



St Mary's CE High School

'Everyone is equal, Everyone deserves the best'

REVISION GUIDE

Year 7

Academic Year 2021/22

Dear Student

As you are all aware, our first opportunity to sit practice exams is not very far away.

We will be preparing for the examinations during our morning tutorials, where you will have the opportunity to explore different strategies that may come in useful over the coming weeks, as well as developing good study habits, which will stand us all in good stead for your public exams in Year 11. We will keep returning to revision over the next three years to keep strategies and ideas fresh in our minds.

It is also important that you study independently, either at home or at school. Google classroom will have lots of resources uploaded from all subject areas and the LRC is available every day after school until 4.30pm. Members of staff are there to help you with revision and homework and there is a wealth of revision material for you to use.

This booklet is to further support your studies and gives you lots of guidance on the best approaches to taking exams. Make sure you read through it.

Your form tutors, and Ms Williams and I wish you every success in your practice exams and are here for you should you need us.

Best wishes

S Flores

Mr Flores
Year Lead 7

Timetable for Y7 Exams, 13th -17th June 2022 (Week A)

- Your examinations will take place in the classroom and individual teachers will let you know when your exam is at least two weeks prior to the exam date.
- The exam timetables follow the usual Year 8 timetable, if you are not in an exam you will be in usual lessons.
- You will sit approximately 12 exams; each exam will last approximately 45 -50 minutes and these will assess your knowledge and skills from Year 7
- There are no examinations in:
 - PSHE: there will be an end of Year assessment in July to assess learning throughout Year 7
 - ICT: there will be an end of Year assessment in July to assess learning throughout Year 7

Examination timetable

Your tutor will issue you with the schedule of your examination for the period that runs from the 13th – 17th June 2022. Lessons will remain as normal until 10th June 2022. **The schedule outlines what you need to specifically revise for each subject area.**

Equipment

Please make sure that you are fully prepared for each examination, with the correct equipment (calculator and protractors included). Your classroom staff will walk you to the examination hall but will not be able to give out any equipment as this is helping to prepare you for the examination.

Your subject teachers will support your revision if you have any questions, but you should also use Googleclassroom (staff will have uploaded resources onto this site), your exercise books and on-line revision programmes that will be identified by your staff and be listed in your examination booklet.

Times of examinations

You must be in school on time and have registered with your form tutor at 8.20am. You must attend your lessons promptly as your teacher will complete the register, prepare the classroom, seat you in a seating plan and hand out examination papers. Examinations are between 45-50 minutes so punctuality is important to ensure you make the most of this examination series.

Uniform and Lanyards

During exam periods, you must be dressed in full school uniform with lanyards and your student card. **Please ensure that you wear full uniform to all examinations.**

Outline of Subject content and Revision resources

Subject: Art & Design

Length of examination:

50 minutes

Paper: The formal elements and drawing skills

EXAM GROUP: Year 7

Topics to revise:

- Tonal value & Shadow
- Texture
- Shape
- 2D & 3D form
- Line
- Composition & layout
- Primary & Secondary colour
- Pencil skills

Revision tools to use:

- Google Classroom
- Art sketch books
- PPT on Student shared area – Portraiture & Beetles, Bugs & Butterflies
- You tube videos - <https://www.youtube.com/watch?v=7K-cu3kYCAy>
- Artist research - <https://www.nationalgallery.org.uk/learning/secondary-schools>
- Art & Design Bitesize – Elements of Art <https://www.bbc.co.uk/bitesize/topics/z9kmhyc>

Structure of the examination:

Drawing activity that includes colour

Students will be given a drawing activity, a selection of three differentiated tasks, where students will select their own choice, drawing from their own level of confidence. The activity will focus primarily on drawing skills, including tonal value, compositional layout, texture, shape and colour. This will test their understanding of shape and structure as well as question their knowledge and understanding of media and materials, skills that have been acquired, developed and mastered in Term 1 & 2.

Subject: Drama

Length of examination: **50 minutes**

Paper : Year 7

Topics to revise:

- Tableau
- Thoughts Aloud
- Role Play
- Scene
- Ancient Greek Theatre
- Melodrama

Revision tools to use:

- Revision guidance available on Google Classroom (web links within this resource)

Structure of the examination:

Written paper:

Part 1: 1 mark questions based on skills,

Part 2: 3-5 mark questions based

Part 3: Including a creative task on Melodrama using tiered language descriptions

Subject: English

Length of examination:

1Hr

Paper

Reading and Writing Paper

YEAR GROUP:

Topics to revise:

Different language devices (Such as Similes, Metaphors, Personification, Etc.)

