

# Year 11 Core & Ebacc GCSE Mock Examinations

10 – 21 November 2025

Information & Support for Students & Parents



# **English Language**

Contact: Igood@glenmoorandwinton.org.uk

#### The examinations:

For English Language, students will sit two examinations, both 1 hour 45 minutes in length, which will assess their reading and writing ability.

# English Language Paper 1 (1 hour 45 minutes)

Section A of this paper tests reading and analysis skills and requires students to read one fiction extract. It contains 4 questions:

- 1. Find 4 things in the text
- 2. Analyse language
- 3. Analyse structure
- 4. Evaluate a statement about the text

Section B of this paper tests students' creative writing skills. They will be asked to write a narrative or a description based of an image or written prompt.

# English Language Paper 2 (1 hour 45 minutes)

Section A of this paper tests reading and analysis skills and requires students to read 2 non-fiction extracts – one from the 19<sup>th</sup> century. It contains 4 questions:

- 1. Identify the 4 true statements
- 2. Summarise ideas in both the texts
- 3. Analyse language
- 4. Compare viewpoints

Section B of this paper tests students' ability to write non-fiction. They will be required to write a newspaper article, letter, speech, leaflet or essay.

# <u>Topics to be covered in the examinations:</u>

# Reading:

#### Writing:

- Recognising descriptive techniques
- Commenting on the effect of language
- Recognising word classes
- Recognising structural techniques
- Summarising information in texts
- Recognising genre of texts
- Recognising format of texts
- Recognising persuasive devices
- Recognising a writer's point of view

- Using descriptive techniques
- Using structural techniques
- Grammatical rules
- Ambitious vocabulary
- Imitating different styles, genres and formats of writing

#### Resources to help students revise and prepare:

Class exercise books

Practice exam questions <a href="https://www.aqa.org.uk/subjects/english/gcse/english-language-8700/assessmentresources">https://www.aqa.org.uk/subjects/english/gcse/english-language-8700/assessmentresources</a>

Creative writing <a href="https://www.pobble365.com">https://www.literacyshed.com/the-images-shed.html</a>



Mr Bruff Videos <a href="https://www.youtube.com/watch?v=ECFDyuu0DKk">https://www.youtube.com/watch?v=ECFDyuu0DKk</a>
Mr Salles Teaches English videos (323) Mr Salles Teaches English - YouTube

# **English Literature**

Contact: lgood@glenmoorandwinton.org.uk

# **The examination:**

Students will sit one paper.

Literature Paper 1 and a section of Paper 2 in one exam 2 hour 15 mins

In The paper will be one question on Shakespeare (Macbeth)

# Topics to be covered from literature paper 1:

- Plot, characters and themes from Macbeth
- Quotes and ideas from Macbeth
- Contextual information about the Jacobean (Macbeth)
- Play terminology and methods
- Students will need to comment on the effect of language and structural methods in Macbeth

Also there will be one question normally on Literature Paper 2:

- One question on poems already studied (from the Power and Conflict Poetry)
- Two questions on Unseen poetry (poems not studied before)

# Topics to be covered in literature paper 2:

- Key ideas, quotes, and themes from all 15 poems in the Power and Conflict poetry anthology
- Poetic terminology and methods
- Students will need to be able to comment on the effect of language and structure within all the texts.

# Resources to help students revise and prepare:

Knowledge Organisers for all texts

English books and anthologies. These contain notes on the poems and all the texts.

Mr Bruff videos- he has videos on the poems and texts. These are broken into characters, themes etc Watch ones relevant to the AQA Literature specification

Past papers- <a href="https://www.aqa.org.uk/subjects/english/gcse/english-literature-8702/assessment-resources">https://www.aqa.org.uk/subjects/english/gcse/english-literature-8702/assessment-resources</a>

Mr Salles Teaches English videos (323) Mr Salles Teaches English - YouTube



# **Mathematics**

Contact: kleachman@glenmoorandwinton.org.uk

# **The examinations**

All students will sit three Higher or Foundation tier examinations depending on their set. Sets 1-5 will sit the Higher tier examinations and sets 6-8 will sit the Foundation tier. The three examination papers are structured as follows:

Paper 1 Non Calculator - (1hr 30mins) Paper 2 Calculator - (1hr 30mins) Paper 3 Calculator - (1hr 30mins)

# Topics to be covered in the examinations:

# **Foundation**

- Number (25%)
- Algebra (20%)
- Geometry and Measure (15%)
- Ratio and Proportion (25%)
- Data Handling and Probability (15%)

#### <u>Higher</u>

- Number (15%)
- Algebra (30%)
- Geometry and Measure (20%)
- Ratio and Proportion (20%)
- Data Handling and Probability (15%)

Topics can be tested on more than one paper so if a topic has been covered on an earlier paper it could also come up in a later one.

# Resources to help students revise and prepare:

Sparx maths Mathsgenie

Corbettmaths

CGP revision guides

**Knowledge Organisers** 

Past papers supplied by their teachers



# **Combined science: foundation**

Contact: Ichurchill@glenmoorandwinton.org.uk

#### The examinations

Students will sit three papers: one in Biology, one in Physics and one in Chemistry (paper 2s). The papers are **1 hr 15 mins** each

# Topics to be covered in the examinations:

#### **Physics:**

#### **Forces**

- Scalars/vectors and contact/non-contact forces
- Gravity and work done
- Resultant forces and Newton's law of motion
- Speed, acceleration and interpreting graphs
- Stopping distance

# Waves

- Transverse and longitudinal waves
- Wave properties
- Electromagnetic waves

# Magnetism and electromagnetism

- Poles of a magnet and magnetic fields
- Electromagnetism and the motor effect

#### Chemistry

# The rate and extent of chemical change

- Calculating rate of reaction
- Factors that affect rate
- Collision theory and activation energy
- Reversible reactions

# **Organic chemistry**

- Crude oil, hydrocarbons and alkanes
- Fractional distillation
- Cracking and alkenes

# **Chemical analysis**

- Pure/impure substances
- Formulations
- Chromatography
- Gas tests

# **Chemistry of the atmosphere**

- Current atmosphere
- · Early atmosphere
- How CO<sub>2</sub> decreased and O<sub>2</sub> increased
- Carbon cycle
- Climate change
- Pollutants

#### **Using resources**

- Earth's resources and sustainable development
- Potable water
- Waste water treatment
- Life cycle assessments
   Reducing use of resources (reduce, reuse, recycle)

# **Biology:**

# Homeostasis and response

- Endocrine system
- Blood glucose control and diabetes

# Inheritance, variation and evolution

- Sexual and asexual reproduction
- DNA structure
- Inherited disorders
- Genetic engineering
- Classification

# **Ecology**

- Ecosystems
- Biotic and abiotic factors
- Adaptations
- Organisation of ecosystem and food chains
- Carbon cycle
- Use of a quadrat



# **Combined science: higher**

Contact: Ichurchill@glenmoorandwinton.org.uk

#### The examinations

Students will sit three papers: one in Biology, one in Physics and one in Chemistry (paper 2s). The papers are **1 hr 15 mins** each

# Topics to be covered in the examinations:

#### **Physics:**

#### **Forces**

- Scalars/vectors and contact/non-contact forces
- Gravity and work done
- Resultant forces and Newton's law of motion
- Speed, acceleration and interpreting graphs
- Stopping distance
- Momentum

#### Waves

- Transverse and longitudinal waves
- Wave properties
- Electromagnetic waves

# Magnetism and electromagnetism

- The motor effect
- Fleming's left hand rule
- Motors

#### Chemistry

#### The rate and extent of chemical change

- Calculating rate of reaction
- Factors that affect rate
- Collision theory and activation energy
- Reversible reactions
- Effects of changing conditions on equilibrium

# **Organic chemistry**

- Crude oil, hydrocarbons and alkanes
- Fractional distillation
- Cracking and alkenes

