



NOTTINGHAM
FREE SCHOOL

Year 11

The Final Countdown

Planning your time between now and your exams!

“You can't go back and change the beginning, but you can start where you are and change the ending.”

— C.S. Lewis

I'm not telling you it's going to be easy - I'm telling you it's going to be worth it.

- Art Williams

Name: _____

Tutor Group: _____

What is your incentive?

CHOICE

Student A

Predicted at least four Grade 3's
(Including English and maths at 3+)

Student B

Predicted at least five Grade 4's
(Including English and maths at 4+)

Student C

Predicted at least 5 Grades 5-9
(Including English and maths at 4+)

Level 1
VOCATIONALS

Level 2
APPRENTICESHIP

Level 2
VOCATIONALS

Level 3
VOCATIONALS

Level 3
APPRENTICESHIP

A'LEVELS

ALL YOU NEED TO KNOW: Year 11 Exams 9th May to 19th June 2024

Key Times on Exam Days

Bags in lockers prior to all exams

MORNING EXAMS

- **8.00AM** Be in school - Toast in canteen ☺
- **8.20AM** Warm-Up Session (students are registered)
- **8.50AM** Go to the dining room if you are in the main hall, or line up outside your designated classroom
- **9.00AM** Start exam
- Return to lessons after exams

AFTERNOON EXAMS

- **12.05PM** Lunch
- **12.35PM** Warm-Up Session (students are registered)
- **13.05PM** Go to the dining room if you are in the main hall, or line up outside your designated classroom
- **13.15PM** Start exam
- Return to lessons after exams

Boosters & Warm-Up Sessions (compulsory)

What happens during a Booster Session?

- Booster sessions *happen the day before an exam* at 2.45 or 3.45pm
- Teachers will revise essential knowledge and skills or practise exam questions

What happens in a Warm-Up Session?

- Registers are taken (missing students will be contacted by the office)
- Equipment checks
- Knowledge recall activities
- Reminders of essential details of the exam
- Confidence boosting!

On the day of an exam

What if you are ill?

- Phone the school as early as possible
- Say what your symptoms are
- Say which exam you have
- Mrs Farnie or Mrs Partlett will call you back to advise you what to do next

What if you are running late?

- Phone the school as early as possible
- Say your estimated time of arrival
- Say which exam you have
- Mrs Farnie or Mrs Partlett will call you back if necessary

No formal 'Exam Leave'

- Year 11 students must attend school and all lessons as normal during the exam season, unless told otherwise by Mrs Farnie.
- Some lessons may be moved around, to allow teachers to see you before exams, this information will be shared closer to the time.

Key dates

- Thursday 9th May - GCSE exams start
- Wednesday 19th June - GCSE exams finish
- Friday 21st June - Year 11 Leavers Day
- Thursday 11th July - Year 11 Prom
- Thursday 22nd August - GCSE Results Day

Healthy Revision

- Start now! Don't delay!!
- Small chunks: 40-minute sessions per subject, then take a small break.
- Use revision lists from your subject teachers.
- Revise topics you are weak on, not the things you know.
- Make notes brief – don't copy long paragraphs.
 - Index/flash Cards
 - Trigger words
 - Colour coding
 - Visual cues or mind-maps
 - Put these revision aids up around the house
- Knowledge recall: use self-tests, quizzes, teach someone else or have someone test you.
- Application: complete practice past questions/papers.
- Always get a good night's sleep, never revise late into the evening.
- Attend all boosters and warm ups!

DOs and DON'Ts

- **Do be on time** and have placed your bag your locker.
- **Do leave valuables at home!** You will not be allowed to take your coat and bag with you to your exam desk.
- **Do eat before your exam!** No food is allowed in the exam venue.
- **Do have a clear pencil case!** No labels or non-clear.
- **Don't have phones, smart watches or watches on your person!** Leave at home or in your bag.
- **Don't communicate inside the exam room!** Hands up to get an invigilator's attention
- **Don't have labels on water bottles!** Clear bottles only.

