

Year 10 Achievement





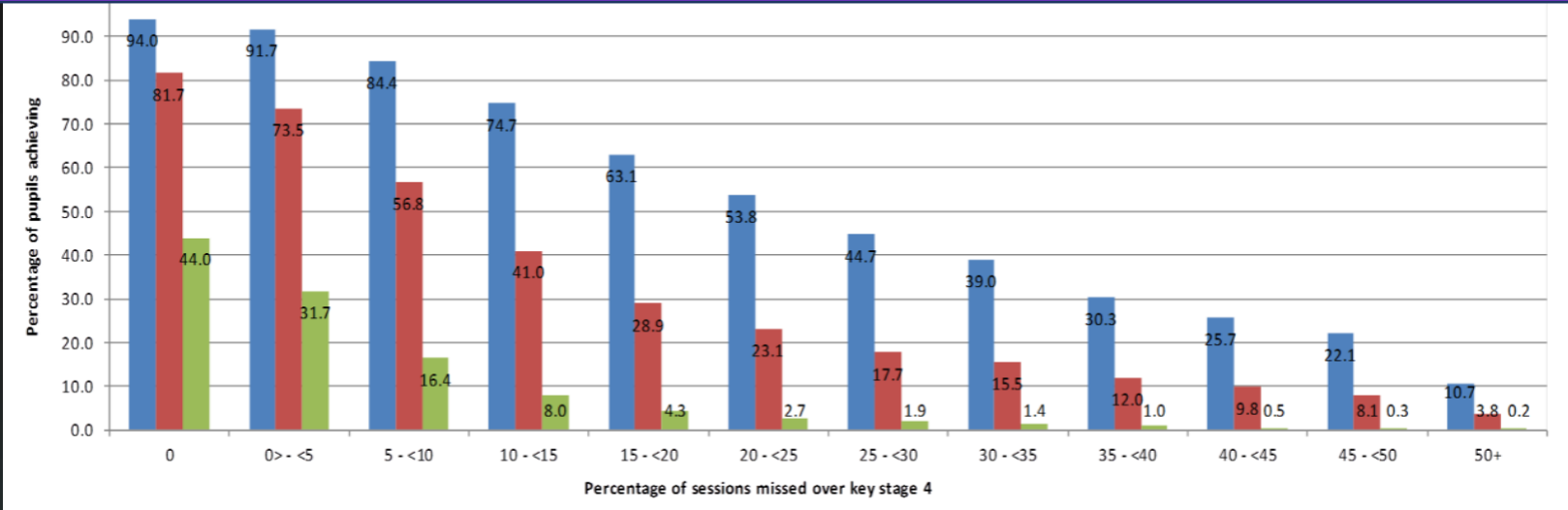
WE ARE
ALL UNIQUE,
AND HAVE
OUR OWN
SPECIAL
PLACE
IN THE
PUZZLE
OF THE
UNIVERSE.





Independent learning

Attendance



At least 5 GCSEs
Grades 9-5

5 GCSEs Grades 9-5
including Eng &
Maths

Achieves the
EBACC

Attendance NGA

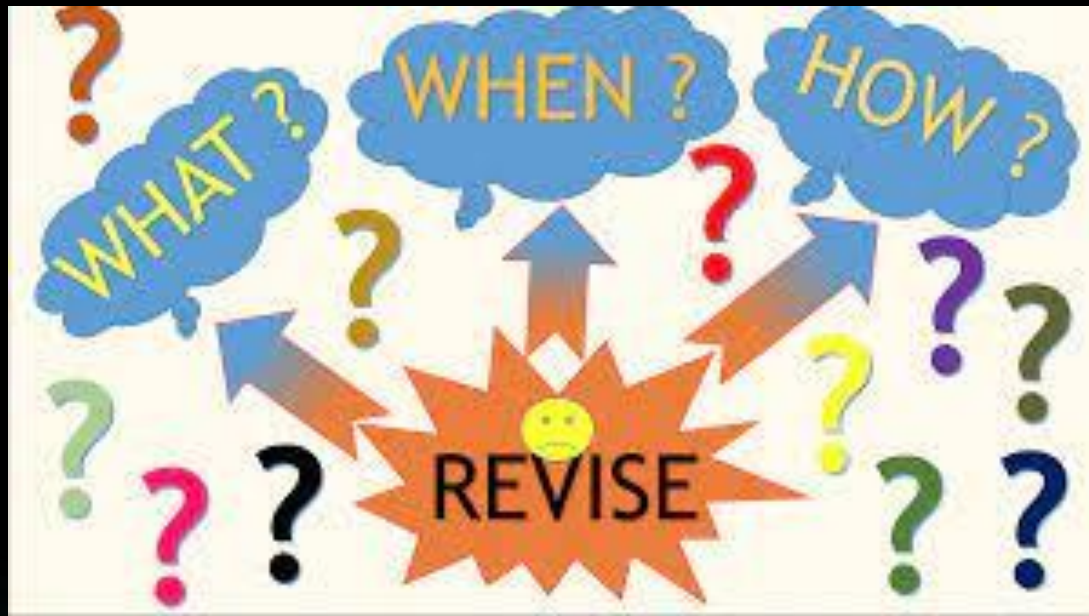
Value	Stu Count	A8	Eng P8	Mat P8	Total P8
< 94%	53	41.56	-0.54	-0.65	-0.59
94-97%	23	53.41	0.22	-0.01	0.34
>97%	69	55.17	0.37	0.66	0.67



Year 10 Exam Summer Exam Series

What to expect

- ▶ Revision skills in lesson
- ▶ Independent revision set as homework
- ▶ Exams are based on a broad range of knowledge over time
- ▶ You will be examined on what you have learnt and in some cases, given revision that will fill gaps in your knowledge
- ▶ Formal process
- ▶ Parent event next Wednesday 15 May



REVISE!

What is revision?

Re-vision
Again See



DID YOU KNOW?

Research shows a student remembers 50% more when they test themselves after learning something.



Revision: week plan.

Don't know where to start? or how to revise for every subject?

17th JUNE

THE NEXT FEW WEEKS YOU WILL NEED TO LOOK AT :

- HOW TO SET UP REVISION AREA
- KNOW WHICH REVISION TECHNIQUES WORK FOR YOU
- CREATING A ROUTINE OF REVISION AND STICK TO IT TO HELP YOU ACHIEVE
- BUILD A POSITIVE APPROACH TOWARDS REVISION, USING A REWARD OR TREAT FOR AFTER THE REVISION IS DONE.

BE INTRODUCED TO A LIST OF WHAT'S NEEDED FOR EACH SUBJECT FOR YOUR MOCKS.





Year 11 voice about Mocks:

LITTLE AND OFTEN REALLY DOES HELP!

HAVING A STRUCTURE AND ROUTINE TO CREATE GOOD HABITS

WRITING NOTES OF THINGS I NEED TO DO IN LESSON

MAKING MINI QUIZ' OR TESTS

CONCENTRATE ON WHAT HAS BEEN LEARNT AND TRUST THE SYSTEM

BE PREPARED FOR IT TO BE LONG!



