

# Get Ahead in 119 Days

# **Active Revision Resource Book**

This book has been put together to support pupils complete active revision and retrieval sessions regularly as part of their revision timetable.

Each exam qualification has put together a study plan to guide pupils to specific topics from November 2020 to February 2021, which will allow pupils to get ahead in their studying when used alongside their revision timetable.

Please remember this is just a guide and some days / dates may overlap. This has been put together to support parents and pupils to create an effective studying habit.

### GCSE English Literature – Get Ahead in 119 Days

#### **Spacing your revision**

On your calendar, **EVERY** character we study for Paper 2. All you need to do is revise one character each week.

#### **English Literature Revision Materials**

Use your knowledge organisers to track your basic understanding of the text. Year 11 Google Drive, your exercise books and set texts.

#### Remember...

Before starting the tasks below, ensure all of your theme home learning tasks and recap booklets are fully completed! You will be asked a question about a theme and/or a character in your exam. It is vital you have an extensive understanding of both to succeed.

# Paper 2 - Jekyll and Hyde

# November and December 2020

W/C 2<sup>nd</sup> November

W/C 4<sup>th</sup> January

**January and February 2021** 

Paper 2 – An Inspector Calls



Character Timeline of Jekyll
W/C 9<sup>th</sup> November
Character Timeline of Hyde

W/C 11<sup>th</sup> January Character Timeline of Mrs Birling

Character Timeline of Mr Birling



W/C 16<sup>th</sup> November Character Timeline of Utterson W/C 18<sup>th</sup> January Character Timeline of Shelia



W/C 23<sup>rd</sup> November Character Timeline of Lanyon W/C 25<sup>th</sup> January Character Timeline of Gerald



W/C 30<sup>th</sup> November Character Timeline of Poole

W/C 1<sup>st</sup> February Character Timeline of the Inspector



W/C 7<sup>th</sup> December Setting Timeline of London W/C 8<sup>th</sup> February Character Timeline of Eric

W/C 14<sup>th</sup> December Setting Timeline of Weather W/C 15<sup>th</sup> February Character Timeline of Edna

W/C 21<sup>st</sup> December Context timeline W/C 22<sup>nd</sup> February Context timeline



How can I improve my written analysis?

Take two A4 pages/ one A3 page and create a timeline of events for your character.

Surround your events with key quotations relating to that character.

Annotate your quotes with notes on methods and meanings.

There are a range of practice papers on the Ydrive and Google Drive for you to access.

Spend 5 minutes planning and 45 minutes writing.

Self assess your response or hand it in for marking.

Spacing your Maths revision

Revise key topics at regular intervals throughout the year. Revise

**Chunking your Maths revision** 

You have so much time before your exams -

**GCSE Maths revision materials** 

Mathswatch - clip numbers shown below

Revision guide

#### **Chunking your Science revision**

You have so much time before your exams – if you start doing little bits now you will be in a really good position come May 2021.

#### **Spacing your Science revision**

On your calendar, **EVERY** topic we study has been planned for you. All you need to do is revise on the days below. Each topic has been **interleaved** to **space** them out and help your memory.

#### **GCSE Science revision materials**

Use the GCSE revision guide, Tassomai, Year 11 Tutorial Revision Resources, Year 11 Google Drive and your textbooks.

