



# **Year 11 Revision Handbook 2025-2026 #PolishandPerfect**



## **Autumn Term**

**Name:**

**Tutor group:**

**Term:**

# My Week 1 lesson timetable

|   | M | T | W | TH | F |
|---|---|---|---|----|---|
| 1 |   |   |   |    |   |
| 2 |   |   |   |    |   |
| 3 |   |   |   |    |   |
| 4 |   |   |   |    |   |
| 5 |   |   |   |    |   |
| 6 |   |   |   |    |   |

# My Week 2 lesson timetable

|   | M | T | W | TH | F |
|---|---|---|---|----|---|
| 1 |   |   |   |    |   |
| 2 |   |   |   |    |   |
| 3 |   |   |   |    |   |
| 4 |   |   |   |    |   |
| 5 |   |   |   |    |   |
| 6 |   |   |   |    |   |



# Ferndown Year 11

## REVISION 2025



### MONDAY

WEEK 1

ENGLISH



WEEK 2

ENGLISH



### THURSDAY

WEEK 1

SCIENCE



WEEK 2

BLOCK



### TUESDAY

WEEK 1

BLOCK



WEEK 2

MATHS



### FRIDAY

WEEK 1

REST  
DAY



WEEK 2

SOCIOLOGY



### WEDNESDAY

WEEK 1

BLOCK



WEEK 2

BLOCK



"The future depends on what you do today"  
— Mahatma Gandhi



# Revision timetable

| Year 11 Revision Timetable |                              |                        |                                             |                 |
|----------------------------|------------------------------|------------------------|---------------------------------------------|-----------------|
| MON1                       | TUES1                        | WED1                   | THURS1                                      | FRI1            |
| English                    | Block B                      | Block D                | Science:<br>Biology<br>Chemistry<br>Physics |                 |
|                            | Art (MCH)                    | IT BTec (KHO)          |                                             |                 |
|                            | Business Studies (ACO & CJU) | Ethics (EG & AFM)      |                                             |                 |
|                            | Food & Nutrition (ARJ)       | Health & Fitness (PE)  |                                             |                 |
|                            | Geography (JLT)              | Media (SJA)            |                                             |                 |
|                            | History (CM)                 | Maths Statistics (AHA) |                                             |                 |
|                            | Health & Social Care (LGI)   |                        |                                             |                 |
|                            | Music (RGA)                  |                        |                                             |                 |
|                            | Product Design (BMY)         |                        |                                             |                 |
|                            | Photography (ANB)            |                        |                                             |                 |
|                            | Spanish (FM)                 |                        |                                             |                 |
|                            | Textiles (LRO)               |                        |                                             |                 |
| MON2                       | TUES2                        | WED2                   | THURS2                                      | FRI2            |
| English                    | Maths                        | Block C                | Block A                                     | Block C         |
|                            |                              | Art (MCH)              | Business Studies (ACO)                      | Sociology (KRA) |
|                            |                              | Business Studies (ACO) | Food & Nutrition (ARJ)                      |                 |
|                            |                              | Computing (KJ)         | French (AU)                                 |                 |
|                            |                              | Drama (MPE)            | Geography (PCR)                             |                 |
|                            |                              | Food & Nutrition (ARJ) | History (AFM)                               |                 |
|                            |                              | Geography (PCR)        | Product Design (AD)                         |                 |
|                            |                              | History (AFM)          | PE (PE)                                     |                 |
|                            |                              | Health & Social (LGI)  | Photography (FL)                            |                 |
|                            |                              | Product Design (BMY)   | Sociology (KRA)                             |                 |
|                            |                              | Sociology (KRA)        | Textiles (LRO)                              |                 |
|                            |                              | Spanish (FM)           |                                             |                 |



# How to use this booklet

- This booklet is designed to help you organise your revision over the course of Year 11
- It will link to your weekly #PolishandPerfect tutor time activities
- As part of this, there is a blank revision timetable that you will complete every week to help support your organisation
- Over the term you will be learning about revision techniques and strategies within this booklet
- This booklet also contains brain breaks and other activities that can keep you fresh and give you advice on supporting your wellbeing!





# 5 Top tips for Revision



1

## Don't leave it until the last minute

- Start your revision early! This gives you time to make sure you cover all the topics you need and to practise, reflect and improve.

2

## Use a revision timetable

- Plan your time effectively to get the most out of your revision sessions. Ticking off each topic will also help you keep track of your exam preparation.

3

## Practice, Practice, practice!

- Use past papers, examiner reports and other practice material to help you reinforce your learning and understanding.

4

## Take breaks

- Make sure you take regular breaks during revision – it will help you to stay focused and committed.

5

## Avoid using your phone

- Messages, apps and social media can all act as a distraction. Make sure you put your phone away so you can focus on your revision.



# Mindfulness Activities: Using the Senses

Meditation can help us to clear our thoughts, enabling us to concentrate better. It can also help to lower levels of stress and anxiety by reducing negative emotions.

The idea of this exercise is to focus and take notice of something you are experiencing with each of your five senses. Set a timer for 10 minutes and move through each step.

## Step 1

### Focus on 5 things you can see.

Look around you and focus on five things you can see. Try to look beyond and pick things that you wouldn't usually notice.



## Step 2

### Focus on 4 things you can feel.

Notice four things that you are feeling right now. This could be the warmth of the sun, the chair or ground beneath you or even the feel of your clothing.



## Step 3

### Focus on 3 things you can hear.

Listen carefully and take note of three things you can hear around you. They could be things which are close by or far away.



## Step 4

### Focus on 2 things you can smell.

Notice the smells that you usually block out, good or bad.



## Step 5

### Focus on 1 thing you can taste.

Think about the thing you can taste at this very moment. You could open your mouth to taste the air or take a sip or a bite of something and focus on that.



# Mindfulness Activities: Body Awareness

Meditation can help us to clear our thoughts, enabling us to concentrate better. It can also help to lower levels of stress and anxiety by reducing negative emotions.

The idea of this exercise is to relax your body, remain still and then begin to focus on each part of the body and how it feels. Set a timer for 10 minutes and move through each step.

## Step 1

**Lie on your back or sit on a comfortable chair and close your eyes.**

Relax your arms and make sure your palms are facing up. Your feet should be slightly apart.