# **Chemical analysis**

- Pure/impure substances
- Formulations
- Chromatography

# **Chemistry of the atmosphere**

- Current atmosphere
- Early atmosphere
- How CO<sub>2</sub> decreased and O<sub>2</sub> increased
- Carbon cycle
- Greenhouse gases and climate change
- Pollutants

#### **Using resources**

- Earth's resources and sustainable development
- Potable water
- Waste water treatment
- Extracting metals
- Life cycle assessments
- Reducing use of resources (reduce, reuse, recycle)

# **Biology:**

# **Homeostasis and response**

- Endocrine system
- Blood glucose control and diabetes
- Menstrual cycle

# Inheritance, variation and evolution

- Selective breeding and genetic engineering
- Classification

# **Ecology**

- Ecosystems
- Biotic and abiotic factors
- Adaptations
- Organisation of ecosystem and food chains
- Carbon cycle and global warming
- Biodiversity
- Use of a quadrat



# Resources to help students revise and prepare:

Class notes and revision slides

Flashcards

Knowledge organisers glenmoor.org.uk/portals/2/library/documents/parents and students/knowledge organisers/ks4/KS4 KO Web Version.pdf?ver=2024-09-05-101619-720

Sparx science – Independent learning on the above topics. App.sparxscience.com

Cognito – <u>www.cognitoedu.org</u> or the Cognito YouTube channel

Malmesbury Education Required Practical videos on YouTube.

https://www.youtube.com/watch?v=qIOMIwBoe 4&list=PLAd0MSIZBSsF3vV uxzbcNHuDrQ6Hc-UI&pp=iAQB

Continuity Oak videos - Curriculum - Curriculum (continuityoak.org.uk)

Revision guides and workbooks

# Separate sciences (set A only)

Contact: lchurchill@glenmoorandwinton.org.uk

# The examinations

Students will sit three papers: one in Biology, one in Physics and one in Chemistry (paper 2s). The papers are **1 hr 45 mins** each

# Topics to be covered in the examinations:

#### **Physics:**

- Scalars/vectors and contact/non-contact forces
- Gravity and work done
- Resultant forces and Newton's law of motion
- Hooke's law
- Speed, acceleration and interpreting graphs
- Stopping distance
- Momentum
- Pressure in fluids

#### Waves

- Transverse and longitudinal waves
- Wave properties
- Reflection
- Sound waves and ultrasound
- Lenses
- Visible light

# Magnetism and electromagnetism

- Electromagnetism and the motor effect
- Loudspeakers and microphones
- Fleming's left hand rule
- Motors
- Induced potential

# **Forces**

- Generators
- Transformers

# Space physics

- Solar system
- Orbits
- Life cycle of a star

# **Chemistry**

# The rate and extent of chemical change

- Calculating rate of reaction
- Factors that affect rate
- Collision theory and activation energy
- Reversible reactions
- Effect of changing conditions on equilibrium

# Organic chemistry

- Crude oil, hydrocarbons and alkanes
- Fractional distillation
- Cracking and alkenes
- Alkenes and alcohols
- Carboxylic acid and esters
- Polymers



Chemical analysis

- Pure/impure substances
- Formulations
- Chromatography
- Gas tests
- Ion tests and instrumental methods

# **Chemistry of the atmosphere**

- Current atmosphere
- Early atmosphere
- How CO<sub>2</sub> decreased and O<sub>2</sub> increased
- Carbon cycle
- Climate change
- Pollutants

# **Biology:**

# **Homeostasis and response**

- Reaction time required practical
- Endocrine system
- Blood glucose control and diabetes
- Control of body temperature
- The kidneys and ADH
- Plant hormones

# Inheritance, variation and evolution

- Meiosis
- Sexual and asexual reproduction
- DNA structure
- Inherited disorders

# **Using resources**

- Earth's resources and sustainable development
- Potable water
- Waste water treatment
- Extracting metals
- Life cycle assessments
- Reducing use of resources (reduce, reuse, recycle)
- Corrosion, alloys, composites and ceramics
- Haber process and NPK fertiliser
- Selective breeding and genetic engineering
- Cloning
- Speciation
- Classification