November & December						January & February							
2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	4th	5th	6th	7th	8th	9th	10th
Physics Paper 1: Energy changes in a system		Chemistry P1: Atomic Structure, RAM, & Isotopes		Biology P1: Cell structure		Required Practical P1: Specific Heat Capacity	Physics P1: : Changes of state and the particle model		Chemistry P1: Exothermic & endothermic reactions		Biology P1: Respiration		Required Practical P1: Calculating Density
9th	10th	11 <sup>th</sup>	12 <sup>th</sup>	13 <sup>th</sup>	14 <sup>th</sup>	15 <sup>th</sup>	11th	12th	13th	14th	15th	16th	17th
Physics Paper 1: Conservation and dissipation of energy		Chemistry P1: The Periodic Table		Biology P1: Cell Division		Required Practical C1: Making a salt from a carbonate or oxide	Physics P1: Internal energy & energy transfers		Chemistry P1: Reactivity of Metals		Biology P1: Key word definitions		Required Practical P1: Resistors in Series & Parallel
16 <sup>th</sup>	17 <sup>th</sup>	18 <sup>th</sup>	19 <sup>th</sup>	20 <sup>th</sup>	21 <sup>st</sup>	22 <sup>nd</sup>	18th	19th	20th	21th	22nd	23th	24th
Physics Paper 1: National and global energy resources		Chemistry P1: Chemical Bonds - Covalent & Metallic Bonding		Biology P1: Cell Transport		Required Practical B1: Using a light microscope	Physics P1: Particle Model & Pressure		Chemistry P1: Reactions of Acids		Biology P1: 6 mark questions		Required Practical B1: Investigating amylase enzyme
23 <sup>rd</sup>	24 <sup>th</sup>	25 <sup>th</sup>	26 <sup>th</sup>	27 <sup>th</sup>	28 <sup>th</sup>	29 <sup>th</sup>	25th	26th	27th	28th	29th	30th	31th
Physics P1: Current, potential difference and resistance		Chemistry P1: Chemical Bonds - Ionic Bonds		Biology P1: Organisation, animal tissues, organs & organ systems		Required Practical P1: Investigating Resistance	Physics P1: Atoms & Isotopes		Chemistry P1: Electrolysis		Biology P1: 6 mark questions		Required Practical P1: Electrical Components
30 <sup>th</sup>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	1st	2nd	3rd	4th	5th	6th	7th
Physics P1: Series and parallel circuits		Chemistry P1: How bonding relates to properties of substances		Biology P1: Plant tissues, organs and system		Required Practical C1: Electrolysis	Physics P1: Atoms & Nuclear Radiation		Chemistry P1: Key word definitions		Biology P1: Required Practicals		Required Practical C1: Temperature changes in solutions
7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	13 <sup>th</sup>	8th	9th	10th	11th	12th	13th	14th
Physics P1: Domestic uses and safety		Chemistry P1: Chemical measurements & conservation of		Biology P1: Communicable diseases		Required Practical B1: Investigating Osmosis	Physics P1: Equations		Chemistry P1: 6 mark questions		Biology P2: Homeostasis		Required Practical: B1 Light & Photosynthesis
14 <sup>th</sup>	15 <sup>th</sup>	mass 16 <sup>th</sup>	17 <sup>th</sup>	18 <sup>th</sup>	19 <sup>th</sup>	20 <sup>th</sup>	15th	16th	17th	18th	19th	20th	21th
Physics P1: Energy transfers		Chemistry P1: amount of substance in relation to masses of pure substances		Biology P1: Photosynthesis			Physics P1: 6 Mark Questions		Chemistry P1: 6 mark questions		Biology P2: the human nervous system		Required Practical P1: Resistors in Series and Parallel
21 <sup>st</sup>	22 <sup>nd</sup>	23 <sup>rd</sup>	24 <sup>th</sup>	25 <sup>th</sup>	26 <sup>th</sup>	27 <sup>th</sup>	22nd	23th	24th	25th	26th	27th	28th Required
							Physics P1: 6 Mark Questions	Retrieval Pr	Chemistry P1: Required Practicals		Biology P2: Hormonal coordination in humans	erate Practice	Practical C2: Concentration & the rate of
28 <sup>th</sup>	29 <sup>th</sup>	30 <sup>th</sup>	31 <sup>st</sup>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	The least			-6- 6			
						Required Practical B	The best way to improve your memory of a topic is to regularly test yourself.  Create quizzes using the revision materials  Create quizzes using the revision materials				m questions		
	Tips						above.			mat	erials after.		