What equipment do I need?

- **Black pens** are essential for all exams
- Pencil & sharpener
- Ruler
- Eraser
- Calculator (no case)
- Protractor
- Clear pencil cases only!

All equipment can be purchased from BASE.

Exam Timetable

Week 1: 9th -10th May

Day	9am	1:15pm
Thursday	Religious Studies Paper 1 - 1hrs 45mins	
Friday	Biology Paper 1 - Combined 1hr 15mins - Triple 1hr 45mins	

Week 2: 13th – 17th May

Day	9am	1:15pm
Monday	English Literature Paper 1 - 1hr 45mins	
Tuesday		Business Paper 1 – 1hr 45mins
Wednesday	History Paper 1 A & B - 2hrs	Computer Science Computer systems - 1hr 30mins
Thursday	Maths 1hr 30mins - Higher Non-calculator - Foundation Calculator	Religious Studies Paper 2 - 1hr 45mins
Friday	Chemistry Paper 1 - Combined 1hr 15mins - Triple 1hr 45mins	Geography Paper 1 - 1hr 30mins

Week 3: 20th – 24th May

Day	9am	1:15pm
Monday	English Literature Paper 2 - 2hr 15mins	
Tuesday		Computer Science Computational thinking, algorithms and programming – 1hr 30mins
Wednesday	Physics Paper 1 - Combined 1hr15mins - Triple 1hr45mins	PE Physical factors affecting performance - 1hr
Thursday	English Language Paper 1 - 1h45m	
Friday		

Exam Timetable

Week 4: 3rd – 7th June

Day	9am	1:15pm
Monday	Maths 1hr 30mins - Higher Calculator - Foundation Non-calculator	PE Socio-cultural issues & sports psychology - 1hr
Tuesday	Spanish Listening Foundation - 35mins Higher - 45mins Spanish Reading Foundation – 45mins Higher - 1hr	History Paper 2 A and B - 2hr
Wednesday	Geography Paper 2 - 1hr 30mins	Business Paper 2 - 1hr 45mins
Thursday	English Language Paper 2 - 1hr 45mins	
Friday		Biology Paper 2 - Combined 1hr 15mins - Triple 1hr 45mins

Week 5: 10th – 14th June

Day	9am	1:15pm
Monday	Maths 1hr 30mins - Higher Calculator - Foundation Calculator	Spanish Writing Foundation - 1hr 15mins Higher - 1hr 20mins Creative iMedia R093 1hr 30mins
Tuesday	Chemistry Paper 2 - Combined 1hr 15mins - Triple 1hr 45mins	Further Maths Paper 1 1hr 45mins
Friday	Geography Paper 3 - 1hr 30mins	Physics Paper 2 - Combined 1hr 15mins - Triple 1hr 45mins

Week 6: 17th – 19th June

Day	9am	1:15pm
Tuesday	Design and Technology 2hrs	
Wednesday	Food Prep & Nutrition 1hr 45mins Further Maths Paper 2 1hr 45mins	



Top Revision Tips

Tip one: Use your time wisely. Do not procrastinate. If you have not started to revise already then today is the day.



Tip two: When revising be strong and resist all social media. Time can melt away when your phone is in your hand.

MR. QUIET

By Mr. Jay Langman



Tip three: Do not revise in front of the television. Create a calm and quiet environment.



Tip four: Ask your family and friends to support you by giving you time without disruption to revise.



Tip five: Revise for no more than 45 minutes at any one time. The brain starts to get tired and struggles to take in information after this length of time.