MyTutor's Revision Handbook

Top study hacks, resource templates, exam techniques, self-care tips and more



Chapter 1 Study hacks

These 6 study hacks will help you plan your study time, beat procrastination, memorise the info and get your notes in order. So whatever level of organisation you're at now, with a couple of these hacks you'll whip your revision into shape in no time.



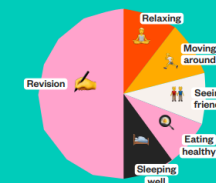
Chapter 2 Getting ready to sit exams

There's more to exam prep than memorising your topics. Below we've got tips that zero in on the exam paper itself. From answering questions, to ways you can keep calm if you start to panic in the exam hall - we'll take you through it all.

Finding the right balance

Revision is a bit like running a marathon - you don't want to run out of steam too quickly. It's important that you find the right balance between study and down time so that you don't burn out. That means making sure you're not just studying 24/7 (or doing no studying at all). There's a sweet spot in between. We've already looked at how a revision timetable and the Pomodoro technique can help you plan your study time better. Here we've got the ingredients that make up exam success.

Exam success is made up of...



Chapter 3: More resources

Where can you find more tips on revising and self-care?

With all that's going on in school, you might be looking for regular tips on revising and self-care advice. So to help you get through the stress of it all, here are 9 resources we've got that you can tap into.

1) Study hacks and self-care tips on Instagram @MyTutor

Over on our Instagram, you'll find loads of study hacks and self-care tips. You can learn how to make a revision timetable and even download free resources like a study planner. Or when exam stress is at peak levels, have a look at some of our top tips on looking after yourself. And if you're stuck on a study question, just ask one of our expert tutors at our live 'Ask me anything' events. They'll help get you unstuck in no time.

2) Free ebooks planning your future

Like this revision guide, we've got other ebooks to give you a hand. Thinking of life after school can be exciting - but also confusing. For a deep dive into careers, uni life and apprenticeships - you can download our free ebooks. We break down all the info you need into digestible chunks - whether it's university applications, tips on building up your CV or acing a job interview. With everything in one place, you can easily check back.

Here are two ebooks you can download now:

[The MyTutor Guide to University](#)

[The MyTutor Guide to Apprenticeships](#)

3) Explainer videos and self-care tips on @MyTutorUK TikTok

Tik Tok isn't just for launching your music career. Over on our account, tutors break down tricky topics in GCSE and A-level subjects. They also share tips on how they revise and manage their study time since they're students themselves at top UK unis. And if you've ever wondered what it's like to study a subject like Psychology or English at uni - our tutors fill you in with a glimpse into their busy uni lives.

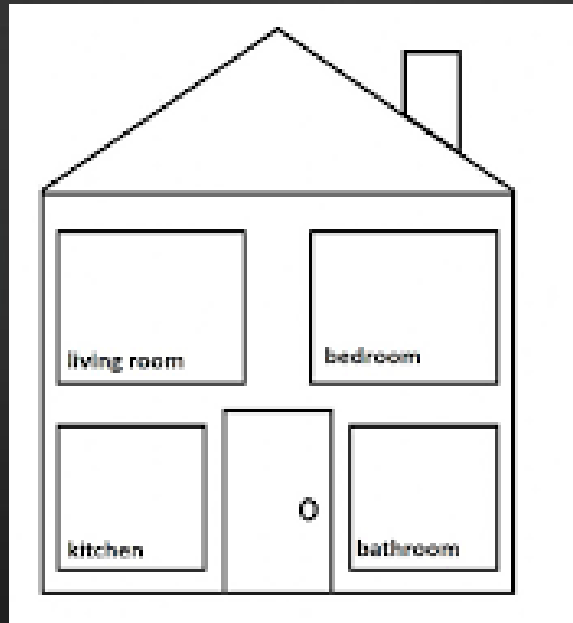
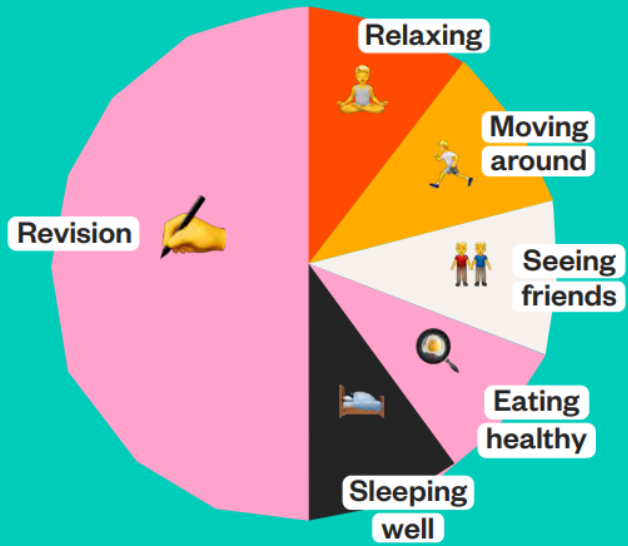
4) 1:1 tutoring when you really feel stuck

Sometimes you just need someone to help you work out problems in a tricky subject. And we know it can feel intimidating sometimes to ask in class. Our tutors are just a few years ahead in their education, so they know what you're going through. Since they sat their exams a

GETTING SET UP!



Exam success is made up of...



6 places to study that aren't your bedroom

You might be thinking- "Why does it matter where I study?" Well, top education experts say where you study can affect how well you remember. It's a good idea to change where you revise since your brain gets used to certain things. If you're always studying in your bedroom, it could be harder to focus in a new place like in an exam hall. So studying in a new environment can actually help your brain get used to recalling info when you sit exams. Here are 6 places you can study (besides your bedroom):



Another room in the house



In school with a homework club



At the park (on a sunny day)