## Step 2

**Bring your attention to your breathing.**

Focus on the rhythm of breathing in and out. You could try bringing your attention to an area where you can feel the breath more easily, such as the nose or the belly.



## Step 3

**Bring your attention to your body.**

Notice how your body feels. This could be anything from the chair or ground beneath you to how your clothing feels.



## Step 4

**Now think about the different parts of your body.**

Focus on different parts of your body and how each area feels. For example, notice if different parts feel heavy or light or whether there is no sensation at all.

Start with your toes and then move upwards:

- |              |              |              |                           |
|--------------|--------------|--------------|---------------------------|
| • toes       | • abdomen    | • elbows     | • face and head           |
| • feet       | • chest      | • lower arms | (mouth, nose, eyes, ears, |
| • lower legs | • lower back | • wrists     | forehead, top             |
| • knees      | • upper back | • hands      | of head, back             |
| • upper legs | • shoulders  | • fingers    | of head)                  |
| • pelvis     | • upper arms | • neck       |                           |

## Step 5

**Open your eyes.**

Slowly blink your eyes open. You could put your hands over them first to help with gradually adjusting to the light. Wait a moment before standing up by taking a deep breath and exhaling.



# Helpline numbers

## childline

ONLINE, ON THE PHONE, ANYTIME

[childline.org.uk](https://childline.org.uk) | 0800 1111

**National  
Careers  
Service**

Helping you take  
the next step

**0800 100 900**

A registered charity

**Whatever  
you're facing**

**We're here  
to listen**

Call free day or night on  
**116 123**

Email  
[jo@samaritans.org](mailto:jo@samaritans.org)

**SAMARITANS**

[samaritans.org](https://samaritans.org)



# Different ways of learning and revising

We all have our own ways of learning. If you feel distracted or can't remember your notes, it might be time to switch it up. Take some time to think about your preferred learning style and the way it impacts on your revision. There are loads of techniques out there; check out some below:

## Visual - learning by looking

- make posters, post-it notes or flashcards
- use colour-coded revision timetables and notes
- draw mind maps, spider diagrams or graphs



## Auditory – learning by listening

- record yourself reading your notes and listen back
- listen to podcasts or audiobooks
- listen to a playlist while you revise



## Kinaesthetic – learning by doing

- do practice papers
- go to group revision sessions
- use flashcards



## This is an additional method.

### Verbal – learning by talking

- go to group revision sessions
- read your revision notes aloud to yourself or someone else
- rewrite lesson materials in your own words



# General revision methods and tips

| Method                                                   | Explanation                                                                                                                                                                                                                                                                         |
|----------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Revision timetable</b>                                | Getting organised helps you to focus and motivates you. It also helps you to identify how much time you need to spend on different areas. It is a great starting point from which to build.                                                                                         |
| <b>Exam practice</b>                                     | You don't need to endlessly practise papers – although some whole-paper practice is good. Break the paper down into question types and think about what skills/content is repeatedly required for those types of questions. Start with the ones you find most difficult.            |
| <b>Collaborate</b>                                       | Revising together does not mean just socializing, but it can be really productive to revise with a friend and share notes/tips/ideas. Test each other orally on your knowledge and peer assess each other's written answers.                                                        |
| <b>Take regular breaks</b>                               | This doesn't mean that you shouldn't do anything at all, but you should give your brain a chance to reboot. Make sure you have healthy snacks, water and get plenty of exercise in between revision sessions – prepare these beforehand so you don't waste time throughout the day. |
| <b>Revision flashcards: key facts/ quotations/ terms</b> | Make sets of revision flashcards – these could have a term on the front with a definition on the back. You could also use these for sequencing, learning processes, quotations or for essay planning. They are multipurpose and will be really useful.                              |
| <b>Make purposeful revision diagrams</b>                 | Diagrams can be useful, even for written subjects – whether you are looking at character development or a lifecycle, these can help. Don't waste time making them works of art – stick to clear, simple facts... and stick them up EVERYWHERE!                                      |
| <b>Sit at a proper desk and start early</b>              | Starting early in the day will still leave you time to relax later and ensure you feel on top of everything. Sitting at a proper desk will help you focus and prevent you getting so easily distracted.                                                                             |
| <b>Don't just read notes</b>                             | Reading your notes endlessly isn't the way to do it. Create mind maps, flashcards, written responses and other visual aids.                                                                                                                                                         |
| <b>Test yourself</b>                                     | Decide on the key things you want to know by the time you have finished revising that topic and create a test before you begin. You can then use this test to ensure your revision has been successful. If it hasn't, try some new techniques for this topic.                       |
| <b>Spread it out</b>                                     | Spreading your revision out over time (rather than rushed at the last minute) is proven to be far more successful. Spend a small amount of time on everything you have to learn and repeat regularly.                                                                               |
| <b>Speak to your teacher/tutor</b>                       | If there's anything you are unsure of – ask! Your teachers will have other resources and tasks that can help. You're not alone.                                                                                                                                                     |



# **Get Exam Ready**

**You've got this!**

**Hard work pays off.**

**Relax.**

**Breathe.**

**Trust in your own ability.**

**Remember your equipment.**

**Check your work.**

**Do your best!**

**Never give up!**

**A problem is a solution waiting to be found.**

**QR CODE – Padlet wall**



# Planning a Revision Timetable

How to do – what subject do I need to focus on

|                    |
|--------------------|
| Biology            |
| Chemistry          |
| English Language   |
| English Literature |
| Maths              |
| Physics            |
| Option A           |
| Option B           |
| Option C           |
| Option D           |
| Well-being (WB)    |
| Social Time (ST)   |
| Me time (ME)       |

- What are you strong in?
- What do you need to focus on?
- Think about homework
- Allow yourself some down time
- Don't forget to add anything you have already done each Monday!