#### **Ecology**

- Ecosystems
- Biotic and abiotic factors
- Organisation of ecosystem and food chains
- Carbon cycle and global warming
- Decomposition
- Food production

# Resources to help students revise and prepare:

Class notes and revision slides

Flashcards

Knowledge organisers

BBC bitesize - GCSE Combined Science - AQA Trilogy - BBC Bitesize

Free science lesson videos - freesciencelessons | The very best in science education

Cognito Required Practical videos -

Continuity Oak videos - Curriculum - Curriculum (continuityoak.org.uk)

Revision guides and workbook



# **Ethics**

Contact: callman@glenmoorandwinton.org.uk

# The examinations

Students will be sitting **two** examinations:

- Paper 1 Religious, Philosophical and Ethical studies in the Modern World (2 hours)
- Paper 2 Christianity beliefs and practices (1 hour)

# Topics to be covered in paper 1:

#### Relationships:

- Marriage
- Divorce and Remarriage
- Gender roles
- Sexual relationships

#### Good and Evil:

- Morality
- Treatment of prisoners (chaplains and reformers)
- Aims of Punishment Capital Punishment

#### Life and Death:

- Soul
- Afterlife
- Judgement
- Creation and interpretations of Creation Medical Ethics: Abortion and Euthanasia

#### **Human Rights:**

- Equality and social justice
- Wealth: use of wealth
- Charities
- Human Rights
- Personal conviction

#### **Topics to be covered in Paper 2:**

#### **Christian beliefs**

- Nature of God
- Life of Jesus (4 events)
- Afterlife

#### **Christian practices**

- Sacraments
- Worship
- Pilgrimage
- Prayer

#### Resources to help students revise and prepare:

**Knowledge organisers** -these can be found within the KO pack- they will be made available on Show My Homework and TEAMS.

**Seneca Learning/BBC bitesize** – search for Edugas Religious Studies.

**Revision booklet** - practice the key skills and past questions related to the topics above and a) email your answers to your teacher for feedback or b) bring them in to be marked.

Complete Microsoft Forms mega quizzes- these will test your knowledge off the KO.

Blank mind maps- contrast black and green pen dependant on what knowledge is secure.

Flashcards- Made specific to each topic. Cut these up and use them to guiz yourself or with family/friends.



**Bible Project YouTube**- great clips related to the Christianity unit.

**Eduqas GCSE Religious Studies website** under tabs named 'Knowledge Organisers' and 'Digital exam walk throughs'.

**Ethics books** - these are a good source of information and contain key words, practice questions and any other skill-based activity we have done in class.

# Geography

Contact: rreiss@glenmoorandwinton.org.uk

# Students will be sitting two examinations:

- Paper 1 & 3 combined Living with the physical environment & Geographical skills (fieldwork) 1hr30.
- Paper 2 Challenges in the human environment 1hr 20.

#### Topics to be covered in Paper 1 & 3 combined:

- Natural hazards: extreme weather (including UK 2022 heatwave), tectonic hazards (including Nepal and New Zealand earthquakes), and climate change
- The living world: ecosystems, rainforests, deserts
- Physical landscapes in the UK: coasts
- Fieldwork in Swanage (physical and human investigations)

# Topics to be covered in Paper 2:

- Urban issues (including Bristol and Lagos)
- The changing economic world (including Nigeria)
- The challenge of resource management
- Energy (including fracking)

#### Resources to help students revise and prepare:

- **Knowledge organisers** -students have been given these over the last two years- they will be made available on Show My Homework.
- Seneca Learning search for AQA GCSE geography.
- **Homework booklet** practice the questions related to the topics above and email your answers to your teacher for feedback.
- Educake
- **Geography books and/or booklets** these are a good source of information and contain notes on the key case studies and examples that have been studied

# History

Contact: hstride@glenmoorandwinton.org.uk

# The examinations:

Students will be sitting two examinations as follows:

# Exam 1 [1 hour and 20 minutes]:

• All questions will be about **Medicine Through Time (c1250-Present Day)** including some source analysis focusing on WW1 Medicine.

