Revision Checklist:



Summer Series



Revision Timetable

It is important to have a balance of study, leisure and rest. Use these timetables to plan your week accordingly. These can also be used to plot where you do not have free time available, such as school or when attending clubs or appointments.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Construction Unit 1

Торіс	Page	Key Terms	Revise	Revisit
1.1: The Sector	2-10	Buildings and Structures, Infrastructure and Civil Engineering Products, Building services Engineering, Professional and Managerial Roles		
1.2: The Built Environment Life Cycle	12-25	Raw Material Extraction, Manufacturing, Construction, Operation and Maintenance, Demolition, Disposal, Reuse or Recycling		
1.3: Types of Building and Structure	26-32	Different forms of Infrastructure		
1.4: Technologies and Materials	32-54	Elements and Components of low rise buildings, Materials involved in walls, building services, fitting roofs, finishing interiors, Renewable technologies, materials, heat pumps, solar panels, wind turbines.		
1.5: Building Structures and Forms	54-62	Cellular Construction, Rectangular and Portal Framed Construction, Heritage and Traditional Methods		
1.6: Sustainable Construction Methods	62-68	The Environmental, Cultural, Social and Financial benefits of Sustainable Construction, Pollution and the Preservation of the Natural Environment.		
1.7: Trades, Employment and Careers	73-78	Bricklaying, Stonemasonry, Plastering, Carpentry and Joinery, Electricals, Plumbing, Painting and Decorating, Flooring and Tiling		
1.8: Health and Safety	78-93	Risks for Employees, Employers, Risks to the Public, Following Procedures, Health and Safety at Work Act 1974, Risk Assessments, Legislation, PPE, Gas, Water and Electricity, Working at Heights		

Revision Sources					
Online	Physical				
https://www.homebuilding.co.uk/ https://www.derby.gov.uk/environment- and-planning/planning/ https://www.wickes.co.uk/	Revision guide provided by teachers, WJEC Vocational Award Constructing The Built Environment Level 1/2 Award By Howard Davies				

Food Preparation and Nutrition

Торіс	CGP Page	Key Terms	Revise	Revisit
		Food Nutrition and Health		
Macronutrients	1-5	Protein, Fats and Carbohydrates, function, sources, classifications and i.e LVB, HBV etc		
Micronutrients, trace elements & Fibre and Water	10-13	Vitamins (Fat and Water soluble) Minerals, minerals and trace		
Healthy Eating Guidelines and Energy Needs	16, 23	Eat Well Guide		
Age groups and nutritional needs	17, 18	Young children, teenagers, adults, the elderly, pregnant wome		
Diet related health problems	19, 20	Obesity, Coronary Heart Disease (CHD), Anaemia, Diabetes, Sk		
Nutritional analysis and Planning Meals	25-27	Following EWG, reducing salt, fat, sugar, factors to consider when planning meals lactose intolerance, nut allergies, coeliac diseas dietary choices		
	<u>.</u>	Food Science		
Why food is cooked and heat transfer	31,32	Reasons why, Conduction, Convection, Radiation		
Cooking methods	33-36	Wet methods, dry methods, Fat-based methods		
Changing properties of Carbs, Protein, Fats and Oils	39-41	Denaturing, Coagulation, Foams, Gluten formation, Gelatinisa Dextrinisation, Caramelisation, Aeration, Shortening, Plasticity Emulsification		
Raising Agents	43	Chemical, biological, steam & mechanical		
		Food Safety		
Food Spoilage and Food poisoning	48,49, 53	Microorganisms, High risk foods, enzymes, moulds and yeasts, Bacteria – Ecoli, Listeria, Camplyobacter, Staphylococcus aureu control methods		
Storing and Preparing Food Safely	50-52	Storage, cross contamination hygiene procedures,		
Uses of microorganisms in Food production	54	Moulds, yeasts and bacteria		

Revision Sources						
Online	Physical					
BBC Food Preparation and Nutrition, Food a Fact of Life, Seneca, GCSE Pod	CGP revision guides Question a day					

Food Preparation and Nutrition

Торіс	CGP Page	Key Terms	Revise	Revisit
	-	Food Choice		
Food labelling, marketing and sensory testing	69-73	Laws and compulsory information, non-compulsory information, traffic light system, Marketing – special offers, brand endorsement, health claims, Sensory testing – How we taste, why we test ranking tests, rating test, star diagram,		
Food choices and influences	59-62	PAL, Cost, Skills, Lifestyle, Seasonality, Availability, Religions – Christianity, Islam Hinduism, Judaism, Buddhism, Moral/Ethical - Animal Welfare, Environmental impact, Allergies and Intolerances		
Cuisines (British and Interational)	63-65	British cuisine, international cuisine		
		Food Provenance	-	
Grown Food, Reared Food, Caught Food	78-81	Intensive v organic farming, GM crops, grown food, reared food caught food,		
Processing	92-95	Primary - Flour, milk, fruit and veg, Secondary – flour to pasta, fruit to jam, milk to cheese/yoghurt, Fortification, Additives,		
Food and the environment	84-88	Waste and packaging, food miles and carbon footprint, global food production		

Revision Sources					
Online	Physical				
BBC Food Preparation and Nutrition, Food a Fact of Life, Seneca, GCSE Pod	CGP revision guides Question a day				

English Language Paper 1

Торіс	CGP Page	Key Terms	Revise	Revisit
		Language Paper 1		
Language Paper Overview		All Questions and Focus		
Writing Well and Reading with Insight		Organise clearly, paragraphs, link, structure, evidence, inference, suggests, implies		
Spelling Punctuation and Grammar		Check, use of correct punctuation, reread for spelling mistakes		
Information and Ideas		Analyse, understand, implicit, explicit		
Entertaining Texts		Creative vocab, structure, sentence lengths		
Tone		Formal, informal, sombre, happy, passionate		
Writers Methods		Simile, Metaphor, Personification, Irony		
Descriptive Language		Nouns, verbs, adjectives, adverbs, senses, descriptive techniques e.g. simile, metaphor		
Structure – Whole Texts		Focus, linear, non-linear, cyclical, focus shift, sentence type, introduction of character		
Sentence Forms		Short, Compound, Complex		
Writing Stories and Descriptions		Direct Address, tension, pace, narrator, figurative language, description, character		
Sample Question 1		Find Four things		
Sample Question 2		Language Techniques, Effect on Audience		
Sample Question 3		Structure, focus shift, sentence types, hook		
Sample Question 4		Personal response, language, structure		
Sample Question 5		Description, Creative Writing, Entertain		

Revision Sources						
Online		Physical				
Mr Bruff Language Paper 1: <u>mr bruff language paper 1 - Bing video</u>		Class notes Revision booklets				

English Language Paper 2

Торіс	CGP Page	Key Terms	Revise	Revisit
Language Paper Overview		All Questions and Focus		
Writing Well and Reading with Insight		Organise clearly, paragraphs, link, structure, evidence, inference, suggests, implies		
Spelling Punctuation and Grammar		Check, use of correct punctuation, reread for spelling mistakes		
Information and Ideas		Analyse, understand, implicit, explicit		
Entertaining Texts		Creative vocab, structure, sentence lengths		
Tone		Formal, informal, sombre, happy, passionate		
Writers Methods		Simile, Metaphor, Personification, Irony		
Transactional writing		Powerful verbs, rhetorical questions, direct address, repetition, anecdote, facts, opinions		
Structure – Whole Texts		Focus, linear, non-linear, cyclical, focus shift, sentence type, introduction of character		
Sentence Forms		Short, Compound, Complex		
Writing Stories and Descriptions		Direct Address, tension, pace, narrator, figurative language, description, character		
Sample Question 1		Identify four true statements		
Sample Question 2		Writing a summary – making clear inferences		
Sample Question 3		Writing about language and its effects		
Sample Question 4		Comparing writer's viewpoints & perspectives		
Sample Question 5		Transaction writing – writing to voice opinion, letters, articles, speeches, text of a leaflet, blog		

Revision Sources

Online

Mr Bruff Language Paper 1: mr bruff language paper 1 - Bing video



Physical Class notes

Revision booklets

English Literature (Dr Jekyll & Mr Hyde)

Торіс	CGP Page	Key Terms	Revise	Revisit		
Context and Chapters						
Context and the writer		Victorian society, Stevenson's life, Charles Darwin, science in Victorian society, Lombroso's theory of Atavism, Freud (id, ego, super-ego)				
Plot summary		Key events, timeline.				
Chapters 1 & 2		Settings (Jekyll's house, back door that Hyde uses) Introduction to Utterson as a character Trampling of the little girl and introduction to Hyde Introduction to Dr Lanyon Utterson and Hyde meet				
Chapters 3, 4 & 5		First meeting of Jekyll & his relationship with Hyde The murder of Sir Danvers Carew Utterson's visit to Hyde's house in Soho Utterson meeting Jekyll – promises that Hye has gone				
Chapters 6 & 7		The downfall of Dr Lanyon Utterson & Enfield's Sunday walk and Jekyll in the window				
Chapter 8		The downfall and death of Hyde – Utterson and Pool breaking into the cabinet				
Chapters 9 & 10		Dr Lanyon's narrative (Chapter 9) Dr Jekyll's full statement of the case (Chapter 10)				
Edward Hyde		Descriptions of him, his violent acts, representation of evil and of the id, outsider in society				
Gabriel Utterson		The Victorian gentleman, idea of repression and use of rationality				
Dr Jekyll		Victorian gentleman, science & ambition, his downfall and attempts at redemption				
Dr Lanyon		Foil to Jekyll (both scientists), his break from Jekyll, his death, reflects the dangers of science				
Key themes		Science V religion, Good V evil, Duality, Society, Evil, Violence				
Key settings		Jekyll's house (front and back), Inside Jekyll's house, the laboratory, Hyde's house in Soho, London in general (gothic descriptions)				

Revision Sources					
Online	Physical				
Mr Bruff	Booklets provided				
Youtube: <u>https://www.youtube.com/user/mrbruff</u> GCSE POD	Revision materials provided				

English Literature (Macbeth)

