



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+)

Level 1  
VOCATIONALS

## Student B

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

Level 2  
APPRENTICESHIP

Level 2  
VOCATIONALS

## Student C

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

Level 3  
VOCATIONALS

Level 3  
APPRENTICESHIP

A'LEVELS

# ALL YOU NEED TO KNOW: Year 11 Mock Exams 15<sup>th</sup> May to 22<sup>nd</sup> June

<p><b><u>Key Times on Exam Days</u></b></p> <p><b><u>MORNING EXAMS</u></b></p> <ul style="list-style-type: none"> <li>• <b>8.00AM</b> Be in school - Toast in canteen 😊</li> <li>• <b>8.20AM</b> Warm-Up Session (students are registered)</li> <li>• <b>8.50AM</b> Go to the dining room if you are in the main hall, or line up outside your designated classroom</li> <li>• <b>9.00AM</b> Start exam</li> <li>• Return to lessons after exams</li> </ul> <p><b><u>AFTERNOON EXAMS – Move 15mins</u></b></p> <ul style="list-style-type: none"> <li>• <b>12.15PM</b> Lunch</li> <li>• <b>12.35PM</b> Warm-Up Session (registered)</li> <li>• <b>13:05PM</b> Go to the dining room if you are in the main hall, or line up outside your designated classroom</li> <li>• <b>1.15PM</b> Start exam</li> <li>• Return to lessons after exams</li> </ul>	<p><b><u>Boosters &amp; Warm-Up Sessions (compulsory)</u></b></p> <p><b><u>What happens during a Booster Session?</u></b></p> <ul style="list-style-type: none"> <li>• Booster sessions <i>happen the day before an exam</i> at 3.30pm</li> <li>• Teachers will revise essential knowledge and skills or practise exam questions</li> </ul> <p><b><u>What happens in a Warm-Up Session?</u></b></p> <ul style="list-style-type: none"> <li>• Registers are taken (missing students will be contacted by the office)</li> <li>• Equipment checks</li> <li>• Knowledge recall activities</li> <li>• Reminders of essential details of the exam</li> <li>• Confidence boosting!</li> </ul>	<p><b><u>On the day of an exam</u></b></p> <p><b><u>What if you are ill?</u></b></p> <ul style="list-style-type: none"> <li>• Phone the school as early as possible</li> <li>• Say what your symptoms are</li> <li>• Say which exam you have</li> <li>• Mrs Farnie or Mrs Partlett will call you back to advise you what to do next</li> </ul> <p><b><u>What if you are running late?</u></b></p> <ul style="list-style-type: none"> <li>• Phone the school as early as possible</li> <li>• Say your estimated time of arrival</li> <li>• Say which exam you have</li> <li>• Mrs Farnie or Mrs Partlett will call you back if necessary</li> </ul>
<p><b><u>No formal ‘Exam Leave’</u></b></p> <ul style="list-style-type: none"> <li>• Year 11 students must attend school and all lessons as normal during the exam season, unless told otherwise by Mrs Farnie.</li> <li>• Some lessons may be moved around, to allow teachers to see you before exams, this information will be shared closer to the time.</li> </ul>	<p><b><u>Key dates</u></b></p> <ul style="list-style-type: none"> <li>• Monday 15<sup>th</sup> May - GCSE exams start</li> <li>• Wednesday 21<sup>st</sup> June - GCSE exams finish</li> <li>• Friday 23<sup>rd</sup> June - Year 11 Leavers Day</li> <li>• Thursday 13<sup>th</sup> July - Year 11 Prom (Goosedale)</li> <li>• Thu 25 August - GCSE Results Day</li> </ul>	<p><b><u>Healthy Revision</u></b></p> <ul style="list-style-type: none"> <li>• Start now! Don’t delay!!</li> <li>• Small chunks: 40-minute sessions per subject, then take a small break.</li> <li>• Use revision lists from your subject teachers.</li> <li>• Revise topics you are weak on, not the things you know.</li> <li>• Make notes brief – don’t copy long paragraphs.             <ul style="list-style-type: none"> <li>• Index/flash Cards</li> <li>• Trigger words</li> <li>• Colour coding</li> <li>• Visual cues or mind-maps</li> <li>• Put these revision aids up around the house</li> </ul> </li> <li>• Knowledge recall: use self-tests, quizzes, teach someone else or have someone test you.</li> <li>• Application: complete practice past questions/papers.</li> <li>• Always get a good night’s sleep, never revise late into the evening.</li> </ul>
<p><b><u>DOs and DON’Ts</u></b></p> <ul style="list-style-type: none"> <li>• <b>Do be on time!</b></li> <li>• <b>Do leave valuables at home!</b> You will not be allowed to take your coat and bag with you to your exam desk.</li> <li>• <b>Do eat before your exam!</b> No food is allowed in the exam venue.</li> <li>• <b>Do have a clear pencil case!</b> No labels or non-clear.</li> <li>• <b>Don’t have phones, smart watches or watches on your person!</b> Leave at home or in your bag.</li> <li>• <b>Don’t communicate inside the exam room!</b> Hands up to get an invigilator’s attention <b>Don’t have labels on water bottles!</b> Clear bottles only.</li> </ul>	<p><b><u>What equipment do I need?</u></b></p> <ul style="list-style-type: none"> <li>• Black pens are essential for all exams</li> <li>• Pencil &amp; sharpener</li> <li>• Ruler</li> <li>• Eraser</li> <li>• <i>Calculator (no case)</i></li> <li>• Mathematical equipment (compasses, protractor)</li> <li>• Clear pencil cases only!</li> </ul> <p>All equipment can be purchased from BASE.</p>	