Exam 2 [55 minutes]:



• All questions will be on the unit Superpower Relations and the Cold War 1941-1991.

# Topics to be covered in the exams:

Medicine Through Time c.1250-Present Day

- WW1 Medicine 1914-1918
- Medieval Medicine 1250-1500
- Renaissance Medicine 1500-1700
- Enlightenment Medicine 1700-1900
- Modern Medicine 1900-Present Day

Superpower relations and the Cold War 1941-1991

- Origins of the Cold War
- Crises of the Cold War
- Détente and the end of the Cold War

# Resources to help students revise and prepare:

- Year 11 MS Teams pages (Knowledge Organisers and other revision materials)
- History books have plenty of model answers and exam practice in
- SENECA
- BBC Bitesize (make sure you look for the Edexcel exam resources)



# **French**

Contact: astella@glenmoorandwinton.org.uk

# The examinations

Students will be sitting an examination in listening, speaking, reading and writing.

Paper 1: Listening 25% Higher 60 minutes, foundation 45 minutes

Both tiers: Section A questions and answers in English, section B questions and answers in Spanish

Paper 2: Speaking 25% (before half term—in class 12 minutes, with teacher 5 minutes)

Paper 3: Reading 25% Higher 1 hour, foundation 45 minutes

Both tiers: section A questions and answers in English, section B questions and answers in Spanish Section C translation from Spanish to English (35 words foundation, 50 words higher)

**Paper 4: Writing 25%** Higher 1 hour 20 minutes, foundation 1 hour 15 minutes

Higher 80-90 word, 130-150 word and translation Foundation Photo, 40-50 word, 80-90 word and translation

# Topics to be covered in the examinations:

- My personal world
- Lifestyle and wellbeing
- My neighbourhood
- Media and technology
- Study and my future
- Travel and tourism

# Resources to help students revise and prepare:

High frequency vocabulary booklet -

Knowledge organiser -

Sentence builder booklet -

Exampro homework on Satchel one – previous exams questions.

Flashcards – done in class, to take home for revision

EasyFrench website (Free) – authentic videos to support listening skills.

CoffeeBreak French (Free) – podcasts covering grammar and vocabulary.

AQA French revision booklet (£6 on Amazon). Covers all skills-

Slownews - listen to news in French (Free) - supports listening and reading skills -



| Source                                                  | Link                                                                                                                                                                         | How to use the source                                                                                                                                                                                                                                                                                                                                                                                                                           |
|---------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| BBC bitesize                                            | www/bbc.co.uk/bitesize                                                                                                                                                       | Complete reading and listening task in self-quizzing book and self-mark. Write down words you don't know (with translation) and do LCWC                                                                                                                                                                                                                                                                                                         |
| Knowledge                                               | KS4 FRENCH KO (2).pdf                                                                                                                                                        | Use to complete LCWC. You can also use to complete                                                                                                                                                                                                                                                                                                                                                                                              |
| organiser                                               |                                                                                                                                                                              | writing practice and ask your teacher to mark it for you.                                                                                                                                                                                                                                                                                                                                                                                       |
| Sentence                                                | speaking cards Fr.pdf                                                                                                                                                        | Use to create flashcards. See below how to revise with                                                                                                                                                                                                                                                                                                                                                                                          |
| builders                                                |                                                                                                                                                                              | flashcards.                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Flash cards                                             | Prepared in class, to take home for revision                                                                                                                                 | Revise flashcards. Get someone to ask you the question and answer it. If answered correctly put the flashcard in a 'I know it' pile if not put it in a 'to revisit' pile. Continue to revise the 'to revisit pile' until confident.  Can also be used to do LCWC for writing tasks.                                                                                                                                                             |
| Exampro<br>homework                                     | Satchel one                                                                                                                                                                  | Use previous homework to help you revise. Complete reading and listening task in self-quizzing book and self-mark. Write down words you don't know (with translation) and do LCWC                                                                                                                                                                                                                                                               |
| EasyFrench<br>website<br>(Free)                         | Easy French — Easy Languages (easy- languages.org)                                                                                                                           | Use website to help you listen to authentic French. Listen to the French and make a short summary of what you understand. Check in the caption below if you got that right. This is good to help you prepare to the listening task. You can also use this to help with pronunciation. Listen to difficult words, repeat them and listen to them again. Ask someone to help so you know if you sound like the speaker in the video.              |
| Slownews                                                | News in Slow French -<br>Beginner Podcast                                                                                                                                    | Same activities as above but covers different topics, mostly current events. You can pick the speed of the news with this website. Good to use if you struggle with the listening paper.                                                                                                                                                                                                                                                        |
| CoffeeBreak<br>Spanish<br>(Free)                        | Introducing Coffee Break Languages - Coffee Break Languages                                                                                                                  | Good for grammar revision. Listen to the grammar rules and complete the examples in your self-quizzing books.                                                                                                                                                                                                                                                                                                                                   |
| AQA<br>Spanish<br>revision<br>booklet (£6<br>on Amazon) | Pearson REVISE AQA GCSE (9-1) French Revision Workbook: For 2024 and 2025 assessments and exams (Revise AQA GCSE MFL 16): Amazon.co.uk: Glover, Stuart: 9781292131351: Books | Practice the different exercises and then check your answers at the end of the booklet.  Make a list of vocabulary you struggled with and complete LCWC.  Look at the type of exercises you find difficult and complete more similar ones. Use the techniques learnt in class to practice.  Examples of these can be:  - Make notes before listening - Use the steps for the past,present,future - Highlight where you find answers in the text |



