

The fight is won or lost far away from witnesses – behind the lines, in the gym, and out there on the road, long before I dance under those lights.



STAYING STRONG

Have a Plan

Next 3 Weeks

Daily & Habits

WORK TOGETHER

Your Teachers

Homework

Online Tools

Your Family

**The
Future**

Stay Strong



Don't wanna wake up wondering where the time went... with a page full of plans that I made no time for

REMAINING HEALTHY & CONNECTED

MANAGING DISTRACTIONS

Pomodoro or increasing focus
(break for a fifth of time spent
studying)



Internal Triggers & External Triggers

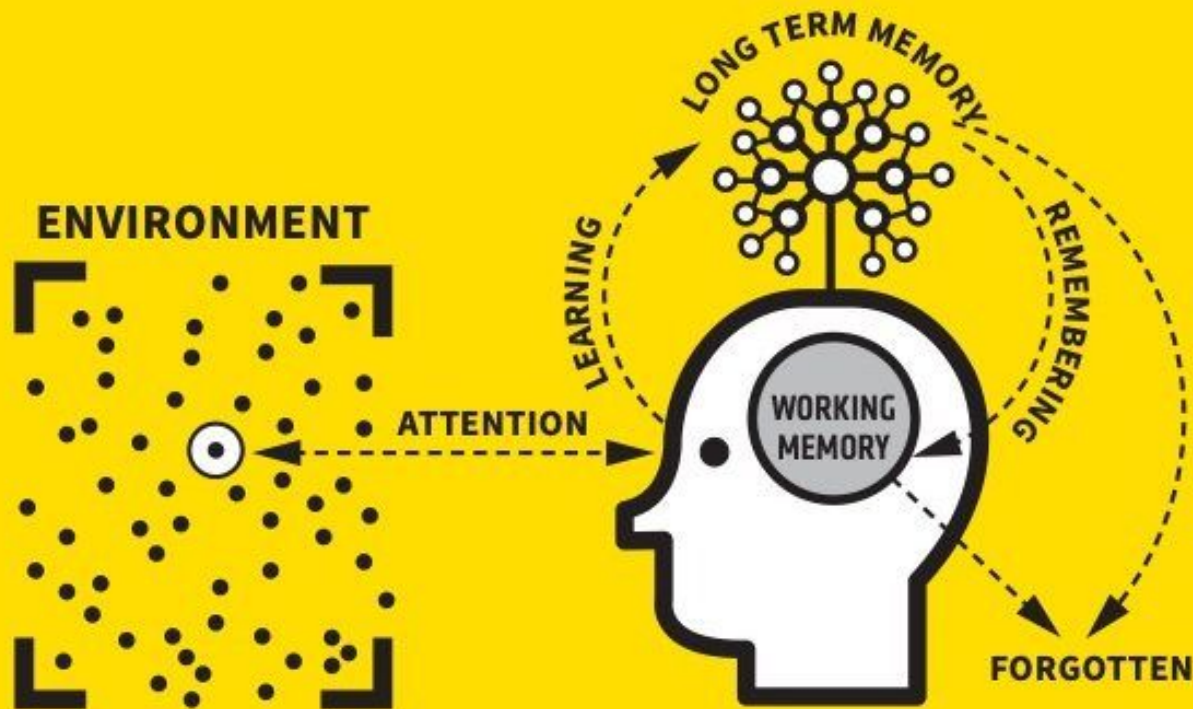
1. Plan your day
2. Set times
3. Surf the urge
4. Liminal moments
5. You are not powerless!



STAYING STRONG

1. Have a Plan
2. Next 4-5 Weeks
3. Daily
4. Habits - positive trigger
5. Rest periods





TEACHING
WALKTHRUS

SECTION
RESEARCH

Now practise remembering & applying

FLAT Revision

USEFUL RESOURCES

www.tgschool.net/internal-exams

www.tgschool.net/revision



FOCUSED

- Put your phone away
- Turn the music off
- Avoid distractions
- Be in the right physical place to revise
- Be in the right frame of mind to revise



LONG-TERM

- Start early to cut down on stress later in the year
- Make a revision timetable and commit to it
- Plan for 90 minutes to 2 hours study
- Interleave different topics



ACTIVE

- Engage your brain by actively creating revision resources
- Test yourself, get others to test you
- Practise exam technique by writing or planning answers
- Revise what you struggle with



TRANSFORMED

- Transform the knowledge you want to learn into a different format
- Make flashcards
- Produce a timeline
- Record a podcast
- Invent a mnemonic
- Create a mindmap
- Design a flowchart
- Make a powerpoint
- Teach it

Ranked Revision Activities

Teacher guidance &
Seneca, GCSE Pod (STEM),
Sparx, Educate



Personalise to you

1. **Blurt!**
2. **Past papers & feedback**
3. **Revision cards**
Quizlet easiest to make
4. **Teaching & recreating notes**

Highlighting not worth it
Reading is of limited use



Revision Workout: Subject Name: **MEDIA**



Revision Activity	Skill Developed	Exam/Topic Link	Useful learning Link	Completed ✓ & Repeated

My Revision. Plan it. Do it. Own it.



