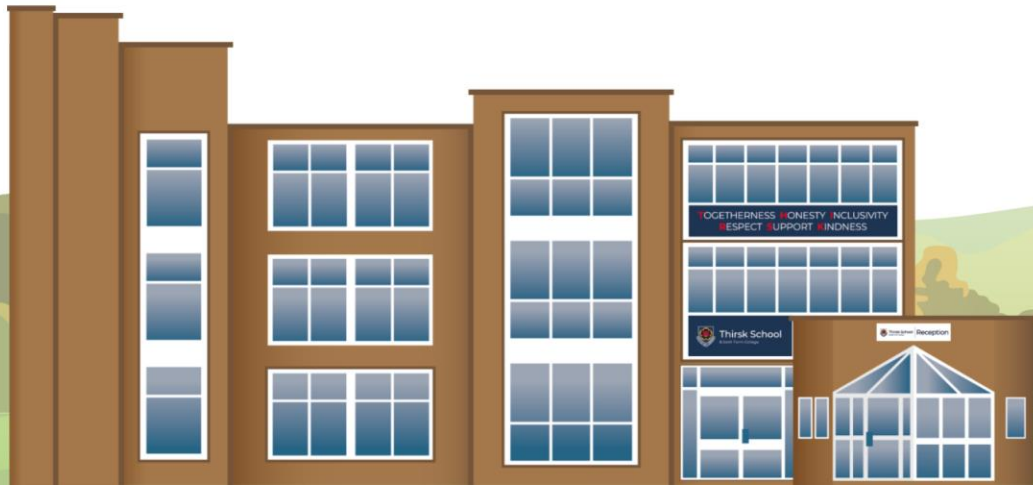




Thirsk School
& Sixth Form College

YEAR 11 REVISION PLANNING

30/09/2024





Learning Intent

- To understand the importance of **planning** your revision
- To understand the principles behind an effective revision timetable
- To begin to put together a revision timetable for your mock exams





Reminder – effective revision strategies

- Key word test
- Memory dump
- Practice exam questions
- Answering verbal questions (asked by a family member/friend)
- Creating materials that allow you to test yourself and then using them (e.g. flashcards)





Reminder – ineffective revision strategies

- Simply reading through notes
- Copying notes out
- Highlighting notes – and doing nothing with the information
- Revising what you already know
- Not giving revision your full attention
- Not planning – this leads to ‘cramming’





Spacing and Interleaving

Blocked Practice

A A A A

B B B B

C C C C

D D D D

Spaced Practice

A B B B

A C C C

A D D D

A B C D

Spaced Practice
and Interleaving

A C B D

D A B C

B C C A

D B A D





Key Dates

- Mock exams 1: 11th-22nd November
- Mock exams 2: 24th – 28th February
- First written GCSE exam: 8th May