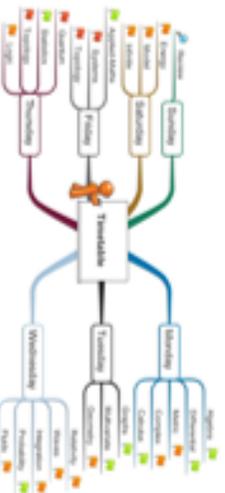


Tip six: In an hours revision slot you should take a 15 minute break. Make sure you keep track of time and don't let your breaks stretch beyond this.

Tip seven: Create a revision timetable. Share this with your friends and family so they know this is time when you do not want to be disturbed.



Tip eight: Be specific on your revision timetable. For example – do not put simply 'Biology' instead name the topics you intend to cover in that revision slot – 'aerobic and anaerobic respiration'.



FLASH CARDS

Flashcards allow you to improve your memory.

Most of us are able to store only four to seven different items in our short term memory at any one time – you must move information to the long term memory.

By routinely recapping information, you stand a greater chance of committing it to your long term memory.

Top tips for mind maps:

Adding **pictures** to your cards can make them a lot more memorable.

It is a fact that people tend to find pictures more memorable than text.

Only add **one question/term** and answer/definition to each flashcard.



**1 CARD,
1 QUESTION.**



Write in **bright colours**. Colours are your friend, feel free to colour code particular information.

For example, if you are studying for a History vocab test, you might write the definition on one side of the card and then on the other, you could write the definition in black and then the historical example in a different colour. Get creative.

Keep your **handwriting clear**. This will make it easier to read the flashcards back.



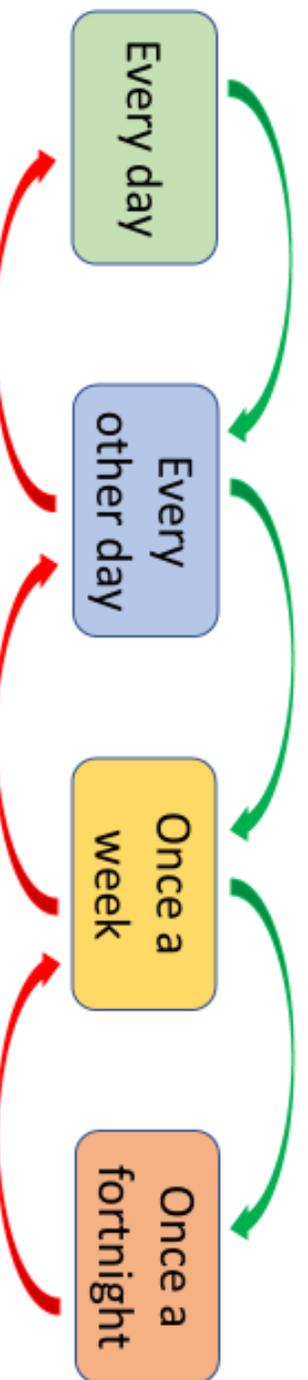
FLASH CARDS: The Leitner System

Start by folding 4 A5 pieces of paper in half and writing on each one as shown below (alternatively you could use envelopes if you have them).

Place all of your flashcards on the 'every day' folded piece of paper/envelope.

You then need to test yourself on all of the flashcards.

The cards that you get correct can be moved to the every other day envelope/piece of paper. The ones that you did not get correct should be moved to back to the 'every day' folded piece of paper/envelope.

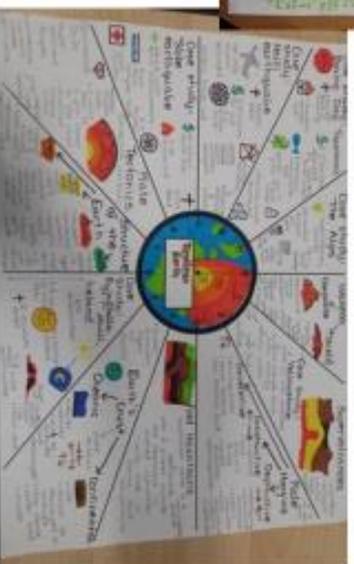


CLOCK LEARNING

Clock learning allows you to break a large unit or topic down into smaller sections of information to learn.

