

Week commencing 3rd December						
Day	Date		Subject	Start	Length	Comments
Monday	3rd	Y11	Maths	9.10am	1hr30min	
Tuesday	4th					
Tuesday	4th	Y10	Sport	11.30am	1hr	
Wednesday	5th	Y11	Biology	9.10am	1hr15min	
Wednesday	5th	Y10	Humanities (hist or geog)	2pm	1hr30	Y10 pupils may leave the academy at 3.30pm
Thursday	6th	Y11	Maths	9.10am	1hr30min	
Thursday	6th	Y10	Biology	2pm	1hr	
Friday	7th	Y11	English Language	9.10am	1hr45min	
Friday	7th	Y11	Maths	2pm	1hr30	Y11 pupils may leave the academy at 3.30pm

Week commencing 10th December						
Day	Date		Subject	Start	Length	Comments
Monday	10th	Y11	Chemistry	9.10am	1hr15min	
Monday	10th	Y10	Chemistry	2pm	1hr	Y10 pupils may leave the academy at 3pm
Tuesday	11th	Y8	English	9.10am	1hr45min	
Tuesday	11th	Y11	Humanities (hist or geog)	2pm	1hr30	Y11 pupils may leave the academy at 3.30pm
Wednesday	12th	Y11	English Literature	8.45am	2hr15	
Wednesday	12th	Y7	English Writing	2pm	45min	Students remain in the hall until 3pm
Thursday	13th	Y10	English Language	9.10am	1hr45min	
Thursday	13th	Y7	English Reading	2pm	1hr	
Friday	14th	Y7	Maths	9.10am	1hr	
Friday	14th	Y8	Maths	11.30am	1hr15min	
Friday	14th	Y10	Physics	2pm	1hr	Y10 pupils may leave the academy at 3pm

Week commencing 17th December						
Day	Date		Subject	Start	Length	Comments for staff
Monday	17th	Y9	English	9.10am	1hr45min	
Monday	17th	Y11	Physics	2pm	1hr15min	Y11 pupils may leave the academy at 3.15pm
Tuesday	18th	Y10	Maths	9.10am	1hr30min	
Tuesday	18th	Y9	Maths	11.30am	1hr30min	
Wednesday	19th	Y11	French	9.10am	1hr (or 45mins)	

# Revising for Exams in Year 7—9



## A Guide for Parents

Knowing how to support your child during exams can be tricky, this leaflet explains how to help key stage three students to revise.

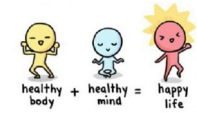
### How long should students in key stage three spend on revision?

This depends on the individual. Around 1 hour per evening is enough for a year 7 student, even this might be too long all in one sitting. 30 minutes with a 15 minute break, then another 30 minutes will be more effective and easier to remember. This can be increased as students enter year 8 and then year 9 and so on.

A good idea is to prioritise subjects, for example year 7 students have two English exams and one maths exam in December. This means that they should spend at least 40 minutes revising English and at least 20 minutes revising maths. A revision plan will also help, making plans for revision is also a good habit to get into before students begin their GCSEs in year 11—form tutors can help students with this.

### Staying healthy and happy during exams

Exams are a stressful time and it is important that students look after themselves and their physical and mental health during the run up to exams and during the exams themselves. Here are five tips to make sure your child stays healthy and happy during the December mock exams:



- ⇒ Remind them to have a break every thirty minutes during revision sessions
- ⇒ Exercise! Getting active is great for a healthy mind and also makes revision more effective
- ⇒ Encourage your child to revise with friends, this helps them to learn and makes sure they are keeping up with important social time spent with others
- ⇒ Eating well and drinking lots of water is vital—brains cant function properly without the right food and water
- ⇒ Sleep is vital! Children in key stage three should be sleeping for between 8 and 10 hours per night

### What can students actually DO instead of just reading notes or revision sheets?

There are lots of interesting ways to revise that help the information to sink in as well as making revision a bit less boring. Try a few of the following with your child:

#### Quizzing:

Students can make their own quizzes from the revision sheets provided by their teachers and test you to see how much you can remember from your school days. This is enjoyable and gets you involved in their revision plus explaining the answers to you helps students to embed key facts in their long-term memory.

#### Revision cards:

Revision cards are great for recording key facts and short, snappy pieces of information. They are also small enough to carry around for revision on the bus or the tram for example. Revision cards are affordable too, WHSmith sell packs of 100 for less than £3.

#### Mind maps:

Students can make mind maps (like the one on the right) showing important subject information and how each fact links to the rest. These are great for creative students too as they provide an opportunity to use lots of colour and shapes, this can help students recall facts when they get into the exam.