**Note:** W/b means 'Week beginning'



# 1. W/b 29<sup>th</sup> September

7 weeks until mocks  
32 weeks until GCSEs

|      | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|--------|---------|-----------|----------|--------|----------|--------|
| 9am  |        |         |           |          |        |          |        |
| 10am |        |         |           |          |        |          |        |
| 11am |        |         |           |          |        |          |        |
| 12pm |        |         |           |          |        |          |        |
| 1pm  |        |         |           |          |        |          |        |
| 2pm  |        |         |           |          |        |          |        |
| 3pm  |        |         |           |          |        |          |        |
| 4pm  |        |         |           |          |        |          |        |
| 5pm  |        |         |           |          |        |          |        |
| 6pm  |        |         |           |          |        |          |        |
| 7pm  |        |         |           |          |        |          |        |
| 8pm  |        |         |           |          |        |          |        |



# 1. W/b 29<sup>th</sup> September

## Task 1

Spend time reading through this booklet and familiarising yourself with its contents

## Task 2

Complete the lesson timetable on page by filling in the lessons you have in the correct space

You can also put in the daily revision sessions (from the revision into the 6<sup>th</sup> lesson rows

## Task 3

Complete your 1<sup>st</sup> revision timetable on page 13.

Prioritise the out of school commitments you already have and the time you are allocating to homework that you already have

Do notice any early patterns of time that you do or don't have?

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# 2. W/b 6<sup>th</sup> October

6 weeks until mocks  
31 weeks until GCSEs

|      | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|--------|---------|-----------|----------|--------|----------|--------|
| 9am  |        |         |           |          |        |          |        |
| 10am |        |         |           |          |        |          |        |
| 11am |        |         |           |          |        |          |        |
| 12pm |        |         |           |          |        |          |        |
| 1pm  |        |         |           |          |        |          |        |
| 2pm  |        |         |           |          |        |          |        |
| 3pm  |        |         |           |          |        |          |        |
| 4pm  |        |         |           |          |        |          |        |
| 5pm  |        |         |           |          |        |          |        |
| 6pm  |        |         |           |          |        |          |        |
| 7pm  |        |         |           |          |        |          |        |
| 8pm  |        |         |           |          |        |          |        |



## 2. W/b 6<sup>th</sup> October

### Task 1

Complete your revision timetable for this week

### Task 2

Think well you stuck to your timetable the previous week. Use the following prompts to help you write a short reflection:

- Did you complete revision for the subjects that you had allocated?
- Did you attend revision sessions after school that you could add?
- Did you struggle on any particular days?
- Did anything unexpected occur that acted as a barrier?

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### **Task 3**

Last week, you had the first Y11 parents evening of the term. Are you comfortable with the feedback and targets established for your subjects?

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### **Task 4**

Are there any subjects that you/your parents or guardians did not get a chance to hear from? Make a note of these below, as you should speak to your teacher directly:

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# 3. W/b 13<sup>th</sup> October

5 weeks until mocks  
30 weeks until GCSEs

|      | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|--------|---------|-----------|----------|--------|----------|--------|
| 9am  |        |         |           |          |        |          |        |
| 10am |        |         |           |          |        |          |        |
| 11am |        |         |           |          |        |          |        |
| 12pm |        |         |           |          |        |          |        |
| 1pm  |        |         |           |          |        |          |        |
| 2pm  |        |         |           |          |        |          |        |
| 3pm  |        |         |           |          |        |          |        |
| 4pm  |        |         |           |          |        |          |        |
| 5pm  |        |         |           |          |        |          |        |
| 6pm  |        |         |           |          |        |          |        |
| 7pm  |        |         |           |          |        |          |        |
| 8pm  |        |         |           |          |        |          |        |



### 3. W/b 13<sup>th</sup> October

## Task 1

## Complete your revision timetable for this week

## Task 2

## Student council discussion task:

[illegible]

# Have you redeemed your rewards yet?



# 4. W/b 20<sup>th</sup> October

4 weeks until mocks  
29 weeks until GCSEs

|      | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|--------|---------|-----------|----------|--------|----------|--------|
| 9am  |        |         |           |          |        |          |        |
| 10am |        |         |           |          |        |          |        |
| 11am |        |         |           |          |        |          |        |
| 12pm |        |         |           |          |        |          |        |
| 1pm  |        |         |           |          |        |          |        |
| 2pm  |        |         |           |          |        |          |        |
| 3pm  |        |         |           |          |        |          |        |
| 4pm  |        |         |           |          |        |          |        |
| 5pm  |        |         |           |          |        |          |        |
| 6pm  |        |         |           |          |        |          |        |
| 7pm  |        |         |           |          |        |          |        |
| 8pm  |        |         |           |          |        |          |        |



## 4. W/b 20<sup>th</sup> October

### Task 1

Complete your revision timetable for this week

### Task 2

Complete your revision timetable for next week's half term.

### Task 3

Study the types of revision below and on the next page. Which are you currently using? What else could you try?

#### **Condensing notes**

- Simplify and summarise your notes into key points to make them easier to revise from
- Aim to get each topic onto a single page
- Try to reorganise the material differently by grouping it differently or linking topics

#### **Drawing mind maps**

- Put the name of the topic in the middle of the page
- Add sub topics around the outside of this and link other information from these
- Vary the boxes, bubbles and colours to help with your memory and identifying key information
- You could even use visual aids and sketches or images to help you and stick them up in your room



## 4. W/b 20<sup>th</sup> October

### Making flow charts

- Flow charts take topics step by step and demonstrate processes from start to finish
- They clearly organise information and different approaches to tasks
- They are an excellent way to revise the practices needed for different questions; you could create a step by step guide to tackling a longer essay question, or one that requires specific calculations

### Making flash cards

- Flash cards are one of the most proven revision techniques, assuming you use them correctly!
- On one side, you need to write a question or small prompt, and on the other you need to write the answer or information
- They are great for testing your knowledge, especially if you use the Leitner method for this (scan the QR at home for a link to a 'how to' video)



### Memory techniques

- Complete 'Knowledge dumps', in which you sit and write everything you know in one place
- Chunk knowledge you need to know into smaller groups, e.g. characters based on something they have in common
- Create a mnemonic to remember things, or create a story to help you remember details. Look at the examples on the slides and think about what you could create!