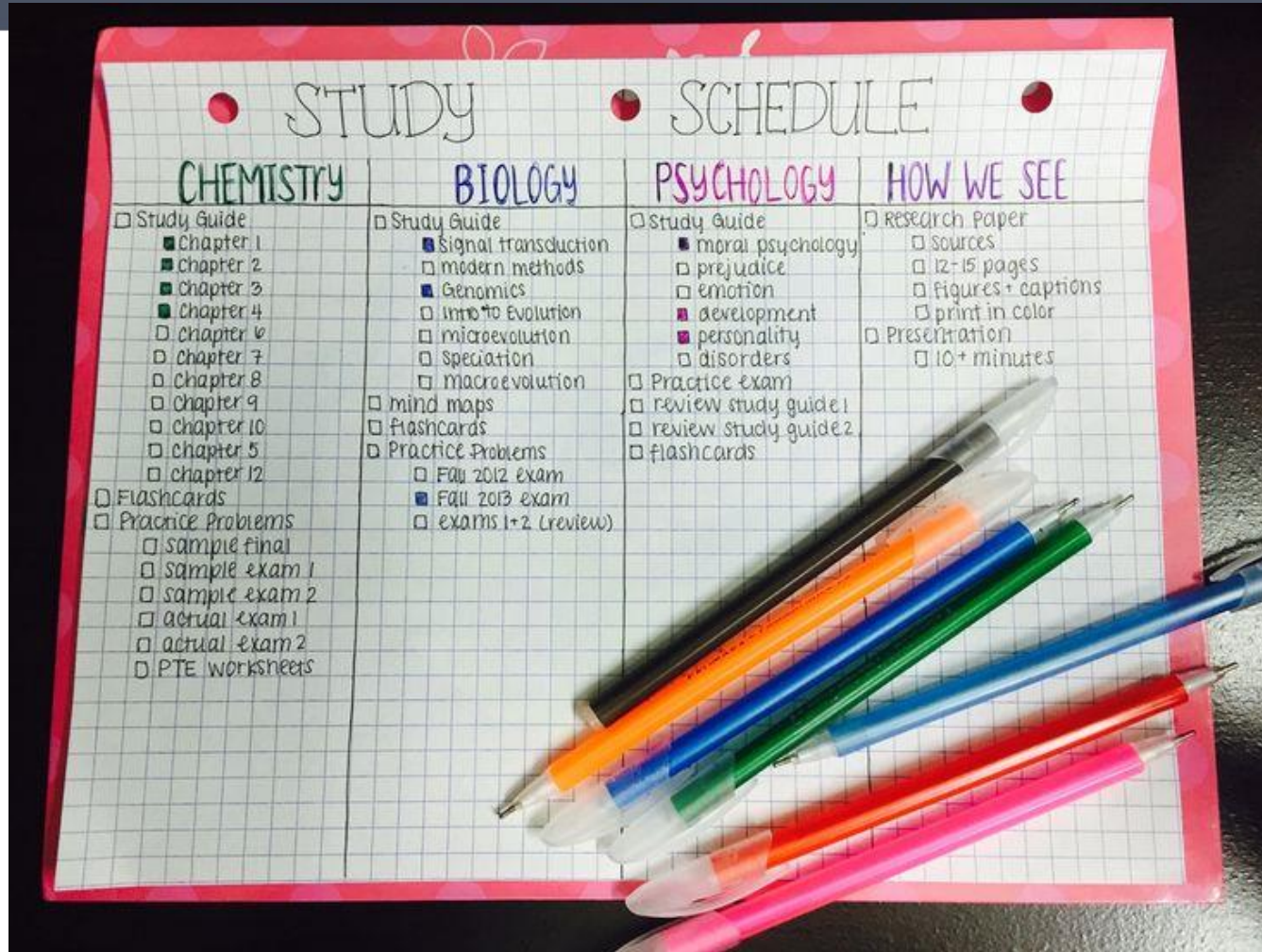




Revision planning – key points

- Cramming at the last minute does not work.
- Planning includes planning WHAT you are going to revise.
- It includes WHEN you are going to revise.
- It allows you to fit revision in with your other priorities.
- It gives you the reassurance that you have covered all the material in sensible chunks.





Step 1: WHAT
needs revising?

Biology

Working Scientifically

The Scientific Method.....	1
Communication & Issues Created by Science.....	2
Risk.....	3
Designing Investigations.....	4
Collecting Data.....	5
Processing and Presenting Data.....	6
Units and Equations.....	8
Drawing Conclusions.....	9
Uncertainties and Evaluations.....	10

Topic B1 — Cell Biology

Cells.....	11
Microscopy.....	12
More on Microscopy.....	13
Cell Differentiation and Specialisation.....	14
Chromosomes and Mitosis.....	15
Stem Cells.....	16
Diffusion.....	17
Osmosis.....	18
Active Transport.....	19
Exchange Surfaces.....	20
Exchanging Substances.....	21
More on Exchanging Substances.....	22
Revision Questions for Topic B1.....	23

Topic B2 — Organisation

Cell Organisation.....	24
Enzymes.....	25
Investigating Enzymatic Reactions.....	26
Enzymes and Digestion.....	27
More on Enzymes and Digestion.....	28
Food Tests.....	29
The Lungs.....	30
Circulatory System — The Heart.....	31
Circulatory System — Blood Vessels.....	32
Circulatory System — Blood.....	33
Cardiovascular Disease.....	34
More on Cardiovascular Disease.....	35
Health and Disease.....	36
Risk Factors for Non-Communicable Diseases.....	37
Cancer.....	38
Plant Cell Organisation.....	39

