



HIGHSTED GRAMMAR SCHOOL

# Revision Guide

**Year 7**

Name \_\_\_\_\_ Form \_\_\_\_\_

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# Exam Timetable

Year 7 end-of-year exams will take place between 17<sup>th</sup> June – 21<sup>st</sup> June

	Period 1	Period 2	Period 3	Period 4	Period 5
Monday	<b>Hist</b> <b>50 mins</b>	Normal lessons	<b>Geog</b> <b>50 mins</b>	Normal Lessons	Normal Lessons
Tuesday	<b>Eng</b> <b>50 mins</b>	Normal Lessons	<b>Maths 1</b> <b>50 mins</b>	Normal Lessons	Normal Lessons
Wednesday	<b>Science</b> <b>45 mins</b>	Normal Lessons	<b>French</b> <b>50 mins</b>	Normal Lessons	Normal Lessons
Thursday	<b>Maths 2</b> <b>50 Mins</b>	Normal Lessons	<b>German</b> <b>50 mins</b>	Normal Lessons	Normal Lessons
Friday	Normal teaching	Normal teaching	Normal teaching	Normal teaching	Normal teaching



# Advice on plotting your revision timetable

- Using the exam timetable work back to the present day to indicate the number of days till your exams start.
- Add a time scale to your revision timetable. E.g 9 – 10 am

Time	Monday 2	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9-10 am							
10-11 am							

- Identify any days or times in which you are not able to revise. E.g. During school or if you have commitments to clubs. Blank these spaces out.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9-10 am		School	School	School	School	Dance	
10-11 am		School	School	School	School		

- Divide up the number of revision sessions against the subjects you will be examined in. Identify when you will revise for each subject.
- Using the subject checklist sheets – annotate your timetable with the subjects topics you will cover in that time.













# Topic Checklist

Can you answer the questions below?

- How long will each exam be?
- When will each exam be?
- What topics will be examined on each paper?

Review the topic checklists on the next 7 pages to support you to answer these questions. Your form tutor is available to help you.

Subject: English  
**Topic Checklist**



Number of papers: 1  
Exam length: 1 hour

Topics to cover	Created revision resource	Revised notes	Practised questions
Reading with understanding			
Finding and selecting information in a fiction text			
Commenting on and starting to analyse the language that writers use and the effects that this has			
Commenting on and starting to analyse the way writers structure their writing			
Evaluating how and why writers use particular methods to create impact			
Language techniques, such as metaphor, simile, contrast			

Subject: Maths  
**Topic Checklist**



Number of papers: 2  
Exam length: 50 Mins

Topics to cover	Created revision resource	Revised notes	Practised questions
Number Skills Including directed numbers, Factors, Multiples and Primes			
BIDMAS, Algebraic Expressions			
Fractions and Percentages			
Expressions and Formulae			
Coordinates and Transformations			
Ratio			
Equations			
Measures, Perimeter, Area and Volume			
Properties of Quadrilaterals and Triangles including constructing Triangles			
Probability			
Lines & Angles			
Sequences			



Subject: Geography

**Topic Checklist**



Number of papers: 1

Exam length: 50 mins

Topics to cover: Map skills/ Settlement/ Rivers	Created revision resource	Revised notes	Practised questions
Map Skills : Grid references 4 and 6 /Distance/			
Contours and height/ attitude and longitude			
Settlement: Advantages and disadvantages of sites			
Types of settlement			
Land use model- areas of a city			
Water cycle- key terms			
Rivers- parts of the river basin			
Features along a river- waterfall/ meander etc			
How are these features formed?			
Processes in the river- erosion and transportation			



Subject: French  
**Topic Checklist**



Number of papers: 1  
Exam length: 50 mins

Topics to cover	Created revision resource	Revised notes	Practised questions
Possessives (my, your...)			
Adjectives/Nouns			
Present tense (er verbs)			
Me, my family			
Physical/ Personal description			
Likes / Dislikes			
Subjects/School			
Clothing			
Sports			

Subject: German

## Topic Checklist



Number of papers: 1

Exam length: 50 mins

Topics to cover	Created revision resource	Revised notes	Practised questions
Talking about sports			
Talking about free time activities			
Using gern/nicht gern to say what you like/ don't like			
Using adjectives to justify your opinions			
Using time phrases			
Using linking words and intensifiers such as und/aber/ sehr/ ziemlich			
Family members and pets			
Personal descriptions – appearance and personality			
Days of the week and colours			
School subjects and opinions about them.			
Writing: Answering questions in full sentences about: name/ age/ where you live/ your favourite colour/ opinion about a school subject.			