4. October Half Term

|      | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|--------|---------|-----------|----------|--------|----------|--------|
| 9am  |        |         |           |          |        |          |        |
| 10am |        |         |           |          |        |          |        |
| 11am |        |         |           |          |        |          |        |
| 12pm |        |         |           |          |        |          |        |
| 1pm  |        |         |           |          |        |          |        |
| 2pm  |        |         |           |          |        |          |        |
| 3pm  |        |         |           |          |        |          |        |
| 4pm  |        |         |           |          |        |          |        |
| 5pm  |        |         |           |          |        |          |        |
| 6pm  |        |         |           |          |        |          |        |
| 7pm  |        |         |           |          |        |          |        |
| 8pm  |        |         |           |          |        |          |        |



5. W/b 3<sup>rd</sup> November

|      | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|--------|---------|-----------|----------|--------|----------|--------|
| 9am  |        |         |           |          |        |          |        |
| 10am |        |         |           |          |        |          |        |
| 11am |        |         |           |          |        |          |        |
| 12pm |        |         |           |          |        |          |        |
| 1pm  |        |         |           |          |        |          |        |
| 2pm  |        |         |           |          |        |          |        |
| 3pm  |        |         |           |          |        |          |        |
| 4pm  |        |         |           |          |        |          |        |
| 5pm  |        |         |           |          |        |          |        |
| 6pm  |        |         |           |          |        |          |        |
| 7pm  |        |         |           |          |        |          |        |
| 8pm  |        |         |           |          |        |          |        |



## **5. W/b 3<sup>rd</sup> November**

### **Task 1**

Complete your revision timetable for this week

### **Task 2**

Complete your mock timetable with your scheduled exams

### **Task 3**

Complete your ATL and grade analysis on your Autumn 1 grades

### **Task 4**

Sixth form open evening is this week. Which subjects are you going to prioritise:

1.

2.

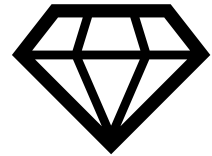
3.

4.



# 5. W/b 3<sup>rd</sup> November

## GCSE ATL Analysis Autumn 1



| Subject            | ATL Grade | Current Grade | Target Grade | Action to take |
|--------------------|-----------|---------------|--------------|----------------|
| Biology            |           |               |              |                |
| Chemistry          |           |               |              |                |
| English Language   |           |               |              |                |
| English Literature |           |               |              |                |
| Maths              |           |               |              |                |
| Physics            |           |               |              |                |
| Option A           |           |               |              |                |
| Option B           |           |               |              |                |
| Option C           |           |               |              |                |
| Option D           |           |               |              |                |

From this analysis, what targets would you set yourself to improve ATL or grades:

|    |
|----|
| 1. |
| 2. |
| 3. |



## 5. W/b 3<sup>rd</sup> November

### Mock Timetable

Are your exam arrangements correct?

|           | AM | PM |
|-----------|----|----|
| Monday    |    |    |
| Tuesday   |    |    |
| Wednesday |    |    |
| Thursday  |    |    |
| Friday    |    |    |

|           | AM | PM |
|-----------|----|----|
| Monday    |    |    |
| Tuesday   |    |    |
| Wednesday |    |    |
| Thursday  |    |    |
| Friday    |    |    |



# 6. W/b 10<sup>th</sup> November

1 weeks Until MOCK  
26 weeks Until GCSEs

|      | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|--------|---------|-----------|----------|--------|----------|--------|
| 9am  |        |         |           |          |        |          |        |
| 10am |        |         |           |          |        |          |        |
| 11am |        |         |           |          |        |          |        |
| 12pm |        |         |           |          |        |          |        |
| 1pm  |        |         |           |          |        |          |        |
| 2pm  |        |         |           |          |        |          |        |
| 3pm  |        |         |           |          |        |          |        |
| 4pm  |        |         |           |          |        |          |        |
| 5pm  |        |         |           |          |        |          |        |
| 6pm  |        |         |           |          |        |          |        |
| 7pm  |        |         |           |          |        |          |        |
| 8pm  |        |         |           |          |        |          |        |



## 6. W/b 10<sup>th</sup> November

## Task 1

## Complete your revision timetable for this week

## Task 2

Read through the Quick Relaxation techniques on the next page

### Task 3

Your first year 11 mock exams start next week. Take a moment to think about how ready you feel and how prepared you are. Are there any subjects you are especially confident or concerned about? Write a short reflection in the space below:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

# 6. W/b 10<sup>th</sup> November

## Quick Relaxation Techniques Before and During Exams

### **Before the Exam: Get a Good Night's Sleep**

It's important to be well-rested before your exam as it helps you to feel calm and alert. Try meditating before going to sleep or listening to ambient sounds. This will help you to unwind and sleep better.

### **Before the Exam: Meditate**

Meditation is a great way to calm your mind and reduce your anxiety. You can listen to guided meditations anywhere and they can last anywhere from 5 to 15 minutes. Try to find a quiet space on your own while waiting to go into your exam and spend 5 minutes quietly meditating.

### **Before the Exam: Exercise**

Exercise is a great way to release stress and anxiety if you can take a short walk before your exam, or even walk to your exam. Alternatively, try some relaxing yoga moves first thing in the morning.

### **Before the Exam: Eat**

You can often feel too nervous to eat before an exam but try to eat something small. Certain foods can help reduce stress and anxiety. For example, oranges, oats, bananas and even dark chocolate can help to bring relief.

### **During the Exam: Breathing**

Once you get into the exam, if you begin to feel anxious, close your eyes and take a deep breath through your nose, hold that breath for a count of 3, then breathe out slowly through your mouth. Repeat 5 times.

### **During the Exam: Drink**

You will be able to take water into the exam. This will keep you hydrated and can help you to feel calm during the exam.

### **During the Exam: Focus on the Questions You Can Answer**

Anxiety can often occur if we read a question that we don't know the answer to. Take the time at the start of the test to read all the questions. Make a note of all the questions you confidently know the answers to and start by answering those, then move on to the ones you're less sure of. Save the ones you're really struggling with until last.