How to analyse different texts for meaning (like we have been doing with Refugee Boy) Persuasive writing

Revision tools to use:

- English Department website (<https://smhsenglishdept.weebly.com>)
- Google Classroom
- Your purple class notebooks
- BBC Bitesize

Structure of the examination:

- 5 Comprehension style questions for the reading section, with a mixture of short and longer answer questions.
 - 2 Short creative questions for the writing section.
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Subject: French

Length of examination:

45 mins

Paper: Knowledge test on Vocabulary and Grammar, and Application of Knowledge test through Translation

Topics to revise:

For the Knowledge part of the assessment, you will be required to have a knowledge of the vocabulary and grammar which you have been taught throughout Year 7, which you should revise from the Language Guide on Google Classroom, Quizlet (for the vocabulary section) and from the notes you have made in your purple exercise books.

For the application of knowledge part of the assessment, you will need to correctly apply your knowledge of this grammar and vocabulary mentioned above in order to provide an accurate translation.

- Your notes in your exercise book.
- Quizlet lists already completed. They are all included in your account www.quizlet.com
- Language guides available in Google Classroom. They include all vocabulary and grammar in a concise way and they are ideal for revision.

Structure of the examination:

SECTION A – READING

- Synonyms – choose which word has the most similar meaning to the selected word
- Opposites – choose which word has the opposite meaning to the selected word
- Associations – choose which word has the closest related meaning to the selected word
- Collocations – choose which word could appear either before or after the selected word in a sentence
- Verb endings – select what the subject pronoun should be based on the verb ending
- Prepositions and articles – based on the preposition/article used in a sentence, select the most appropriate word that could come after it
- Word order – rearrange the order of the words so it makes sense
- Uses of avoir and être – fill in the gap with the verb that fits best
- Two-verb structures and negation – select the appropriate sentence starters based on how the sentence has ended

SECTION B – WRITING

- Vocabulary – translate the English words into French
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- Yes/No Questions – turn the statements into a question using inversion
- Verb forms – write the verb with the correct ending based on the subject pronoun used
- Negation – rewrite each positive sentence so that they are now negative
- Articles – write the correct article needed in a sentence
- Prepositions and articles – write the French preposition/article needed in a sentence

SECTION C – TRANSLATION

- Translate four extended sentences from French into English
- Translate four shorter sentences from English into French

Subject: Geography

Length of examination: 45mins

ALL YEAR 7 CLASS GROUPS

Topics to revise:

Map skills

River processes and landforms

River flooding case study - Bangladesh

Rainforest structure and their uses

Employment sectors

Globalisation and its impacts

Energy sources and sustainability

Revision tools to use:

Class notes in your books

<https://www.ordnancesurvey.co.uk/mapzone/>

https://timeforgeography.co.uk/videos_list/rivers/

<https://smhsgeographydept.weebly.com/>

Structure of the examination: Multiple choice questions, Annotated diagrams, Short answer questions, One piece of extended writing on the case study

Subject: History

Length of examination: 45mins

ALL YEAR 7 CLASS GROUPS

Topics to revise:

The Battle of Hastings

Norman England

The Black Death

Henry VIII's break with Rome

Diversity in Tudor England

Revision tools to use:

BBC Teach-Normans playlist

https://www.youtube.com/watch?v=1sK4JX0co8I&list=PLcvEcrsF_9zK2bOCseaghBlucwf9pcsFX

Ted Talk on the Black Death

<https://www.youtube.com/watch?v=ySCIB6-OH-Q&t=180s>

Oak Academy on Henry VIII's Break with Rome

<https://classroom.thenational.academy/units/why-did-henry-viii-make-the-break-with-rome-85e5>

Use your exercise books to revise these key themes too.

Structure of the examination:

Question on the chronology of key events from 1000-1600

Question on a historical interpretation

Essay on equality in the Tudor period

Subject: Mathematics

Length of examination: **45 mins**

Paper: Non-Calculator maths test

EXAM GROUP: Year 7

Revision tools to use:

- Hegartymaths
- Maths Genie
- Knowledge retrieval quizzes
- Class book
- revision list on GC

Structure of the examination:

The year 7 paper will be split into 3 sections. Section 1 is foundation tier, and only sat by students on emerging/securing pathways. Section 2 is Core tier and will be sat by all students and designed for students securing or mastering their knowledge. Section 3 is higher tier and designed for students who are “Excelling” in their knowledge.