### GCSE Religious Studies – Get Ahead in 119 Days

#### **Spacing your revision**

Using this calendar will help you to cover all of the content for paper one-Catholic Theology

#### **RE Revision Materials**

Use your **electronic revision guide** to help you create your revision cards – the page numbers have been added to help you.

#### Remember...

Before starting the tasks below, ensure all of your home learning tasks are fully completed! Once you have completed the revision cards on the topic, go back and plan the D questions

### November and December 2020 Origins and Meanings

#### W/C 2<sup>nd</sup> November

Catholic beliefs about creation, different Christian attitudes to the creation story p.1 &2  $\,$ 

Origins of the universe Big Bang and Evolution p.3 & 4

#### W/C 9th November

Sanctity of Life and Catherine of Sienna p.5 Different Christian attitudes to abortion p.6

#### W/C 16th November

Humanist views on abortion p.7 Comparison of the first and second Genesis account p.8 &9

#### W/C 23rd November

Humans and their relationship with the planet p.10 Caring for the environment Catholic and Humanist view p. 11

#### W/C 30th November

Catholic understanding of revelation and inspiration p.12

#### W/C 7th December

Origins of the Bible p.13 Creation of Adam p.14& 15

#### W/C 14th December

How does the creation of Adam express Catholic beliefs p.15 Symbolism of the tree of life mosaic p.16&17

#### W/C 21st December

Interfaith dialogue p.19 Catholic Charities p.20 &21

#### January and February 2021 Good and Evil

#### W/C 4th lanuary

The problem of Evil p.22
Augustine and Evil p.23
Non Christian views on evil p.24

#### W/C I Ith January

Other Christian views on the nature of the origin of evil p.25

The meaning of suffering and Catholic ambivalence p.26

#### W/C 18th January

The Trinity p.27
Historical developments of the Trinity
Augustine and the Trinity p.28

#### W/C 25th January

Incarnation p.29
Incarnation and the problem of evil p.30

#### W/C Ist February

Jesus and moral authority p.31 Sermon on the mount p.32

#### W/C 8th February

Natural Law, conscience, virtues and suffering p.33

#### W/C I5th February

Sculptures p.34 Pieta p.34 &35

#### W/C 22<sup>nd</sup> February

Pilgrimage p.36 &37 Rosary p.38 &39

#### Chunking your revision

You have so much time before your exams – if you start doing little bits now you will be in a really good position come May 2021.

#### **Spacing your revision**

On your calendar, **EVERY** topic we study has been planned for you. All you need to do is revise on the days below. Each topic has been **interleaved** to **space** them out and help your memory.

#### **GCSE** revision materials

Edexcel Computer Science 9-1 2016 Past Papers on Google Drive. GCSE. Computer Science GCSE GURU - Revision, Quizzes and Resources. OCR GCSE Computing A451 – Memrise. GCSE Computing: YouTube. Craig n Dave You Tube Videos