At a café

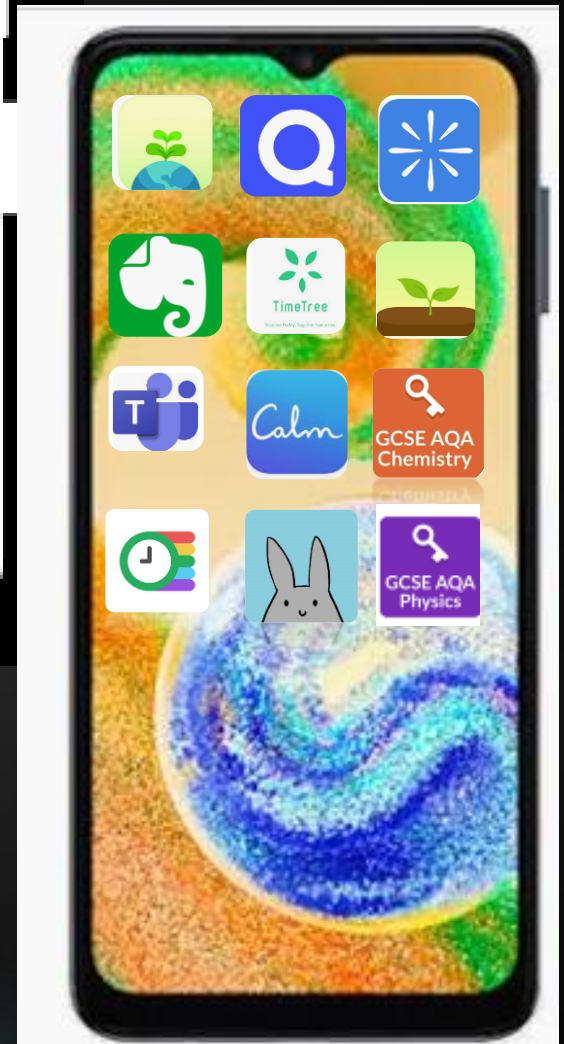
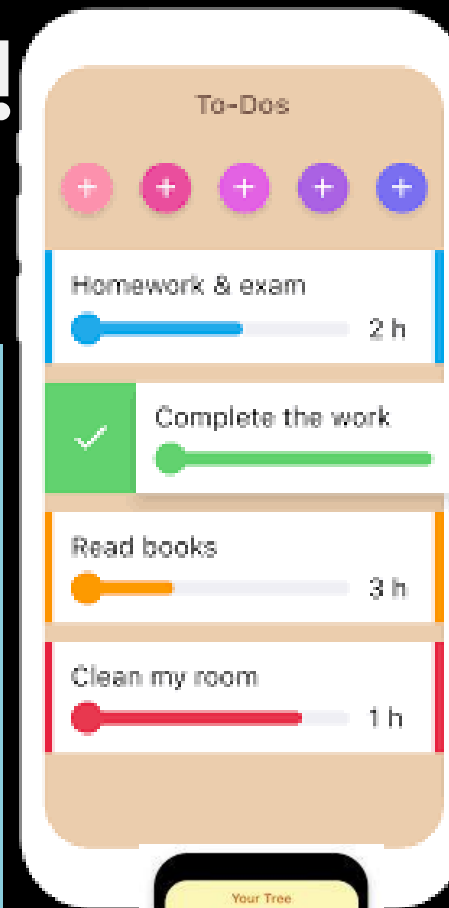


At a library



A friend's place

► Apps to get you focused!



08:47

Today

1	08:30 - 09:15	Maths Pythagoras	27:19
2	09:30 - 10:15	Physics Nikola Tesla	Next
3	10:30 - 11:15	Geography Fernand Magellan	
4	11:30 - 12:15	Chemistry Dmitry Mendeleev	
5	12:30 - 13:15	Biology Charles Darwin	
6	13:30 - 14:15	Maths Pythagoras	

Schedule

Now

Maths

Lecture
Pythagoras

27:19

Schedule

Now

Maths

Lecture
Pythagoras

27:19

Schedule

Smart timetable

Key Cards GCSE AQA Science Revision Apps
by Simply Effective Education

It's time to close the books and open the apps

Download on the **App Store** | GET IT ON **Google Play**

Tap these to get the apps or search for Key Cards

GCSE AQA Biology

★★★★★

"helped me to achieve a grade 99"

App Store review

GCSE AQA Chemistry

★★★★★

"the best chemistry revision app out there"

Google Play review

GCSE AQA Physics

★★★★★

"I can finally understand physics"

Google Play review

- GCSE AQA Biology, Chemistry and Physics broken down into easy-to-learn flashcards.
- The apps automatically tell you when to review flashcards for effective revision.
- Key Cards GCSE AQA Biology is **totally free**, with no in-app purchases, subscriptions or adverts - it's also a Bett Awards 2024 Finalist!
- And with average ratings from 4.5 to 4.9 stars across the App Store and Google Play*, these apps are tried and trusted by students.

*Average app ratings accurate as of 9th January 2024.

bett AWARDS 2024 FINALIST

keycardsrevision.co.uk

12:07 5G 80

gcse key card

Key Cards GCSE AQA B... Revision made easy **OPEN**

★★★★★ 117 Murray Hamilton Education

GCSE AQA Biology

Organisation

Food Tests

The Lungs & Heart

Blood Vessels & Blood

GCSE AQA Biology broken down into easy-to-learn flashcards

Clear answers on the back of each flashcard

Learn it. Own it.

Quizlet

Spanish Verbs

Flashcards

Learn

11:57 5G 84

Key Cards

Key Cards GCSE AQA Chemistry
Murray Hamilton

£1.99

57 RATINGS 4.9 ★★★★★

AGE 4+ Years Old

CHART No. 37 Education

DEVELOPER Murray Hamilton

9-1 GCSE AQA Chemistry...

GCSE AQA Chemistry broken down into easy-to-learn flashcards

Card 1 of 1

Have a go at this...

What is this of carbon...

• carbon

Today Games Apps Arcade Search

Creating an electronic revision plan:

This week 20th - 26th April Week Month

See earlier	Mon 20th	Tue 21st	Wed 22nd	Thu 23rd	Fri 24th	Sat 25th	Sun 26th
09:00 - 10:00	GCSE Law	AS Mathematics	AS Psychology	AS Biology	AS Psychology	Lie in	Lie in
10:00 - 11:00	AS Mathematics			add activity	add activity	Badminton	AS Psychology
11:00 - 12:00	AS English Literature (AQA)	Free time	AS Biology	GCSE Law	AS English Literature		add activity
12:00 - 13:00	AS Mathematics (Edexcel)	add activity	add activity	AS English Literature (AQA)	add activity	AS Biology	AS Mathematics (Edexcel)
13:00 - 14:00	Extra Maths revision	AS English Literature	add activity	AS Biology	Lunch with Izzy	AS Biology	add activity
14:00 - 15:00	AS Biology		GCSE Law	AS Psychology	add activity	AS Psychology	add activity
15:00 - 16:00		Free time		AS Mathematics	AS Biology	AS Psychology	
16:00 - 17:00	Individual help		AS Psychology	add activity	add activity	AS Mathematics (Edexcel)	Sarah's birthday
17:00 - 18:00	add activity	add activity	add activity	add activity	add activity	GCSE Law	
18:00 - 19:00	Play rehearsal		GCSE Law	Play rehearsal			
	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner



<https://getrevising.co.uk/>

NGA REVISION ORGANISER



This weeks goal

Top 3 focus subjects

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

REVISION TIMETABLE

gsepod

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9AM							
10AM							
11AM							
12PM							
1PM							
2PM							
3PM							
4PM							
5PM							
6PM							

Study Planner

M T W T F S S

DATE: _____

TODAYS TOP 3 SUBJECTS

1: _____

2: _____

3: _____

BREAK CHECK

1	2	3
4	5	6
7	8	9

10min _____

20min _____

30min _____

BREAK

10min _____

20min _____

30min _____

BREAK

10min _____

20min _____

30min _____

BREAK

TODAY'S GOALS

TRACKER M T W T F S S

Revision top tips

REVISION TOP TIPS

The best use of time is in 45-minute bursts:

- 15 minutes to make a resource
- 10 minutes revise
- 5 minute test
- Revise again for 10 minutes
- 5 minutes test

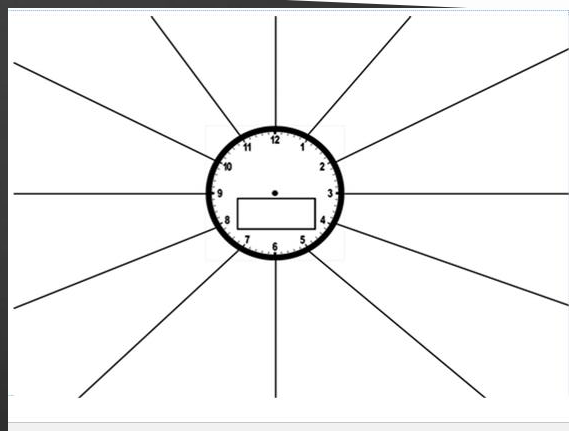
PLAN in your breaks:

- Be **ACTIVE** in your learning, just reading or watching isn't enough
- Plan your revision giving enough time to each qualification.
triple science = triple time!
- Work in small manageable time slots
- Make sure you keep doing the things you love as well, especially exercise
- Make revision resources such as flashcards, cloaks and quizzes and test yourself
- Don't be tempted to spend all your time on things you find the easiest
- Revise = REPEATING SKILLS, REVISITING CONTENT and RE-TESTING

Revision planner

Make beginning

Subject	What are you doing?	Time	When did you do it?	Targets for next time



Revision Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00	<h1>School</h1>				
9:00-10:00					
10:00-11:00					
11:00-12:00					
12:00-13:00					
13:00 -14:00					
14:00-15:00					
15:00-16:00					
16:00-17:00					
17:00-18:00					
18:00-19:00					
19:00-20:00					

TO DO:

- Be specific and clear what you are revising/ doing write it down.
- A MINIMUM of 10 hours a week
1 hour afterschool
- Plus 2.5 hours on Sat and Sunday.
- Checking teams for class specific as we as the revision hub/channel
- Plan the next 4 weeks around exam timetable

Subjects covered this week

To

QUICK START GUIDE



How do you get it?

When your school has informed you that you have been registered with GCSEPod, you need to confirm some personal details so that you can access the site:

1. Go to www.gcsepod.com and click **Login**
2. Click **"New To GCSEPod? Get Started!"** and select **"Student"**
3. Enter your name, date of birth and type in the name of your school. The school's name should appear in the dropdown menu. Click to confirm.

If you're having trouble finding your school, double check that you've entered the correct date of birth and full name as it appears on the school's register. Some schools are known by a shorter version of their name so make sure you're typing the full, official school name.

WHY USE GCSEPOD?



What is it?

- One website, 3 apps & over 6000 Pods
- Content produced specifically for mobile devices, tablets & PC's
- Designed to squeeze exactly the right knowledge needed for exam success into short 3-5 minute chunks
- Helps with learning, homework & revision

It's convenient & effective

Pods can be downloaded on any device so you can watch them online or offline. Wherever you go, GCSEPod goes with you. It's like you're carrying an entire world of knowledge & revision in your pocket.

An expert reads and explains everything clearly and precisely with all the right facts, quotes, keywords and annotated diagrams on screen.

It will help you get organised

Create personal playlists to listen to in the run up to an exam, to help with homework or on the go to help consolidate learning.

Use the viewing history feature to return to Pods you found useful or access your favourite playlist to go over topic areas you find difficult.

Download exam specific playlists, with everything you need to know for the exam all neatly organised for you so you can manage revision quickly and easily.

It can be as discreet as you want

Listen to Pods anywhere with nobody knowing what you are doing. Listen privately on the school bus, when you're walking the dog or shopping in town.



ONLINE ACCESS AND SUPPORT

- TEAMS
- QUIZLET
- GCSE POD
- PIXL
- COGNITO
- SENECA
- BITESIZE
- MY MATHS AND PHYSICS TUTOR
- SCHOOL WEBSITE



Enter your details

Logging into Nottingham Girls' Academy. Not your school?

First name

Last name

What's this for?

1 January 2016

What's this for?

Next

- Activity
- Chat
- Teams
- Assignments
- Calendar
- Calls
- Files
- OneNote
- Shifts
- ...
- Apps
- Help

Teams

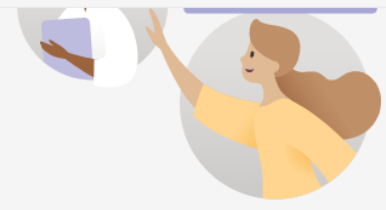
Your teams

- NGA_Attendance
 - NGA Y10
 - General
 - remote learning study lounge
 - Science Revision
 - NGA 7g_Pe1
 - NGA 11B_Sr1
 - NGA 11NG5_Pe
 - General
 - NGA AC4_Pe1
 - NGA 11T2_Pe
 - NGA 10NG5_Pe
 - NGA Y11
 - General
 - Careers, 6th form and college application
- Join or create a team

remote learning study lounge

Posts Files Notes +

Meet [dropdown] [info] [more]



Welcome to the class!

Try @mentioning the class name or student names to start a conversation.



C Burke 08:04

Welcome

Welcome Year 10,

Here is your remote study lounge. This is an area for you all to help each other, whether you post useful links, tips or just to ask questions about revision. You'll also find a remote revision organiser & the NGA revision guide. Teachers may also post key revision tips or points to help with your studies too.

[See less](#)

Reply

New conversation

MATHS

- 2 papers, one calculator one non-calculator
- Complete passed paper homeworks
- Use sparx clips to help
- Use the revision list given to you
- Complete online papers using Onmaths



MATHS

- Sparx
- Corbett Maths
- On Maths
- Maths genie
- My maths and physics tutor



Enter your details

Logging into Nottingham Girls' Academy. Not your school?

First name

Last name

What's this for?

1 January 2016

What's this for?

Next



► ENGLISH

Year 11 Exam Preparation. English Language Paper 1 and 2

1. Reading modern fiction (novel and short stories).

2. Reading newspaper articles.

3. Practice past papers – on Teams

4. Using CGP English Language Work Book,(see Ms Simpson) to practise skills for English Language.

5. Do the activities posted on the English Teams Channel.

Biology Paper 1

What's assessed

Biology topics 1–4: Cell Biology; Organisation; Infection and response; and Bioenergetics.

How it's assessed

- Written exam: 1 hour 15 minutes
- Foundation and Higher Tier
- 70 marks
- 16.7% of GCSE

Questions

Multiple choice, structured, closed short answer, and open response.



Chemistry Paper 1

What's assessed

Chemistry topics 8–12: Atomic structure and the periodic table; Bonding, structure, and the properties of matter; Quantitative chemistry; Chemical changes; and Energy changes.

How it's assessed

- Written exam: 1 hour 15 minutes
- Foundation and Higher Tier
- 70 marks
- 16.7% of GCSE

Questions

Multiple choice, structured, closed short answer, and open response.

SCIENCE

SCIENCE

Physics Paper 1

What's assessed

Physics topics 18–21: Energy; Electricity; Particle model of matter; and Atomic structure.

How it's assessed

- Written exam: 1 hour 15 minutes
- Foundation and Higher Tier
- 70 marks
- 16.7% of GCSE

Questions

Multiple choice, structured, closed short answer, and open response.



Use your class onenotes – Each section should contain

- PLC
- Knowledge organiser
- Retrieval Questions
- Lessons



Use

- Seneca
- GCSE POD
- Cognito
- Science Revision Teams Channel
 - Carousel Learning Links
 - File section
 - Lots of revision resources

SCIENCE

Teams

NY Science Revision Posts Files Notes Cognito 2 more + Meet

Mock Revision

Science Revision -
Get a head start on your revision for your mocks in the summer term.
Here are some fresh learning carousel packs for paper 1.