Торіс	CGP Page	Key Terms	Revise	Revisit	
Plot and Shakespeare's Language & Techniqu			es		
The Plot of the play		Characters, plot, key events.			
Understanding Shakespeare's Language		Language, word choice.			
Shakespeare's techniques		Structure, mood and atmosphere, poetry, word play, imagery and symbolism.			
Analysis of Act 1		Witches, battle, predictions, Lady Macbeth, murder.			
Analysis of Act 2		Duncan's murder, Princes, death.			
Analysis of Act 3		Plot, Banquo is murdered, the Thanes respond.			
Analysis of Act 4		Witches, prophecy, Lady Macduff, Macduff.			
Analysis of Act 5		Lady Macbeth, sleep, death, final battle.			
		Characters			
Macbeth		Hubris. Hamartia, Tragic Hero, Good v.s Evil.			
Lady Macbeth		Catalyst, cruel, supernatural, women.			
Duncan		King, Divine Right of the King, death.			
Malcolm & Donalbain		Princes, flee, heir.			
Banquo		Best friend, betrayal, death.			
The Witches		Supernatural, evil, catalyst.			
Context & Themes					
Ambition and betrayal		Hierarchy, Macbeth, Greek Tragedy.			
Supernatural		Witches, belief of the time.			
Reality		Façade, betrayal, Macbeth, Lady Macbeth			
		Revision Sources			

Revision Sources

Online

Mr Bruff Youtube - https://www.youtube.com/user/mrbruff GCSE POD



Physical

Booklet Revision booklets

English Literature (An Inspector Calls)

Торіс	CGP Page	Key Terms	Revise	Revisit		
Plot and context						
Background information		Priestly, society, politics.				
Britain in 1912 and 1945		Society, politics, labour, war.				
Social Class		Hierarchy, patriarchy, capitalist, socialist.				
Young and Old		Generation, beliefs, society, social change.				
Plot summary		Key events.				
Act one		Capitalism, Inspector, speech, inspection.				
Act two		Daisy Renton, affair, Sybil, charity.				
Act three		Eric confesses, hoax.				
		Key characters				
The Inspector		Socialism, Priestly, morals, hoax.				
Arthur Birling & Sybil Birling		Capitalist, money, social superior.				
Sheila Birling		Naïve, immature, socialist values, engaged, suffragette.				
Eric Birling		Drunk, assault, immature, stolen money.				
Gerald Croft		Respected, aristocrat, capitalist.				
Eva Smith/Daisy Renton		Socialist, poor, poverty, women, death, mistress.				
Key themes						
Family Life		Social roles, society, men, women, children.				
Men and Women		Education, suffragette, social status, expectations, social change.				
Social Responsibility.		Capitalist, socialist, labour, politics.				

Revision Sources							
Online	Physical						
Mr Bruff Youtube - https://www.youtube.com/user/mrbruff		Booklets Revision booklets Class notes					

English Literature (Power & Conflict)

Торіс	CGP Page	Кеу	/ Terms	Revise	Revisit
Poems & themes					
Ozymandias		銀線道面	Power, power of nature over man, decay, megalomania, death		
Extract from the Prelude			Power, power of nature over man, nature, mental deterioration		
London			Power, power of wealth, power of society, anger, mental deterioration		
Charge of the Light Brigade		地統領	War, futility of war, destructive nature of war, obedience, patriotism, violence		
Bayonet Charge			War, futility of war, destructive nature of war, obedience, patriotism, conflict, violence		
Exposure		aradra 🗉	War, power of nature, conflict, death		
Remains			War, mental deterioration, innocence, destructive nature of war, conflict, death		
War Photographer			War, mental deterioration, destruction of war, death		
Storm on the Island		ortesta el	Power, power of nature, nature		
My Last Duchess			Power, patriarchy, control, death, fear		
Poppies			War, death, childhood, power of memory		
The Emigree			Identity, childhood, power of memory		
Checkiin' out me history			Identity, power of identity, childhood, race		
Kamikaze			Identity, power of memory, power of identity, war, futility of war, death		
Tissue			Power, power of paper, power of identity, power of humanity		

Revision Sources					
Online	Physical				
Mr Bruff Youtube - https://www.youtube.com/user/mrbruff	Booklets Revision booklets Class notes				

Geography – Paper 1

Торіс	Key information	Revise	Revisit
	Natural Hazards		
Tectonic Hazards	 Distribution of tectonic hazards Plate margins – constructive, destructive (including collision) and conservative Contrasting earthquake case studies (Amatrice/Italy [HIC] and Nepal [LIC]). Why were the impacts and management so different? Why do people live in areas of tectonic hazards? Focus on volcanic hazards How can we reduce the effects of tectonic hazards? 3ps and monitoring 		
Weather Hazards	 Global atmospheric circulation model Formation and distributions of tropical storms Tropical storm case study (Typhoon Haiyan) - Impacts and responses. How does global warming affect tropical storms? How can we reduce the effects of tropical storms? 3Ps and monitoring UK weather case study (Cumbria Floods). Impacts and responses. What are the impacts of extreme weather in the UK and how can it be managed? 		
Climate Change	 Evidence for and against climate change Human and natural causes of climate changes Social, economic and environmental impacts of climate change Mitigation and adaptation strategies 		
	Living World		
Ecosystems	 Small scale ecosystems, food webs, nutrient cycle and relationships within them Location and characteristics of biomes 		
Tropical Rainforests (TRF)	 Physical characteristics of the TRF. Interdependence in the TRF Biodiversity and plant and animal adaptations Deforestation case study (Amazon Rainforest). Causes, impacts and sustainable management of the TRF. Importance of the TRF Sustainable management of the TRF 		
Hot Deserts	 Physical characteristics of hot deserts Interdependence in hot deserts Biodiversity and plant and animal adaptations Hot desert case study (Western Desert, USA). Opportunities (energy, mining etc) and challenges in the Western Desert (Extreme heat, lack of water, inaccessibility). Desertification – causes, impacts and management in the Sahel 		
	Physical Landscapes of the UK		-
Coasts	 Key Processes of erosion, transportation, deposition, weathering and mass movement Formation of erosional (Stack, wave cut platform, headlands and bays) and depositional landforms (spit, bar, beach, sand dune) Coastal landscape case study (Dorset Coast) - The coastline features, causes of erosion, coastal defences. Hard and soft engineering methods. How they work and Positives/Negatives 		
Rivers	 River features from source to mouth (River Tees) Key Processes of erosion, transportation and deposition Formation of waterfall, meander, flood plain, interlocking spurs, oxbow lakes and levees Flood hydrographs – How to read them and what physical and human factors affect the chances of a flood. Hard and Soft engineering methods. How they work and Positives/Negatives Management of flood risks, e.g. Jubilee River Flood Relief Channel Hydrographs 		

Geography – Paper 2

Торіс	Key Terms							
	Urban	Issues						
Urbanisation	 Causes of urbanisation around the world and r Megacities – what are they are where are they 							
Case study of an LIC city	 Lagos – Location and importance Opportunities (Access to health, shanty town of Challenges (Managing shanty towns (Makoko) pollution) How is Lagos improving the quality of lives for), sanitation, water, waste disposal, air and water						
Case study of a UK city	 London – Location and importance Impact of internal and international migration Opportunities (cultural mix, recreation, emplo Challenges (inequalities, urban deprivation, br sprawl, crime, congestion) Explanation of regeneration (London Olympic 	oyment, transport system, urban greening) rownfield and greenfield sites, waste disposal, urban						
Urban sustainability	 How can people live more sustainably? Case study on sustainable urban living (East Vi How can urban transport strategies reduce traditional strategies reduce s							
	Changing Eco	nomic World						
Comparison of LIC (Nigeria) and LICs (UK)	Trade and aid as methods to reduce the development gap							
	Resource Management							
General	General • The importance of food, water and energy to people's wellbeing • Distribution of global resources and reasons for the distribution.							
UK resources								
Food								
	Revision	Sources						
	Online Physical							
 GCSE Pod Seneca BBC Bites Mr B's Ge 		 Knowledge organisers Exercise books Revision work from class Case Study information Fieldwork summary crib sheet 						

Geography – Paper 3

Торіс	Key Terms	Revise	Revisit
	Pre-Release Material (England's Housing Challenge)		
Page 2-3	 IDemand for housing is greater than supply Even if government targets for new housing is reached, there would still not be enough Government spending on housing and community amenities varies by area, from £203 pp in London, to £77 in the southwest House prices in the southeast are high, on average £477,000 compared to the northeast where the average is £127,000 New, affordable houses are needed Houses can be built on greenfield (new) or brownfield (recycled) sites. Using greenfield sites leads to urban sprawl 		
Page 4-5	 Tudeley Village is a proposed housing development near Tonbridge in the southeast of England Tudeley Village would be in the High Weald Area of Outstanding Natural Beauty 		
Page 6-7	 I can explain the advantages and disadvantages of building the proposed Tudeley Village development I would be able to answer the question: "Should the Tudeley Village development be allowed to go ahead?" 		
	Fieldwork		
Enquiry Question	 You will be required to write the title of your fieldwork: Physical: To what extent is Elvaston Castle Country Park a healthy and balanced ecosystem? Human: To what extent has the regeneration of the CBD of Derby been overwhelmingly positive? I know the factors that need to be considered when selecting suitable questions. I know the potential risks of both human and physical fieldwork and how reduced 		
Data Collection	 I can explain the difference between primary and secondary data I can describe some data collection methods and explain their advantages and disadvantages – e.g. taking photographs, measuring channel depth, conducting traffic surveys. I understand the difference between qualitative and quantitative data I can identify and select different sampling methods such as random, stratified and systematic. 		
Data Presentation	 I can select and use accurately appropriate presentation methods such as annotated photographs, bar charts and maps I can describe different data presentation methods and explain their positives and negatives 		
Data Analysis	 I can describe, analyse and explain the results of fieldwork data. I can explain links between different sets of data I can identify anomalies in fieldwork data I can confidently calculate mean, mode, median, range and interquartile range 		
Conclusion	I can draw evidenced conclusions based on data analysis		
Evaluation	 I can identify the problems of data collection methods I can identify the limitations of data collected I can suggest other data that might be useful I can suggest ways of improving enquiries in the future 		

Fieldwork	Graph	Cartographic (Map)	Statistics





History – Germany (Paper 1)