The year 7 examination will focus on core skills – How well understood are the techniques that have been introduced in year 7 so far. There will be some content on testing the ability to reason mathematically and to problem solve.

Any content from year 7 could be tested:

Number: Order of operations, Place value, Four operations on integers and decimals, factors and multiples, Powers and roots, Prime numbers, Fractions of amounts

Algebra: Form expressions, simplify expressions by collecting like terms, solve linear equations in simple cases, problem solve with algebra

Geometry and measure: Convert metric units, round to decimal places, perimeter of shapes including compound shapes, area of rectangles, triangles, parallelograms and trapeziums, measure and draw angles, construct triangles with a protractor, scale diagrams, angle rules

Equipment required:

Pen

Pencil

Rubber

Ruler

Protractor

Subject: Music

Length of examination: **1 hour**

EXAM GROUP: Year 7

Topics to revise:

- The Stave – traditional notation including names of notes, rests and their values
- Instruments of the orchestra
- Keywords/Tier3 descriptive language for listening and analysis (including some Italian words and phrases for dynamics, speeds and articulations)

Revision tools to use:

- Revision in class and tasks on Google Classroom

- Practice listening analysis skills – bulleted notes/analysis specifically on film music

Structure of the examination:

Part 1 –1 mark questions based on traditional notation

Part 2 – Listening extract(s) with associated questions regarding groups/families of instruments, texture, structure and tonality. Longer answer question based on a description of music referring to its elements/characteristics using tiered language

Part 3 – Response to a brief – description of a creative task using a variety of tiered language provided as prompts.

Subject: Physical Education

Length of examination: **50 minutes**

Practical examination

Topics to revise:

- Fundamental skills, techniques and tactics of Rounders
- Fundamental skills, techniques and tactics of Athletics
- Fundamental skills, techniques and tactics of Cricket

Revision tools to use:

<https://www.brianmac.co.uk/>

Rounders - <https://slideplayer.com/slide/1526088/>

Cricket - <https://courseworkbank.info/coursework/GCE-A-Level/Physical-Education/starters-sports-guide.pdf>

Athletics - <https://www.teachpe.com/sports-coaching/athletics>

Structure of the examination:

Students will be assessed using the PE performance pathways. These can be accessed via Google Classroom. Students will be provided with the opportunity to present their understanding and performance of the key skills, techniques and tactics in the chosen topic through; conditioned practices, full game/competition scenario, demonstrations and questioning.

Subject: Religious Studies

Length of examination: **50 minutes**

Paper : Year 7

Topics to revise:

- Evil and suffering (why does it happen?). (Christianity)
- Sikhism.
- The Seven Dimensions of Religion.
- Stewardship.

Revision tools to use:

- Sikhism - <https://www.bbc.co.uk/bitesize/topics/zyqnvwc/articles/znpg47h>

- Evil and Suffering - <https://www.bbc.co.uk/bitesize/topics/zkdk382/articles/z6twrj6>

- Stewardship - <https://www.bbc.co.uk/bitesize/topics/zkdk382/articles/z729vk7>

- Seven Dimensions of Religion -

<https://www2.kenyon.edu/Depts/Religion/Fac/Suydam/Reln101/Sevendi.htm>

Structure of the examination:

This exam will consist of 12 multiple choice questions covering the topics mentioned above.

Students will then complete 3 written questions, each consisting of two paragraphs, to explain or describe to religious beliefs or practises associated with what they have studied. The topics covered in these longer answers will be an aspect on:

- Sikhism
- Stewardship
- Evil and Suffering.

Subject: Science

Length of
examination:

45 minutes

Date and time of examination: See exams letter/timetable

Paper: Biology / Chemistry/ Physics

Biology

7A Cells, tissues, organs and systems

- Life Processes, Organs, Tissues, Cells, Organ systems

7B Reproduction

- Animal sexual reproduction, Reproductive organs, Becoming pregnant, Gestation and birth, Growing up.