Combined Science
Bio - <https://app.carousel-learning.com/study-pack/ab82e49b-7afd-46a2-9ddf-11a0f95acd14>
Chem - <https://app.carousel-learning.com/study-pack/19c4ed90-9197-4145-987d-b001264ca70c>
Phys - <https://app.carousel-learning.com/study-pack/fd1fb822-05be-496b-9f9b-03fa68931490>

Triple Science
Bio - <https://app.carousel-learning.com/study-pack/b5e68c02-5131-4bfb-bcab-87c1b0c57849>
Chem - <https://app.carousel-learning.com/study-pack/a66f22fa-a68c-4818-bbb4-c3b21a29de7c>
Phys - <https://app.carousel-learning.com/study-pack/46127418-66f0-4518-82e6-a7718a865db0>

I have added everything you need to revise for paper 1's in the files section, including textbook pdfs, and revision powerpoints.

Mercv Botchwav - I put the specs in there as well for you.

New conversation

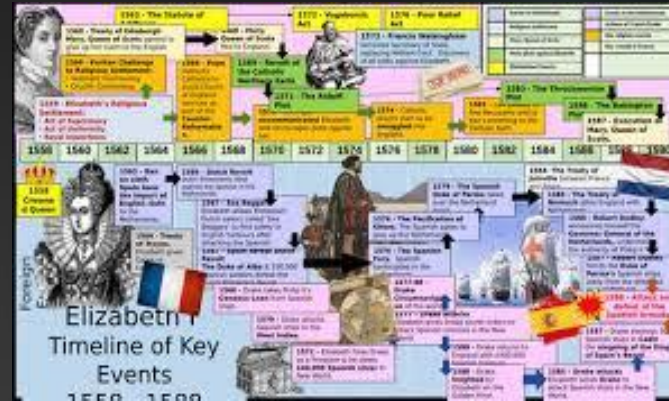
HISTORY

Follow the PLCs for

- 1A: Germany (Part 1),
- 1B: Conflict and Tension (Part 1 & 2),
- 2A: Migration (Part 1 & 2)
- 2B: Elizabeth (Part 1)

.....and use the following to help you revise:

- CGP revision guide (for units 1A, 1B and 2B)
- Your exercise books
- SENECA units that have been set up by your teacher
- GCSE Pod has videos on the topics you have studied.
- BBC Bitesize



GCSE History AQA PLC Paper 1: Section B Conflict and Tension: 1918-1939		Learning Journey (class notes)	After learning challenge(s)	After Learning Journey
Topic	I can explain...			
Part 2: The League of Nations and international peace				
1. The League of Nations	• its formation and covenant			
	• organisation			
	• membership and how it changed			
	• the powers of the League			
2. Diplomacy outside the League	• the work of the League's agencies			
	• the contribution of the League to peace in the 1920s		• Successes	• Failures
3. The collapse of the League	• Locarno Treaties (1925)			
	• Kellogg-Briand Pact (1928)			
Before Learning Journey: My target for this term: _____ After Learning Journey: My target for next term: _____				

GCSE History AQA PLC Paper 1: Section B Conflict and Tension: 1918-1939		Learning Journey (class notes)	After learning challenge(s)	After Learning Journey	
Topic	I can explain...				
Part 3: The origins and outbreak of the Second World War					
1. The development of tension	• Hitler's aims				
	• Allied response to Hitler				
	• Hitler's actions (1933-1935)	• The Quidus Affair			
		• The Saar			
• The Stresa Front					
2. Escalation of tension	• Rearmament (and conscription)				
	• Anglo-German Naval Agreement				
	• Remilitarisation of the Rhineland				
	• Mussolini, the Daks and the Anti-Comintern Pact				
3. The outbreak of war	• Anschluss				
	• Appeasement – reasons for, reasons against				
	• The Sudeten Crisis and Munich				
	• The ending of appeasement				
Before Learning Journey: My target for this term: _____ After Learning Journey: My target for next term: _____					



GEOGRAPHY

Follow the PLCs for

-1B: Living World,

-1C: Rivers & Coasts,

-2A: Urban Challenges

.....and use the following to help you revise:

- CGP revision guide
- Your exercise books
- Homework booklets on the topics studied (you have been set these by your teacher)
- SENECA
- Internet Geography
- GCSE Pod videos on the topics
- Flash card revision
- Mr Coole YouTube videos

Paper 1: Living with the physical environment Section C: Physical Landscapes of the UK		Learning Challenge: Exam Question / 7 + 3/2/1	
Rivers and Coasts		Learning Consolidation: REVISION NOTES	Learning Journey/ CLASS NOTES
UK physical landscapes			
Overview of the location of major upland/lowland areas and river systems.			
Coastal Processes			
Wave types and characteristics			
Coastal processes:			
<ul style="list-style-type: none"> weathering processes – mechanical, chemical mass movement – sliding, slumping and rock falls 			
Coastal processes:			
<ul style="list-style-type: none"> erosion – hydraulic power, abrasion and attrition transportation – longshore drift deposition – why sediment is deposited in coastal areas. 			
Coastal Landforms			
How geological structure and rock type influence coastal forms.			
Characteristics and formation of landforms resulting from erosion: headlands and bays, cliffs and wave cut platforms, caves, arches and stacks.			
Characteristics and formation of landforms resulting from deposition: beaches, sand dunes, spits and bars.			
An example of a section of coastline in the UK to identify its major landforms of erosion and deposition			
Coastal Management			
The costs and benefits of the following management strategies:			
<ul style="list-style-type: none"> hard engineering – sea walls, rock armour, gabions and groynes 			
The costs and benefits of the following management strategies:			
<ul style="list-style-type: none"> soft engineering – beach nourishment and re-profiling, dune regeneration managed retreat – coastal realignment. 			
One example of a coastal management scheme in the UK to show:			
<ul style="list-style-type: none"> the reasons for management the management strategy the resulting effects and conflicts. 			
River Profile and Processes			
The long profile and changing cross profile of a river and its valley.			
Fluvial processes:			
<ul style="list-style-type: none"> erosion – hydraulic action, abrasion, attrition, solution, vertical and lateral erosion transportation – traction, saltation, suspension and solution deposition – why rivers deposit sediment. 			

