

Sir Frederic Osborn School

Revision Guide

Years 7, 8 and 9

Name: _____

Form: _____

*Hard work
and self-discipline
lead to success*

Exam dates:

Years 7 and 8: 4th – 15th June

Year 9: 25th – 29th June

Preparing a Revision Timetable

Tip one: Work out the time you have to revise:

- Create a revision planner; this should outline the two weeks before your assessments, the assessment week and the weekends in between.
- Write your assessments and any days or times when you are not able to revise, see the example on page 3.

Tip two: Plan out your revision timetable:

- Write a list of all your subjects and the main topics
- Fill in which subjects you will revise each day (spread them out).
- Each day during your assessment period revise the subject you have an assessment in the next day.

Tip three: Make a daily plan:

- Don't work for too long, 30 minutes of revision at a time would be a good guide
- Stick to it and be realistic, you need to have breaks
- A guideline would be to do one hour of revision a day in the week and two hours a day at weekends

	MON	TUES	WED	THURS	FRI	SAT	SUN
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
1:00							
2:00							
3:00							
4:00							
4:30							
5:00							
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							

Make your revision productive

Tip four: Eat properly:

- Have breakfast every day – your brain needs energy
- Have healthy snacks – fresh fruit, dried fruit, carrot sticks
- Eat lunch and dinner
- Treat yourself occasionally



Tip five: Drink well:

- Keep hydrated by drinking water or squash regularly
- Don't drink too much tea or coffee or sweet or fizzy drinks as these can give you headaches
- Avoid energy drinks

Tip six: Do some exercise and get some fresh air:

- Do an extra-curricular sports activity, ask your PE teacher for details
- Go out for a short, brisk walk
- Play outside with friends
- Run on the spot or do some star jumps between revision sessions



Tip seven: Get enough sleep:

- Go to bed at a sensible time, your brain needs to rest
- Switch off electronic devices and charge outside your room



Don't leave your revision to the last minute – revise in advance!

How to revise

Tip eight: Do not read through your notes / exercise book again and again



- Read small sections of information then write down what you remember in bullet points.
- Check your bullet points against the information.
- Play teacher! Explain a section to someone else.
- Use revision aids supplied or recommended by your teachers. For Maths log onto IXL

Tip nine: Find a way that helps you to recap and test yourself

- Make revision cards with summarised information and or pictures
- Make spider diagrams linking key topics
- Put posters or post-it notes of key terms around your home (Ask first!)
- Write out questions to ask yourself or your teacher
- Test yourself in pairs
- Use voice memos



Tip ten: Revise somewhere quiet and free from distraction:

- Find out what works for you
- Create a revision den

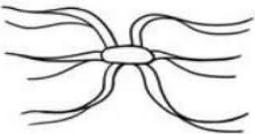
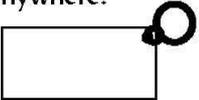
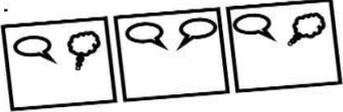
The following do not work – trust us we're professionals!

- Revising with the TV on
- Revising with the internet on (Skype / Snapchat / games etc.)
- Revising with music on that you like to sing along to
- Revising in a busy family space where you cannot expect to be undisturbed
- Revising whilst messaging a friend
- Revising outside when it is sunny
- Revising very late at night or when you are very tired
- Revising whilst lying on or in your bed or slumped on a sofa


**KEEP
CALM
AND
REVISE**

Multi-sensory revision techniques

Learning/Revision Techniques

<p>Map It</p> <p>Create a mind map of the key points.</p> 	<p>Journey It</p> <p>Remember lists of information by creating events and images at certain points on a journey.</p> 	<p>Index It</p> <p>Transfer the key points to index cards. Test yourself!</p> 
<p>Story It</p> <p>Create a weird and multi sensory story using the key points.</p> 	<p>Mnemonic It</p> <p>Use the first letter of key words to create a sentence.</p> <p>EG - Naughty Elephants Squirt Water</p> 	<p>Click It</p> <p>Create a presentation about the key points.</p> 
<p>Flip It</p> <p>Write questions and answers and flip it anywhere.</p> 	<p>Timeline It</p> <p>A great technique for dates or sequences – place them in order along a line, then add lots of colour and pictures.</p> 	<p>Sing It</p> <p>Set some of your work to some familiar music. You can also rhyme the words or create a rap.</p> 
<p>Record It</p> <p>Use your mobile to record yourself explaining the key points and play it back regularly.</p> 	<p>Post It</p> <p>Write key words on to post its and stick them around your room.</p> 	<p>Comic It</p> <p>Create your own comic strip using the main points.</p> 

Assessment Day

Ensure that you know the assessment format:

- How many questions will there be?
- What will they be on?
- Do you have a choice of questions?