Topic B4 — Bioenergetics

Photosynthesis and Limiting Factors.....	50
The Rate of Photosynthesis.....	51
Respiration and Metabolism.....	54
Aerobic and Anaerobic Respiration.....	55
Exercise.....	56
Revision Questions for Topics B3 & B4.....	57

Topic B5 — Homeostasis and Response

Homeostasis.....	58
The Nervous System.....	59
Synapses and Reflexes.....	60
Investigating Reaction Time.....	61
The Endocrine System.....	62
Controlling Blood Glucose.....	63
Puberty and the Menstrual Cycle.....	64
Controlling Fertility.....	65
More on Controlling Fertility.....	66
Adrenaline and Thyroxine.....	67

Topic B6 — Inheritance, Variation and Evolution

DNA.....	68
Reproduction.....	69
Meiosis.....	70
X and Y Chromosomes.....	71
Genetic Diagrams.....	72
More Genetic Diagrams.....	73
Inherited Disorders.....	74
Variation.....	75
Evolution.....	76
Selective Breeding.....	77
Genetic Engineering.....	78
Fossils.....	79
Antibiotic-Resistant Bacteria.....	80
Classification.....	81
Revision Questions for Topics B5 & B6.....	82

Topic B7 — Ecology

Competition.....	83
Abiotic and Biotic Factors.....	84
Adaptations.....	85
Food Chains.....	86



GCSE PE

Contents

Answering Exam Questions 1

Section One — Anatomy and Physiology

The Skeletal System	4
The Muscular System	7
Warm-Up and Worked Exam Questions	10
Exam Questions	11
The Cardiovascular System	12
The Respiratory System	14
Warm-Up and Worked Exam Questions	16
Exam Questions	17
Aerobic and Anaerobic Exercise	18
Short-Term Effects of Exercise	19
Long-Term Effects of Exercise	22
Warm-Up and Worked Exam Questions	23
Exam Questions	24
Revision Summary	26

Section Two — Movement Analysis

Lever Systems	27
Planes and Axes of Movement	29
Warm-Up and Worked Exam Questions	30
Exam Questions	31
Revision Summary	32

Section Three — Physical Training

Health and Fitness	33
Components of Fitness	34
Fitness Testing	38
Warm-Up and Worked Exam Questions	41
Exam Questions	42
Principles of Training	44
Training Target Zones	46
Warm-Up and Worked Exam Questions	47
Exam Questions	48
Training Methods	49
Warm-Up and Worked Exam Questions	53
Exam Questions	54
Preventing Injuries	56
Injuries and Treatment	58
Performance-Enhancing Drugs	60
Warm-Up and Worked Exam Questions	61
Exam Questions	62
Revision Summary	63

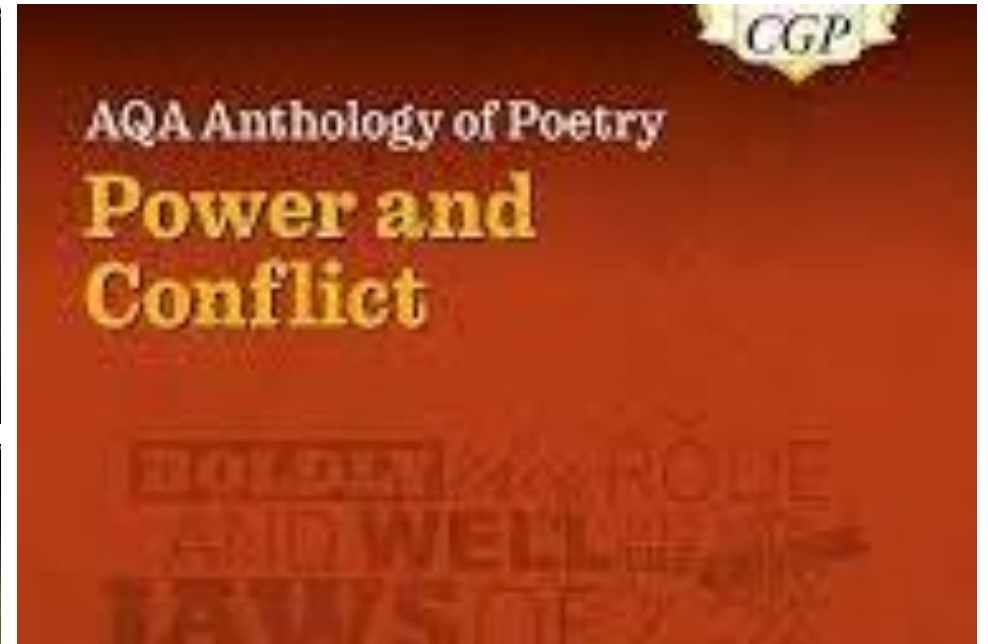
Throughout this book you'll see grade stamps like these:

These grade stamps help to show how difficult the questions are.
Remember — to get a top grade you need to be able to answer **all** the questions, not just the hardest ones.



On the question pages of this book, extended writing questions are marked like this: **1**

English Literature





Your Task

- Using the template provided, first make a list of the subjects you need to revise – that's the easy bit!
- Then, have a go at making a list of the topics that need to be studied within one of those subjects
- Think about whether any coursework needs completing between now and May – this should be included in your list of topics





Step 2: WHEN are you going to revise?

- You now have a list of subjects that all needed to be studied.
- You also have a list of the topics that need to be revised for one of your subjects. When you get home tonight, make a list of the topics for your other subjects – you have
- Now it's time to think about when you will study each subject (and, once you've listed them all, each topic.)
- It's best to divide your study up into 30-minute chunks.
- After each chunk, you would either have a rest or move on to another topic or subject, so you are **spacing out** and **interleaving** your revision.



Your Task

- Now you need to plan what your weeks will look like as you begin the countdown to GCSEs.
- You're going to fill in the blank timetable
- You need to start by factoring in things that are important to you and that you don't plan on giving up.
- This includes 'down time'
- Let's look at an example



Week beginning 30 Sep	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09.00	↑	↑	↑	↑	↑		
10.00	↑	↑	↑	↑	↑		
11.00	↑	↑	↑	↑	↑		
12.00	School	School	School	School	School		↑
13.00	↓	↓	↓	↓	↓	↑	↑
14.00	↓	↓	↓	↓	↓	Meet friends	Part-time
15.00	↓	↓	↓	↓	↓	↓	job
16.00	Relax	Relax	Relax	Relax	Relax	↓	↓
17.00							
18.00	Tea	Tea	Tea	Tea	Tea	Tea	Tea
19.00		Netball		Netball	Relax		
20.00		Netball		Netball	Relax		
21.00		Relax		Relax	Relax		



Next steps

- Now that you have factored in things in your life that **NEED** to happen or that you **WANT** to happen, it's time to see how your revision can fit in.
- Looking back at your list of subjects and topics, fit your subjects into your weekly plan.
- Try to make sure every subject is covered at least once in the week.
- Plan 30-minute sessions, meaning you can fit two subjects (or two topics) in an hour.
- Let's look at an example



Week beginning	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 Sep							
09.00	↑	↑	↑	↑	↑	—	—
10.00	↑	↑	↑	↑	↑	1. Eng Lit 2. Chemistry	1. Eng Lang 2. DT
11.00	↑	↑	↑	↑	↑	1. Business 2. RS	1. Biology 2. Maths
12.00	School	School	School	School	School	1. Physics 2. French	↑
13.00	↓	↓	↓	↓	↓	↑	↑
14.00	↓	↓	↓	↓	↓	Meet friends	Part-time
15.00	↓	↓	↓	↓	↓	↓	job
16.00	Relax	Relax	Relax	Relax	Relax	↓	↓
17.00	1. History 2. French	1. Chemistry 2. Maths	1. Physics 2. Eng Lit	1. French 2. Maths		1. Eng Lit 2. History	—
18.00	Tea	Tea	Tea	Tea	Tea	Tea	Tea
19.00	1. Eng Lang 2. Biology	Netball	1. History 2. Eng Lang	Netball	Relax	—	1. Chemistry 2. Physics
20.00	—	Netball	—	Netball	Relax	—	—
21.00	—	Relax	—	Relax	Relax		



Holiday time

- Now that you have a weekly revision timetable for school weeks, you could plan a timetable for holiday times, when you have more time in the day.
- Use your second blank timetable to complete a holiday timetable.
- The next holiday dates are week beginning 28th October(half term).