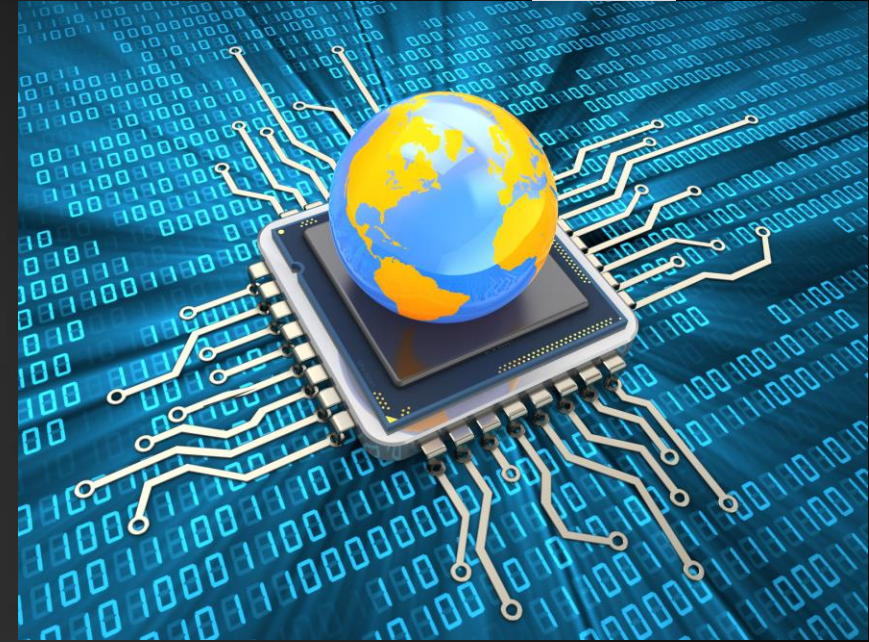
River Landforms				
Characteristics and formation of landforms resulting from erosion: interlocking spurs, waterfalls and gorges.				
Characteristics and formation of landforms resulting from erosion and deposition: meanders and oxbow lakes.				
Characteristics and formation of landforms resulting from deposition: levées, flood plains and estuaries.				
An example of a river valley in the UK to identify its major landforms of erosion and deposition.				
River Management				
How physical and human factors affect the flood risk – precipitation, geology, relief and land use.				
The use of hydrographs to show the relationship between precipitation and discharge.				
The costs and benefits of the following management strategies:				
<ul style="list-style-type: none"> hard engineering – dams and reservoirs, straightening, embankments, flood relief channels 				
The costs and benefits of the following management strategies:				
<ul style="list-style-type: none"> soft engineering – flood warnings and preparation, flood plain zoning, planting trees and river restoration 				
One example of a flood management scheme in the UK to show:				
<ul style="list-style-type: none"> why the scheme was required the management strategy the social, economic and environmental issues. 				
Prior Knowledge: Unit Learning Consolidation: Skills Retrieval Booklet – Bronze, Silver or Gold				
Current Content Unit Learning Challenge: EQU Assessment % Grade:				



COMPUTER SCIENCE

The mock will be the whole of Unit 1

- ▶ 1.1 Systems Architecture
- ▶ 1.2 Memory and Storage
- ▶ 1.3 Computer Networks, Connections, and Protocols
- ▶ 1.4 Network Security
- ▶ 1.5 Systems Software
- ▶ 1.6 Ethical, Legal, Cultural Issues



You have lots of revision resources that you got at the beginning of the year

You should also be using the following:

- ▶ The revision activities on Smart Revise
- ▶ The Craig and Dave videos
- ▶ Your own notes

SMART
REVISE




BUSINESS

The mock will be from Paper 1

- ▶ 1 Business Activity
- ▶ 2 Marketing
- ▶ 3 People
- ▶ 4 Finance

Business Studies



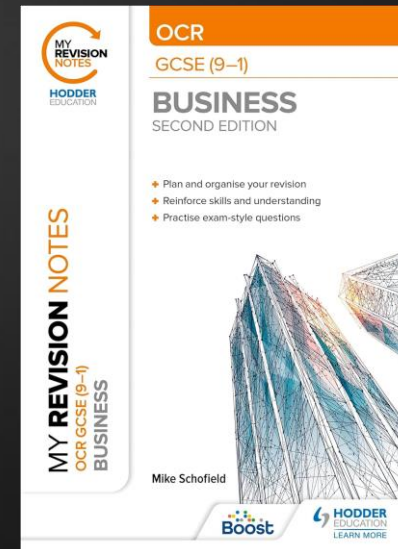
Assessment Booklet

Name.....	
Teacher.....	Target grade.....
Tutor Group.....	Predicted grade.....



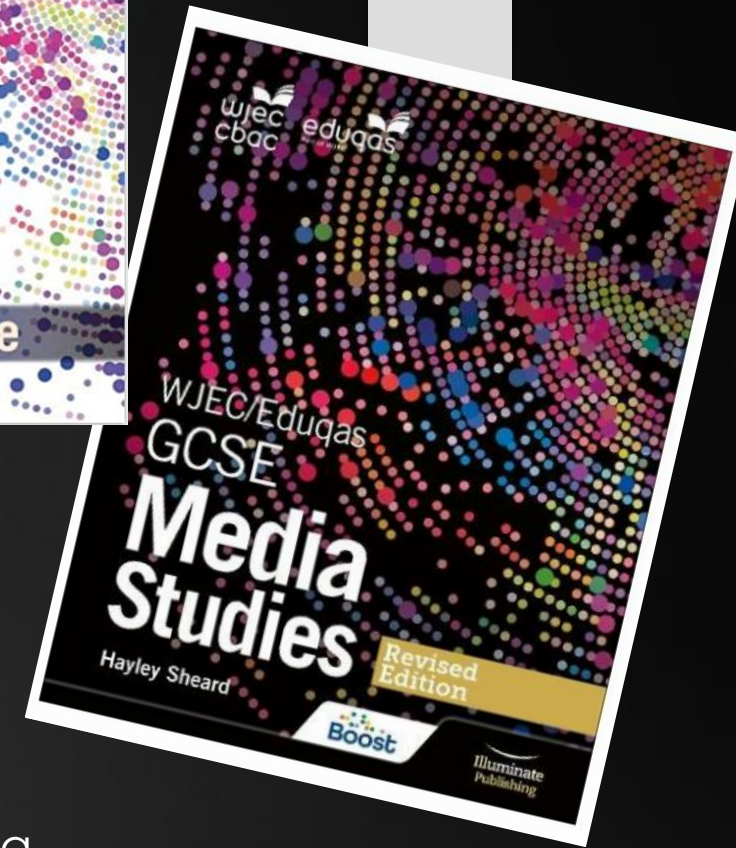
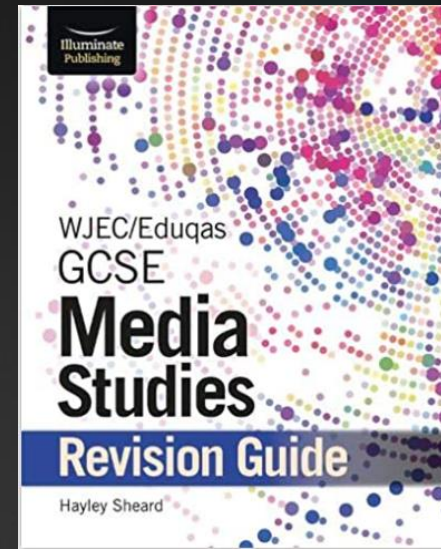
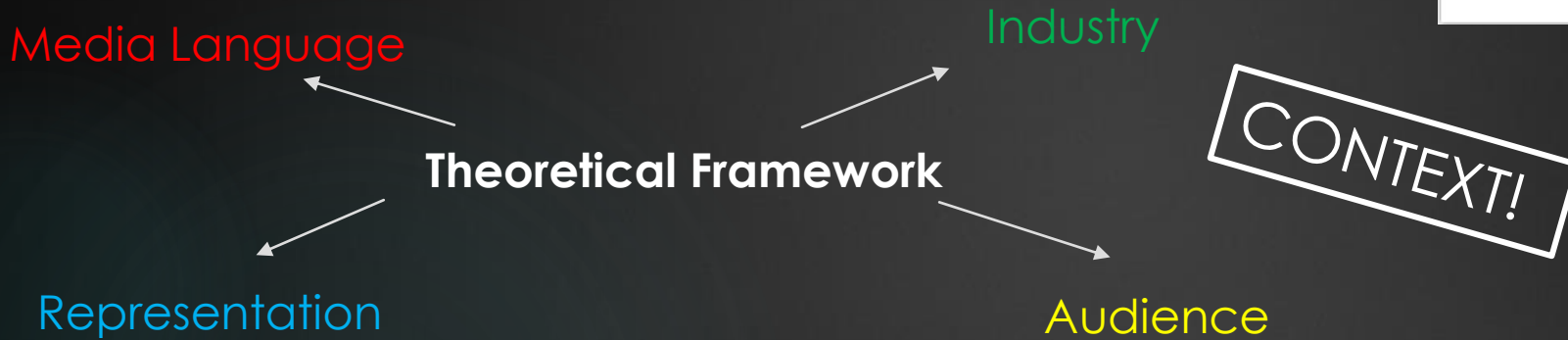
You should revise using the following:

- ▶ GCSE 9-1 Revision guide
- ▶ Assessment Booklets
- ▶ Past papers
- ▶ Your own notes



MEDIA

- All lesson content is on TEAMS
- Look back through the lessons and use the knowledge organisers/crib sheets
- Use textbook/revision book (see Mrs Asher for copies)
- Create flashcards



- Mock exam will be a mixture of Component 1 and Component 2, covering the set texts covered so far:
- Component 1 Section A – Adverts, Film Posters
- Component 1 Section B – No Time to Die – industry, BBFC, The Archers
- Component 2 Section A – Luther and The Sweeney



CATERING

Revision for June Mock 2024

Foods high in protein and micro and macronutrients

Coeliac and anemia

% daily amounts (pg 16)

Temperatures

Water based cooking methods (24)

Chemical, physical, bacterial contamination

Heat transfer: conduction, convection (mechanical convection) and radiation (23)

Vitamins (water B C or fat soluble) A D E K - aid calcium absorption D & antioxidants ACE

Caramelisation, gelatinisation & enzymic browning

Food processing (primary and secondary) -

extraction rate: the extraction rate is a figure

representing the percentage of flour produced from a given quantity of grain

Free-range foods and food miles (61)

Food labelling (46, 47)

Fortification and additives (66, 67)

Personal hygiene rules

Storing, cooking and reheating foods

Meal comparison

Elderly nutritional requirements (13, 19)

Importance of fibre

Function of ingredients in pastry making

Sauce making methods

Raising agents (32)

Organic food (55) and drinks and GM foods (56)

Food production – milk pasteurisation (temps) (64 – 65)

μg is the correct symbol for the metric measurement microgram which is one millionth of a gram or one thousandth of a milligram. The symbol for μ is a Greek letter (mu) which means 'small'.

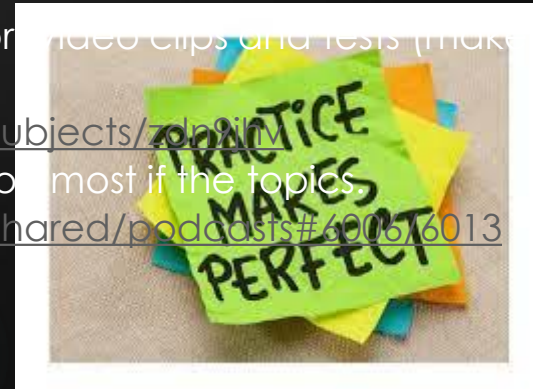
Use GCSEbitesize for content, short video clips and tests (make a note of your test scores

<https://www.bbc.co.uk/bitesize/subjects/zhxjlm>

Use GCSEpod for short podcasts on most of the topics

<https://members.gcsepod.com/shared/podcasts/#600676013>

SENECA ksnmnzqmxx



CATERING

N O T T I N G H A M G I R L S

REVISION TOPICS

SUBJECT: AQA FOOD PREPARATION AND NUTRITION

TOPIC/AREA

Food, Nutrition and Health

- Protein, Fats and Carbohydrates
- Vitamins and Minerals
- Fibre and Water
- Healthy eating guidelines
- Nutritional needs
- Diet related health problems
- Energy needs
- Nutritional Analysis
- Planning meals for different groups

Food Science

- Why is food cooked
- Heat transfer and cooking methods
- Changing properties
- Raising agents

Food safety

- Food spoilage
- Storing food safely and preparing food safely
- Food poisoning
- Uses of microorganisms

Food choice

- Influences on food choice
- Cultural religious and moral food choices
- Food labelling and Influences of marketing

Food provenance

- Grown food and GM crops
- Reared food and Caught food
- Waste food and Packaging
- Food miles and carbon footprint
- Global food production
- Primary food processing and Secondary food processing
- Food fortification and modification
- Additives

Use [GCSE bitesize](https://www.bbc.co.uk/bitesize/) for content, short video clips and tests (make a note of your test scores

<https://www.bbc.co.uk/bitesize/subjects/tdn9/hv>

Use [GCSE pod](https://members.csepod.com/shared/podcasts#6006/6013) for short podcasts on most if the topics.

<https://members.csepod.com/shared/podcasts#6006/6013>

[SENECA LEARNING](https://www.senecalearning.com/)

USEFUL APPS/BLOGS/BOOKS ETC

GCSE Food Preparation & Nutrition For AQA (Grade 9-1)

AQA GCSE Food Preparation and Nutrition (Anita UK Gary Little wood)

<https://www.aqa.org.uk/subjects/food/gcse/food-preparation-and-nutrition-8585>

<https://www.illuminate.digital/aqafood/> (username and password available - see teams)

<https://foodfactoflife.org.uk/16-16-years/>

Useful you tube experiments

<https://www.youtube.com/watch?v=0naQVd5XR68&app=desktop>

Different flours > amount of gluten > stretching dough

<https://www.youtube.com/watch?v=0J5i4DbRVVD>

Raising agents

<https://www.youtube.com/watch?v=bJ7uXScRTWw>

Coagulation

<https://www.youtube.com/watch?v=vq5k46uZwE>

Conduction of heat

<https://www.youtube.com/watch?v=xyQYBa-ng6g>

Effects of food on your brain

<https://www.youtube.com/watch?v=1lhbAPxY6A>

Food contamination

<https://www.youtube.com/watch?v=2Q0vhFP7edM>

Foodborne illnesses (Illness)

<https://www.youtube.com/watch?v=eKaBQrFdNtw>

Digestion (7mins)

<https://www.youtube.com/watch?v=9IMGFqMmJfE>

What happens if we do not drink water (5mins)

<http://ed.ted.com/lessons/how-the-food-you-eat-affects-your-brain-mia-nacamulli>

How the food we eat affects our brain

<http://ed.ted.com/lessons/what-is-a-calorie-emma-bryce>

What is a calorie?