Торіс	Key Knowledge	Revise	Revisit
Key topic 1: The rule of the Kaiser and the First World War 1890-1918	 Germany during the reign of the Kaiser: the growth of socialism and trade unions, the impact of these on parliamentary government, rivalry with Britain. The Kaiser's foreign policy aims: Weltpolitik & the Naval Laws. Germany and the First World War: impact of the war on the home front, reasons for the Kaiser's abdication, the Kiel Mutiny and armistice, the introduction of democratic government. 		
Key topic 2: The Weimar Republic, 1918 -19	 The setting up of the Weimar Republic. The strengths and weaknesses of the new Constitution. Reasons for the early unpopularity of the Republic, including the 'stab in the back' theory and the key terms of the Treaty of Versailles. Challenges to the Republic from Left and Right: Spartacists, Freikorps, the Kapp Putsch. Reasons for economic recovery, including the work of Stresemann, the Rentenmark, the Dawes and Young Plans and American loans and investment. The challenges of 1923: hyperinflation; the reasons for, and effects of, the French occupation of the Ruhr. The impact on domestic policies of Stresemann's achievements abroad: the Locarno Pact, joining the League of Nations and the Kellogg-Briand Pact. Germany's Golden Age: cultural changes including developments in architecture, art and the cinema, music & reactions to these. 		
Key topic 3: Hitler's rise to power, 1919- 33	 Hitler's early career: joining the German Workers' Party and setting up the Nazi Party. The early growth and features of the Party. The Twenty-Five Point Programme. The role of the SA. The reasons for, events and consequences of the Munich Putsch. Reasons for limited support for the Nazi Party, 1924–28. The growth of unemployment – its causes and impact. The failure of successive Weimar governments to deal with unemployment from 1929 to January 1933. The growth of support for the Communist Party. Reasons for the growth in support for the Nazi Party, including the appeal of Hitler and the Nazis, the effects of propaganda and the work of the SA. Political developments in 1932. The roles of Hindenburg, Brüning, von Papen and von Schleicher. The part played by Hindenburg and von Papen in Hitler becoming Chancellor in 1933. 		
Key topic 4: Nazi control and dictatorship, 1933-39	 The Reichstag Fire. The Enabling Act and the banning of other parties and trade unions. The threat from Röhm and the SA, the Night of the Long Knives and the death of von Hindenburg. Hitler becomes Führer, the army and oath of allegiance. The role of the Gestapo, the SS, the SD and concentration camps Nazi control of the legal system, judges and law courts. Nazi policies towards the Catholic and Protestant Churches, including the Reich Church and the Concordat. Goebbels and the Ministry of Propaganda: censorship, Nazi use of media, rallies and sport, including the Berlin Olympics (1936). Nazi control of culture and the arts, including art, architecture, literature and film. The extent of support for the Nazi regime. Opposition from the Churches, including the role of Pastor Niemöller. Opposition from the young, including the Swing Youth and the Edelweiss Pirates. 		
Key topic 5: Life in Nazi Germany 1933- 39	 Nazi views on women and the family. Nazi policies towards women, including marriage and family, employment and appearance Nazi aims and policies towards the young. The Hitler Youth and the League of German Maidens. Nazi control of the young through education, including the curriculum and teachers. Nazi policies to reduce unemployment, including labour service, autobahns, rearmament and invisible unemployment. Changes in the standard of living, especially of German workers. The Labour Front, Strength Through Joy, Beauty of Labour. Nazi racial beliefs and policies and the treatment of minorities: Slavs, 'gypsies', homosexuals and those with disabilities The persecution of the Jews, including the boycott of Jewish shops and businesses (1933), the Nuremberg Laws and Kristallnacht. 		

History – Conflict & Tension, The Interwar Years 1918-1939 (Paper 1)

Торіс	Key Knowledge	Revise	Revisit
Key topic 1: Peacemaking 1918-1919	 The aims of the Big Three (Clemenceau, Wilson & LLoyd George) & why they were willing to comprom The terms of the Treaty of Versailles The reaction to the treaty: the views of the people & leaders of Britain, France & the USA The reactions to the treaty: the views of the German people and the impact on the new Weimar government Negative consequences of the treaty & arguments as to why it can be justified The terms of the treaties imposed on Germany's allies The extent that each of the Big Three achieved their aims 		
Key topic 2: The League of Nations in the 1920s	 The creation of the League: aims, membership & powers Structure of the League: Assembly, Council, Permanent Court of International Justice & role of Special Common The work of the Special Commissions: successes and failures Events in the 1920s: Vilna (1920), Upper Silesia (1921-25), Aland Islands (1921), Corfu (1923), Bulgaria (1925) & Wall Street Crash (1929). International agreements that did not involve the League: Locarno Treaties (1925), Rapallo Treaty (1922), Washington Arms Conference (1921-22) & Kellogg-Briand Pact (1928) 		
Key topic 3: The League of Nations in the 1930s	 The impact of the Great Depression on international cooperation The Manchurian Crisis: reasons for Japan's invasion, events of the invasion, the League's response The Abyssinian Invasion: reasons for Italy's invasion, events of the invasion, the League's response Results of the League's actions in the 1930s: effect on the League, impact on international relations & effect on Hitler Factors in the League's failure: the League's actions, the response of Britain & France, incomplete membership, the League's weak powers, the Depression etc. 		
Key topic 4: Hitler's Foreign Policy 1933-1938	 Hitler's foreign policy aims: Lebensraum, Volkesdeutsche, rearmament etc. Early foreign policy events 1933-1935: reasons for leaving the Disarmament Conference, the Dollfuss affair (attempted Anschluss), rearmament, the Saar plebiscite & Anglo- German Naval Agreement. The reoccupation of the Rhineland (1936): reasons for it, response from Britian, France & the League, why it was a gamble & results for Hitler. Anschluss (1938): events, results for Germany, response from other countries The Sudetenland Crisis (1938): reasons why Hitler wanted the Sudetenland, events of 1938, the effects of appeasement on Chamberlain's response. The Munich Conference (1938): reasons why the conference was called, the reaction of Britain, France & Italy to Hitler's demands, results of the conference, Chamberlain's claims of 'peace in our time', subsequent invasion of the rest of Czechoslovakia. Appeasement: positives and negatives of the policy. The Nazi-Soviet Pact (1939): reasons for Germany & the USSR signing the Pact, what was agreed & Britain & France's response to the Pact. The invasion of Poland (1939): Germany's actions, Britain & France's response. Factors that resulted in the outbreak of the Second World War: Hitler's actions, the failure of the League, the Depression, the Treaty of Versailles & appeasement. 		

History – Elizabethan England (Paper 2)

Торіс	Key Knowledge	Revise	Revisit
Key topic 1: Elizabeth's court, Parliament & early issues of her reign	 Elizabeth's Character & early life How England was ruled under Elizabeth – court, Parliament, the Privy Council, JPs & Lord Lieutenan The difficulties facing a female ruler The reasons why the issue of marriage was so important The potential suitors Elizabeth's attempts to find a religious solution 		
Key topic 2: Challenges to Elizabeth at home and abroad, 1569– 88	 The reasons for, and significance of, the Northern Rebellion, 1569–70. The features and significance of the Ridolfi, Throckmorton and Babington plots. Walsingham a of spies. Mary, Queen of Scots and why she posed a problem for Elizabeth The reasons for, and significance of, Mary Queen of Scots' execution in 1587. The reasons for the Earl of Essex' rebellion Reasons why the rebellions against Elizabeth failed Reactions to Elizabeth's religious policies: Catholic responses (papal bull, laws introduced against Catholics in the 1580s). The arrival of missionaries & Jesuit priests e.g. Edmund Campion Reactions to Elizabeth's religious policies: Puritan responses (arguments with Elizabeth, prophesyings, later crackdowns by John Whitgift) 		
Key topic 3: Elizabethan society 1558-88	 Wealth and fashion in Elizabethan England: the differences between gentry & nobility, how people demonstrated their wealth The role of the theatre. The reasons why the Elizabethan period can be seen as a 'Golden Age'. The reasons for the increase in poverty and vagabondage during these years. The changing attitudes towards the poor. The introduction of the Poor Law (1601) 		
Key topic 4: Exploration & relations with Spain	 Factors prompting exploration, including the impact of new technology on ships and sailing and the drive to expand trade. The reasons for, and significance of, Drake's circumnavigation of the globe. The significance of Raleigh and the attempted colonisation of Virginia. Commercial rivalry. The New World, privateering and the significance of the activities of Drake. The impact of the voyages of discovery on England (wealth, power & territory) Political and religious rivalry with Spain. English direct involvement in the Netherlands, 1585–88. Spanish invasion plans. Reasons why Philip used the Spanish Armada. The reasons for, and consequences of, the English victory. 		
Historical environment: Sheffield Manor Lodge	 Location of SML Function: place or prison? Features of the building and surrounding area People: Mary, Queen of Scots and the threat she posed to Elizabeth George Talbot, Earl of Shrewbury. Reasons why he was chosen as jailor, impact on him & why he lost his role Bess Talbot. How relationship with Mary & the impact on her marriage Events: the Northern Rebellion and Mary's role in it. The impact of the rebellion on Mary 		

History – Health & The People (Paper 2)

Торіс	Key Knowledge		Revise	Revisit
	Health & The People 1000-Present I	Day		
Medieval Period 1000-1500	 Hippocrates, Galen & the Four Humours Treatments: the Natural, the Supernatural and Astrology Medieval Medics The Christian Church Islam and Muslim Doctors Medieval Public Health The Black Death 			
Renaissance Period 1500-1700	 Vesalius & the Human Anatomy Paré, Ligatures and the Impact of War on Medicine Harvey and the Circulatory System Approaches to Treatment and Prevention of Illness New Ideas, New Technologies, New Science Responses to the Great Plague of 1665 The Changing Nature of Hospitals and Medical Professions 			
Industrial Period 1700-1900	 Simpson and Anaesthetics Pasteur and Germ Theory Lister and Antiseptics Robert Koch and Bacteriology Magic Bullets and Immunology Treatment in Industrial Britain Industrialisation and its Impact on Health and Medicine 			
Modern Period 1900-2000	 Fleming, Florey, Chain and Penicillin The NHS Alternative Medicine Modern Surgery McIndoe and Plastic Surgery Living Conditions and Welfare Liberal Reforms Modern Developments 			

Revision Sources	
Online	Physical
BBC Bitesize <u>www.bbc.co.uk/bitesize</u> Oak Academy <u>www.classroom.thenational.academy</u> <u>YouTube:</u> <u>Early Elizabethan</u> England Revision <u>https://www.youtube.com/watch?v=wEyo64_ixes</u> Weimar and Nazi Germany <u>https://www.youtube.com/playlist?list=PLxblrnocOkdUs6VsKaw4t4l7qHhgvI</u> <u>v7d</u>	Booklets Revision booklets Class notes Knowledge Organisers