Paper 1 – Sound: Connections  10 <sup>th</sup> 11  Paper 1 –	Lists 12 <sup>th</sup>	6 <sup>th</sup> - algorithms:	<b>7</b> <sup>th</sup>	8 <sup>th</sup>			Januar	y and Februar			
Paper 1 – Sound: Connections  10 <sup>th</sup> 11  Paper 1 –	Paper 2 – Sorting a Lists	algorithms:	7 <sup>th</sup>	8 <sup>th</sup>					$\overline{}$	$\overline{}$	$\overline{}$
Paper 1 –	1	Londo							<b>1</b> <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
Graphics: Brain Dump	Algorithm Dump		14 <sup>th</sup>	15 <sup>th</sup>	4 <sup>th</sup>	Paper 1 – LAN and WAN: Blockbusters		Paper 2 – Binary Decimal: Brain D	ry vs	gth	10 <sup>th</sup>
Paper 1 – Operating System: Lists	Picture Pr	on Techniques: Prompt	21 <sup>st</sup>	22 <sup>nd</sup>	11 <sup>th</sup>	Paper 1 – Wired vs Wireles Mind Map	ess:	Paper 1 Binary Decimal: Brain	y vs	16 <sup>th</sup>	17 <sup>th</sup>
Paper 1 – Storage Types: Picture Prompts		rain Dump	28 <sup>th</sup>	29 <sup>th</sup>	18 <sup>th</sup>	Paper 1 – Malware: Picture Prompt	re	Paper 1– Hexad Tell me 4	adecimal:		24 <sup>th</sup>
Paper 1 – Fetch Decode Execute Cycle: Lists	]	4th –Binary nallenge Grid	5 <sup>th</sup>	6 <sup>th</sup>	25 <sup>th</sup>	26 <sup>th</sup> Paper 1 –  Preventing Threa  Challenge Grid		Paper 1 –Binary Hexadecimal (a again): Challeng	ary to (and back	30 <sup>th</sup>	31 <sup>st</sup>
Rth Gr Paper 1 – Binary Logic: Challenge Grid	<u>F3</u>	11 <sup>th</sup> Arrays and	12 <sup>th</sup>	13 <sup>th</sup>	1 <sup>st</sup>	2 <sup>nd</sup> Paper 1 – Ethics: Retrieval Grid	3rd	4th  Paper 1 –Binary Binary Addition: Blockbuster		6 <sup>th</sup>	7 <sup>th</sup>
Paper 1 – Low & High Level	16th 17 <sup>th</sup> Paper 1 Units: Ch	18 <sup>th</sup>	19 <sup>th</sup>	20 <sup>th</sup>	8 <sup>th</sup>	Paper 1 – Legislation : Pictu Prompt		11 <sup>th</sup> Paper 1- Binary S  Create your own questions	y Shift:	13 <sup>th</sup>	14 <sup>th</sup>
Programmin g Languages: Retrieval Grid	23 <sup>rd</sup> 24 <sup>th</sup>	25 <sup>th</sup>	26 <sup>th</sup>	27 <sup>th</sup>	15 <sup>th</sup>	16 <sup>th</sup> Paper 1 – Assemblers, Compliers,	17 <sup>th</sup>	18 <sup>th</sup> Paper 1 Charact Cops & Robbers	cters:	20 <sup>th</sup>	21 <sup>st</sup>
29 <sup>th</sup> 30	30 <sup>th</sup> 31 <sup>st</sup>				22 <sup>nd</sup>	Interpreters: Cop & Robbers	)S	25 <sup>th</sup>	26 <sup>th</sup>	27 <sup>th</sup>	28 <sup>th</sup>
	Retrieval F the above activities is				Deliberate Pi				Flasho		



Each of the above activities is a retrieval technique on topics for Paper 1 and 2 to help you retrieve and recap this information.

Apply your knowledge regularly! Spend time revising it and then practice exam questions – adding in any extra bits with your revision materials after.

Create 5 questions on a topic on one side of a flash card. Learn the content and then regularly test yourself with the cards.

### GCSE Languages – Get Ahead in 119 Days

#### **Spacing your revision**

Each week, revise a subtopic.

Make sure that you go to Kerboodle to revise the vocabulary and tasks. This will break down the syllabus.

#### **Languages Revision Materials**

Use your knowledge organisers. These are in the Google drive for you. Use memrise – every week, you should be aiming for 10.000 points. Use your CGP revision guide.