# 7. W/b 17<sup>th</sup> November

0 weeks Until MOCK  
25 weeks Until GCSEs

|      | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|--------|---------|-----------|----------|--------|----------|--------|
| 9am  |        |         |           |          |        |          |        |
| 10am |        |         |           |          |        |          |        |
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| 5pm  |        |         |           |          |        |          |        |
| 6pm  |        |         |           |          |        |          |        |
| 7pm  |        |         |           |          |        |          |        |
| 8pm  |        |         |           |          |        |          |        |



## 7. W/b 17<sup>th</sup> November

### Task 1

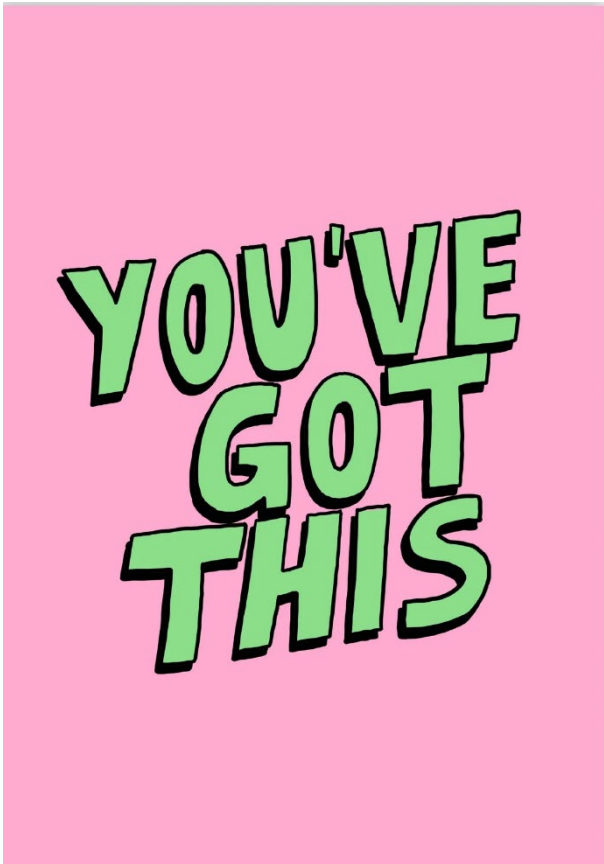
Complete your revision timetable for this week

### Task 2

Mocks begin this week! Take some to read through the 'Managing Exam Stress' information on the next page. Don't forget to look back at last week's 'Quick Relaxation

### Task 3

Feel free to complete any final revision for your first exams!



**YOU'VE  
GOT  
THIS**



## Managing Exam Stress

Top Tips  
!



### Talk to Someone

Speak to a parent, teacher or trusted adult about how you are feeling. You could also phone a helpline if you would prefer to speak to someone anonymously. They will be able to provide support and encouragement and offer a different perspective to help you find practical solutions to cope with how you are feeling.

### Reach Out to Friends

If you have friends who are also taking exams, they will likely be experiencing many of the same thoughts and feelings. Talking to your friends can make you feel less alone and help ease feelings of anxiousness. Arranging revision sessions together can allow you to maintain some social interaction while also helping you to prepare for your exams.



### Set Boundaries

Although talking to others in the same situation as you can sometimes be helpful, it can also be a source of more stress. Avoid surrounding yourself with people that constantly talk about the exams and how stressed they are, as this is likely to make you feel more overwhelmed.

### Take Care of Yourself

Make sure you are eating properly – including healthy snacks to maintain energy levels while revising – and drink plenty of water. Exercise can help to clear your mind and relieve stress, so take some time to go for a walk, cycle or swim, or take part in a group activity such as football or netball.



### Get Enough Sleep

Getting enough sleep is important in allowing your mind to rest and reset – most young people need between 8 and 10 hours of sleep a night. Don't stay up too late, and find calming activities to help you wind down before bed. Avoid stimulants such as caffeine and sugar too late in the day as, although you might feel more energised in the short-term, these can increase feelings of anxiousness and make it more difficult to get to sleep.

### Stick to a Routine

Having a regular routine can help to relieve feelings of stress and anxiousness. Try to make sure that you go to bed and wake up at the same time every day, and incorporate things that you enjoy within your daily routine. This can include watching TV, playing games or socialising with friends – it doesn't all have to be about revision!



# 8. W/b 25<sup>th</sup> November

0 weeks Until MOCK  
24 weeks Until GCSEs

|      | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|--------|---------|-----------|----------|--------|----------|--------|
| 9am  |        |         |           |          |        |          |        |
| 10am |        |         |           |          |        |          |        |
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| 7pm  |        |         |           |          |        |          |        |
| 8pm  |        |         |           |          |        |          |        |



## 8. W/b 25<sup>th</sup> November

### Task 1

Complete your revision timetable for this week

### Task 2

Reflect on how the first week of your mocks went. Are there any exams that you feel went well, or particularly badly? Why do you think this was?

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### Task 3

Feel free to complete any final revision for your first exams!



# 9. W/b 1<sup>st</sup> December

|      | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|--------|---------|-----------|----------|--------|----------|--------|
| 9am  |        |         |           |          |        |          |        |
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| 6pm  |        |         |           |          |        |          |        |
| 7pm  |        |         |           |          |        |          |        |
| 8pm  |        |         |           |          |        |          |        |



## 9. W/b 1<sup>st</sup> December

### Task 1

Complete your revision timetable for this week

### Task 2

Reflect on second week of mocks. Are there any exams that you feel went well, or particularly badly? Why do you think this was?

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### Task 3.