# Exam Timetable

## Week 1: 15<sup>th</sup> – 19<sup>th</sup> May

Day	9am	1:15pm
Monday	<b>Religious Studies</b> Paper 1 - 1h45m  <b>Engineering Design</b> R105 - 1hr	<b>Drama</b> 1h45m
Tuesday	<b>Biology</b> Paper 1 - 1h15m	
Wednesday	<b>English Literature</b> Paper 1 - 1h45m	<b>PE</b> Physical factors affecting performance - 1h
Thursday	<b>History</b> Paper 1 A & B - 2h	
Friday	<b>Maths</b> Non-calculator - 1h30m	<b>Computer Science</b> Computer systems - 1h30m

## Week 2: 22<sup>nd</sup> – 26<sup>th</sup> May

Day	9am	1:15pm
Monday	<b>Chemistry</b> Paper 1 - 1h15m	<b>Geography</b> Paper 1 - 1hr30m
Tuesday		<b>Religious Studies</b> Paper 2 - 1h45m
Wednesday	<b>English Literature</b> Paper 2 - 2h15m	
Thursday	<b>Physics</b> Paper 1 - 1h15m	<b>Computer Science</b> Computational thinking - 1h30m
Friday		

# Exam Timetable

## Week 3: 5<sup>th</sup> – 9<sup>th</sup> June

Day	9am	1:15pm
Monday	<b>English Language</b> Paper 1 - 1h45m	
Tuesday	<b>Spanish Listening</b> Foundation - 35m Higher - 45m <b>Spanish Reading</b> Foundation - 45 min Higher - 1h	
Wednesday	<b>Maths</b> Calculator - 1h30m	<b>History</b> Paper 2A - 2h
Thursday	<b>Further Maths</b> Paper 1 - 1h45m  <b>PE</b> Socio-cultural issues & sports psychology - 1h	
Friday	<b>Geography</b> Paper 2 - 1h30m	<b>Biology</b> Paper 2 - 1h15m

## Week 4: 12<sup>th</sup> – 16<sup>th</sup> June

Day	9am	1:15pm
Monday	<b>English Language</b> Paper 2 - 1h45m	<b>Creative iMedia</b> Pre-production skills - 1h15m
Tuesday	<b>Chemistry</b> Paper 2 - 1h15m	<b>Spanish Writing</b> Foundation - 1h15m Higher - 1h20m
Wednesday	<b>Maths</b> Calculator - 1h30m	<b>Music</b> Component 3: Appraising - 1h45m
Thursday		
Friday	<b>Physics</b> Paper 2 - 1h15m	<b>Geography</b> Paper 3 - 1h15m

## Week 5: 19<sup>th</sup> – 23<sup>rd</sup> June

Day	9am	1:15pm
Tuesday	<b>Food Prep &amp; Nutrition</b> 1h45m	
Wednesday		<b>Further Maths</b> Paper 2 - 1h45m



# 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 Douglas Cunningham

**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.

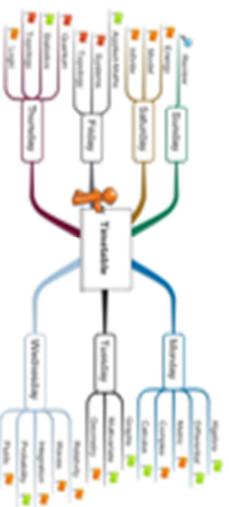


**Tip six:** In an hours revision slot you should take a 15 minute break. Make sure you keep track of time and don't let your breaks stretch beyond this.