By breaking a large topic down in to bite size chunks to learn you will be able to memorise and recall the information easier.

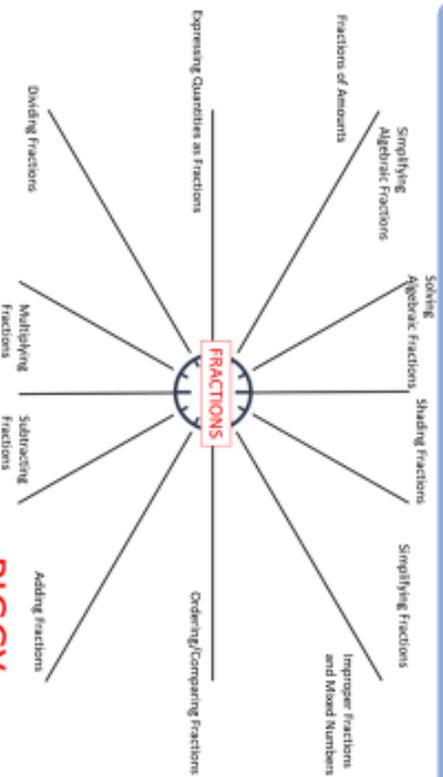
Good example of clock learning:



Top tips for mind maps:

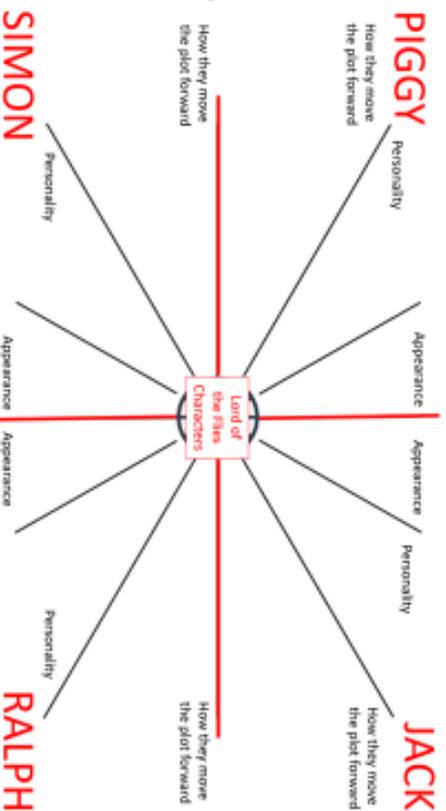
- Pre plan how to break down your topic into 12 separate sections or groups of repeated sections.
- Add colour, and where you can, sketches and drawings to help you remember – this is really important as colour and diagrams help you remember.
- Revise each hour of the clock for 5 minutes.
- Turn it over and try to write out as much information as you can.

Different layouts for clock learning:



Example of a topic broken down into 12 different sections

Complete an example in each section, showing full working out



Example of a topic broken down into 3 repeated sections

Write brief notes in each section on how the characters are for each subheading.

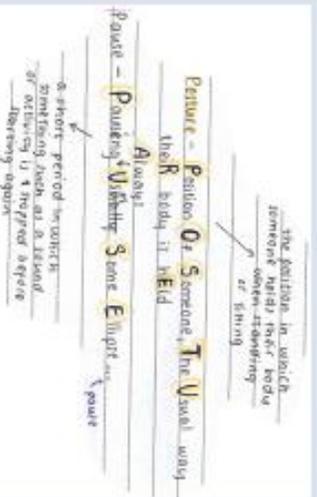
Mnemonics

A mnemonic is a learning technique used to organise and retain information.