Unit		Unit / Topic	Revise	Revisit
		Integers and place value		
		Types of number		
		Use and order positive and negative numbers		
	а	Use inequality symbols		
		Four operations using positive and negative numbers		
		Round numbers to nearest 10, 100, 1000 and use rounding for estimation		
		Decimals		
		Use decimals and place value		
		Compare and order decimal numbers		
	b	Four operations using decimal numbers		
		Round to nearest whole number, decimal place & significant figures		
1		Use one calculation to check another		
		Indices, powers and roots		
		Find squares and cubes		
		Use index notation including negative powers		
	С	Use laws of indices to multiply and divide numbers in index form		
		Order of operations including powers and brackets		
		Use of calculator		
		Factors, multiples and primes		
		Identify factors, multiples and prime numbers		
	d	Find prime factorisation of a number (& write in index form)		
		Find common factors & highest common factor		
		Find LCM of two (or three) numbers		
		Algebra: the basics		
		Write an expression		
	а	Collect like terms		
		Simplify expressions		
		Use index laws		
2		Expanding and factorising single brackets		
2	b	Expand single brackets		
	Ĩ	Simplify expressions using squares and cubes		
		Factorise expressions		
		Expressions and substitution into formulae		
	С			
		Substitute into a formula (& word formula)		
		Tables		
	а	Sort and classify data (inc tally charts)		
		Extract data from lists and tables (inc time tables)		
		Identify mode from a list / table		
		Charts and graphs		
		Know which chart or diagram to use for different data sets		
	I a	Draw and interpet bar charts (inc dual & composite)		
	b	- · · · · · · · · · · · · · · · · · · ·		
3		Draw and interpet frequency polygons		
		Draw and interpet pictograms		
	-	Draw and interpret stem and leaf diagrams Pie charts		
		Draw and use pie charts		
	с	Find mode & total frequency from a pie chart		
		Compare two pie charts		
	-	Scatter graphs		
	d		<u> </u>	
		Identify outliers & correlation		

Uni		Unit / Topic	Revise	Revisit
		Fractions		
		Equivalent fractions including simplifying & comparing		
	2	Express one amount as a fraction of another		
	а	Convert between mixed numbers and improper fractions		
		Four operations using fractions		
		Find a fraction of an amount		
		Fractions, decimals and percentages		
	b	Use fraction to decimal conversions		
4		Recognise terminating & recurring decimals		
		Percentages		
		Convert between fractions, decimals & percentages		
		Order & compare fractions, decimals & percentages		
	с	Write one amount as a percentage of another		
		Calculate percentage of an amount		
		Calculate percentage increase/decrease		
		Use decimals to find quantities (multiplier methods)		
		Increase / decrease an amount by a percentage		
		Equations		
		Use function machines		
	а	Solve equations (inc brackets and unknowns on both sides)		
		Rearrange simple equations		
		Set up & solve equations to solve problems		
]]	Inequalities		
5		On a number line		
5	b	Listing numbers that satisfy an inequality		
		Solving inequalities and show the solution on a number line		
		Error intervals due to rounding & truncation		
		Sequences		
	с	Continue sequences inc from pictures		
	C	Find the nth term		
		Use nth term rule to generate or continue a sequence		
		Properties of shapes, parallel lines and angle facts		
		Measure and draw lines, angles, 2D & 3D shapes		
	а	Identify and name 2D shapes and their properties		
	ŭ	Identify parallel and perpendicular lines		
6		Use angle facts - around a point, straight line, vertically opposite etc		
		Use angle properties of parallel lines		
]]	Interior and exterior angles of polygons		
	b	Use sum of interior angles for irregular & regular polygons		
		Use sum of exterior angles for regular polygons		
	a	Statistics and sampling		
	u	Understand bias		
	-	The averages		
7		Use various charts & diagrams in relation to averages		
	b	Calculate the mean, mode, median and range from a list		
		Median, mean and range from a table (discrete data)		
		Modal class, median and estimate of the mean from grouped data		
		Perimeter and area		
		Convert between metric measures		
		Read scales		
8	а	Time		
	ľ	Perimeter of 2D shapes		
		Area of 2 D shapes		
		Area of compound shapes		
		Surface area of prisms & simple compound forms		

U	nit	Unit / Topic	Revise	Revisit
		3D forms and volume		
		Identify and name 3D forms and their properties		
8	b	Volume of a cuboid		
U	~	Volume of a prism		
		Volume of a composite forms		
		Real-life graphs		
		Use coordinates in all 4 quadrants		
	а	Midpoints of a line segment		
		Conversion graphs		
9		Fixed cost and cost per unit graphs		
		Distance / time and Velocity/ time graphs		
		Straight-line graphs		
	b	Draw, use and interpret (inc gradient) straight line graphs		
		Identify parallel lines		
		Find the equation of a line (including from a graph)		
		Transformations I: translations, rotations & reflections		
	а	Transform and describe translations		
	a	Transform and describe rotations		
10		Transform and describe reflections		
10		Transformations II: enlargements and combinations		
	L	Transform and describe enlargements		
	b	Transform shapes using a combination of transformations		
		Describe transformations when using multiple transformations		
		Ratio		
		Write ratios in their simplest form (including in context)		
		Share a quantity in a given ratio (including 3 part ratios)		
	а	Use a ratio to find one quantity when another is known		
		Compare ratios		
		Write ratio in the form 1:n or n:1		
11		Write a ratio as a fraction and vice versa		
		Proportion		
		Use direct & inverse proportion (and recognise graphically)		
	b	Best value		
	~	Recipes		
		Currency conversions		
		Right-angled triangles: Pythagoras and trigonometry		
		Pythagoras' Theorem		
12		Trigonometry - sin, cos and tan		
		Know exact trig values		
		Probability I		
	_	Probability scale		
	а	Listing outcomes		
		Two way tables & Frequency Trees		
13		Use 1-p		ļ
		Probability II		
		Relative frequency		
	b	Sample space diagrams		
		Venn diagrams & set notation		
		Probability tree diagrams		
		Multiplicative reasoning		
		Use compound measures: Pressure, Density & Speed		
		Percentage profit / loss		
14		Reverse percentages		
14		Simple interest		
		Compound interest & growth		1
		Depreciation & decay		
		Rates of pay		1
		· · · · · · · · · · · · · · · · · · ·		1

U	nit	Unit / 1	Topic	Revise	Revisit
		Plans and elevations			
		3D shape names and properties			
	а	Skettch 3D forms		-	
	ŭ	Draw plans and elevations of shape	s		
		Draw a 3D form given its plan and			
15			elevations		
		Constructions, loci and bearings			
		Standard constructions			
	b	Find regions satisfying a combination	on of loci		
		Use maps and scale drawings			
		Bearings			
		Quadratic equations: expanding an	id factorising		
	а	Expand double brackets			
	-	Factorise quadratic expressions			
16		Solve quadratic equations			
		Quadratic equations: graphs			
	b	Plot quadratic graphs			
		Find solutions, intercepts & turning			
		Circles, cylinders, cones and spher	es		
		Name parts of a circle			
17		Recall & use formula for area and c	ircumference of a circle		
17		Arcs and sectors			
		Surface area & volume of a cylinde	r		
		Spheres, pyramids, cones and comp	posite solids.		
		Fractions and reciprocals			
	а	4 operations with mixed number fra	actions		
		Reciprocal of an integer, decimal or	fractions		
		Indices and standard form			
18	b	Index laws to simplify & calculate t	he value of an expression		
		Convert between ordinary numbers	-		
		Work with the 4 operations in stand			
		Use a calculator with indices and st			
		Similarity and congruence in 2D			
		Use congruence criteria for triangle	s (SSS, SAS, ASA and RHS):		
	а	Identify similar shapes		-	
		Identify scale factors and find missi	ng lengths in similar shapes		
19		Vectors	ng lengths in sinnial shapes		
		Understand and use column notation	n including drawing them		
	b	Identify parallel column vectors	in including drawing them		
		Calculate using column vectors Rearranging equations, graphs of o	subic and reciprocal functions		
		and simultaneous equations			
		Know the terms equation, identity,	expression etc		
		Change the subject of a formula			
20		Answer simple "show that" question			
20					
		Use inverse proportion involving gr Recognise and sketch cubic functior	-		
		-			
	Recognise and sketch reciprocal functions				
	Solve simultaneous equations algebraically and graphically				
Revision Sources					
	Online Physical				
Dr Frost	Maths,	, On-Maths, maths made easy	Ms Cruise's High frequency top		S,
			Shadow exam papers, exam pa	apers	

Unit		Title	Revise	Revisit
	С	alculations, checking and rounding		
		Four operations with decimals and whole numbers		
	а	Use one calculation to find the answer to another		
		Product rule		
		Rounding & estimation		
		ndices, roots, reciprocals and hierarchy of operations		
	b	Use index notation including fractional and negative powers Order of operations		
	-	actors, multiples and primes		
1		Identify factors, multiples and prime numbers		
T	с	Find prime factorisation of a number (& write in index form)		
	C	Find common factors & highest common factor		
		Find LCM of two (or three) numbers		
	S	tandard form and surds		
	Ŭ	Index laws to simplify & calculate the value of an expression		
		Convert between ordinary numbers and standard form		
	d	Work with the 4 operations in standard form		
		Use a calculator with indices and standard form		
		Simplify surd expressions		
	Α	Igebra: the basics		
		Write an expression		
		Collect like terms		
		Simplify expressions		
	а	Use index laws		
	u	Expand single & double brackets		
		Factorise single brackets		
		Factorise quadratic expressions		
		Factorise quadratic expressions using difference of two squares		
	S	etting up, rearranging and solving equations		
		Set up expressions and equations		
-	b	Substitute into expressions, equations and formulae		
2		Solve linear equations and inequalities		
		Change the subject of a formula		
		Iteration		
	5	equences Continue sequences inc from pictures		
		Find the nth term		
		Use nth term rule to generate or continue a sequence		
	С	Find the nth term of a quadratic sequence		
		Distinguish between arithmetic and geometric sequences		
		Recognise and use simple geometric progressions		
		Find term to term rule of a geometric sequence, including negative, fraction and decimal		
	٨	terms verages and range		└─── ┃
	A	Use various charts & diagrams in relation to averages		
		Two way tables		
	а	Calculate the mean, mode, median and range from a list		
		Median, mean and range from a table (discrete data)		
		Modal class, median and estimate of the mean from grouped data		
		Draw and interpret stem and leaf diagrams		
	R	epresenting and interpreting data		
		Know which chart or diagram to use for different data sets		
3		Draw and interpet bar charts (inc dual & composite)		
		Draw and interpet line graphs (vertical & time-series)		
	b	Draw and use pie charts		
		Find mode & total frequency from a pie chart		
		Compare two pie charts		
		Produce and interpret histograms		
		Compare distributions		
		catter graphs		
	С	Draw and use scatter graphs & lines of best fit		
		Identify outliers & correlation		