November and December 2020	January and February 2021
W/C 2 <sup>nd</sup> November: Theme 1	W/C 4 <sup>th</sup> January: Theme 1
Relationships with family & friends	Music, cinema and TV
W/C 9 <sup>th</sup> November: Theme 1	W/C 11 <sup>th</sup> January: Theme 1
Marriage/ partnership	Food, eating out and sport
W/C 16 <sup>th</sup> November: Theme 2	W/C 18 <sup>th</sup> January: Theme 2
Home, town and region	The environment
W/C 23 <sup>rd</sup> November: Theme 3	W/C 25 <sup>th</sup> January: Theme 2
My studies	Poverty/ homelessness
W/C 30 <sup>th</sup> November: Theme 1:	W/C 1 <sup>st</sup> February: Theme 3
Social media, technology	Education post 16; jobs; careers
W/C 7 <sup>th</sup> December: Theme 2:	W/C 8 <sup>th</sup> February: Theme 1
Travel and tourism	Customs and traditions
W/C 14 <sup>th</sup> December: Theme 2	W/C 15 <sup>th</sup> February: Theme 2
Healthy and unhealthy living	Charity/ voluntary work
W/C 21 <sup>st</sup> December: Theme 3 Life at school/ college	W/C 22 <sup>nd</sup> February: check the vocabulary specification

Other websites to use:	Think about what needs to be included in your written work:
Seneca	Connectives (a range); Intensifiers; opinions
Languagesonline.org.uk	3 time frames; time phrases; correct adjectival endings
https://www.conjuguemos.com/	Adverbs; comparatives; superlatives; idioms

#### Remember...

Remember that you need to cover all the key three skills. We will have exams in writing, reading and listening. Speaking will be assessed differently this year.

If you go onto the Year 11 Google Drive, you will find the "old old specification" materials – inside the folder, there are sound files, papers and answers. You should be doing one of these per week.

In the Year 11 Google Drive, you can find the PowerPoints which we used from Year 9 onwards, so that you can go back over the lessons we did in Year 9 and Year 10.

Use the mark scheme which you have, so that you are certain what you need to put into all the different writing sections.

Practise doing simple translations.

Listening to music (in French/ Spanish!) will help you "tune" your ear in. You have loads of time to get ready for your GCSE History exam. Each week you should spend up to 15 minutes for 4 nights to do the revision areas highlighted each week. This means you are doing little and often and creating a bank of revision materials.

**Revision Focus** 

Week

How to Get Ahead in 119 Day in History

beginning

Paper/Topic

2 <sup>nd</sup> November	1- Medieval Medicine 1250- 1500	<ul> <li>Create a profile of Hippocrates and Galen</li> <li>Create a diagram explaining the Four Humours</li> <li>Ideas for preventing disease</li> <li>Case Study; the Black Death, 1348–49</li> </ul>
9 <sup>th</sup> November	2- Queen, government and religion	<ul> <li>Create a timeline of the Tudor family</li> <li>Challenges Elizabeth faced; legitimacy</li> <li>Challenges at home and abroad</li> </ul>
16 <sup>th</sup> November	1- Renaissance Medicine 1500- 1700	<ul> <li>Thomas Sydenham in improving diagnosis</li> <li>William Harvey</li> <li>Dealing with the Great Plague in London, 1665</li> </ul>
23 <sup>rd</sup> November	3-The Weimar Republic	Impact WW1 had on Germany & Treaty of Versailles     The Weimar Republic     Stresemann era
30 <sup>th</sup> November	2-Queen, government and religion	<ul> <li>The Religious situation in 1558.</li> <li>The Religious Settlement of 1559</li> <li>Challenges to the Religious Settlement-Catholics and Puritans.</li> <li>The problems of Mary, Queen of Scots.</li> </ul>
7 <sup>th</sup> December	1-1700-c1900: Medicine in eighteenth- and nineteenth- century Britain	<ul> <li>Pasteur's Germ Theory and Koch's work on microbes</li> <li>hospital care and the influence of Nightingale</li> <li>the development and use of Vaccinations</li> <li>the Public Health Act 1875</li> </ul>
14 <sup>th</sup> December	3- The rise of Hitler	How did Hitler become Chancellor     How did Hitler become President of Germany

Use your revision guide, knowledge organisers, the Google Drive resources to support revision.