# Spanish

Contact: astella@glenmoorandwinton.org.uk

#### The examinations

Students will be sitting 3 examinations in listening, speaking, reading and writing.

Paper 1: Listening 25% Higher 60 minutes, foundation 45 minutes

Both tiers: Section A questions and answers in English, section B questions and answers in Spanish

Paper 2: Speaking 25% (before half term—in class 12 minutes, with teacher 5 minutes)

Paper 3: Reading 25% Higher 1 hour, foundation 45 minutes

Both tiers: section A questions and answers in English, section B questions and answers in Spanish Section C translation from Spanish to English (35 words foundation, 50 words higher)

**Paper 4: Writing 25%** Higher 1 hour 20 minutes, foundation 1 hour 15 minutes

Higher 80-90 word, 130-150 word and translation Foundation Photo, 40-50 word, 80-90 word and translation

# Topics to be covered in the examinations:

- · My personal world
- Lifestyle and wellbeing
- · My neighbourhood
- Media and technology
- · Study and my future
- Travel and tourism

# Resources to help students revise and prepare:

| Source               | Link                                            | How to use the source                                                                                                                   |
|----------------------|-------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| BBC bitesize         | www/bbc.co.uk/bitesize                          | Complete reading and listening task in self-quizzing book and self-mark. Write down words you don't know (with translation) and do LCWC |
| Knowledge organiser  | KO 2023-24 - Copy - Copy.pdf                    | Use to complete LCWC. You can also use to complete writing practice and ask your teacher to mark it for you.                            |
| Sentence<br>builders | Y11 revision folder - OneDrive (sharepoint.com) | Use to create flashcards. See below how to revise with flashcards.                                                                      |