Where will your assessment take place?

- Normal classroom or in an alternative venue?

What equipment do you need?

- Black pen
- Pencil and rubber
- Ruler
- Calculator, protractor, compass, text,

How long is the assessment?

- Usually one hour, your teacher will advise you if it is longer

The Assessment

1. Stay calm. Breathe slowly and deeply.
2. Read the instructions carefully. Before you write anything, read the paper all the way through and make sure that you know exactly what you have to do.
3. Highlight key words in the question. Read it more than once to make sure that you have fully understood what you need to consider and include.
4. Plan your time. Work out how long you should spend on each question. Write a small amount for a one-mark question and a longer, more detailed response for a five-mark question.
5. If you cannot remember some facts immediately move on to the next question and return to the one you found challenging later, you may well remember what you need to know in the meantime.
6. Leave time to check your work thoroughly for accuracy, spelling and punctuation.
7. Check that you have labelled diagrams and graphs.
8. Present your work as neatly as you can, if the examiner can't read it they can't give you marks.

What parents and carers can do to help

- Recognise how important these examinations are and how much time your child will need if they are to do as well as they can; help keep perspective
- Don't ask them to do too many chores around exam time.
- Encourage the rest of the family to help by not disturbing revision
- Secure a quiet place for study, where work can be left out without getting on the way of others
- Encourage planned relaxation time
- Praise effort and hard work
- Emphasis the need for plenty of sleep
- Help them to not worry about an assessment after it is finished
- Remind them that exams don't last forever
- Remove potential distractions such as X Box during revision times
- Use the checklist below

Do you have your equipment?

Do you know which exams you have today / tomorrow?

Have you eaten a good breakfast?

Using Growth Mindset to support your child.

We have banned the phrase “I can’t” at school as saying this gives us permission to stop trying.

Instead we ask “How can I?” This shows our willingness to learn and knowledge that we can progress.

It can be really scary to watch someone we love fail at something BUT

If we give up or don’t try because we are afraid of failing then we never progress and miss out on lots of exciting and amazing opportunities. Failure can help us to build self-confidence and learn to cope with difficult challenges.

Encourage your child to try new things that they may find challenging and talk to them afterwards about what they have learnt from their mistakes.



Getting praise right

It is important to move from only praising achievement to praising effort and process.

Searching for answers is as important as finding them and our children need to learn resilience.

It may seem odd to suggest that we do not praise our children however research shows that the most effective praise needs to be truthful.

Praise given too readily for tasks that require little effort may ultimately undermine confidence rather than build it.

Supporting your child through Growth Mindset

If your child says...	Avoid saying...	Try saying...
"I can't do this..."	"Don't worry, it'll be fine..." "I was rubbish at that at school..."	"You can't do it yet, what do you need in order to do it?" "You might not be able to do it yet but let's find out how we can work it out."
"Why do I even need to do this? It's a waste of time."	"I agree, I've never needed that at work."	"You may not need it in your job but the process of learning a new skill is always useful."
"I need help with my homework."	"Okay let's get it done."	"What have you tried so far to tackle it?"