<http://www.bbcgoodfood.com/videos/techniques/knife-skills>

Knife skills

<https://www.youtube.com/watch?v=TGSqZIEJdyw>

4 Cs <https://www.youtube.com/watch?v=8AvqZd9RSdQ>

Eatwell Guide

https://www.youtube.com/watch?v=1jyDgrhQI_QHM

<https://www.youtube.com/watch?v=iD0dvzA1ynY>

Intro to food allergens

<https://www.youtube.com/watch?v=rN8RX0IGr0>

Intro to Food room - safety & hygiene

<https://www.youtube.com/watch?v=RkdBKk0n0kM>

Hugh's fat fight

<https://www.bbc.co.uk/iplayer/episode/b0b0y27w/britains-fat-fight-with-hugh-learnleywhittingstall-series-1-episode-1>

TOP REVISION TIPS!

- Plan out a revision schedule
- Make flash cards from the revision power point given
- Don't revise while hungry
- Practice, Practice, Practice

REVISION SESSIONS ARE EVERY WEDNESDAY LUNCH. B14. BRING LUNCH WITH YOU.

Follow revision topic sheet and video links to support revision



SOCIOLOGY

- Look at the NGA website revision hub Sociology tab for all key websites and links
- Use your PLC to help monitor revision and target key areas.

Sociology Learning Journey
Social Stratification PLC

Topic	What activity have I done?	RAG	Revision?	Complete?
1. What is Social Stratification?				
2. What are the forms of social stratification?				
3. What is the functionalist approach of stratification?				
4. How does Weber view social class?				
5. How is social class measured?				
6. What are life chances?				
7. How have sociologists studied social class?				
8. What is social mobility?				
9. Does social class still matter?				
10. What inequalities are based on gender?				
11. What inequalities are based on ethnicity?				
12. How are youth and older age linked to inequality?				
13. What other factors affect life chances?				
14. How is wealth distributed?				
15. What is poverty and how is it measured?				
16. What are the different explanations of poverty?				
17. What is the welfare state?				
18. How is power viewed?				

Education PLC

	Green	Amber	Red
What is the role of education in modern Britain?			
What do functionalists say the role of education is (these are positive reasons)?			
What do Marxists say the role of education is (these are negative reasons)?			
What is the hidden curriculum?			
How has the British education system changed over the last 50 years?			
What were the main changes introduced by the 1988 Education Act?			
What changes have New Labour made to the Education system?			
What is the structure of the British education system today?			
What in school factors affect educational achievement?			
How does the hidden curriculum work?			
What impact do streaming and setting have?			
What are labelling and the self-fulfilling prophecy?			
How do subcultures affect achievement?			
How does social class affect educational achievement?			
What impact does home environment have on achievement?			
What is cultural capital?			
How might teachers label working class pupils?			
What impact could the rising cost of higher education have on working class students?			
How does gender affect educational achievement?			
Why have girls done better than boys in education in the last 20 years?			
Why have boys done worse than girls in education over the last 20 years?			
Why do boys and girls pick different subjects in school?			
How does ethnicity affect educational achievement?			
Why do some ethnic groups do better in education than others?			
Why might cultural differences explain these different levels of achievement?			
What in school factors could lead to students from ethnic minorities doing less well?			

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Social Sciences

Sociology

[Getrevising GCSE Sociology](#)
[The Sociology Guy](#)
[Seneca](#)
[ShortcutsTV Sociology revision](#)
[Gojimo revision](#)
[Good Sociology Sites](#)
[The Student room](#)



RE

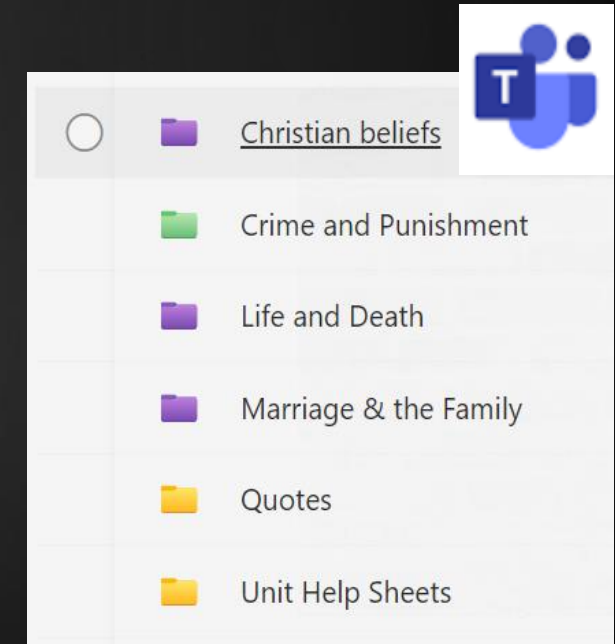
- **Step 1: Use the student-friendly specification (on TEAMS) to prioritise your revision (blue highlighter for the things you don't fully remember, and yellow for things you don't remember at all)**

- **Step 2: Make mind-maps in black/blue pen of the topics you identified in step 1 WITHOUT any notes.**

- **Step 3: Refer to the lessons - all lessons on TEAMS under the 'files' tab or the knowledge organisers**

- **Step 4: use a green/red pen to add the new information learned in step 3.**

Life and Death	Abortion	Pro-life and pro-choice teachings non-religious arguments surrounding its use, including the application of situation ethics.	Pro-life = Life can never be taken, Pro-choice = life is sometimes important Situation ethics – cases of rape, mother too young, poverty
	Life after death	Christian teachings and beliefs that support the existence of a life after death, including the resurrection of Jesus	'my fathers house (heaven) has many rooms', Jesus resurrected, Bible proves
		divergent Christian arguments for life after death (including remembered lives, paranormal, logic, reward, comfort and meeting loved ones who have passed on)	Remembered lives – prove their must be some life after death, logic – must be a place of reward & punishment,
		The significance of belief in life after death for Christians.	Place to be with God, eternal happiness for those who suffered
	Why Christians reject arguments against belief in life after death (including as a source of comfort, lack of evidence, fraudulent accounts and social control)	Source of comfort – just because it is a source of comfort, doesn't make it false, lack of evidence – Heaven is a spiritual place so is not supposed to be seen or known, Fraudulent accounts – the bible mentions it so it cannot be false	
	Euthanasia	Christian teachings and divergent views support for hospice care and interpretations of Job Non-religious attitudes to euthanasia, and the application of situation ethics	Sin – same as murder, life is a gift acceptable – situation ethics Hospice – special hospital for those critically ill (not burden on family), Job – suffering doesn't mean punishment, all parts of God's plan. No – Doctors take oaths to save lives <u>not take</u> them. Yes – quality of life, is it murder if you cannot live without life support machines?



SPANISH

- Revise 20 mins of **Quizlet** every day
- Look at the vocab lists in your **Knowledge Organiser** for the topics which have been covered so far in Year 10
- Make sure you can recognise / produce a range of tenses Learn Complex Structures and Opinions – especially good for speaking & writing!
- Check you know the writing success criteria



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- ▶ [Nottingham Girls' Academy - Exam Hub
\(nottinghamgirlsacademy.co.uk\)](http://nottinghamgirlsacademy.co.uk)