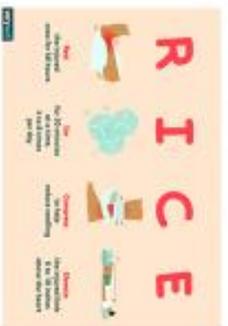
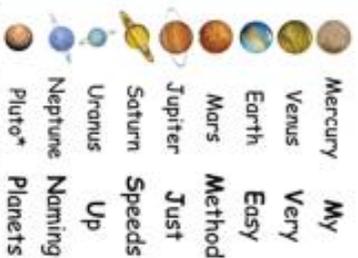
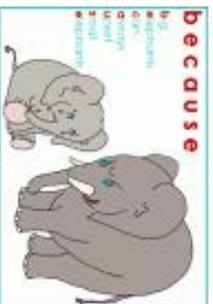
It is a system such as a pattern of letters, ideas or associations.

They can come in the form of rhymes, poems, acronyms, images, songs, outlines and much more.

Mnemonics make recall easy.

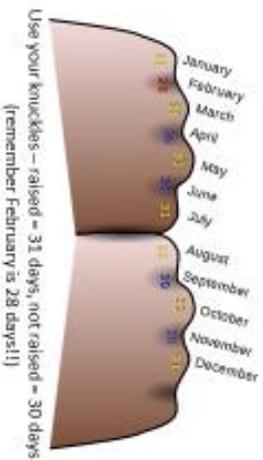


Examples of Mnemonics:



BIDMAS
 $IX^Y \div X \pm$
B-BRACKETS
I-INDICES
D-DIVISION
M-MULTIPLICATION
A-ADDITION
S-SUBTRACTION

D	Dynamics
R	Rhythm
S	Structure
M	Melody
I	Instrumentation
T	Texture Tonality Tempo
H	Harmony



CHUNKING

Take large amounts of information and break it down into manageable chunks to remember.

Research shows you can only remember about 3 to 4 chunks of information about something.

Ungrouped	Randomly grouped	Rationally grouped
Bread Parsley Milk Pasta Carrots Tomatoes Cream Beets Butter Flour	Bread Parsley Milk Pasta Carrots Tomatoes Cream Beets Butter Flour	Milk Cream Butter Parsley Carrots Tomatoes Beets Bread Pasta Flour

Copy out these lists multiple times until you can do this without looking.

Example of use of chunking:

All Elements	Physiologically	In Groups
Dynamics	Dynamics	Dynamics
Rhythm	Harmony	Harmony
Structure	Instrumentation	Instrumentation
Melody	Melody	Melody
Instrumentation	Rhythm	Rhythm
Tempo	Structure	Structure
Tonality	Tempo	Tempo
Texture	Tonality	Tonality
Harmony	Texture	Texture

Fracture chunking:

Dynamics	Dynamics
Harmony	Harmony
Instrumentation	Instrumentation
Melody	Melody
Rhythm	Rhythm
Structure	Structure
Tempo	Tempo
Tonality	Tonality

WORK
HARD
BE KIND



Re Vision



WORK
HARD
BE KIND

to look
again
through
'new' eyes

Notes

Make new notes, Read your own notes, Highlight, Post it notes

Memorise



Blogs

BBC
Bitesize,
Google it

Books

Revision guides,
Textbooks

Video

S YouTube,
Mathswatch

Who?

With your parents/carers, With Teachers, With your friends, On your own

Where?

Dining table,
School, Library,
Bedroom

Organise

When?

How often,
Revision timetable,
How long,
After school

What?

Don't you know,
Targets to improve,
Which topics

Practice

Past Papers,
Exam style questions

Practice

Re-do classwork,
Complete worksheets

Utilse



Practice

Use a mark scheme to check,
Mark your friends work

Re-write

Use your own words,
make new notes

Synthesise

Re-think

Describe it differently, Do it in more than one way, What do you know?