**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'.



# MIND MAPS

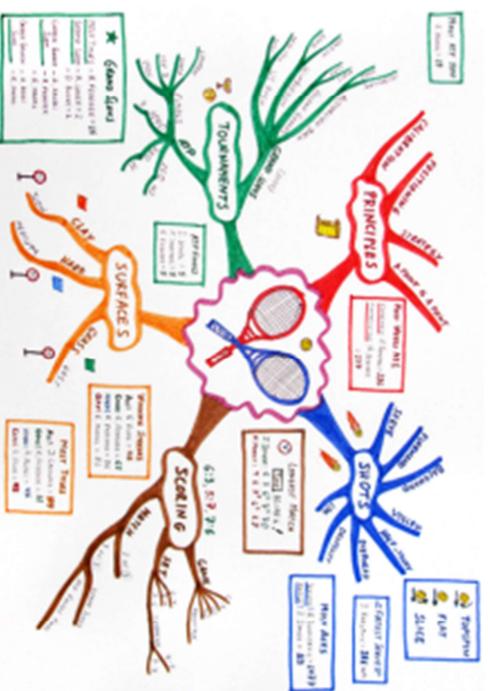
Mind maps allow you to break a large unit or topic down into smaller sections of information to learn, showing connections between information within these sections or between sections.

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

## Top tips for mind maps:

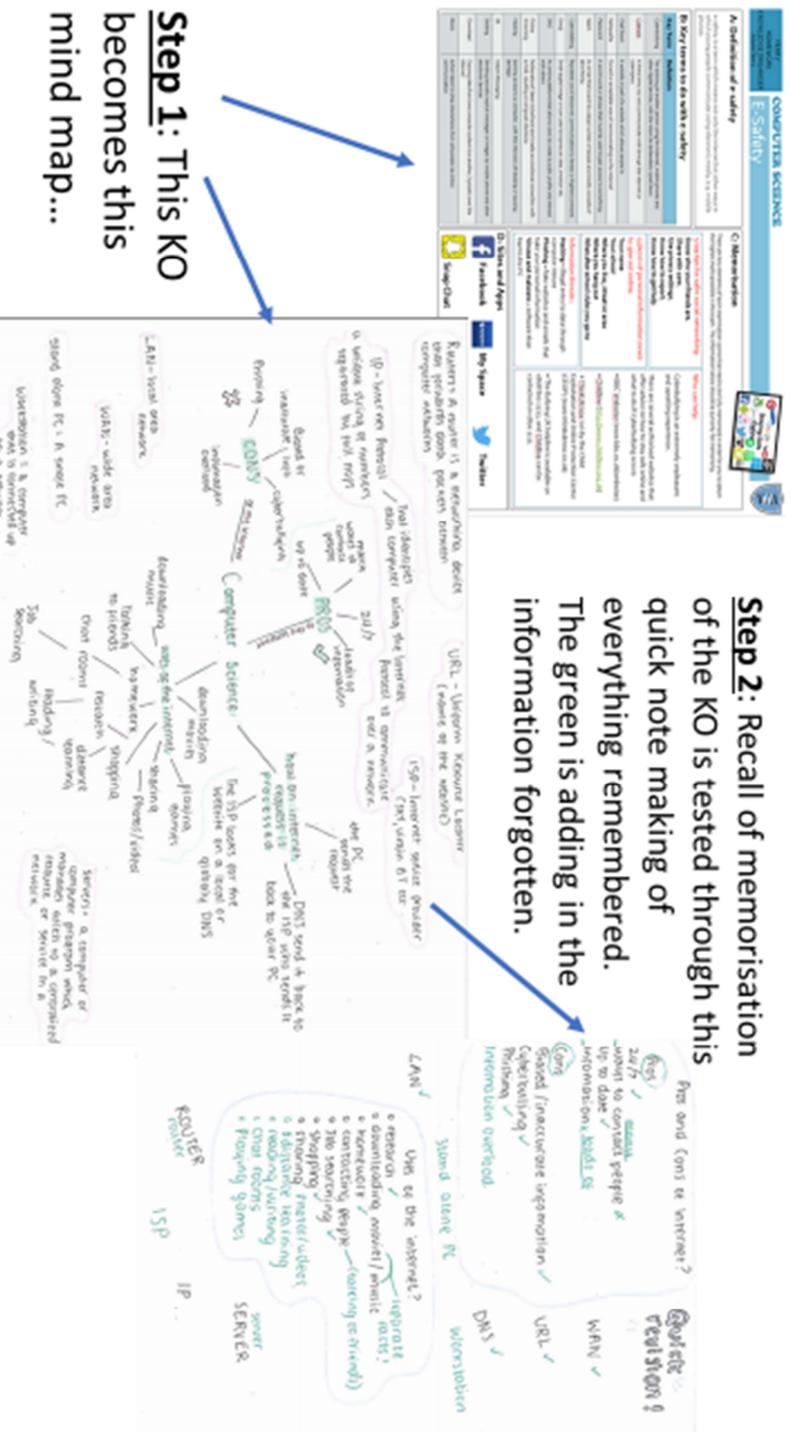
- Start at the centre of the page using a circle to name the main topic of the mind map.
- The main ideas of the topic come from the centre using thick branches, they should only be one or two words, think of them like a heading.
- Smaller branches come from these main branches, think of these as subheadings, write one idea or concept at the end of each of these.
- Use lots of colour and images to help your memory.
- Find connections between the branches to help link the information being learnt.