# Thinking Skills

You may use different revision techniques for different subjects.


To support revision you could use:

Edward De Bono's -Thinking Hats


Memory mapping

Thinking maps


For advice and support with using any of these techniques please ask your Thinking Skills teacher for support.



**Blue:** cool head, determines the plan of action, which hat to put on next, thinks about the process of thinking





**White:** pure facts, only data & information, don't interpret, stay neutral to the facts, be objective. Build up a picture of all the facts



**Black:** what's wrong with it, negative aspects, play devil's advocate. Why won't it work? What is the logic of its failure?

**Red:** what do you feel about it, what do you fear, love, hate, feel angry about it? Do you have any hunches, what's your gut feeling, does it feel right?



**Yellow:** what's great about it, what are the things which will make it work? How can we get it to work better? Proposals, suggestions...


**Green:** How can we develop a new view? How can we grow this thing? what'll provoke new ideas, new approaches, different solutions...




*Six thinking hats - Edward de Bono*





1. English Revision - Choose two pages from one of the books you are currently reading.


Put on your  Make a list of the key events and note down who the key characters are.

Put on your  How does the reader feel or respond to what happens in these pages?


2. Geography Revision - Imagine you are revising a topic on 'Rivers'.


Put on your  What are the benefits of building cities close to rivers?

Put on your  What are the problems with building cities close to rivers?

Put on your  What should we do? How might we solve the issues you have noted down already?

3. Maths Revision - Imagine you are revising how to use Pythagoras' Theorem.

Put on your  What are the rules when using Pythagoras' Theorem?

Put on your 

What steps do you have to take to solve the problem of finding the missing length of a side of a right angled triangle? What is the solution to the problem?



# Memory Mapping

A memory map is much more detailed than a simple spider diagram. They involve:

- Colours
- Pictures
- Symbols
- Different sizes of line to show how important the point is
- Other visual cues/aids such as patterns

Why not use one of these to help you revise for a particular topic?