Create mind-maps, flash cards, revision posters.

Week beginning	Paper/Topic	Revision Focus
4 <sup>th</sup> January	2 Challenges at home and abroad	<ul> <li>Plots and revolts at home. Revolt of the Northern Earls, Ridolfi, Throckmorton, Babington plots.</li> <li>Relations with Spain - English piracy and events in the Spanish Netherlands</li> </ul>
11 <sup>th</sup> January	2 Challenges at home and abroad	<ul> <li>Outbreak of war with Spain, 1585-88. Dudley brings an army and Drake attacks Cadiz.</li> <li>The Spanish Armada and reasons for it's failure.</li> </ul>
18 <sup>th</sup> January	111700- c1900: Medicine	<ul> <li>Jenner and the development of vaccination.</li> <li>Fighting Cholera in London, 1854</li> <li>the significance of Snow and the Broad Street pump</li> </ul>
25 <sup>th</sup> January	2 Elizabethan society	Education and leisure time for Elizabethans.     The problem of the poor and how they were 'helped'.
1 <sup>st</sup> February	1c1900– present: Medicine in modern Britain	The impact of the NHS and science and technology Mass vaccinations and government lifestyle campaigns Fleming, Florey and Chain's development of penicillin. The fight against lung cancer in the twenty-first century
8 <sup>th</sup> February	2 Elizabethan society	Exploration and voyages of discovery - Sir Francis     Drake.     Walter Raleigh and the attempted colonisation of     Virginia.
15 <sup>th</sup> February	1- The British sector of the Western Front, 1914–18	<ul> <li>Conditions requiring medical treatment on the Western Front</li> <li>The work of the RAMC and FANY</li> <li>Experiments in surgery and medicine</li> </ul>

	GCSE Geography – Get Ahead in 119 Days								
<u>Spacin</u>	ng your revision	Geography Revision	n Materials Remember						
On your calendar, <b>EVERY</b> topic we study for Papers 1 and 2. All you need to do is revise one 'enquiry question' each week.		Use your revision guides, work books, S basic understanding of the different to be studying before Easter.	•	Further resources can be found in the Year 11 Google Drive: past papers, mark schemes and examiners reports (including sample answers).					
Paper 1 – Global	November and December 2020		January a	and February 2021	Paper 2 – UK				
Geographical Issues	W/C 2 <sup>nd</sup> November Topic 1: Hazardous Earth - Enquiry question: How does the world's climate system function, why does it change and how can this be hazardous for people?		Topic 4: The UK's evolving phy does the physical landscape of	Geographical issues					
· <del>/ , '</del>	W/C	9 <sup>th</sup> November reme weather events increasingly	Enquiry question: Why is there in the UK and what are the pro	*	た				
	•	16 <sup>th</sup> November causes and impacts of tectonic activity azards vary with location?	W Enquiry question: What are the communities and why is there						
·		23 <sup>rd</sup> November s - Enquiry question: What is the scale in it be reduced?	W Sub topic: River processes and variety of river landscapes in the shape them?						
D	•	30 <sup>th</sup> November estion: How is ONE of the world's to develop?	W Enquiry question: What are the and property and how can the						
	W/C 7 <sup>th</sup> December  Topic 3: Challenges of an urbanising world - Enquiry question: What are the causes and challenges of rapid urban change?  W/C 14 <sup>th</sup> December  Case Study (Mumbai) - Enquiry question: Why does quality of life vary so much within ONE megacity* in a developing country* OR emerging country*?		ember orld - Enquiry question: What  W/C 8 <sup>th</sup> February						
			W Case Study – Dynamic UK cities major* UK city changing?	*					
	W/C	21 <sup>st</sup> December	W/C 22 <sup>nd</sup> February						
	What should our revision r			ow can I improve my written analysis?					
Write this key inform it notes or record	as a mini podcast. Annotate thes	sion guide or exercise book. rds, mind maps, revision note book, post- se notes further with key facts such as When? Where? Who? Why? Response.)	Spend 1 minute per mark	cions helps enormously in improving your skills achieving higher Grades. c. Questions with an asterix* have an extra 4 m ess your response or hand it in for marking.					