Good example of a mind map:



## Moving from KO to mind map to testing yourself:

**Step 2:** Recall of memorisation of the KO is tested through this quick note making of everything remembered. The green is adding in the information forgotten.



**Step 1:** This KO becomes this mind map...

Do you test yourself on your knowledge learning? Is there green pen in your workbook to show this?

# 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.

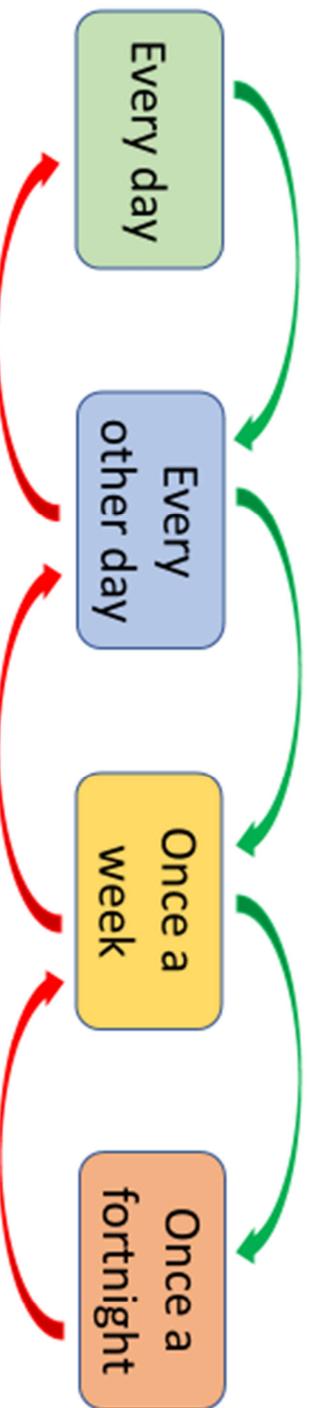
## FLASH CARDS: The Leitner System

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.

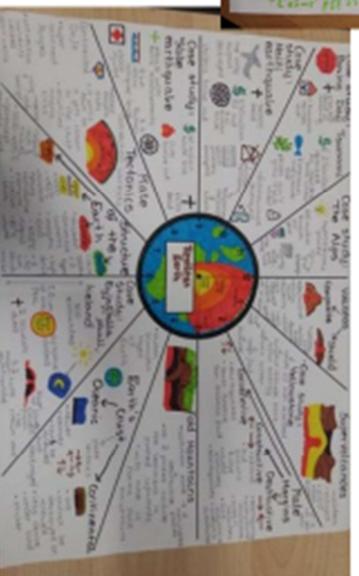


# CLOCK LEARNING

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.

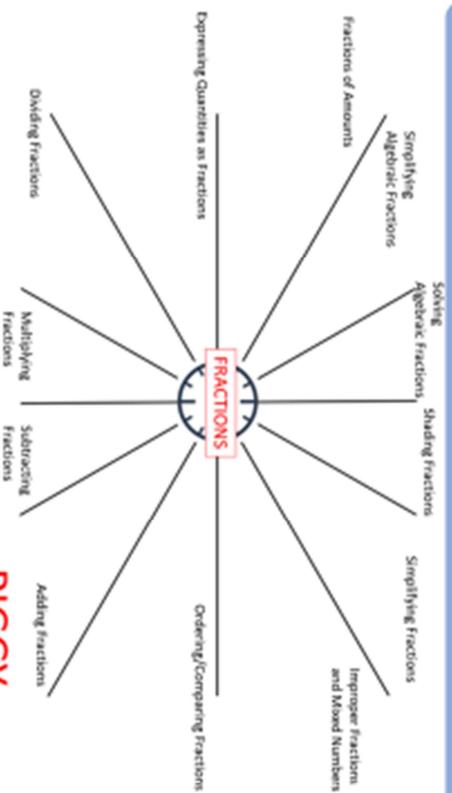
Good example of clock learning:



## Top tips for mind maps:

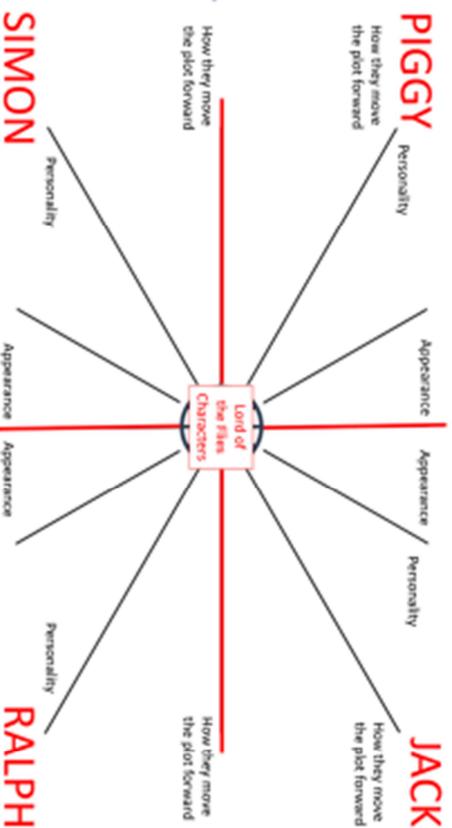
- Pre plan how to break down your topic into 12 separate sections or groups of repeated sections.
- Add colour, and where you can, sketches and drawings to help you remember – this is really important as colour and diagrams help you remember.
- Revise each hour of the clock for 5 minutes.
- Turn it over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



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

**What?**  
Don't you know,  
Targets to improve,  
Which topics

**When?**  
How often,  
Revision timetable,  
How long,  
After school

## Re-write

Use your own words,  
make new notes



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

**Re-arrange**  
Make links,  
Pictures,  
Concept Maps

## Synthesise

**Re-think**  
Describe it differently,  
Do it in more than one way,  
What do you know?

**Practice**  
Re-do classwork,  
Complete worksheets

## Utilse



**Practice**  
Past Papers,  
Exam style questions

**Practice**  
Use a revision guide,  
Complete Dr Frost tasks

**Practice**  
Use a mark scheme to check,  
Mark your friends work



## School Week: 27<sup>th</sup> 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.*



# 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: 17<sup>th</sup> 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.*

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## School Week: 24<sup>th</sup> 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.*

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## School Week: 1st May

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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## School Week: 8<sup>th</sup> May

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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# School Week: 15<sup>th</sup> May

	Date: Monday	Date: Tuesday	Date: Wednesday	Date: Thursday	Date: Friday	Date: Saturday	Date: Sunday
EXAMS TODAY	9am RE & Engineering  1:15pm Drama	9am Biology	9am English Literature  1:15pm PE	9am History	9am Maths  1:15pm Computer Science		
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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# School Week: 22<sup>nd</sup> May

	Date: Monday	Date: Tuesday	Date: Wednesday	Date: Thursday	Date: Friday	Date: Saturday	Date: Sunday
EXAMS TODAY	9am Chemistry  1:15pm Geography	1:15pm RE	9am English Literature	9am Physics  1:15pm Computer Science			
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.

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# School Week: 5<sup>th</sup> June

	Date: Monday	Date: Tuesday	Date: Wednesday	Date: Thursday	Date: Friday	Date: Saturday	Date: Sunday
EXAMS TODAY	9am English Language	9am Spanish	9am Maths  1:15pm History	9am PE & Further Maths	9am Geography  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: 12<sup>th</sup> June

	Date: Monday	Date: Tuesday	Date: Wednesday	Date: Thursday	Date: Friday	Date: Saturday	Date: Sunday
<b>EXAMS TODAY</b>	<b>9am</b> English Language  <b>1:15pm</b> iMedia	<b>9am</b> Chemistry  <b>1:15pm</b> Spanish	<b>9am</b> Maths  <b>1:15pm</b> Music		<b>9am</b> Physics  <b>1:15pm</b> Geography		
<b>Task 1</b> 40 mins							
Break 10 mins							
<b>Task 2</b> 40 mins							
Break 10 mins							
<b>Task 3</b> 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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# School Week: 19<sup>th</sup> June

	Date: Monday	Date: Tuesday	Date: Wednesday	Date: Thursday	Date: Friday	Date: Saturday	Date: Sunday
EXAMS TODAY		9am Food	1:15pm Further Maths				
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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