Chemistry

7E Mixtures and separation

- Mixtures, Solutions, Evaporation, Chromatography, Distillation

7H Atoms, elements and molecules

- The air we breathe, Earth's elements, Metals and non-metals, Making compounds, Chemical reactions

Physics

7J Electricity

- Switches and current, Models for circuits, Series and parallel current, Changing the current, Using electricity

7K Forces

- Different forces, Springs, Friction, Pressure, Balanced and unbalanced forces.

Revision tools to use:

- Theory notes in exercise book
Teacher hand outs, resources from your teacher on Google Classroom
- On line revision sites:
BBC Bitesize – KS3 Science: <https://www.bbc.co.uk/bitesize/subjects/zng4d2p>
- SENECA learning
<https://app.senecalearning.com/dashboard/class/ruoqvnyw02/assignments/assignment/256a3de6-ae2b-412b-8783-9b2e8a743eb8>

Structure of the examination:

45 marks total

Three sections: Biology, Chemistry, and Physics.

Each section is worth 15 marks towards the total of 45 marks.

The questions will assess three key skill areas:

Subject: Spanish

Date and time of examination:

TBC

Length of
examination:

45 mins

Paper

Reading, listening and translation

Topics to revise:

Phonics:

- All phonic sounds: vowels, c + vowel, z, que, qui, g + vowel, j + vowel, ll, ñ, v/b, rr, silent h.

Grammar:

- *Estar/SER* – To describe how people feel and what they are like
- Adjective agreement with gender and number.
- Definite and indefinite articles
- High frequency verbs: *Tener, hacer, ir, dar* and *querer*
- Regular verbs ending in AR, ER and IR in the present tense – To describe what people do
- Modal verbs (*deber/poder*) – To talk about what people must do.

Vocabulary:

- All vocabulary included in the Year 7 booklet.

Revision tools to use:

- Vocabulary booklets for Year 7.
- Quizlet lists already completed. They are all included in your account www.quizlet.com
- Language guides for Year 7 available in Google Classrooms. They include all vocabulary and grammar in a concise way and they are ideal for revision.

Structure of the examination:**SECTION A – READING AND LISTENING**

- Identify grammatical features in a variety of sentences.
- Use a range of persons in verb formations.
- Elicit information from a longer text.
- Write short sentences in response to basic questions.

SECTION B – TRANSLATION

- Translation of short sentences into Spanish
 - Translation of short sentences into English.
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Revision Tips

Ideas to support you process information into your longer term memory

Short bursts of revision (20-30 minutes) are most effective. Your concentration lapses after about an hour and you need to take a short break (5-10 minutes). You should have started your revision programme and be spending at least 40 minutes each night revision content from year 10.

Find a **quiet place** to revise - your bedroom, school, the library etc and refuse to be interrupted or distracted.

Make sure you don't just revise the subjects and topics you like. **Work on your weaker subjects** as well.

Make your own revision notes because you will remember what you have written down more easily. Stick key notes to cupboards or doors so you see them every day.

Review class books and ask yourself key questions regarding the information you have read.

Answer the key questions you have asked set yourself from your reading. Retest yourself using those key questions regularly

Use different techniques. Make your own learning maps, use post-it notes to write key words on, create flash cards. Record your notes on phones or tablets and listen to them back. Ask friends and family to test you. Use highlighter pens to mark important points. Chant or make up a song.

Remember that revision is not just an event before examinations; you should be reviewing your learning throughout your courses and revisiting what you have learnt every 5 weeks – highlighting and reading is not an effective revision strategy on its own

Strategies that may support retention of information

Try some of these.....

A: **MIND MAPS:** Make mind-maps or association maps rather than taking linear notes. Mapping your notes by radiating key words out in a pattern of links from a central point will make best use of your memory. If you use colour and images on the maps, you'll be harnessing the power of both sides of your brain - creative and logical.

How to mind map:

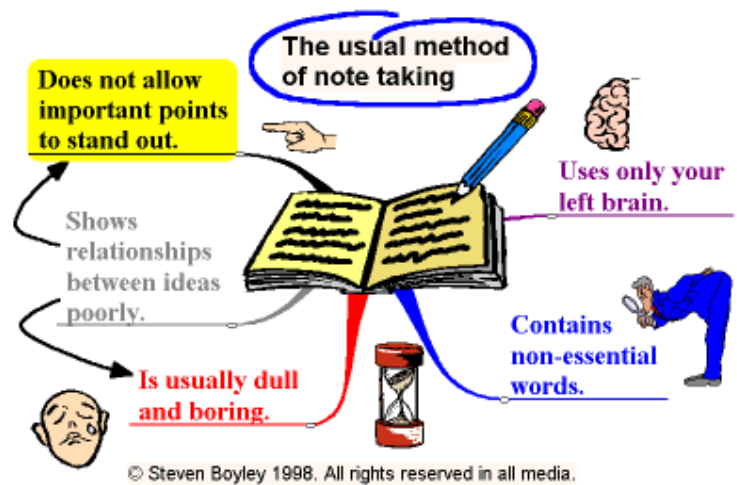
- Start with the theme in the middle of the page.