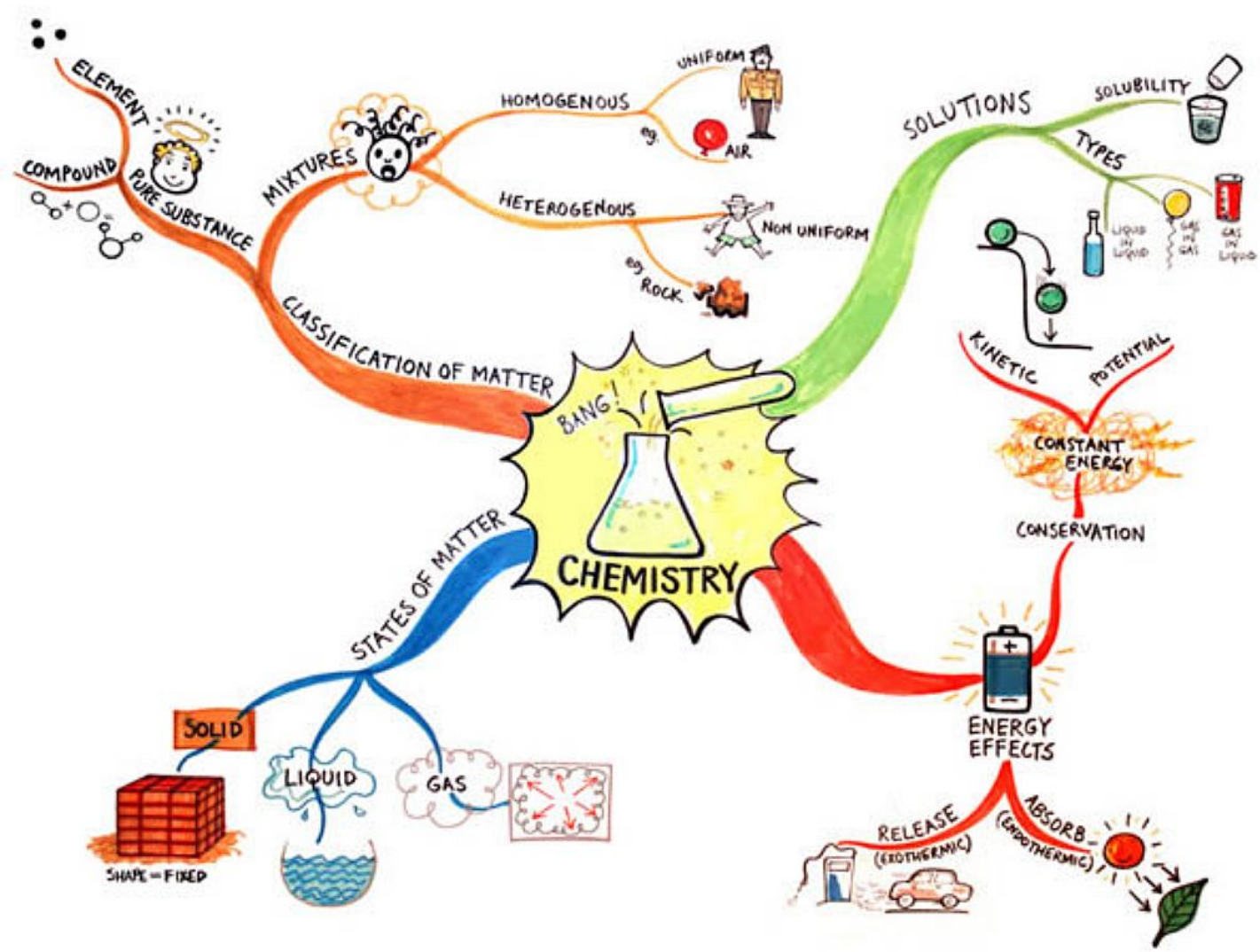


# 1. Geography Revision - Impact of Global Warming





# 2. Chemistry Revision

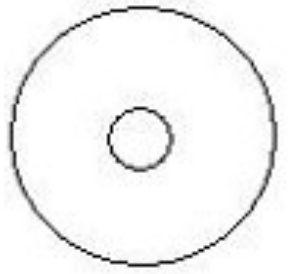
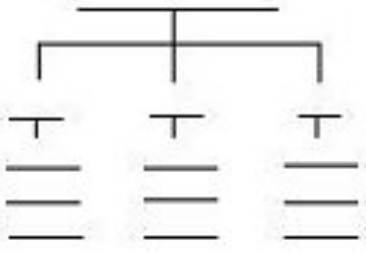
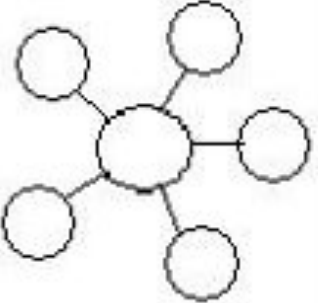
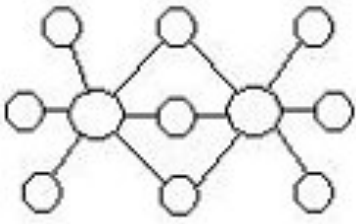
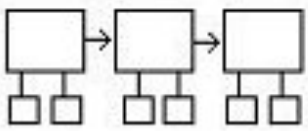
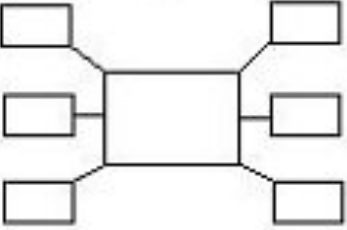
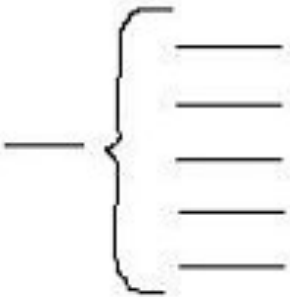
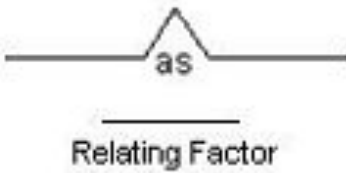