Year 7 Revision topics

There will not be an examination in the following subjects:
PE, Food Technology, Design & Technology, Drama

Subject	Format of exam	Topics to revise	Complete?
Art	One hour exam in lesson time	In the exam students will be asked to produce an observed drawing of a still life. They will be expected to add tone to develop form. To prepare for this they could produce drawings at home and practice their shading skills. Equipment needed; pencil, sharpener and rubber.	
Geography	One hour exam in lesson time	Short answer: Map skills, Tropical Rainforests, India. Extended writing: Challenges and opportunities of living in India	
History	One hour exam in lesson time	From Roman to Norman: what is History <ul style="list-style-type: none"> - Stone Age to Iron Age - Roman Britain - Vikings Key concepts: Introduction to key skills The Norman Conquest <ul style="list-style-type: none"> - pre-Norman Britain - Edward's 'promise' - The Norman invasion - The Battle of Hastings Life in the Middle Ages <ul style="list-style-type: none"> - Feudal system - Towns / villages - Domesday Book Key processes: Using evidence Key concepts: Cause and consequence Religion and conflict in the Medieval world <ul style="list-style-type: none"> - Christianity and Islam - The Islamic Empire - The Crusades Key concepts: Causation Magna Carta and the birth of Parliament	

		<ul style="list-style-type: none"> - Interpretations of John - King and the Barons - The Magna Carta <p>Key concepts: Significance / interpretations</p> <p>The Black Death</p> <ul style="list-style-type: none"> - The origins of plague - Medieval beliefs - The consequences of the plague: local and national <p>Key process: Historical enquiry</p>	
French	One hour exam in lesson time	<p>Translation from English into French <u>from memory.</u></p> <p>Students must Learn:</p> <p>School subjects</p> <p>Time phrases (puis, apres, ensuite)</p> <p>Time (O'clocks)</p> <p>Be able to describe hair and eyes</p> <p>The following irregular verbs: Avoir, Etre, Faire</p> <p>The 'er' verb rule</p> <p>The following 'er' verbs: commencer, arriver, parler, porter, manger, écouter, travailler, aimer, detester, adorer, préférer.</p> <p>Negatives ie ne.....pas</p> <p>Describe what they are wearing</p> <p>Opinion (aimer, detester, adorer, préférer parce que c'est....)</p> <p>Spellings count.</p> <p>You will need a black pen and a ruler</p>	
Computer Science	One hour exam in lesson time	<p>E safety - how and why we are safe online</p> <p>Microsoft Spreadsheets – how to create a formula and how to add formatting.</p> <p>Micro bit (programming)- input/output</p> <p>Adobe Flash – key words related to Animation and how you can animate an object</p>	
English	Two separate exams of one hour each in lesson time	<p>Reading comprehension of a fictional extract. Four questions.</p> <p>Retrieval of key facts, language analysis and effect.</p> <p>Analysis of structuring a text.</p> <p>Descriptive writing from an image using vivid adjectives.</p>	

		<p>Technical accuracy and spelling and grammar.</p> <p>You will need a black pen and highlighter</p>	
Maths	<p>2 papers – one calculator and one non-calculator. Both 1 hour long.</p>	<p>Number skills</p> <p>Ordering decimals, including their position on a number line</p> <p>Add and subtract multiplication and division integers of any size</p> <p>Add and subtract Multiply and divide directed numbers</p> <p>directed numbers</p> <p>HCF ,LCM, factors and primes</p> <p>BIDMAS (without the I)</p> <p>Algebra</p> <p>Simplify expressions</p> <p>Collect like terms</p> <p>Expand brackets</p> <p>Solve equations</p> <p>Geometry and Measure</p> <p>Transformations</p> <p>Area of simple shapes</p> <p>Perimeter of simple shapes</p> <p>Volume of a cuboid</p> <p>Angles – using a protractor</p> <p>Angles in a triangle</p> <p>Data</p> <p>Averages</p> <p>Bar charts</p> <p>Pictograms</p> <p>Scatter graphs</p>	
Science	<p>One hour exam in lesson time</p>	<p>Units covered so far this year:</p> <p>Cells and microscopes</p> <p>Particles and states of matter</p> <p>Classification and food chains</p> <p>Acids & Alkalis</p> <p>Electrical circuits and magnets</p> <p>Energy and energy resources</p> <p>Chemical reactions</p> <p>Lab safety</p> <p>Graphs</p> <p>You will need a calculator</p>	

Year 8 Revision topics

There will not be an examination in the following subjects:
PE, Food Technology, Design & Technology, Drama.