Time	W/C	Monday	Tuesday	Wednesday	Thursday	Friday
Subject		Business				
15:00-15:30 Topic		Justify 9 Marker Question				
Task		Sample Question/Self Mark				
Subject			History		Chemistry	
15:30-16:00 Topic			Medicine through time Essay		Atomic Structure	
Task			DIRT - redo essay from feed		Revise and Test on BBC Bitesize	

Subject	Math:
16:00-16:30 Topic	Algebra
Task	10 sample questions
Subject	
16:30-17:00 Topic	
Task	
Subject	
18:30-19:00 Topic	
Task	
Subject	
19:30-20:00 Topic	
Task	
Subject	
20:00-20:30 Topic	
Task	

DO NOT copy

Revision Checklist

Item	Activity	Complete
Revision Guides	Collate all revision guides for all subjects studied. Liaise with subject teacher to ensure you have the correct information. Seek support if unable to obtain/purchase.	
Co-curricular timetable	Have you mapped out your commitment to the co-curricular offering and placed it in your planner up until half term.	
Resources	Do you have notelets/plastic wallets/highlighters?	
Next steps/subject advice	Have you asked you teacher which areas to focus on and made a list? What are your next steps with progress and learning?	
Subject Topic List	Do you have a list of topic areas – which ones are you confident at? Map out which where you are confident in.	
Knowledge Organiser	Is there a topic summary of the core knowledge required for each subject – or can you be sign-posted to relevant information.	
Website links	Do you have a list of useful websites for each subject – can you make a document with a suitable links.	
Exam techniques	Within each subject, can you identify strategies which will help gain access to higher grades – are there any guides or strategies that have been shared?	
Revision Timetable	Have you mapped out a balanced schedule for revising yet? Don't wait to be told, get ahead and review. Use one of the templates provided or create your own. Short bursts for specific aspects.	
Revising	Do you know what works for you? Do you know how to revise? What techniques are there that are supportive – do you need further ideas to help?	
Place to work quietly	Do you have a quiet place, away from media that you can fully focus?	



Usual Teacher Resources: Educake, Carousel, Seneca, Sparx

Online Tools



- 1. Single Sign On**
 - a. does not work for some tools**
 - b. so click reset password**
- 2. Click link in Outlook**
- 3. Then store passwords in your browser**

Y10 SUMMER 2023 EXAM TIMETABLE

WEEK A	9 AM	Period 1 - 9:00	Period 3 - 13:00	1 PM
Monday 10 June	Visual Arts Practicals 5 hours Art - 317, Photo x1 - 316, Tex - 318			
Tuesday 11 June	Visual Arts Practicals 5 hours 3D - 314 & Photo 2 - 316			
Wednesday 12 June	English Language - 105 mins		Science P1 - 75 mins	
Thursday 13 June	Maths P1 - 90 mins		Science Chemistry - 75 mins	
Friday 14 June	Y11 Geog		Y11 Physics	
WEEK B		Period 1 - 9:00	Period 3 - 13:00	
Monday 17 June	Geography - 105 mins		Y11 Stats	
Tuesday 18 June	Y11 DT SP1		History - 90 mins	
Wednesday 19 June	Y11 Food SP1		Maths P2 - 90 mins	
Thursday 20 June	Design and Technology - 120 mins		Drama - 90 mins Engineering - 75 mins	
Friday 21 June	Philosophy - 105 mins Latin - 90 mins		Computer Science - 90 mins Dance - 90 mins	

PROCESS



If you receive additional time or support in exams then Mrs Crawford will speak to you. Your exams will be in G block. You meet by the Snack Shack.

Register first and come to exam hall for 9AM.

For afternoon exams you all leave lessons for lunch in the Lightwell at 12:15 before going to your exam. Use Lightwell or black benches outside (no G Block).

- Have a good breakfast and lunch
- Bottles of water no labels or text
- Bring black pen & other equipment
- Pencil cases must be transparent
- Phones & watches (of any type) in bags and powered down

WEEK A	9 AM	Period 1 - 9:00	Period 3 - 13:00	1 PM
Monday 24 June		Science Physics - 75 mins		Maths P3
Tuesday 25 June		French, German & Spanish Reading & Writing - 115 mins		Film Studies - 90 mins
Wednesday 26 June		Statistics - 90 mins		Health & Fitness - 90 mins GCSE PE - 75 mins
Thursday 27 June		<i>Graduation</i>		<i>Graduation</i>
Friday 28 June		<i>Unity Day</i>		<i>Unity Day</i>
WEEK B		Period 1 - 9:00		Period 3 - 13:00
Monday 1 July				
Tuesday 2 July		Y10 Food NEA		Y10 Food NEA
Wednesday 3 July		Y10 Food NEA & Y10 Spoken English		Y10 Food NEA & Y10 Spoken English
Thursday 4 July		Y10 Food NEA & Y10 Spoken English		Y10 Food NEA & Y10 Spoken English
Friday 5 July		Y10 Food NEA		Y10 Food NEA

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More Support

Follow teacher guidance

Emailed & online at www.tgschool.net/revision



REMAINING HEALTHY & CONNECTED

- Take the breaks
- Stay hydrated & healthy
- Put the time in

Keep up the communication

You are in control

HOW TO STAY MENTALLY HEALTHY IN THE LEAD UP TO EXAMS



01

Take regularly breaks
when revising



02

Stay hydrated to
remain focused



03

Talk to someone if
you worrying about
your exam



04

Challenge unhelpful
thoughts and
develop rational
responses



05

Make sure you are
eating a well
balanced diet



06

Aim for between 7-
9hrs of sleep a night



07

Practise some deep
breathing to stay
calm



08

Identify your
strengths and work
towards them



09

Keep organised.
Develop a timetable
to help you stay on
top of things



10

Use some
mindfulness to help
you stay in the
present moment



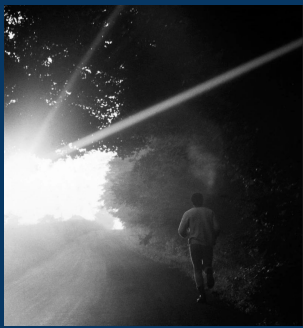
11

Make sure you
engage in activities
that provide you with
a sense of pleasure
and fun



@BELIEVEPHQ





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