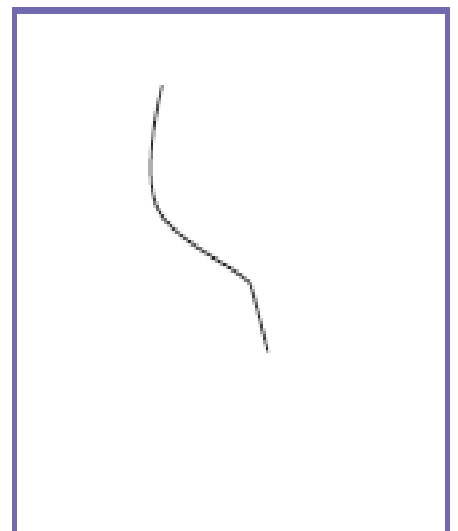
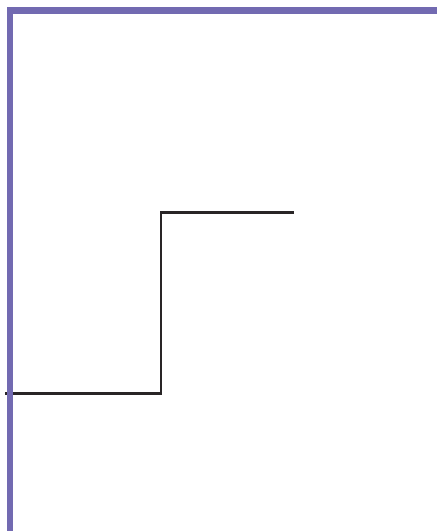
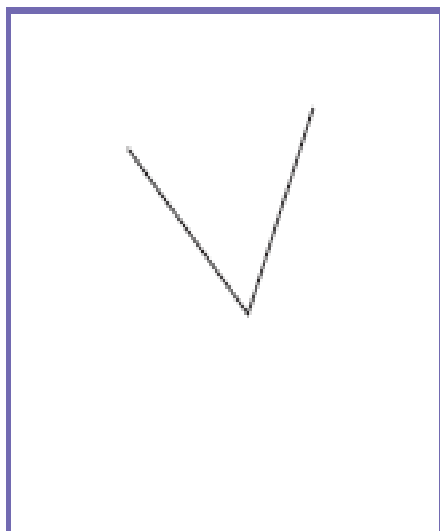
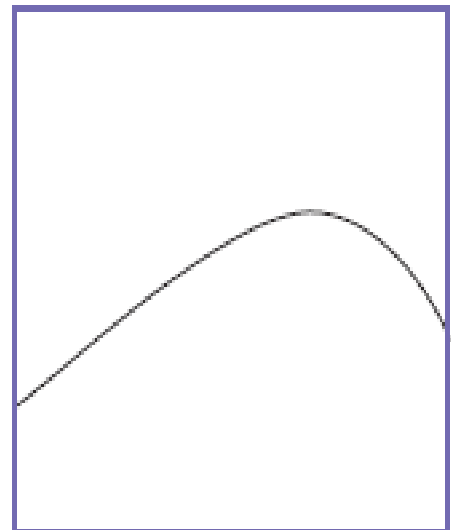
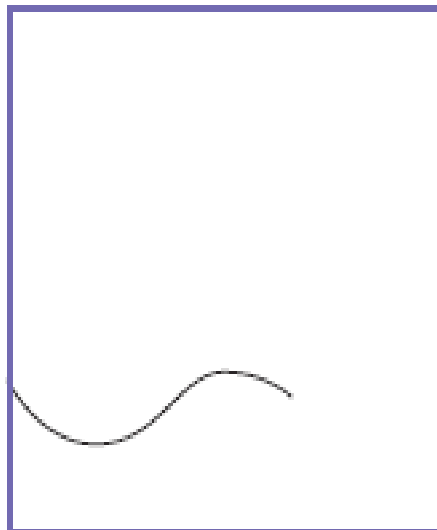
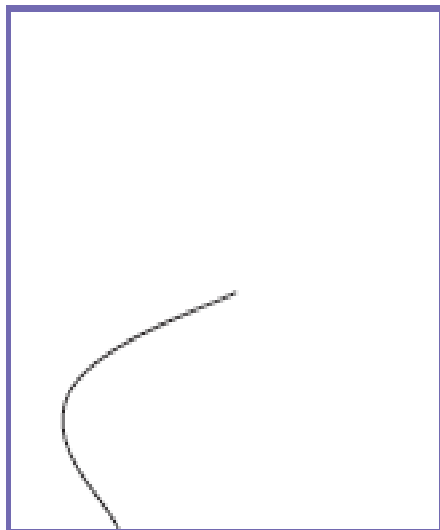
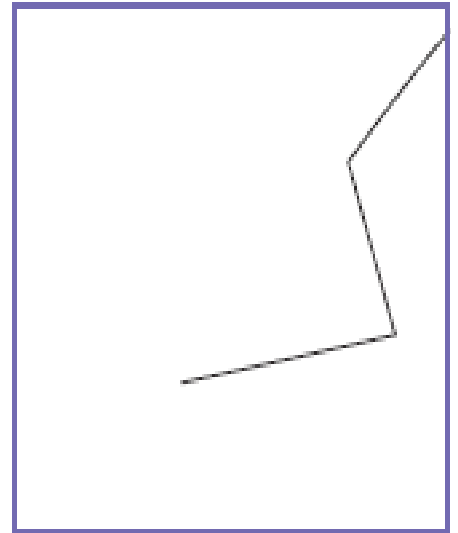
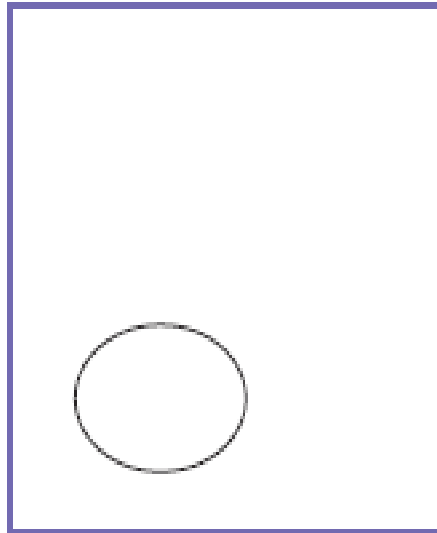
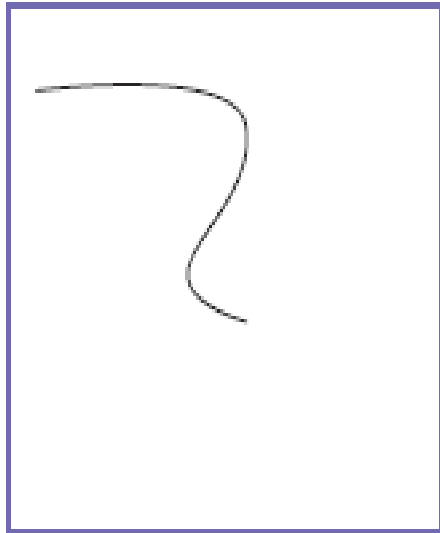
Complete the brain break doodling activity on the next page

**WELL  
DONE**



## 9. W/b 1<sup>st</sup> December

Give your brain a workout and let your imagination run wild, by creating your own pictures using these lines as a starting point.