# Thinking Maps

Thinking Maps allow you to organise information on the page in a visual way. This is an interesting method for revising ideas and putting notes you have taken from different lessons together.

Why not use one of these to revise?

<p style="text-align: center;">Circle Map</p>  <p style="text-align: center;">FOR DEFINING</p>	<p style="text-align: center;">Tree Map</p>  <p style="text-align: center;">FOR CLASSIFYING</p>	<p style="text-align: center;">Bubble Map</p>  <p style="text-align: center;">FOR DESCRIBING</p>	<p style="text-align: center;">Double Bubble Map</p>  <p style="text-align: center;">FOR COMPARING</p>
<p style="text-align: center;">Flow Map</p>  <p style="text-align: center;">FOR SEQUENCING</p>	<p style="text-align: center;">Multi-Flow Map</p>  <p style="text-align: center;">FOR CAUSE AND EFFECT</p>	<p style="text-align: center;">Brace Map</p>  <p style="text-align: center;">WHOLE TO PARTS</p>	<p style="text-align: center;">Bridge Map</p>  <p style="text-align: center;">FOR ANALOGIES</p>



## Examples of Revision Techniques

### 1. **History Revision** - Revising 'The Black Death'.

Use a Circle Map. Write 'The Black Death' in the centre. In the circle around this, write what you know about 'The Black Death'. Then, around the outside of the circle, write about the lasting impacts or effects of 'The Black Death'.

### 2. **Physics Revision** - Revising 'Planets in the Solar System'.

Use the Double Bubble Map. In the larger circle on the left write 'Earth', in the larger circle on the right write 'Mars'. Use the little bubbles on the left to write characteristics of Earth such as size, average temperature, position from the sun etc. Use the little bubbles on the right to write characteristics of Mars. Use the little bubbles in the middle (that connect Earth and Mars) to suggest characteristics that both planets share or have in common with each other.

Written by Miss Mead



# Brain Food

For our brains to function at their most efficient they need the best nutritional fuel. Feeding our brains with 'junk food' will only lead to poorly functioning brains – not the greatest scenario for doing well in exams!

Brain foods will help with stress and enable concentration and memory.

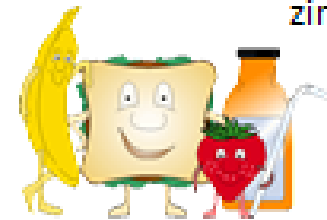
Examples of brain food would be protein foods such as meat, fish (especially oily fish), eggs and cheese, beans and pulses (e.g. lentils); nuts e.g. walnuts; seeds e.g. pumpkin, sunflower; dried fruits e.g. fig, prunes.

Brains require a high proportion of energy to function so missing meals and surviving on high caffeine drinks will not help exam preparation and exam success.

Here are some tips to help you eat right through your revision and exam session.

## Eat for energy

Try not to be tempted to reach for something sweet to get you through your revision. The temporary high you'll get from a sugar-fix will be followed quickly by crashing blood sugar levels causing, among other things, fatigue. If you can't close your books for long enough to cook, make sure you snack on Brain Foods such blueberries, blackcurrants and other berries, all full of vitamin C, which is thought to help improve mental agility. Vitamin E and zinc are also thought to have



a positive impact on the brain so have a helping of pumpkin seeds and walnuts on hand too!

