Year 11 Revision Evening 5th February 2020

Mr Shaw (Deputy Head)

Mr Hockey (Head of Year 11)

Alice Mundy (Y12)

Jed Deo (Y12)





GYM Seating Plan Report Capacity: 112 Date : Tuesday 14 January 2020 Start Time: 9:05 AM Changing room end P .8 E F c Topy, Ella E2GM 8003 Etheredge, Liam E2GM 6 5034 Farr, Charles E2CM 6033 Farguson, Caden E2CM . 6039 Kuzyk, Emma E2644 6043 Krouwel, Berjamin E2646 6112 Lawless, Grace E2GM 6111 L856, Jack E2GM 6113 Pope, Talla E2GM 0115 Ponting, Thomas E2GM 2 Bater Rose ESCM 3 Retholories A ESCM
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Mock Exam feedback







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Farmor's School

Year 11 Mock Examination Results

SUBJECT	MOCK %	MOCK GRADE	DESCRIPTION (What your mock grade represents)	END OF COURSE PREDICTION
Design & Technology			Students sat a 5 hour practical exam, to give them the opportunity to experience how much is achievable realising a design idea in 3D or Textiles. This represents half the time they will sit for the summer exams, which will be 10 hours over 2 days of practical three-dimensional or textiles work carried out independently. The Exam equates to 40% of the total GCSE. The mock grade represents this assessment and work completed to date.	
			Students sat 1 full paper in terms of timing - 1.5 hours. This represents 1 of 3 papers that they would sit in their summer GCSE examinations. The paper sat represents 35% of the final GCSE grade. It was a made up	

New GCSE grades explained



Exam information

Can be found on website





Examination Timetables (date order and subject order)

Specifications and Exam Boards

Candidate and Parent guides

Exam Team contacts



Wellbeing queries

- **Roger Eckersley (Assistant Head Teacher)**
- Paul Hockey (Head of Year 11)

Examinations

Rachael Mundy

Study Leave

Last Day: Thurs 7th May 2020

Study leave: rooms scheduled

Exam timetables: 2nd/3rd April

24th June is the emergency date for LAST EXAM

Revision strategies

Start now!





Mix up your revision

Stop rereading and highlighting





COMPONENTS OF FITNESS Which component is ... HEATTH RELATED COMPONENTS 1. repeat contractions over long pairs of time · Musular Enderance - Marsthon running as it is a long distancement · Cardio Vascular Enderronce - 2,000 rowing event High number of repeat action · Flexibility - Gymnestics/ Bring when performing some roults. Ability to fully more joints To exect force on an object · Strength - Weight lifeing to ever great force once on an object · Body Composition (ENDO MERSH - Shot Putt ECTOMORIAN - SNOWMERS SKILL RELATED COMPONENS - High Jung Somstotype · Reactions - 100m spirit reacting to start gun gives advantage Time to respond to Minute · Co-ordination - by up in backethere as woordinating dubble, take off + shet wing 2 or more body parts · Speed - 100m sprint How amothely from A & · P over - Throws + Jumps which are explosive Power - Speed & Strength Combination of geed 1 Strangth · Agility - Gralkeeper noning me may and having to dove in mother quickly Charging derection but · Balance - Gymost on a beam Advintach stability + perture Moddie Champion's feet Smelle Bad definitions + specific sparting Ronsido Connet Score Past A Alendman I examples needed.



Practise retrieving the information

MIND MAPPING



The ratio between lean tissue (bone, muscle and organs) and body fat that a person carries on his/her body.

> The 5 Essential Components of Fitness

MUSCULAR STRENGTH

The maximal force muscles can generate without a time limit for a specific movement,

MUSCULAR ENDURANCE

The ability to perform repeated muscular effort and prolong energy levels during a specific task.

FLEXIBILITY

Provides the range of motion around specific joints.

CARDIORESPIRATORY FITNESS

The health and function of the heart, lungs and circulatory system and their ability to sustain prolonged activities.

Different types of flash card



PAST PAPERS

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GCSE ENGLISH LANGUAGE (8700) Paper 2 Writers' viewpeints and perspectives	Qu 1 2 3 4 5 6 7 8 9 10 11 12 13 Mathematics Advanced Subsidiary Paper 1: Pure Mathematics		
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Top will be assessed on the quarky of your reading in Section A Top will be assessed on the quarky of your writing in Section 8 Advice Top an advised to append about 15 minutes reading through the source and all five quarties you have to anyware			

Too encode make sure you wave aufficient time to check your arrowers.

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Student perspective

Jed and Alice – current Y12 advice/ tips/ approach from their experience

"Revision time can wreak havoc in a family housestress levels are high, coffee mugs accumulate, and anxious parents grow ever more watchful."

- Stock up on snacks (healthy ones!)
- Offer tea breaks
- Be patient (don't nag)... expect stress
- Offer help with short quizzes
- Offer to listen to topics being talked through
- Eat well... sleep well
- Exercise... encourage breaks
- 80/20 rule
- Magic 10 (2 hours per night for 5 days)
- Remember, most of the groundwork is done in school

Fipd

Remove Distractions



🔏 Co	old Tu	ırkey
1. Block What	e anan	ng it is the first step
Sites	Enograma	Quatom
	Hotmail / MSN AddictingGames CollegeHumor Ebay	Reddi
2 THUMAAN Dee Time	(D)) Monday , Maich	
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	Go Cold Turke	<u>yi</u>

Hate distractions?

Cold Turkey will temporarily block you off of social media sites, games, programs and any other addicting websites.

Imagine how fast you could do your work without all those distractions!

Best of all, you choose the price!

Bring it on!

I'm sceptical...



Created by young people, for young people

'For Me' was created by 4 teenagers who realised there was an urgent need for young people to have easy access to confidential advice and support.

When Childline first launched over 30 years ago all contact was over the phone, with many calls being made from telephone boxes. How children and young people contact us now is dramatically different:

- 71% of counselling sessions are delivered online via email and 1-2-1 chat
- Last year, 1.8 million sessions on the Childline website were conducted via mobile devices.



Communication

Fortnightly Newsletter From this Friday via email

School focus

Post-16

Lunchtime revision options

Coordinated Targeted Some open

Results Day

20th August 2020

Remember, it will all be over by the 19th June

101 days