# 10. W/b 8<sup>th</sup> December

|      | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|--------|---------|-----------|----------|--------|----------|--------|
| 9am  |        |         |           |          |        |          |        |
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| 11am |        |         |           |          |        |          |        |
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| 7pm  |        |         |           |          |        |          |        |
| 8pm  |        |         |           |          |        |          |        |



## 10. W/b 8<sup>th</sup> December

### Task 1

Complete your revision timetable for this week

### Task 2

Complete the Exam Wrapper as a mock reflection. You will find out your results this week, so use this time to reflect on how you think your results will be based on the questions and prompts given

### Task 3

Read through the 'Review your mock papers' information. The practices from this list would be a great addition to your revision timetable for next week! Make a list below of any errors you might have made and in which papers:

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# 10. W/b 8<sup>th</sup> December

## Exam Wrapper – Mock reflection

### When did you start preparing for the mock exam?

- |                                                                                      |                                                        |
|--------------------------------------------------------------------------------------|--------------------------------------------------------|
| <input type="checkbox"/> I have been regularly revising since the start of the year. | <input type="checkbox"/> About 1 week before the exam. |
| <input type="checkbox"/> At October half term.                                       | <input type="checkbox"/> The night before the exam.    |
| <input type="checkbox"/> About 2 weeks before the exam.                              | <input type="checkbox"/> I didn't prepare.             |

### How did you prepare for the exam? Circle the strategies used to prepare.

|                                               |                                 |                            |
|-----------------------------------------------|---------------------------------|----------------------------|
| Completing questions from the revision guide. | Completing past exam questions. | Reading through notes.     |
| Self-quizzing, or asking someone to quiz you. | Use of Seneca                   | Reading the revision guide |
| Creating notes/flashcards.                    | Reading BBC Bitesize            | Other:                     |

### What went well in this mock exam?

Your teacher will share some common strengths, but consider your individual paper, too. Did you attempt every question? Did you text mark every question? Did you show your working out fully? Was there a particular question you showed good knowledge on?

### Marks missed (*why did you miss these marks*)

Did you skip any questions?

Add up your marks missed \_\_\_\_\_

Percentage increase you could have achieved \_\_\_\_\_

**What will you do now to progress? Your teacher will share some common areas to work on, but consider your individual paper and your preparation, too.**

**Now:**

**For March (next mocks):**

**For May (exams):**



# 10. W/b 8<sup>th</sup> December

## Review your mock exam papers

Make time to go over each of your practice exams in detail. Even if you might complete this as a class assignment in school, it's still worthwhile to go over on your own.

This procedure isn't just about figuring out how many of your answers are right or wrong; it's also about looking at the logic behind your answers and figuring out why you received points for certain answers but not for others. Get a copy of the mark scheme from your teacher; it offers an organised framework for comprehending the requirements of each question!

Start by assessing your advantages. Which subjects and sort of questions did you do the best on? Also, observe any trends in the errors you make and the kinds of enquiries you ask.

- **Knowledge** – Did you not know the answer or understand the question?
- **Knowledge application** - Were you unable to use your knowledge in a practical way to address problems?
- **Committing thoughtless errors** - Were thoughtless mistakes a common occurrence in your exams?
- **Not supplying proof** - It is essential to properly source dates, names, and case studies in topics like psychology and history.
- **Question misinterpretation** - Did you frequently answer questions incorrectly because of question misinterpretation?
- **Misreading questions** - It happens frequently for students to mistake questions in the stressful atmosphere of an exam room.
- **Making arithmetic mistakes** - Did you find the mathematical sections of your exam paper particularly difficult?
- **Committing thoughtless errors** - Were thoughtless mistakes a common occurrence in your exams?
- **Not demonstrating calculations** - Students who demonstrate no working may not receive credit in courses like maths and science.
- **Managing your time** - Did you run out of time? (Maybe you need extra time?)

### **Talk to your teachers**

Speak with your teachers to go over the results of your mock exam and to get any questions you have about your paper answered. Teachers frequently use lessons to go over the common issues that students run into on mock tests. As your teachers will have important knowledge about the exam's content and marking standards, make the most of this chance by asking lots of questions. You could ask them to guide you through the marking procedure and offer comments on certain parts that you might find confusing.



# 11. W/b 15<sup>th</sup> December

21 weeks Until GCSEs

|      | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|--------|---------|-----------|----------|--------|----------|--------|
| 9am  |        |         |           |          |        |          |        |
| 10am |        |         |           |          |        |          |        |
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| 7pm  |        |         |           |          |        |          |        |
| 8pm  |        |         |           |          |        |          |        |



# 11. W/b 15<sup>th</sup> December

## Task 1

Complete your revision timetable for this week

## Task 2

Can you complete your mock result stable on the next page with the grades you have received. Below this, complete an initial reflection on these. How happy are you with your results?

|                    |  |
|--------------------|--|
| Biology            |  |
| Chemistry          |  |
| English Language   |  |
| English Literature |  |
| Maths              |  |
| Physics            |  |
| Option A           |  |
| Option B           |  |
| Option C           |  |
| Option D           |  |

## **Reflection**



# 11. W/b 15<sup>th</sup> December

## Holiday message

Dear Year 11,

The long, hard term has been difficult and the deep winter is upon us.

While everyone else is preparing to relax and take in the festivities, you have a future set of mock exams to prepare for. It is tempting to forget about revision and curl up on the sofa bingeing on Quality Streets, and we would encourage – for a short while!

Mocks provide a valuable educational experience. It takes more than just memorising facts to pass an exam with a good grade. Learning how to modify and identifying areas for improvement for the "real thing" are equally important. When you conscientiously revise your mocks, you discover things like:

- Which times of day are ideal for revision and which ones should be skipped?
- How to encourage, motivate and reward yourself to continue revising
- How much time can you spend sitting before becoming bored or distracted?
- Which revising strategies you find most effective and which ones don't
- The length of time it takes you to understand the material you need to cover.

This is something you really can't learn without experiencing yourself. Additionally, if your mock exams occur in January, this is the time to find out these details. You can examine the exam season afterward to make sure you retain the knowledge you gained from your mocks and know how to proceed next.

This is how to prevent your mock examinations from spoiling your holidays if you want to be steadily revising while also allowing yourself a break (which you deserve, by the way).

1. Set aside time for relaxation
2. Concentrate on the subjects that will have the most impact on your final grade
3. Develop a plan for revision.
4. Establish revision power hours and do them
5. Set a timer.
6. Use revision approaches that are effective for you.
7. Reward yourself with prizes and treats for completing the revision throughout the day.
8. Eliminate distractions. Just before attempting to concentrate, bid your phone farewell!