Unit	Title	Revise	Revisit
	Equivalent fractions including simplifying & comparing		
	Express one amount as a fraction of another		
	a Convert between mixed numbers and improper fractions		
	Four operations using fractions		
	Find a fraction of an amount		
	Convert between recurring decimals to fractions and vice versa		
	Percentages		
	Use fraction to decimal conversions		
	Recognise terminating & recurring decimals		
	Convert between fractions, decimals & percentages		
	Order & compare fractions, decimals & percentages		
	b Write one amount as a percentage of another		
	Calculate percentage of an amount		
4	Calculate percentage increase/decrease Use decimals to find quantities (multiplier methods)		
	Increase / decrease an amount by a percentage		
	Reverse percentages		
	Ratio and proportion		
	Write ratios in their simplest form (including in context)		
	Share a quantity in a given ratio (including 3 part ratios)		
	Use a ratio to find one quantity when another is known		
	Compare ratios		
	Write ratio in the form 1:n or n:1		
	Write a ratio as a fraction and vice versa		
	Write a ratio as a linear function		
	Use direct & inverse proportion (and recognise graphically)		
	Recipes Currency conversions		
	Polygons, angles and parallel lines		
	Measure and draw lines, angles, 2D & 3D shapes		
	Identify and name 2D shapes and their properties		
	Identify parallel and perpendicular lines		
	Use angle facts - around a point, straight line, vertically opposite etc		
	Use angle properties of parallel lines		
	Use sum of interior angles for irregular & regular polygons		
5	Use sum of exterior angles for regular polygons		
	Use the side/angle properties of compound shapes made up of triangles, lines and		
	quadrilaterals Pythagoras' Theorem and trigonometry		
	Pythagoras' Theorem		
	b Trigonometry - sin, cos and tan		
	Know exact trig values		
	Graphs: the basics and real-life graphs		
	Use coordinates in all 4 quadrants		
	Conversion graphs		
	a Fixed cost and cost per unit graphs		
	Distance / time and Velocity/ time graphs Midpoints of a line segment		
	Calculate the length of a line segment		
	Linear graphs and coordinate geometry		
	Draw, use and interpret (inc gradient) straight line graphs		
6	Find the equation of a line through two points		
	Find the equation of a line (including from a graph)		
	Identify parallel and perpendicular lines		
	Generate equations of parallel and perpendicular lines		
	Quadratic, cubic and other graphs		
	Plot quadratic graphs		
	Find solutions, intercepts & turning points of a quadratic graph		
	Recognise and sketch cubic functions Recognise and sketch reciprocal functions		
	Draw circles, centre the origin, equation $x^2 + y^2 = r^2$.		
	Draw circles, centre the origin, equation $x + y = r$.		

Unit	Title	Revise	Revisit
Unit	Perimeter, area and circles	Revise	REVISIC
	Convert between metric measures		
	Read scales		
	Perimeter of 2D shapes		
	Area of 2 D shapes and compound shapes		
	Name parts of a circle Recall & use formula for area and circumference of a circle		
	Arcs and sectors		
	3D forms and volume, cylinders, cones and spheres		
7	Identify and name 3D forms and their properties		
'	Volume of a cuboid		
	b Volume of a prism		
	Volume of a composite forms Surface area of prisms & simple compound forms		
	Surface area & volume of a cylinder		
	Spheres, pyramids, cones, frustums and composite solids.		
	Accuracy and bounds		
	Calculate the upper & lower bounds of numbers		
	Calculate the upper & lower bounds of an expression		
	Use error intervals (inc truncation) Transformations		
	Transform and describe translations, rotations & reflections		
	Transform and describe enlargements inc fractional and negative SF		
	a Transform shapes using a combination of transformations		
	Describe transformations when using multiple transformations		
	Describe the changes & invariance achieved by combinations of transformations		
8	Constructions, loci and bearings		
Ũ	Draw plans and elevations of shapes		
	Draw a 3D form given its plan and elevations		
	b Use maps, scale drawings & bearings		
	Standard constructions		
	Find regions satisfying a combination of loci Fnd and describe regions satisfying a combination of loci, including in 3D		
	Use constructions to solve loci problems including with bearings		
	Solving quadratic and simultaneous equations		
	Set up and solve quadratic equations		
	Completing the square		
	Quadratic Formula a		
	Solve simultaneous equations algebraically and graphically (linear/linear)		
9	Solve simultaneous equations algebraically and graphically (linear/quadratic)		
<u> </u>	Solve simultaneous equations algebraically and graphically (linear/circle)		
	Inequalities		
	b On a number line		
	Listing numbers that satisfy an inequality		
	Solving inequalities and show the solution on a number line Probability		
	Probability scale	<u> </u>	
	Listing outcomes		
	Two way tables		
10	Frequency trees		
	Use 1-p Relative frequency		
	Sample space diagrams		
	Venn diagrams & set notation		
	Probability tree diagrams		
	Multiplicative reasoning		
	Best value		
	Use compound measures: Pressure, Density & Speed		
11	Percentage profit / loss Reverse percentages		
11	Simple interest	ļ	
	Compound interest & growth		
	Depreciation & decay		
	Rates of pay		

Unit		Revise	Revisit
	Similarity and congruence in 2D and 3D		
	Use congruence criteria for triangles (SSS, SAS, ASA and RHS);		
	Use formal geometric proof involving similarity & congruence		
12	Identify similar shapes		
	Identify scale factors and find missing lengths in similar shapes		
	Use length, area and volume scale factors		
	Area and surface area of frustums		
	Graphs of trigonometric functions		
	a Recognise, sketch and interpret graphs of the trigonometric functions		
	Exact trig values		
	Transforming graphical functions		
13	Further trigonometry		
	Formula for area of a triangle		
	b Sine rule in 2D and 3D		
	Cosine rule in 2D and 3D		
	Pythagoras Theorem in 3D		
	Collecting data		
	a Types of data		
	Bias and eliminating bias		
	Cumulative frequency, box plots and histograms		
14	Construct & interpret cumulative frequency tables/graphs		
14	Median, quartiles & interquartile range from cumulative diagrams		
	b Construct & interpret box plots		
	Median, quartiles & interquartile range from box plots		
	Construct & histograms		
	Estimate the mean and median from a histogram		
	Quadratics, expanding more than two brackets, sketching graphs, graphs of circles,		
	cubes and quadratics		
	Sketch quadratics		
	Identify roots, turning points and intercepts of quadratic graphs		
15	Completing the square		
	Expand the product of more than two linear expressions		
	Sketch cubics		
	Solve simultaneous equations graphically		
	Solve and represent quadratic inequalities (including graphically)		
	Circle theorems		
	a Parts of a circle		
	Prove, recall and apply circle theorems		
16	Circle geometry		
	b		
	Recognise and construct the graph of a circle		
	Find the equation of a tangent to a circle		
	Changing the subject of formulae (more complex), algebraic fractions, solving		
	equations arising from algebraic fractions, rationalising surds, proof		
	Rationalise the denominator involving surds		
17	Simplify, multiply and divide algebraic fractions		
17	Change the subject of a complex formula		
	Algebraic Proof		
	Functions & function		
	Inverse functions		
	Composite functions		
	Vectors and geometric proof		
	Understand represent and use vector notation, including column notation		
18	Find the length of a vector		
	Calculate the resultant of a vector		
	Geometric problems in 2D where vectors are divided in a given ratio.		
	Geometrical proofs to prove points are collinear & vectors/lines are parallel		
	Reciprocal and exponential graphs; Gradient and area under graphs		
	a Recognise, sketch and interpret reciprocal graphs		
	Calculate and interpret the area under a curve		
19	Calculate and interpret gradient of a tangent to a curve		
	Direct and inverse proportion		
	b Recognise and interpret graphs of direct & inverse proportion		
	Set up and use formulae for direct & inverse proportion		

French

Торіс	Revision guide Page	Key Terms	Revise	Revisit		
	Reading, Listening, Speaking and Translation Theme 1- Identity and culture					
Me, my family and friends	5-6	About yourself, family, describing people, personalities, relationships and partnership and marriage.				
Technology in everyday life	9; 12	Technology, Social Media and the problems with Social Media.				
Free-time activities	9-12	Music, cinema, TV, food, eating out and sports.				
Customs and festivals in French- speaking countries	10; 12	Festivals around the Francophone world, religious festivals and customs.				
Theme		ding, Listening, Speaking and Translation national, international and global areas of intere	est			
Home, town, neighbourhood and region	13-14	Where you live, your home, what you do at home, clothes shopping, asking for directions and the weather.				
Social issues	17-19	Healthy living, unhealthy living and illnesses. Charity/volunteer work.				
Global issues	17-19	Environmental problems, poverty/homelessness.				
Travel and tourism	13;15- 16	Where to go, accommodation, getting ready to go, transport options, holiday activities.				
		ding, Listening, Speaking and Translation - Current and future study and employment	1			
My studies	20-22	School subjects, teachers.				
Life at school/college	20-22	School routine, timetable, bullying, what you do at break/lunch, pressures/exams.				
Education post-16	20-22	Further education, plans for college/6 th form.				
Jobs, career choices and ambitions	20-21; 23	Ideal job, part-time jobs, the world of work.				