#### **Chunking your PE revision**

You have so much time before your exams – if you start doing little bits now you will be in a really good position come May 2021.

#### **Spacing your PE revision**

On your calendar, **EVERY** topic we study has been planned for you. All you need to do is revise on the days below. Each topic has been **interleaved** to **space** them out and help your memory.

#### GCSE PE revision materials

Use the GCSE Simplified revision guide, The EverLearner, Year 11 Tutorial Revision Resources, Year 11 Google Drive and your textbooks.

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		Novemb	er and Decem	ber 2020			January and February 2021						
2nd Paper 2 – Basic information processing model	3 <sup>rd</sup>	Paper 2 – Impact of the media on sport	5 <sup>th</sup>	Paper 2 – Engagement patterns of social groups	7 <sup>th</sup>	Paper 2 – Impact of the golden triangle					1 <sup>st</sup>	2 <sup>nd</sup>	Paper 1 – Cardiac Pathway
<sup>9th</sup> Paper 2 – Spectator behaviour – hooliganism	Paper 2 – Skill Classification	11 <sup>th</sup>	Paper 2 – Drugs in sport	13 <sup>th</sup>	14 <sup>th</sup>	15 <sup>th</sup> Paper 2 – Aggression in sport	4 <sup>th</sup> Paper 1 – Levers & Mechanical Advantage		Paper 1 – Planes and axes	7 <sup>th</sup>	Paper 1 – Bones & skeletal structure	9 <sup>th</sup>	Paper 1 – Synovial Joints
Paper 2 – Commercia lisation of sport	17 <sup>th</sup>	Paper 2 – Personality Types	19 <sup>th</sup>	20 <sup>th</sup> Paper 2 – Impact of technology on sport	21 <sup>st</sup>	Paper 2 – Motivation in sport	Paper 1 – Health & Fitness	Paper 2 – Conduct of performers	13 <sup>th</sup>	Paper 1 – Components of fitness	15 <sup>th</sup>	16 <sup>th</sup>	17 <sup>th</sup> Paper 1 & 2 – Qualitative v Quantitative Data
Paper 1 – Antagonistic muscles and contractions	Paper 2 – Arousal & Stress management	25th	26 <sup>th</sup> Paper 1 – Pathway of air & Gaseous Exchange	27 <sup>th</sup>	28 <sup>th</sup>	Paper 2 – Types of goals in	Paper 1 – Reasons for and against of fitness	19 <sup>th</sup>	Paper 2 – + & - of using PEDs on performer & sport	21 <sup>st</sup>	Paper 1 – Fitness Testing	23 <sup>rd</sup>	Paper 1 – Function of skeleton
Paper 2 – Types of guidance	1 <sup>st</sup>	Paper 1 – Levers & Mechanical Advantage	3 <sup>rd</sup>	Paper 1 – Planes and axes	5 <sup>th</sup>	Paper 2 – Types of feedback	Paper 1 – Principles of training & overload	Paper 2 – Health and wellbeing	27 <sup>th</sup>	Paper 1 – Types of training	29 <sup>th</sup>	30 <sup>th</sup>	Paper 2 – Consequences of a sedentary lifestyle
Paper 1 – Cardiac Output, Stroke	8 <sup>th</sup>	9th Paper 1 – Recovery process from exercise	10 <sup>th</sup>	Paper 1 – Mechanics of breathing	12 <sup>th</sup>	Paper 1 – Preventing injury	Paper 1 – Types of training x 2	2 <sup>nd</sup>	3 <sup>rd</sup> Paper 2 – Obesity	4th	5 <sup>th</sup> Paper 1 – Calculating training intensity	6 <sup>th</sup>	Paper 2 – Somatotypes in sport
Volume - HR Paper 1 – Interpretation of a spirometer trace	15Paper 1 — Effects of exercise	16th	17 <sup>th</sup>	18 <sup>th</sup> Paper 1 – Aerobic v Anaerobic - EPOC	19 <sup>th</sup>	Paper 1 – Muscles and movements	Paper 1 – Altitude training	9 <sup>th</sup> Paper 2 – Energy Use	10 <sup>th</sup>	11th Paper 2 – Engagement patterns of social groups	12 <sup>th</sup>	13 <sup>th</sup>	Paper 2 – Diet & Nutrition
21 <sup>st</sup>	22 <sup>nd</sup>	23 <sup>rd</sup>	24 <sup>th</sup>	25 <sup>th</sup>	26 <sup>th</sup>	27 <sup>th</sup>	Paper 1 – Types of seasons	16 <sup>th</sup>	17 <sup>th</sup> Paper 2 – Hydration in sport	18 <sup>th</sup>	19 <sup>th</sup> Paper 1 – Warming up and cooling down	20 <sup>th</sup>	Paper 1 – Blood Vessels & the heart
28th	29 <sup>th</sup>	30 <sup>th</sup>	31 <sup>st</sup>				22 <sup>nd</sup>	23 <sup>rd</sup>	24 <sup>th</sup>	25 <sup>th</sup>	26 <sup>th</sup>	27 <sup>th</sup>	28 <sup>th</sup>
		R	etrieval Practi	ce			Deliberate P	ractice			Flash	cards	
-	The be	st way to imp	rove your me	mory of a top	ic is to	Apply your know	edge regulari	v! Spend time	e revising it	Create 5 ques	stions on a to	pic on one sid	e of a flash