On the next page are a timetable for the Christmas holidays and connect-the-dot activity to give yourself a break when needed. While the takeaway is that you must keep up momentum, you should also unwind and have fun during Christmas. You'll position yourself to fulfil your academic potential in 2026 and beyond by striking a balance between the two!

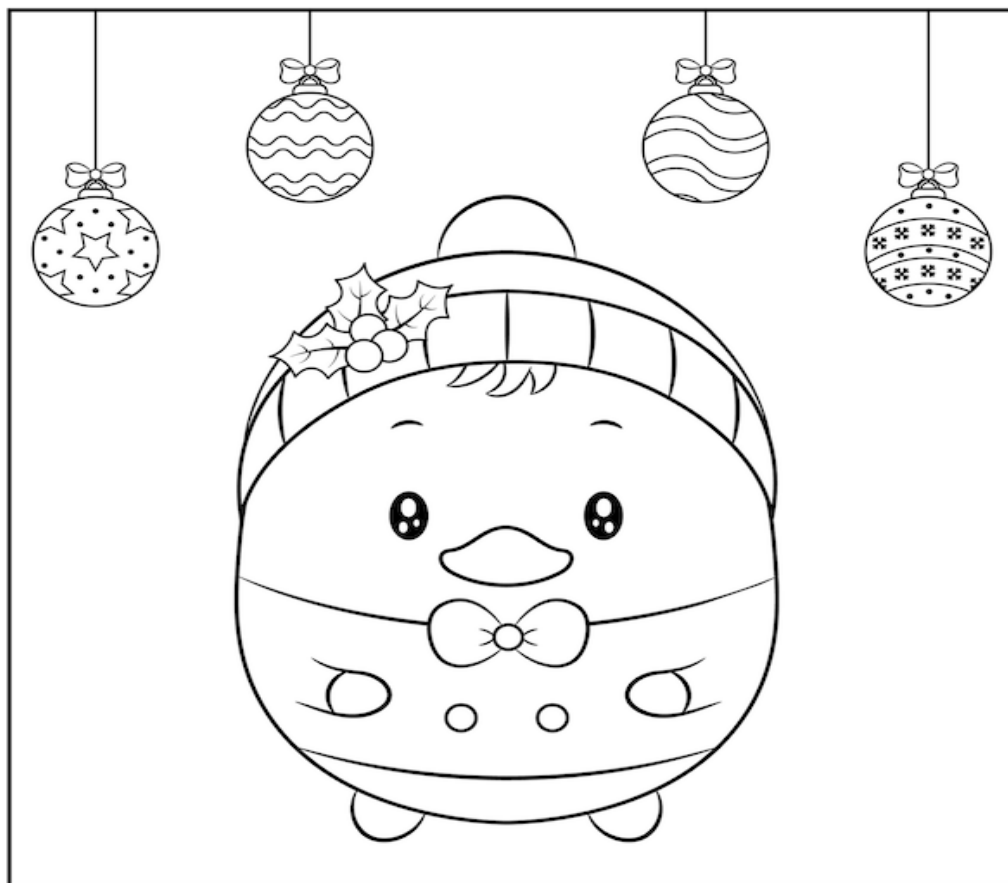
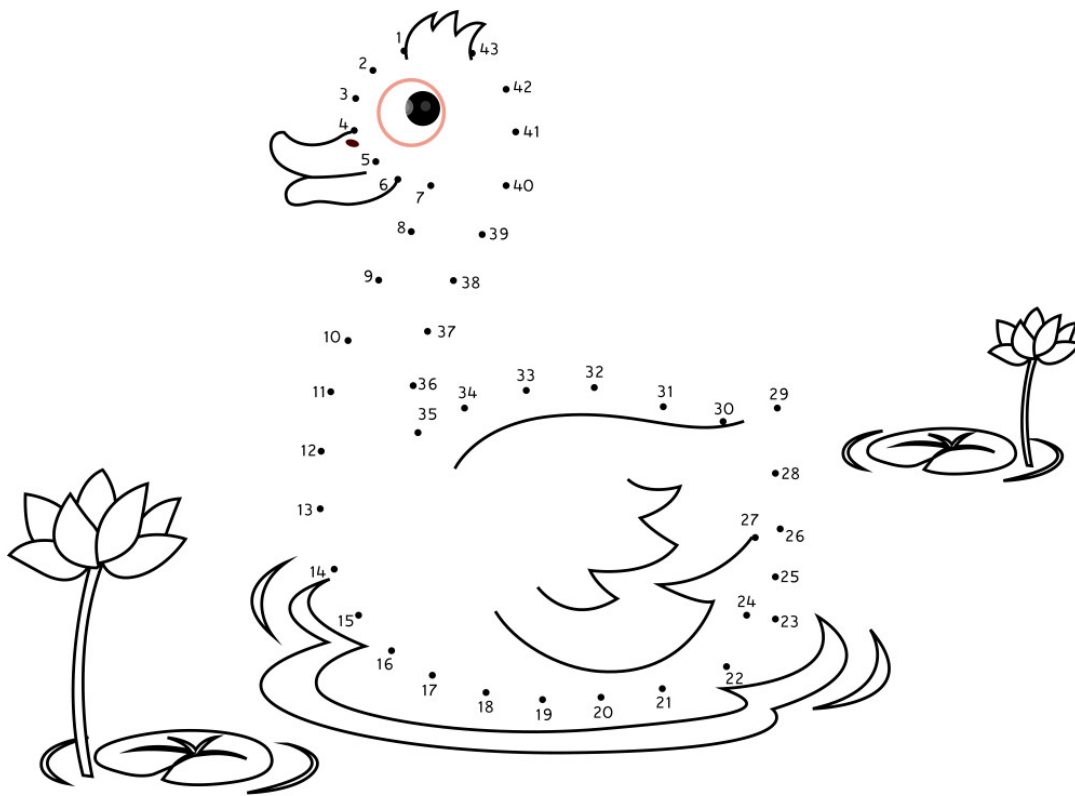
Have a lovely break!

The Year 11 Team

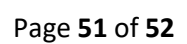


|      | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|--------|---------|-----------|----------|--------|----------|--------|
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| 8pm  |        |         |           |          |        |          |        |





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