French

Торіс	Key Topics	Revise	Revisit
	Foundation writing		
Theme 1- Identity and culture	 Me, my family and friends Technology in everyday life Free-time activities 		
Theme 2- Local, national, international and global areas of interest	 Home, town, neighbourhood and region Social issues 		
Theme 3- Current and future study and employment	 My studies Life at school/college Jobs, career choices and ambitions 		
	Higher writing		
Theme 1- Identity and culture	 Me, my family and friends Technology in everyday life Free-time activities 		
Theme 2- Local, national, international and global areas of interest	 Home, town, neighbourhood and region Social issues Global issues 		
Theme 3- Current and future study and employment	 My studies Life at school/college Education post-16 Jobs, career choices and ambitions 		

Reading, writing, speaking and listening				
Language basics	From p. 24	Verbs, WOW phrases, exam techniques		

Revision Sources				
Online	Physical			
QR codes for past papers as Google quizzes Quizlet - AQA GCSE French Revision GCSE Pod	Paper-based revision guide			

Triple Physics – Paper 1

Торіс	Page		Revise	Revi sit
		Foundation Tier		
Energy stores and systems	11-19	Calculating kinetic, gravitational potential, thermal and elastic potential energy, calculating power and efficiency		
Energy resources	20-24	Renewable and non-renewable energy resources. The national grid		
Electricity (circuits)	25-32	Circuit symbols, Potential difference, current and resistanc Series and parallel circuits.	e,	
Electricity at home	33-38	Using appliances, electrical power, the national grid, static electricity		
Particle theory	40-44	Density of materials, internal energy, changing temperatur and changing state, gas pressure	e	
Atomic & nuclear	43-48	Development of the atom, nuclear radiation, half-life, nuclear equations, nuclear fission and fusion		
	•	Higher Tier		
Energy stores and systems	11-17	Calculating kinetic, gravitational potential, thermal and elastic potential energy, calculating power and efficiency		
Energy resources	18-22	Renewable and non-renewable energy resources. The national grid		
Electricity (circuits)	24-30	Circuit symbols, Potential difference, current and resistanc Series and parallel circuits.	e,	
Electricity at home	31-36	Using appliances, electrical power, the national grid, static electricity		
Particle theory	38-41	Density of materials, internal energy, changing temperatur and changing state, gas pressure, doing work on gases	e	
Atomic & nuclear	43-48	Development of the atom, nuclear radiation, background radiation and contamination, half-life, nuclear equations, nuclear fission and fusion		

Revision Sources					
Online	Physical				
 GCSE pod BBC Bitesize, Youtube "free science lessons" 	CGP Revision Guide				

Triple Physics – Paper 2

Торіс	Page		Rev ise	Rev isit	
Foundation Tier					
Forces	55-62	Contact and non contact forces, weight, resultant forces, forces and elasticity (springs), moments, fluid pressure			
Motion	63-73	Motion graphs, scalars and vectors (distance/displacement, speed/velocity), Newton's laws, stopping distances			
Waves	75-80	Transverse waves, longitudinal waves, wave speed equation, wave properties (frequency and wavelength) and wave behaviour (reflection and refraction)			
Electromagneti c waves	81-92	Uses and dangers of electromagnetic waves, lenses, visible light (colours and filters), infra red radiation			
Electromagneti sm	94-96	Permanent and induced magnets, making an electromagnet			
Space	97-99	The solar system, star life cycles, evidence of the big bang			
		Higher Tier			
Forces	51-59	Contact and non contact forces, weight, resultant forces in 2 dimensions forces and elasticity (springs), moments, fluid pressure			
Motion	60-71	Motion graphs, scalars and vectors (distance/displacement, speed/velocity), Newton's laws, stopping distances, momentum			
Waves	73-75 And 88-90	Transverse waves, longitudinal waves, wave speed equation, wave properties (frequency and wavelength) and wave behaviour (reflection and refraction). Sound waves and waves for exploration			
Electromagnetic waves	76- 87	Uses and dangers of electromagnetic waves, lenses, visible light (colours and filters), infra red radiation			
Electromagnetis m	92-98	Permanent and induced magnets, making an electromagnet, motor effect, generator effect, transformers			
Space	100-102	The solar system, orbits , star life cycles, evidence of the big bang			

Revision Sources				
Online	Physical			
 GCSE pod BBC Bitesize, Youtube "free science lessons" 	CGP Revision Guide			

Triple Chemistry – Paper 1

Торіс	Page	Key Terms	Rev ise	Rev isit
Foundation Tier			-	-
Atomic structure	12-20	Atoms, elements compounds, mixtures, separation techniques, developing atomic model, electron configuration		
The Periodic Table	21-26	Development of periodic table, Metals and non metals, groups 1, 7 and 0, transition metals		
Bonding	28-40	Ionic, covalent and metallic bonding, structures of carbon, states of matter, nanoparticles		
Quantitative chemistry	42-47	Relative formula mass, conservation of mass, atom economy		
Chemical changes	49-55	Titrations, reactions with acids, extracting metals, electrolysis		
Energy changes	56-60	Exothermic and endothermic reactions, reaction profiles, fuel cells		
	•	Higher Tier	<u>.</u>	
Atomic structure	12-20	Atoms, elements compounds, mixtures, separation techniques, developing atomic model, electron configuration		
The Periodic Table	21-26	Development of periodic table, Metals and non metals, groups 1, 7 and 0, transition metals		
Bonding	28-40	Ionic, covalent and metallic bonding, structures of carbon, states of matter, nanoparticles		
Quantitative chemistry	42-49	Relative formula mass, conservation of mass, moles, limiting reactants, gases and solutions, concentration, atom economy,		
Chemical changes	51-59	Titrations, strong and weak acids , reactions with acids, extracting metals, redox reactions , electrolysis		
Energy changes	61-65	Exothermic and endothermic reactions, reaction profiles, bond energies, fuel cells		

Revision Sources					
Online	Physical				
 GCSE pod BBC Bitesize, Youtube "free science lessons" 	CGP Revision Guide				

Triple Chemistry – Paper 2

Торіс	Page	Key Terms	Rev ise	Rev isit
Foundation Tier				
Rates of reaction	62- 68	Factors affecting rates of reaction, collision theory, reversible reactions		
Organic chemistry	69- 78	Hydrocarbons, fractional distillation, alkenes, addition polymers, alcohols, carboxylic acid		
Chemical analysis	80- 84	Purity, chromatography, gas tests, ion tests		
The atmosphere	86- 89	The development of the atmosphere, carbon footprint, pollutants		
Using resources	91- 102	Properties of materials, life cycle assessments, finite and renewable resources, potable water, waste water treatment, the Haber process, fertilisers		
		Higher Tier		
Rates of reaction	67- 73	Factors affecting rates of reaction, collision theory, reversible reactions le Chatelier's principle and dynamic equillibrium		
Organic chemistry	69- 78	Hydrocarbons, fractional distillation, alkenes, addition polymers, alcohols, carboxylic acid, condensation polymers, DNA and amino acids		
Chemical analysis	80- 84	Purity, chromatography, gas tests, ion tests		
The atmosphere	86- 89	The development of the atmosphere, carbon footprint, pollutants		
Using resources	91- 102	Properties of materials, life cycle assessments, finite and renewable resources, potable water, waste water treatment, the Haber process, fertilisers		

Revision Sources			
Online	Physical		
 GCSE pod BBC Bitesize, Youtube "free science lessons" 	CGP Revision Guide		

Triple Biology – Paper 1

Торіс	CGP Page	Key Terms	Revise	Revisit
Foundation Tier				
The cell structure	11-23	Cells, microscopy, stem cells, transport (diffusion, osmosis and active transport)		
Organisation	26-39	Enzymes, food tests, the lungs, the circulatory system, cardiovascular disease, cancer		
Plant organisation	40-42	Plant cells, transpiration, translocation		
Infection and response	44-51	Bacterial, viral, fungal diseases, fighting diseases, vaccines, drugs,		
Bioenergetics	57-60	Rate of photosynthesis, limiting factors, aerobic and anaerobic respiration		
		Higher Tier		
The cell structure	11-25	Cells, microscopy, stem cells, transport (diffusion, osmosis and active transport)		
Organisation	27-41	Enzymes, food tests, the lungs, the circulatory system, cardiovascular disease, cancer		
Plant organisation	42-44	Plant cells, transpiration, translocation		
Infection and response	44-51	Bacterial, viral, fungal diseases, fighting diseases, vaccines, drugs, monoclonal antibodies		
Bioenergetics	57-60	Rate of photosynthesis, limiting factors, aerobic and anaerobic respiration		

Revision Sources			
Online	Physical		
 GCSE pod BBC Bitesize, Youtube "free science lessons" 	CGP Revision Guide		

Triple Biology – Paper 2

Торіс	CGP Page	Key Terms	Revise	Revisit
Foundation Tier				
Homeostasis and the nervous system	60-67	Homeostasis, reflex reactions and the nervous system, reaction times, the eye, the brain, correcting vision, controlling temperature		
Hormones	68-74	Blood glucose, the kidneys, puberty and the menstrual cycle, fertility, plant hormones		
Inheritance	76-83	DNA, meiosis, genetic diagrams, inherited disorders		
Evolution	84-96	Mendel, variation, evolution, selective breeding, genetic engineering, cloning, fossils, speciation, classification		
Ecology	99- 119	Competition, biotic and abiotic factors, food chains, water cycle, carbon cycle, decay, global warming, maintaining biodiversity, biomass transfer, food security and farming		
		Higher Tier		
Homeostasis and the nervous system	65-72	Homeostasis, reflex reactions and the nervous system, reaction times, the eye, the brain, correcting vision, controlling temperature		
Hormones	73 -82	Blood glucose, the kidneys, puberty and the menstrual cycle, fertility, plant hormones		
Inheritance	84-93	DNA, meiosis, genetic diagrams, inherited disorders		
Evolution	94- `104	Mendel, variation, evolution, selective breeding, genetic engineering, cloning, fossils, speciation, classification		
Ecology	106- 124	Competition, biotic and abiotic factors, food chains, water cycle, carbon cycle, decay, global warming, maintaining biodiversity, biomass transfer, food security and farming		

	Revision Sources			
	Online	Physical		
•	GCSE pod BBC Bitesize, Youtube "free science lessons"	CGP Revision Guide		

WJEC Music – Unit 3 Controlled Assessment

Торіс	Key Expectations	Revise	Add to Notes	
 The Festival of the World is being held this year to celebrate World Earth Day and will fall on 22nd April. We strongly believe that theatre, music and dance can be powerful tools to celebrate the world and therefore want to commission pieces that <u>challenge</u>, <u>inspire and celebrate</u> the way people feel about their world. The Festival of the World is looking to commission new original pieces of work in line with the theme of the festival. We are interested in work that is <u>informative</u>, inventive and challenging. You will need to provide information on the following areas: research you have undertaken to inform your proposal the proposal itself which outlines how your idea will celebrate the world some practical examples to illustrate aspects of your proposal what staffing/resources you will require to run your event how you will promote your event 				
Task 1	 Outline the factors that have influenced the creation of your proposed performance work – Social, cultural, political and historical contexts Mood and style/genre Performance space/venue Themes and ideas Purpose Target Audience The work of others who have produced similar work before (artists, musicians, organisations) 			
Task 2	 Produce your plans and ideas for your proposed event – An appropriate introduction to your idea/concert An appropriate synopsis (the story your concert will tell/what will happen) State your performance discipline – MUSIC State your production discipline – MUSIC COMPOSITION 			
Task 3	 Outline your timeline, people and resources needed to make your proposal happen – Resourced/materials Job roles and responsibilities (what people could you need? Who might you employ and why?) Your production process inc. production schedule Budget 			