- Then develop your main idea.

- Each branch can relate to the branch before it.

- Use only key words and images.

- Key words can be written along the branches.



- Printing your key words makes them more memorable.

- Use highlighters and coloured markers to colour code branches.



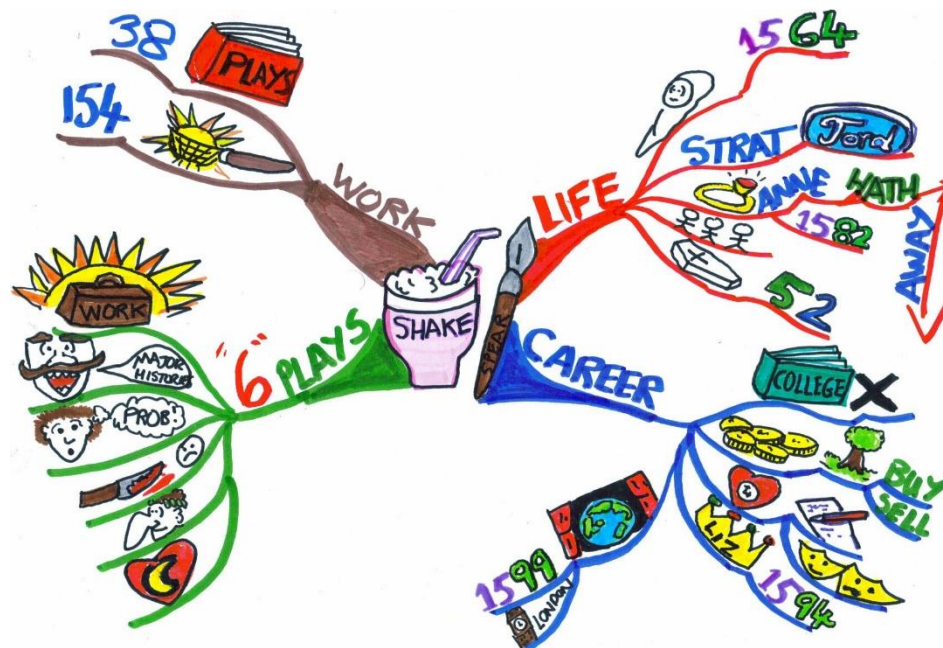
- Make things stand out on the page so they stand out in your mind (You could use a different colour for each main branch and all its sub-branches)

- Brainstorm ideas. Be creative.

- Design images you can relate to which will help you remember key information.



Or they can include more images (much easier to remember!) Look at this one summarising William Shakespeare's life



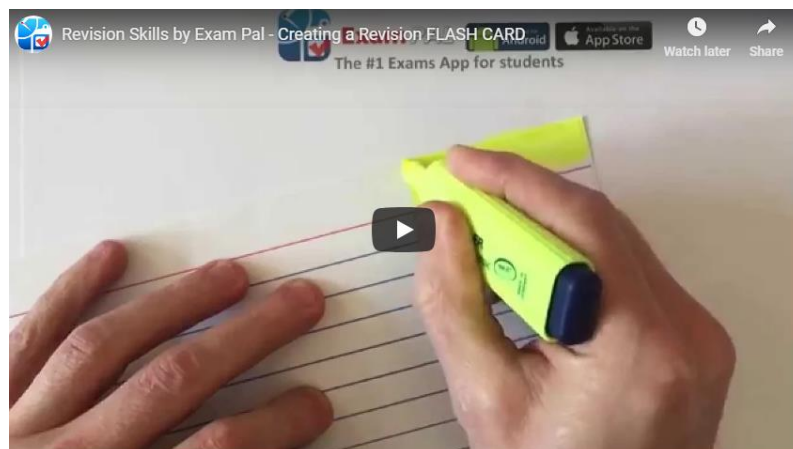
Creating effective mindmaps: <https://youtu.be/u5Y4plsXTV0>



Flash cards

Write questions on one side and answers on the other. Then get your family to test you. Merely creating the cards will help your recall. You can also use them to test yourself when faced with 'dead' time at bus stops or waiting for someone.

