration (equation)				
Weight (equation)				
Terminal velocity				
Forces and braking				
Momentum (equation) Higher Tier				
Forces and elasticity (equation)				
Forces and elasticity (required practical)				
Transverse and longitudinal waves				
Properties of waves				
Wave speed (equation)				
Ripple tank and wave on a sting (required practical)				
Reflection and refraction Higher tier				
Electromagnetic (EM) spectrum				
Properties and uses of each part of the EM spectrum				
Poles of a magnet				
Magnetic field				
Magnetic field of electric current				
Electromagnets				
The motor effect (equation) Higher tier				
Flemmings left hand rule Higher tier				

GCSE RE Revision List

You should **RAG** rate each topic and then focus your **Revision 1** around those topics you have identified as **Red** and then move on to **Amber**.

Once you are secure in each of these topics, you can focus your **Revision 2** and **Revision 3** on **all areas** and colour the boxes to highlight your confidence levels. This will help to transfer knowledge into your long-term memory and help you to recall it in your exam.



Topic	RAG	Rev 1	Rev 2	Rev 3
Paper 1: Foundational Catholic Theology (90 minutes, 60% of mock exam grade)				
Topic 1: Origins and Meanings				
Creation				
Sanctity of Life				
The Bible				
Painting				
Symbolism				
Loving and serving in Catholic communities in Britain and elsewhere				
Topic 2: Good and Evil				
The problem of evil and suffering				
Trinity				
Incarnation				
Jesus and moral authority				
Sculpture and statuary				
Popular devotion in Catholic communities in Britain and elsewhere.				
Paper 2: Judaism (60 minutes, 40% of overall grade)				
Judaism Beliefs and Teachings				
The nature of God				
Covenant				
Messiah				
Life on earth				
The afterlife				
Judaism Practices				
Worship: Practices in Britain and elsewhere				
The Synagogue				
Rituals				
Daily life				
Festivals: Practices in Britain and elsewhere				

GCSE Spanish Revision List

You should **RAG** rate each topic and then focus your **Revision 1** around those topics you have identified as **Red** and then move on to **Amber**.

Once you are secure in each of these topics, you can focus your **Revision 2** and **Revision 3** on **all areas** and colour the boxes to highlight your confidence levels. This will help to transfer knowledge into your long-term memory and help you to recall it in your exam.



Topic	RAG	Rev 1	Rev 2	Rev 3
1. Holidays (holiday destinations & describing holidays in detail)				
2. School (facilities, subjects, teachers, uniform, rules, clubs – primary school)				
3. Relationships & role models – describing people (physically and personality)				
4. Free time (hobbies, sports, TV, films - role models)				
5. Hometown (describing home city including pros/cons and describing ideal city) & shopping				
6. Special occasions (Christmas, birthdays, end of exams celebrations – food)				
7. Post-16 education (future plans) and the world of work (work experience and ideal future job)				
8. Global & social issues (including environmental issues, natural disasters, and health issues)				
Skills				
Grammar - Present Tense (simple and continuous)				
Grammar - Past tense (preterite & imperfect)				
Grammar - Future tense (future and conditional)				
Grammar – Accuracy (spelling, agreements)				
Grammar - complex vocabulary (Higher)				
Speaking - Role play				
Speaking - Photo Card				
Speaking – General Conversation				
Speaking - Pronunciation				
Speaking – Asking questions				
Writing - 90-word tasks				
Writing - 150-word tasks (Higher)				
Translation into English				
Translation into Spanish				