WJEC Music – Unit 3 Controlled Assessment

Торіс	Key Expectations	Revise	Add to Notes
Task 4	 Outline how you intend to use marketing and PR to promote your concert – <u>Demonstrate you know how</u> events are advertised and marketed Use of social media Advertising tools (leaflets, flyers, posters, billboards, marketing emails) Promotional activities (flashmobs, interviews, teaser campaigns, influencer partnership, premium ticket packages, experiences) Create 2 marketing material examples 		
Task 5	 Produce practical examples ('snippets') connected to your concert – Musescore These must provide a clear insight to what each piece would sound like 'scaled up' e.g. your 1 minute clip must make us believe that you would have enough ideas and musical material to turn it into a 5/6 minute piece You do not need to describe your process but may want to write a small paragraph explaining the link between your piece and the brief 		
Task 6	 Your Pitch – Create a PPT if you wish, but this should be concise and work in conjunction with a script (do not just read out your PPT) Presentation skills, clarity, use of tone, communication and use of practical examples 		
Task 7	 Evaluate the success of your creative proposal. Discuss what you have learnt from undertaking this work and how it will inform your future planning of events – Feedback from the commissioning panel A review of whether your creative proposal (your idea/vision/concert) fulfilled the requirements of the commission Strengths and areas for future personal development Action planning and targets for future creative proposals 		
https://music https://www.	edfringe.com/take-part/putting-on-a-show/budgeting-and-finance iansunion.org.uk/rates artscouncil.org.uk/ProjectGrants earthday.org/performing-arts/		

RSL Grade 6 Vocals (Music)

Торіс	Key Terms	Revise	Revisit
PERFORMANCE	Candidates will perform three prepared pieces, one of which must be from the relevant grade book, two of which can be free choice pieces.		
QUICK STUDY PIECE	 <u>Requirements</u> Candidates will be given a short previously unseen piece to perform, the style of which will be one of the two from the genre group that candidates chose for their Stylistic Study. The piece will be 12 bars long, in any major or minor key up to three sharps/flats, covering a range of up to a 10th. In bars 1 to 4 candidates will sing the written melody and lyrics; in bars 5 to 8 candidates will improvise a variation on the first 4 bars, developing the melody and lyrics as they wish; in bars 9 to 12 candidates will improvise a melody using any vocal sound except humming or whistling. The tempo will be 70–160bpm. <u>Preparation</u> Candidates will be asked whether they would like a higherpitched test or a lower-pitched test. Candidates will by played a full mix version of the track, including the notated parts. They will then be given 3 minutes to practise, after which they will perform the test. Before the practice time begins, candidates will be given the choice of a metronome click throughout or having a 4-beat count in at the beginning. Whichever option candidates choose, the practice time will start with the examiner playing the root note. The root note will be played again halfway through the practice time. <u>Performance</u> After the practice time, the backing track will be played twice more with the notated parts now absent. The first time is for candidates to rehearse and the second time to perform the final version for the exam. Only the performance over the final playthrough will be assessed. Each playthrough will begin with the root note and a 4-beat count in. The backing track is continuous throughout, so once the first playthrough has finished, the root note and count in of the second playthrough will start immediately 		
EAR TESTS	Candidates will be given both of the following ear tests, examples of which are included in the grade book: — Test 1: Melodic Recall — Test 2: Harmony Vocals		
GENERAL MUSICIANSHIP QUESTIONS	Part 1: General Music Knowledge 2: Improvisation. Part 3: Knowledge of the Voice and the Microphone		

Art

Task	Description	Done		
Please be mindful this li	Please be mindful this list of work is the MINIMUM expected – many of you will have more			
Written mind map	Presented to reflect the theme of the project			
Moodboard	A range of secondary (found) images			
Observational photos	Your own photographs (primary source)			
Observational drawings in pencil	At least three high-quality drawings from primary sources (real objects) and secondary sources (found images)			
Other drawing	Expressive drawing in a range of media (These could include – pen / fine liner, mono printing, painting, chalk and charcoal)			
Artist research 1	Images, facts, analysis			
Working in the style of Artist 1	Original art work that is inspired by your first artist. Experimenting with ideas, techniques and the style of your first artist.			
Artist research 2	Images, facts, analysis			
Working in the style of Artist 2	Original art work that is inspired by your second artist. Experimenting with ideas, techniques and the style of your second artist.			
Further research	This could be a third artist OR other research related to your theme			
Development work 1	Combining your own drawings / photos with the artists style using appropriate media, materials and techniques to explore ideas			
Development work 2	Combining your own drawings / photos with the artists style using appropriate media, materials and techniques to explore ideas			
Development work 3	Combining your own drawings / photos with the artists style using appropriate media, materials and techniques to explore ideas			
Mini final piece Development work 4	A piece of development work showing how you have refined your ideas throughout the project to create a personal response and plan for your final piece			
Final piece / outcome	Bringing together your best work in a conclusion to the project			

Support Sources					
Online	Physical				
Google – for researching images, artists etc Pinterest – for researching artists BBC bitesize – support and guidance with how to meet all assessment objectives	Your own portfolio of work Detailed checklists reviewed with teacher				

Citizenship

Торіс	Pearson Revision Guide Pages	Description	Revise	Revisit
		Paper 1		
Living together in the UK	1-16	 Features of the UKs population Identity The rights of individuals Citizens and the government 		
Democracy at work in the UK	22 – 41	 Political parties and political candidates Democracy and elections Voting systems The role of MPs and ministers The British constitution Budgets and the Chancellor of the Exchequer 		
Law and Justice	47 – 66	 What is law? The legal system in the UK The justice system in the UK Types of courts (criminal, civil, youth etc.) and tribunals 		
Power and Influence	81 – 96	 Citizen participation (voting etc.) Groups in democratic society Workplace rights The media The European Union The UKs role in the world, our global responsibility 		
		Paper 2		
Own Citizenship Action	NA	 Questions will be focussed on a project you have conducted into a citizenship issue. You may be asked to comment on your research, actions, findings and outcomes of the action 		
Taking Citizenship Action	NA	 Questions in Section B of Paper 2 will focus on citizenship actions carried-out by other people. Questions will require short and long answers You will be provided with source material 		

Support Sources					
Ο	nline	Physical			
Oak National Academy	Past Papers & Mark Schemes	Pearson Edexcel 9-1 Citizenship Studies Revision Guide and Workbook			

Computer Science (Paper 1)

Торіс	Page	Key Terms	Revise	Revisit	
Components of a Computer System					
Computer systems	1	Processing data, Embedded systems, complex systems			
The CPU	2-3	Cache, 5 Registers, ALU, Fetch-Decode-Execute, Von Neumann			
Memory	4	RAM, ROM (BIOS), Volatile, Non-Volatile, Primary, Secondary			
CPU performance	5	Cores, Clock speed, Cache size, GPU, CPU			
Secondary Storage	6-7	Electronic Solid State (SSD, USB flash), Magnetic (HDD, tape, cassette), Optical (CD, DVD, Blu-ray), (Properties - SCRAPDC)			
Systems software	8	Operating System (PIPISMEF)			
Utilities software	10	Defragmentation, Compression, Encryption			
		Data Representation			
Units	12	bits, nibbles, Bytes, Kilobyte, Megabyte, Gigabyte, Terabyte			
Binary	13-15	128 64 32 16 8 4 2 1 Base 2, 0 or 1, binary shifts, overflow			
Hexadecimal	16-17	Base 16, 1 2 3 4 5 6 7 8 9 A B C D E, nibbles			
Characters	18	ASCII (7 bis), Extended ASCII (8 bits) Unicode – character sets of 1s and 0s to represent characters			
Storing images	19	Pixels, Colour Depth, Resolution, ppi, Metadata (device, date stamp, location)			
Storing sound	20	Sample rate (Hz), sample size (bits), duration (s), metadata (artist, song title, track number, genre etc)			
Compression	21	Lossy (png, jpeg, mp3), Lossless (zip)			
		Networks			
LAN and WAN	23	Local Area Network, Wide Area Network, Bandwidth			
Network Hardware	24	NIC's , switches, hubs, routers, bridge, WAP. Ethernet, Fibre optics, wireless (wifi, bluetooth, 3G, 4G 5G)			
Client - Server, Peer-to-Peer	25	Servers, P2P, File Managment, Backups			
Topologies	26-28	Ring, Bus, Star, Mesh. Edges and nodes.			
Protocols		Application (HTTP(S), FTP, POP, IMAP, SMTP), Transport (TCP/UDP), Internet (IP), Link/Network (wifi, ethernet). IP address, MAC address			
The Internet	29	www, Network of networks, URL, HTTP, HTTPS			
Security	30	Social Engineering, Malware, BOTS/BOTNET, SQL injections			
		Issues – The Impact of Technology			
Ethical and Cultural	34	Digital Divide, Privacy, Censorship, Surveillance, Mental Health			
Environmental	38	Raw materials, E-waste, Energy usage, Renewable resources			
Legislation	39	Data Protection Act; GDPR; Copyright, Design and Patents Act; Computer Misuse Act			
Open Source and Propriety Software	40	Freeware, Shareware, Closed Source, Software Licences			

Revision Sources					
 <u>https://www.bbc.co.uk/bitesize/examspecs/zmtchbk</u> <u>https://www.youtube.com/c/craigndave</u> (go to the OCR playlist!) <u>https://isaaccomputerscience.org/topics/gcse?examBoard=all&stag</u> <u>e=all#ocr</u> GCSEPod and Seneca 	 CGP Revision Guide (page ref above) Class book from Year 10 Your Showbie work in Year 11 				

Computer Science (Paper 2)