Creating effective revision cards: <https://youtu.be/ApC0k-ahR4Q>



Condense

Fitting notes onto one side of paper makes them easier to process, so rewrite and cut down the information as you revise

Highlight

When highlighting, target key themes by using colours and symbols. Visuals can help you remember the facts.

Improving Memory

'Chunking': as the average person can only hold seven 'items' in short-term memory, grouping items together into 'chunks' can increase capacity. This is generally used for remembering numbers (think

of how you remember phone numbers by grouping the seven digits into 2 or 3 chunks) but can be applied to other listings in various subjects.

Your class teachers have 'chunked' up all of your topics for you – use these to structure your revision

Use of mnemonics: these are various word games which can act as memory aids and which allow personalisation and creativity. Think of *stalagtites* (come down from the ceiling) and *stalagmites* (go up from the ground); the colours of the rainbow - **Roy G. Biv** ('Richard Of York Gave Battle In Vain' to remember red, orange, yellow, green, blue, indigo, violet); the seven characteristics of living organisms - **Mr. Grief** (**M**ovement, **R**eproduction, **G**rowth, **R**espiration, **I**rritability, **E**xcretion, **F**eeding). You can devise many more of these to aid your personalised recall of items in your subjects.

Review

Looking over a topic every now and then will help to keep it in the memory, taking away the need to cram before exams. You should do this at least every five weeks.

Make a summary of the work and look over it ten minutes later, the next day, the next week and then the next month for a few minutes each time. This reinforces the knowledge learned.

Understanding increases as time spent studying passes. However, the ability to recall things being memorised becomes progressively less efficient as time passes in a study session.

After a one hour memorising session:

10 minutes later revise the topic for 10 minutes

1 day later revise the topic for 5 minutes

1 week later revise the topic for 2-5 minutes

1 month later revise the topic for 2-5 minutes

Stress Management

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graph TD; SM[Stress Management] --- LR[Learn to relax]; SM --- EX[Exercise]; SM --- TI[Time]; SM --- ML[Make a list]; SM --- SL[Sleep]; SM --- BH[Be healthy]; SM --- SC[Stay calm]; SM --- T[Talk]; SM --- BP[Be positive]; SM --- GO[Get organised];
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Learn to relax

Take mini breaks throughout the day. Work on relaxation techniques, such as taking slow deep breaths.

Exercise

Physical activity provides relief from stress. The brain uses 20% of oxygen in the blood so you need to think about your posture and exercise to make sure your body gets enough. 30 minutes of sport or a short walk will do the trick.

Time

Recognise that you can only do so much in a given time.
Try to pace, not race.

Make a list

Make a list of the things that are worrying you and the possible things that could happen – then your brain will stop bringing them forward all the time.

Sleep

Don't become overtired by forcing yourself to work late. Your brain needs time to sort out the information it has come across during the day. Your ideal sleep time is about 8 hours a night.

Get organised

Have a realistic daily schedule including revision, sleep, eating, relationships and recreation.

Be positive

Talk positively to yourself! Don't pay attention to that internal voice saying you can't do it; tell yourself you can do it and you will do it.

Talk

Talking and meeting with friends and occasionally sharing deep feelings and thoughts can be helpful in reducing stress.

Stay calm

Make sure you are in a calm, positive mood before you start studying.

Be healthy

Watch your eating habits. Make sure you eat sensibly and have a balanced diet. Avoid too much chocolate, cola, caffeine and foods with lots of additives.

Drink lots of water.

Managing Exam Pressure

When you are feeling the stress, get talking.

- Remind yourself that a certain amount of stress is motivation. Use the emotion to improve your performance
- Talk to friends. They're there to help. Talking to them will help you realise you're not alone and they'll give you support.
- Talk to your teachers or parents/carers. They will have a different perspective to you. They can help you problem solve and find practical solutions.
- Take regular breaks
- Revise with friends. This can be great as you keep up your social life and you don't feel isolated and alone.
- Practice mindfulness and concentrate on your breathing. To find out more about mindfulness click on the link below.