## Oily fish

Salmon, sardines and mackerel are among the healthiest types of fish, as they contain lots of protein and omega 3, which is essential to keeping a functioning brain working well. Choose whole-wheat bread and you'll have a healthy, long-lasting meal, combining complex carbohydrates, vitamins and protein.





## Eggs



Eggs are one of the most versatile foods on Earth. Fried, boiled or poached, eggs are healthy and good brain food. They're a great

way to start the day, and are more likely to leave you feeling full than sugary cereals or pastries. Just one egg contains vital nutrients, 6g of protein, vitamin B12 and less than 100 calories.

## Peanut butter

Go on; eat it out of the jar with a spoon! Many people think peanut butter is an unhealthy food, but it actually contains healthy fats and lots of protein per serving. This means that as a brain food, just a little can keep you full for a long time. If you'd rather have porridge in the morning instead of eggs, try mixing some peanut butter into your morning bowl, a delicious way to start the day.



## Dark leafy greens

Kale, chard, spinach, broccoli: are vital source of vitamins in the run-up to exams. All dark greens are packed with vitamin K, which helps build pathways in the brain, as well as naturally occurring nitrates and antioxidants. You'll also get a healthy amount of B6 and B12 from some of these vegetables, which are associated with improvements in alertness and memory.



## Fresh fruit

If you need a sugar boost, the naturally occurring sugars in fresh fruit are much more useful than a chocolate bar. You will feel the benefits of eating any fruit, whether it's a banana, an orange or even a slice of melon.





## Stay hydrated

Water allows many of the chemical reactions in our bodies to take place and therefore, the speed at which our brains can work and process all those notes will be affected if we become dehydrated – make water being the liquid of choice to keep your body functioning on top form. Dehydration can cause listlessness and irritability and difficulty with concentration.



## Green tea

Caffeine, in the short-term, can provide a useful boost immediately before an exam, but don't have energy drinks. Green tea is a good alternative to high-caffeine options, as it provides antioxidants as well as boosting your concentration.



## Chocolate

And the good news ... Yes chocolate can make you smarter. Dark chocolate has a mild effect on increasing blood flow and reducing blood pressure, it is a good source of magnesium, which is an essential mineral for relaxation. We recommend choosing chocolate that's 80% or more in cacao to avoid any negative effects to teeth, skin and weight. The darker the chocolate, the less sugar in it.



## FOOD TO AVOID BEFORE AN EXAM

So now that we know what food we should be eating when prepping for an exam, what food should we *avoid* before an exam?



- Cookies, cakes, and muffins require added time and energy to digest.
- Food high in refined sugar, such as desserts, and sweets.
- High energy drinks.
- Food combinations such as protein and starch
- Carbohydrates such as rice or potatoes (in large quantities) can make you feel heavy and sleepy.

## Pre-Exam Eating

Try to have a light meal before your exam, enough to give you energy through the exam – hence a meal including wholegrain carbohydrate but not too much that you feel sleepy and lethargic.

During the exam period try to have a stock of healthy foods, drinks and snacks that you have pre-planned so when those moments of boredom, weariness, panic or times of just needing a break from your revision come along you are well prepared. Help you parent p-Pre plan your meals during your exams so that you give your brains and bodies the best possible fuel for maximum efficiency and therefore greatest success. Some exercise alongside will only enhance a healthy appetite and refresh those overworked brain cells.

## SO REMEMBER:



- Fruits and vegetables are an important part of the diet during exams!
- High-protein foods like lean meat, fish, eggs, dairy, pulses, sprouts, nuts etc.
- Whole grains like oats, brown rice, cereals
- Nuts and seeds.
- Ample water.



Keep calm and carry on eating!

No matter how close your exam is, try to keep calm. Stress can have an adverse effect on your appetite and skipping meals won't do your concentration any favours.





# Examination Week Evaluation

Which subjects did you perform well in?

Which revision technique(s) did you use?

How much time did you spend revising for each subject?

Was this adequate?

Did you follow your revision timetable?

Which subjects require improvement?

What are the steps that you are going to take to raise your performance in these subjects?