Торіс	Page	Key Terms	Revise	Revisit		
Algorithms						
Computational Thinking	42	Decomposition, abstraction, algorithmic thinking , pattern recognition				
Pseudocode, ERL	43	Sequence, Instructions, unambiguous,				
Algorithms - Flowcharts	44	Terminators, Decision, Input/output, Process, Subroutine, Flow				
Algorithms - Search	45	Binary Search in an ordered list; Linear search for unordered lists				
Algorithms - Sort	49	Bubble sort; Merge sort, sub lists; Insertion sort				
		Programming				
Data types	50	Integer, Real/Float, Boolean, Character, String, Casting				
Operators	51	Arithmetic operators, +, -, *, **(^), /, // (DIV), % (MOD) Assignment, =; Comparison, ==, !=, <>, <, <=, >=				
Variables	52	Assigned, Value, CONSTANTS, decent names, naming_convention				
Strings	53	Text, Concatenation (+), String Manipulation, Functions, x.upper(), x.lower(), x.length()				
Program Flow	54 - 56	IF statements, IF, ELSE, Nested IF, ELIF, Switch statements. FOR Loops, WHILE Loops, DO-UNTIL Condition-Controlled loop				
Boolean Logic	57 -59	Logic Gates, Boolean Operators, NOT, AND, OR, Truth Tables				
Randomisation	60	From Random Import RandInt (start, end)				
Arrays	61-62 <i>,</i> 64	Data Structure, Element, One Dimensional Arrays, Update Arrays, Two Dimensional Arrays				
File Handling	63	Open, read, close, convert string to array, perform operations, onvert to string, open, write/amend, close				
SQL, Storing and Searching databases	65	Records, Group Records, Select, From, Fields, Retrieve				
Sub Programs	66-67	Procedures, functions (return), called, built-in, parameters, arguments				
		Design, Testing and IDE's				
Structured Programming	69	Structure diagrams (sub-programs), comments (relevant)				
Defensive Design	70	Input Validation (sausages!), Format, Authentication, Try: Except				
Testing	71	Syntax errors, Logic Errors, Runtime error; Source code, Invalid data, Fest Plan, normal, boundary, erroneous; iterative testing				
Trace Tables	73	'Dry Run', change in variable values, loop or selection condition				
Translators, IDE'sHigh level (one-to-many), Low level (machine code, assembly language, one-to-one) Translated, Compiler (.exe), Interpreters (line by line), IDE Features, colours, auto-indent, error detection						
		Revision Sources				
	om/c/craigno	 CGP Revision Guide (page ref above (go to the OCR playlist!) Class book from Year 10 Your Showbie work in Year 11 	ve)			

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Your Showbie work in Year 11

Btec Sport

		-		-
Торіс	Key Concepts	Page	Revised	Revisit
AO1 Demonstrate knowledge of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness				
in sport and exercise		1- 1-		
A1 The importance of fitness for	Components of fitness Physical and Skill related	Book 1		
successful participation in sport	Types of sports requiring specific components of fitness	P.3 – P.6		
	Types of sports requiring specific components of nulless	1.5 1.0		
A2 Fitness training principles	FITT	P.7 – P.11		
	Additional Principles (overload, specificity, adaptation, individual			
A2 Evereice intensity and how it can	differences, reversibility)	D 12 D 10		
A3 Exercise intensity and how it can	Intensity (HR training Zones)	P.12 – P.16		
be determined	Calculating Max HR			
	Borg Scale			
P Investigate fitness testing to determ	Repetition Maximum for strength and muscular endurance gains nine fitness levels. Learners will understand why fitness testing is car			
		-	now	1
B1 Importance of fitness testing and requirements for administration of	Reasons for fitness testing	P.17 – P.24		
each	Pre-test procedures			
each				
fitness test	Reliability of testing			
	Validity & Drasticality			
B2 Fitness test methods for	Validity & Practicality Know fitness testing for each component of fitness	P.25 – P.33		
components of physical fitness	know nulcos testing for each component of nulcos	1.25 1.55		
components of physical infless				
B3 Fitness test methods for	Know fitness testing for each component of fitness	P.34 – P.42		
components of skill-related fitness				
D4 Internetation of fitness test	Liss of normative data to interpret requite	P.43 – P.46		
B4 Interpretation of fitness test results	Use of normative data to interpret results	P.43 - P.46		
C Investigate different fitness training	l z methods			
C1 Requirements for each of the	How to carry out warm ups & cool downs	Book 2 P.2		1
following fitness training methods		– P.6		
5 5	Apply FITT principle			
C2 Fitness training methods for	Apply appropriate intensity control measures Know appropriate training methods associated with improving all	P.7 – P.16		
physical components of fitness	components of physical fitness	F.7 - F.10		
C3 Fitness training methods for skill	Know appropriate training methods associated with improving all	P.17 – P.23		
related components of fitness	components of physical fitness			
C4 Additional requirements for each	Advantages and disadvantages of traing methods in relation to	P.24 – P.28		
of the fitness training methods	coach or participant			
C5 Provision for taking part in fitness	Public	P.29 – P.35		
training methods				
	Private			
	Voluntary			
C6 The effects of long-term fitness	Impact of training on the body in relation to strength, speed,	P.36 – P.41		
training on the body systems	aerobic and muscular endurance and flexibility			
	· · · · · · · · · · · · · · · · · · ·			

D Investigate fitness programming to improve fitness and sports performance				
D1 Personal information to aid	Use of personal information	P.43 – P.48		
training fitness programme design	Finding out aims and objectives			
	Considering lifestyle factors and attitudes			
D2 Fitness programme design	Use of information to design fitness programs	P.49 – P.53		
	Selection of appropriate training methods			
	Application of FITT principle			
D3 Motivational techniques for	Types of motivation- extrinsic and extrinsic	P.54 – P.58		
fitness programming	Goal setting (SMARTER)			
	Impact of GOAL setting			

Health and Social

Торіс	CGP Page	Key Terms		Revise	Revisit
Section A - Factors affecting PIES					
Physical	16, 62, 73	Illness (chronic or acute)/Dig	Iness (chronic or acute)/Disability/Genetic Inheritance/Wellbeing		
Emotional	25, 65	Stress/Mental Health			
Social	20, 67	Relationships/Integration			
Economic	28,72	Financial/employment/uner	mployment/Income//Poverty/Wealth		
Environmental	26, 70	Pollution/Water/Air/Noise/I	Living conditions/Location		
Cultural	22, 68	Gender/Education/Stigma			
Life Event	32, 73-77	Expected/Unexpected/Posit	tive/Negative		
		Section B – Physiolog	gical and lifestyle data		
Lifestyle - Diet	19, 66, 82	Balanced diet/Eatwell Guide Effects Poor Diet	e/Good Groups/Nutrition/Negative		
Lifestyle - Exercise	19, 66, 82	PIES Benefits/Recommended Health/ inactivity	ed Guidance/moderate/Vigorous/Risks To		
Lifestyle - Alcohol	19, 83	PIES effects/Recommended Health/Addiction/Excessive	Units/Government Guidance/risk To Consumption		
Lifestyle - Smoking	19, 83	PIES effects/Chemicals/Pass Barriers/Risk To Health	PIES effects/Chemicals/Passive Smoking/ Nicotine/ Addiction/ Barriers/Risk To Health		
Lifestyle - Drugs	19, 66, 83	Prescription/Drug Misuse/Pl	IES effects/Negative effects		
ВМІ	40,81	Overweight /Underweight//	/Healthy Weight/Obesity/Risks To Health		
Pulse Rate	79	Heart Rate/Resting/Abnorm Gender/Reducing RP	nal Readings/Factors Effects: age,		
Blood Pressure	80	Systolic/Diastolic /Risk To He	ealth/Hypertension/Hypotension		
Peak Flow	42	Lung Capacity/Asthma/Emp	hysema		
	Sec	tion C – Designing a person ce	entred and health wellbeing plans		-
Recommended Actions	86	Actions/Goals/Improve Heal	Ith And Wellbeing		
Targets	58,90	Short Term/Long Term/SMA	ART		
Sources of Support	35, 87	Formal/Informal/Practical/E Advice	Emotional/Financial/ Information and		
Needs, Wishes and Circumstances	84,85	Person Centred Approach/B	3enefits/Holistic		
Potentials Obstacles	90		Emotional/Psychological/Time Constraints/Availability of Recourses/ Unachievable targets/Lack Of Support/Ability/Disability/Addiction		
		Revision	Sources		
	Online	e	Physical		
Surviving Squalor: Britain's Housing Shame 1000lb sister's 24 hours in A&E			Class Booklets & Notes Exam Practice Papers & Questions Health and Social care Revision Guide BTEC Health and Social care Revision		

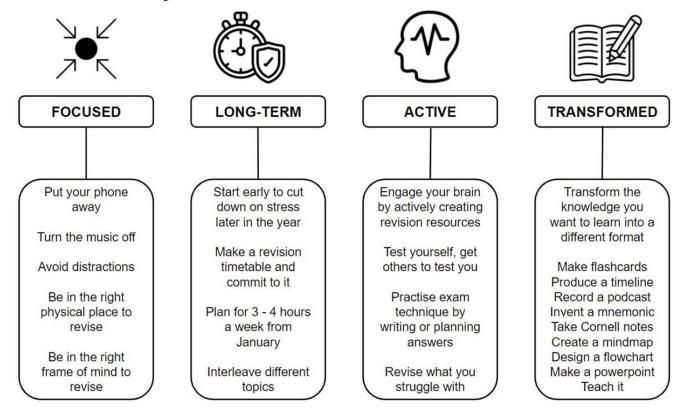
Notes

Notes

Notes

Revision Strategies

Is your revision FLAT?



Flash Cards	Mind Maps
Write a question or prompt on one side of your flash card. Add colour and any pictures to help remind you of the content.	Mind maps are a visual way to organise your information. One mind map should represent one topic.
Complete the other side of your flash card with the answer or piece of information.	Place the name of the topic in the middle, with sub-topics and further detail around it.
Note Taking	Command Words
Start by taking your text book or revision guide, read them through whilst simplifying the text into easily manageable notes.	It is important to understand the different command words used on an exam paper.
Then cover up those notes and test yourself by rewriting as much as you can remember.	Write a list of various command words such as explain, justify and evaluate and then add what each word is asking you to do.
Self-quizzing	Past Papers
Once you have made your revision resources it's time to test yourself.	When you have revised the information its time to fully test yourself using past papers.
× =	
Start by doing some fact recall quizzes before attempting some exam style questions.	It is important that you practise examination skills and use the official mark scheme to check your work.