Re-arrange

Make links,
Pictures,
Concept Maps

Create

Flashcards,
Quiz a friend,
Colour it,
Write your own questions



My Subject Focus

Use this space to record topics you need to revise. This can be topics you have covered in class but you would like to spend more time on, specific topics your teacher has told you to focus on, because you have directly asked a teacher for your main target areas. Highlight and code them, tick them off when you are confident.

English Language

English Literature

My Subject Focus

Use this space to record topics you need to revise. This can be topics you have covered in class but you would like to spend more time on, specific topics your teacher has told you to focus on, because you have directly asked a teacher for your main target areas. Highlight and code them, tick them off when you are confident.

Maths

Biology

My Subject Focus

Use this space to record topics you need to revise. This can be topics you have covered in class but you would like to spend more time on, specific topics your teacher has told you to focus on, because you have directly asked a teacher for your main target areas. Highlight and code them, tick them off when you are confident.

Chemistry

Physics

My Subject Focus

Use this space to record topics you need to revise. This can be topics you have covered in class but you would like to spend more time on, specific topics your teacher has told you to focus on, because you have directly asked a teacher for your main target areas. Highlight and code them, tick them off when you are confident.

Option A: _____

Option B: _____

My Subject Focus

Use this space to record topics you need to revise. This can be topics you have covered in class but you would like to spend more time on, specific topics your teacher has told you to focus on, because you have directly asked a teacher for your main target areas. Highlight and code them, tick them off when you are confident.

Option C: _____

Option D: _____

Recommended Websites

As a school we subscribe to, or recommend, a number of online platforms to **support** your revision.
Add any others teachers recommend to this space below.

All Subjects

- **GCSE Pod** www.gcsepod.com
Students should use their normal school log in (Office 365 log in)
- **Seneca** senecalearning.com
Teachers will give students class codes to access specific content
- **Save my Exams GCSE** www.savemyexams.com
- **BBC Bitesize** bbc.co.uk/bitesize/levels/z98jmp3

English and Maths

English

- Mr Bruff (MrBruff.com and You Tube Channel)
- Mr Everything English (You Tube Channel)
- Physics and Maths Tutor (www.physicsandmathstutor.com)
Misleading title, but very good for English Revision.

Maths

- Corbet Maths (CorbettMaths.com and You Tube Channel)
- Dr Frost Maths (DrFrost.org and You Tube Channel)
- Maths Genie (mathsgenie.co.uk)
- Maths Buster (cgpbooks.co.uk students have a log in)
- Eedi (eedi.co.uk students have a log in)

Subject Specific

History

- @understand.history (You Tube Channel)

Geography

- Time for Geography (timeforgeography.co.uk)
- Internet Geography (www.internetgeography.net/aqa-gcse-geography)
- Tutor 2 U (www.tutor2u.net/geography/live/archive?level=gcse)

Business

- @bizconsesh (You Tube Channel)

Food

- Food a Facto of Life (www.foodafactoflife.org.uk/14-16-years/)

DT

- Technology Student (technologystudent.com/index.htm)

School Week: 18th March

During a school week aim for the 3,2,1 revision timetable:

3 days a week do 3 tasks, 2 days a week do 2 tasks, 1 day a week do 1 task and then have 1 day off!

	Date: Monday	Date: Tuesday	Date: Wednesday	Date: Thursday	Date: Friday	Date: Saturday	Date: Sunday
Task 1 40 mins							
Break 10 mins							
Task 2 40 mins							
Break 10 mins							
Task 3 40 mins							

Stick to short revision sessions, take breaks, and switch up what and how you study to keep things interesting.

Studying for hours and hours will only make you tired and ruin your concentration. A break every 40 minutes is about right.

School Week: 25th March

During a school week aim for the 3,2,1 revision timetable:

3 days a week do 3 tasks, 2 days a week do 2 tasks, 1 day a week do 1 task and then have 1 day off!