Subject	Format of exam	Topics to revise	Complete?
Art	One hour exam in lesson time	In the exam students will be asked to produce an observed drawing of a still life. They will be expected to add tone to develop form. To prepare for this they could produce drawings at home and practice their shading skills. Equipment needed; pencil, sharpener and rubber.	
Geography	One hour exam in lesson time	Short answer: Earthquakes, Volcanoes, Coasts, Energy. Extended writing: Challenges and opportunities of living by the coast.	
History	One hour exam in lesson time	Religious change in Early Modern Europe - The Protestant Reformation - Martin Luther and the Reformation - The impact on England Key concepts: Developing key skills The Tudors - Henry VIII & Elizabeth - Elizabethan settlement - Conflict with Spain Key concepts: Significance The English Civil War - The origins of the conflict - Crown v. Parliament - The 'Personal Rule' - The causes and events Key concepts: Causation From restoration to 'Glorious Revolution' - The interregnum - The restoration - James and the 'Glorious Revolution' Key concepts: Using evidence Origins of Empire and the slave trade - Origins of Empire - The birth of the slave trade - The triangle of trade - Causes of the abolition Key concepts: Causation	
French Set 1	One hour in lesson	Translation from English into French from memory.	

		<p>The perfect tense with avoir and être verbs Regular present tense verb endings for 'er', 'ir' and 're' verbs Key irregular verbs in the above tenses: avoir, aller, faire, boire, lire, sortir, prendre, mettre, voir, venir, perdre, écrire The near future tense = Aller + infinitive Avant de + infinitive Key time phrases (apres, ensuite, puis, pendant, d'habitude, de temps en temps, etc) Types of programmes Activities students do in their free time as studied in the lesson The use of the negative in all tenses Opinion (aimer, detester, adorer, préférer parce que c'est....) <u>SPELLINGS COUNT</u> You will need a black pen and a ruler</p>	
French Set 2	One hour in lesson	<p>Translation from English into French from memory. In the translation the students will have to be able to describe what they did yesterday and what they usually do. To be able to do this they must know : 'er' verb rule for present tense Key regular verbs in the past tense – these will be in your books The following irregular verbs in the present and the past tense: aller, avoir, faire, boire, lire, sortir The use of the negative ie: ne ... pas Time phrases and Opinion <u>SPELLINGS COUNT</u> You will need a black pen and a ruler</p>	
Computer Science	One hour in lesson	<p>E safety - how and why we are safe online Databases –why you store information in a database (pros and cons/keywords of the database itself) Python – Input/outputs/if/else/While/for loops Flash – key words related to Animation and how you can animate an object.</p>	
English	Two separate exams of one hour each in lesson time	<p>Reading comprehension of a fictional extract. Four questions. Retrieval of key facts, language analysis and effect. Analysis of structuring a text. Descriptive writing from an image using vivid adjectives. Technical accuracy and spelling and grammar. You will need a black pen and highlighter</p>	
Maths	2 papers – one calculator and one non-	<ul style="list-style-type: none"> • <u>Year 8 Topics –</u> • Number skills 	

	<p>calculator. Both 1 hour long.</p>	<ul style="list-style-type: none"> • Ordering decimals, including their position on a number line • Add and subtract multiplication and division with decimals and integers of any size • Add and subtract Multiply and divide directed numbers • directed numbers • HCF,LCM, factors and primes • BIDMAS (without the I) • Algebra • Simplify expressions • Collect like terms • Expand brackets • Solve equations • Solve equations with brackets • Solve equations with variables on both sides • Geometry and Measure • Transformations • Area of compound shapes • Perimeter of compound shapes • Similar shapes • Area and circumference of a circle • Transformations including enlargement with a centre • Data • Averages • Bar charts • Pictograms • Scatter graphs 	
Science		<p>Rock cycle Heating and cooling Metal reactions Structure and composition of chemicals Infections and health Periodic table Pressure, moments, levers and forces Life support – Digestion, breathing and circulation</p>	

Year 9 Revision topics

There will not be an examination in the following subjects:
PE, Food Technology, Design & Technology, Drama.