| Flash cards   | Prepared in class, to take home     | Revise flashcards. Get someone to ask you the                    |
|---------------|-------------------------------------|------------------------------------------------------------------|
| i iasii carus | for revision                        | question and answer it. If answered correctly put the            |
|               | 101 Tevision                        | flashcard in a 'I know it' pile if not put it in a 'to revisit'  |
|               |                                     | pile. Continue to revise the 'to revisit pile' until             |
|               |                                     | confident.                                                       |
| Exampro       | Satchel one                         | Use previous homework to help you revise. Complete               |
| homework      | Satcher one                         | reading and listening task in self-quizzing book and self-       |
| Homework      |                                     | mark. Write down words you don't know (with                      |
|               |                                     | translation) and do LCWC                                         |
| EasySpanish   | Easy Spanish (easy-spanish.org)     | Use website to help you listen to authentic Spanish.             |
| website       | Edsy Spariisii (easy-spariisii.org) | Listen to the French and make a short summary of what            |
| (Free)        |                                     | you understand. Check in the caption below if you got            |
| (1166)        |                                     | that right.                                                      |
|               |                                     | This is good to help you prepare to the listening task.          |
|               |                                     | You can also use this to help with pronunciation. Listen         |
|               |                                     | to difficult words, repeat them and listen to them               |
|               |                                     | again. Ask someone to help so you know if you sound              |
|               |                                     | like the speaker in the video.                                   |
| Slownews      | News in Slow Spanish - Spanish      | Same activities as above but covers different topics,            |
| Siownews      | Podcast                             | mostly current events. You can pick the speed of the             |
|               | <u>r oucuse</u>                     | news with this website. Good to use if you struggle with         |
|               |                                     | the listening paper.                                             |
| CoffeeBreak   | Coffee Break Spanish Archives -     | Good for grammar revision. Listen to the grammar rules           |
| Spanish       | Coffee Break Languages              | and complete the examples in your self-quizzing books.           |
| (Free)        |                                     |                                                                  |
| AQA           | Pearson REVISE AQA GCSE (9-1)       | Practice the different exercises and then check your             |
| Spanish       | Spanish Revision Workbook: For      | answers at the end of the booklet.                               |
| revision      | 2024 and 2025 assessments and       | Make a list of vocabulary you struggled with and                 |
| booklet (£6   | exams (Revise AQA GCSE MFL 16)      | complete LCWC.                                                   |
| on Amazon)    | : Halksworth, Vivien:               | Look at the type of exercises you find difficult and             |
|               | Amazon.co.uk: Books                 | complete more similar ones. Use the techniques learnt            |
|               |                                     | in class to practice.                                            |
|               |                                     | Examples of these can be:                                        |
|               |                                     | <ul> <li>Make notes before listening</li> </ul>                  |
|               |                                     | <ul> <li>Use the steps for the past,present,future</li> </ul>    |
|               |                                     | <ul> <li>Highlight where you find answers in the text</li> </ul> |



# Wellbeing tips for revision

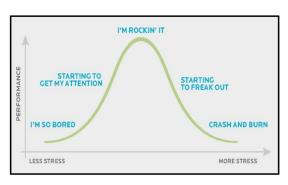
Looking after your wellbeing can have a positive impact on how well you do in your exams.

Below are five simple things to bear in mind during revision:

#### 1. Not all stress is bad:

The **right amount of stress can motivate** you to get revision done. It can be important to **recognise when stress has tipped over** from becoming a motivating force to an overwhelming emotion.

Signs of overwhelming stress vary, but common signs are feeling irritable, feeling overwhelmed, difficulty concentrating, raised heartrate and breathing. If you feel your stress is overwhelming, take a **break** and **speak** to someone about how you are feeling.





# 2. Sleep is your friend!

If you sleep well (8-10 hours per night) you are scientifically proven to retain more of what you are studying and concentrate better.

Try to maintain a **consistent getting up time** and allow yourself **30 minutes** to unwind before you plan to go to sleep.

# 3. 30-minute study rule:

No-one can study for six-hours straight without a break. Trying to do so will increase your stress unnecessarily. Break up your time into **30-minute chunks** to be most effective. Take **micro-breaks** after every 30 minutes: stand up, check your phone, listen to a song, get some food.



#### 4. Talk about exam nerves:

Feeling stressed and a little anxious about exams is normal. **Talk** to a friend or parent and share how you are feeling. You might feel better having spoken to someone.

# 5. Breaks = GOOD. Constant distraction = BAD:

Taking **planned breaks** is great and will help you remain on task but checking your social media every 5 minutes is a sure-fire study fail and might increase your feelings of stress unnecessarily. Research shows that it can take up to 20 minutes to refocus on a task when you've been unnecessarily distracted.