	Date: Monday	Date: Tuesday	Date: Wednesday	Date: Thursday	Date: Friday	Date: Saturday	Date: Sunday
Task 1 40 mins							
Break 10 mins							
Task 2 40 mins							
Break 10 mins							
Task 3 40 mins							

Stick to short revision sessions, take breaks, and switch up what and how you study to keep things interesting.

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Easter Holidays: Week 1

	Date: Monday	Date: Tuesday	Date: Wednesday	Date: Thursday	Date: Friday	Date: Saturday	Date: Sunday
Task 1 40 mins							
Break 10 mins							
Task 2 40 mins							
Break 10 mins							
Task 3 40 mins							
Break 10 mins							
Task 4 40 mins							
Break 10 mins							
Task 5 40 mins							

Stick to short revision sessions, take breaks, and switch up what and how you study to keep things interesting.

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Easter Holidays: Week 2

	Date: Monday	Date: Tuesday	Date: Wednesday	Date: Thursday	Date: Friday	Date: Saturday	Date: Sunday
Task 1 40 mins							
Break 10 mins							
Task 2 40 mins							
Break 10 mins							
Task 3 40 mins							
Break 10 mins							
Task 4 40 mins							
Break 10 mins							
Task 5 40 mins							

Stick to short revision sessions, take breaks, and switch up what and how you study to keep things interesting.

Studying for hours and hours will only make you tired and ruin your concentration. A break every 40 minutes is about right.

School Week: 15th April

During a school week aim for the 3,2,1 revision timetable:

3 days a week do 3 tasks, 2 days a week do 2 tasks, 1 day a week do 1 task and then have 1 day off!

	Date: Monday	Date: Tuesday	Date: Wednesday	Date: Thursday	Date: Friday	Date: Saturday	Date: Sunday
Task 1 40 mins							
Break 10 mins							
Task 2 40 mins							
Break 10 mins							
Task 3 40 mins							

Stick to short revision sessions, take breaks, and switch up what and how you study to keep things interesting.

Studying for hours and hours will only make you tired and ruin your concentration. A break every 40 minutes is about right.

School Week: 22nd April

During a school week aim for the 3,2,1 revision timetable:

3 days a week do 3 tasks, 2 days a week do 2 tasks, 1 day a week do 1 task and then have 1 day off!

	Date: Monday	Date: Tuesday	Date: Wednesday	Date: Thursday	Date: Friday	Date: Saturday	Date: Sunday
Task 1 40 mins							
Break 10 mins							
Task 2 40 mins							
Break 10 mins							
Task 3 40 mins							

Stick to short revision sessions, take breaks, and switch up what and how you study to keep things interesting.

Studying for hours and hours will only make you tired and ruin your concentration. A break every 40 minutes is about right.

School Week: 29th April

During a school week aim for the 3,2,1 revision timetable:

3 days a week do 3 tasks, 2 days a week do 2 tasks, 1 day a week do 1 task and then have 1 day off!

	Date: Monday	Date: Tuesday	Date: Wednesday	Date: Thursday	Date: Friday	Date: Saturday	Date: Sunday
Task 1 40 mins							
Break 10 mins							
Task 2 40 mins							
Break 10 mins							
Task 3 40 mins							

Stick to short revision sessions, take breaks, and switch up what and how you study to keep things interesting.

Studying for hours and hours will only make you tired and ruin your concentration. A break every 40 minutes is about right.

School Week: 6th May

	Date: Monday	Date: Tuesday	Date: Wednesday	Date: Thursday	Date: Friday	Date: Saturday	Date: Sunday
EXAMS TODAY				9am Religious Studies 1:15pm Italian Urdu	9am Biology 1:15pm German		
Task 1 40 mins							
Break 10 mins							
Task 2 40 mins							
Break 10 mins							
Task 3 40 mins							

Stick to short revision sessions, take breaks, and switch up what and how you study to keep things interesting.

Studying for hours and hours will only make you tired and ruin your concentration. A break every 40 minutes is about right.