Subject	Format of exam	Topics to revise	Complete?
Art	One hour in lesson	In the exam students will be asked to produce an observed drawing of a still life. They will be expected to add tone to develop form. To prepare for this they could produce drawings at home and practice their shading skills. Equipment needed; pencil, sharpener and rubber.	
Geography	One hour in lesson	Short answer: Development, China, Deserts. Extended writing: Challenges and opportunities of living in LICs	
History	One hour in lesson	The causes and events of World War One - Causes: short / long - Events: chronology - Trench warfare Key concepts: Causation The impact of the First World War - The Home Front - DORA - Women and the vote - The Treaty of Versailles Key processes: Causes / change The Inter-War Years 1918-1939 - The aims of the Big Three - Interpretations of the Treaty of Versailles - Britain's policy of appeasement Key concepts: Using evidence Life in Nazi Germany and the Holocaust - Hitler's rise to power - Hitler's control: terror and propaganda - The origins of the Holocaust - The Holocaust in Europe Key concepts: Cause / consequence	

French		<p>Translation from English into French <u>from memory</u>.</p> <ul style="list-style-type: none"> • Vocab studied for healthy eating and where you normally go on holiday • Present tense for regular and irregular verbs • Perfect tense for regular and irregular verbs AND Vandertramp verbs including reflexives • Imperfect tense • Conditional Tense (Reg and Irreg. Verbs) • Future Tense (Reg and Irreg. Verbs) • Near Future Tense (Aller + infinitive) • Quantifiers • Pouvoir, devoir = all tenses • 'si' clauses • Avant de • Apres avoir/être fait <p><u>SPELLINGS COUNT</u> You will need a black pen and a ruler</p>	
Computer Science		<p>Databases –why you store information in a database (pros and cons/keywords of the database itself) Spreadsheets – formatting and formula Photoshop & fireworks- key words and functions of software Python – Input/outputs/if/else/While/for loops Flash – how to make an object move.</p>	
English	Two exams (one hour each)	<p>Reading comprehension of a fictional extract. Four questions. Retrieval of key facts, language analysis and effect. Analysis of structuring a text. Descriptive writing from an image using vivid adjectives. Technical accuracy and spelling and grammar. You will need a black pen and highlighter</p>	
Maths		<p>Number – BIDMAS, Indices, Estimation, Significant Figures, LCM, HCF, Ratio, Dividing Ratio Percentage, Fractions, Ordering Fractions Algebra Substitution, Simplify Expression, Index Notation, Expand and Simplify, Sequences, Nth term, Table of values, real Life graph, gradient, equation of a line, Linear equations, forming</p>	

		<p>equations, Change the Subject of the Formulae, Inequalities, Simultaneous equations, factorising quadratic equations</p> <p>Geometry and Measure</p> <p>Volume and Surface area, Area and Circumference of Circle, Area problem solving, Pythagoras theorem, Angles and Parallel Lines, trigonometry, (SOHCAHTOA)</p> <p>Data</p> <p>Stem and leaf, Box Plot, Cumulative Frequency, Scatter Graphs, Time Series, Frequency Polygon, Pie Charts</p>	
Maths Core		<p>Number –</p> <p>BIDMAS, Indices, Estimation, Significant Figures, LCM, HCF, Ratio, Dividing Ratio Percentage, Fractions, Ordering Fractions</p> <p>Algebra</p> <p>Substitution, Simplify Expression, Index Notation, Expand and Simplify, Sequences, Nth term, Table of values, real Life graph, gradient, equation of a line, Linear equations, forming equations, Change the Subject of the Formulae, Inequalities, Simultaneous equations</p> <p>Geometry and Measure</p> <p>Volume and Surface area, Area and Circumference of Circle, Area problem solving, Pythagoras theorem, Angles and Parallel Lines.</p> <p>Data</p> <p>Stem and leaf, Box Plot, Cumulative Frequency, Scatter Graphs, Time Series, Frequency Polygon, Pie Charts</p>	
Science		<p>All topics from year 7 and year 8 and heavily weighted for 2nd paper on how science works:</p> <ul style="list-style-type: none"> • Analysis and evaluation • Safety • Variables and fair test • Measuring • Graphs • Results tables • Conclusions • Evidence <p>https://www.bbc.com/education/subjects/zng4d2p</p> <p>You will need a calculator, pen, pencil and ruler</p>	

DO NOT DISTURB!

REVISION IN

PROGRESS

STUDENT AT

WORK



WHICH STEP HAVE YOU REACHED TODAY?