School Week: 13th May

	Date: Monday	Date: Tuesday	Date: Wednesday	Date: Thursday	Date: Friday	Date: Saturday	Date: Sunday
EXAMS TODAY	9am English Literature 1:15pm Turkish	1:15pm Business Chinese	9am History 1:15pm Computer Science Arabic	9am Maths 1:15pm Religious Studies	9am Chemistry 1:15pm Geography		
Task 1 40 mins							
Break 10 mins							
Task 2 40 mins							
Break 10 mins							
Task 3 40 mins							

Stick to short revision sessions, take breaks, and switch up what and how you study to keep things interesting.

Studying for hours and hours will only make you tired and ruin your concentration. A break every 40 minutes is about right.

School Week: 20th May

	Date: Monday	Date: Tuesday	Date: Wednesday	Date: Thursday	Date: Friday	Date: Saturday	Date: Sunday
EXAMS TODAY	9am English Literature 1:15pm Turkish Italian	9am German 1:15pm Computer Science Urdu	9am Physics 1:15pm PE Chinese	9am English Language 1:15pm Arabic			
Task 1 40 mins							
Break 10 mins							
Task 2 40 mins							
Break 10 mins							
Task 3 40 mins							

Stick to short revision sessions, take breaks, and switch up what and how you study to keep things interesting.

Studying for hours and hours will only make you tired and ruin your concentration. A break every 40 minutes is about right.

HALF TERM

	Date: Monday	Date: Tuesday	Date: Wednesday	Date: Thursday	Date: Friday	Date: Saturday	Date: Sunday
Task 1 40 mins							
Break 10 mins							
Task 2 40 mins							
Break 10 mins							
Task 3 40 mins							
Break 10 mins							
Task 4 40 mins							
Break 10 mins							
Task 5 40 mins							

Stick to short revision sessions, take breaks, and switch up what and how you study to keep things interesting.

Studying for hours and hours will only make you tired and ruin your concentration. A break every 40 minutes is about right.

School Week: 3rd June

	Date: Monday	Date: Tuesday	Date: Wednesday	Date: Thursday	Date: Friday	Date: Saturday	Date: Sunday
EXAMS TODAY	9am Maths 1:15pm PE	9am Spanish 1:15pm History	9am Geography 1:15pm Business	9am English Language	1:15pm Biology		
Task 1 40 mins							
Break 10 mins							
Task 2 40 mins							
Break 10 mins							
Task 3 40 mins							

Stick to short revision sessions, take breaks, and switch up what and how you study to keep things interesting.

Studying for hours and hours will only make you tired and ruin your concentration. A break every 40 minutes is about right.

School Week: 10th June

	Date: Monday	Date: Tuesday	Date: Wednesday	Date: Thursday	Date: Friday	Date: Saturday	Date: Sunday
EXAMS TODAY	9am Maths 1:15pm Spanish iMedia	9am Chemistry 1:15pm Further Maths	9am Japanese 1:15pm Punjabi Polish		9am Geography 1:15pm Physics		
Task 1 40 mins							
Break 10 mins							
Task 2 40 mins							
Break 10 mins							
Task 3 40 mins							

Stick to short revision sessions, take breaks, and switch up what and how you study to keep things interesting.

Studying for hours and hours will only make you tired and ruin your concentration. A break every 40 minutes is about right.

School Week: 17th June

	Date: Monday	Date: Tuesday	Date: Wednesday	Date: Thursday	Date: Friday	Date: Saturday	Date: Sunday
EXAMS TODAY	9am Russian	9am DT 1:15pm Punjabi Polish	9am Food Further Maths Japanese				
Task 1 40 mins							
Break 10 mins							
Task 2 40 mins							
Break 10 mins							
Task 3 40 mins							

Stick to short revision sessions, take breaks, and switch up what and how you study to keep things interesting.

Studying for hours and hours will only make you tired and ruin your concentration. A break every 40 minutes is about right.

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