The best way to improve your memory of a topic is to regularly test yourself.

Create quizzes using the revision materials above.

Apply your knowledge regularly! Spend time revising it and then practice exam questions – adding in any extra bits with your revision materials after.

Create 5 questions on a topic on one side of a flash card. Learn the content and then regularly test yourself with the cards.

### GCSE Business Studies – Get Ahead in 119 Days

#### **Spacing your revision**

Break each unit down using your Pixl sheet, colour coding and ensuring you can answer all the questions for that unit.

#### **Revision materials**

Use your revision guide to help with key topics, to make sure you can recall key knowledge and facts. If you can't define keywords you won't be able to answer anything

#### Remember...

Can you apply your knowledge to key industries/businesses. When you read a business case study and answer questions are they based specifically on this business. Could this answer be for any business or is it clear it is for the business your are answering about?

#### Paper 1 -



W/C 2<sup>nd</sup> November-Unit 1.1 Enterprise & Entrepreneurship

W/C 9<sup>th</sup> November- Unit 1.2

Spotting a business opportunity

November and December 2020

W/C 11th January-Unit 2.2 Making marketing decisions

Paper 2 -

W/C 16th November-Unit 1.3 Putting a business idea into practice

W/C 18th January-Unit 2.3 Making operation decisions

January and February 2021

W/C 4th January-Unit 2.1

Growing the business



W/C 23rd November-unit 1.4 Making the business effective

W/C 25<sup>th</sup> January- Unit 2.3 Making operation decisions

W/C 1st February- Unit 2.4

Making financial decisions



W/C 30th November-Unit 1.5 Understanding external influences

> W/C 8th February-Unit 2.4 Making financial decisions



W/C 7<sup>th</sup> December- Unit 1.5 Understanding external influences

> W/C 15th February-Unit 2.5 Making human resource decisions

W/C 14th December Unit 2.1 Growing the business

W/C 22nd February-Pick a unit from Paper 2 you struggled with the most complete *auestions* 

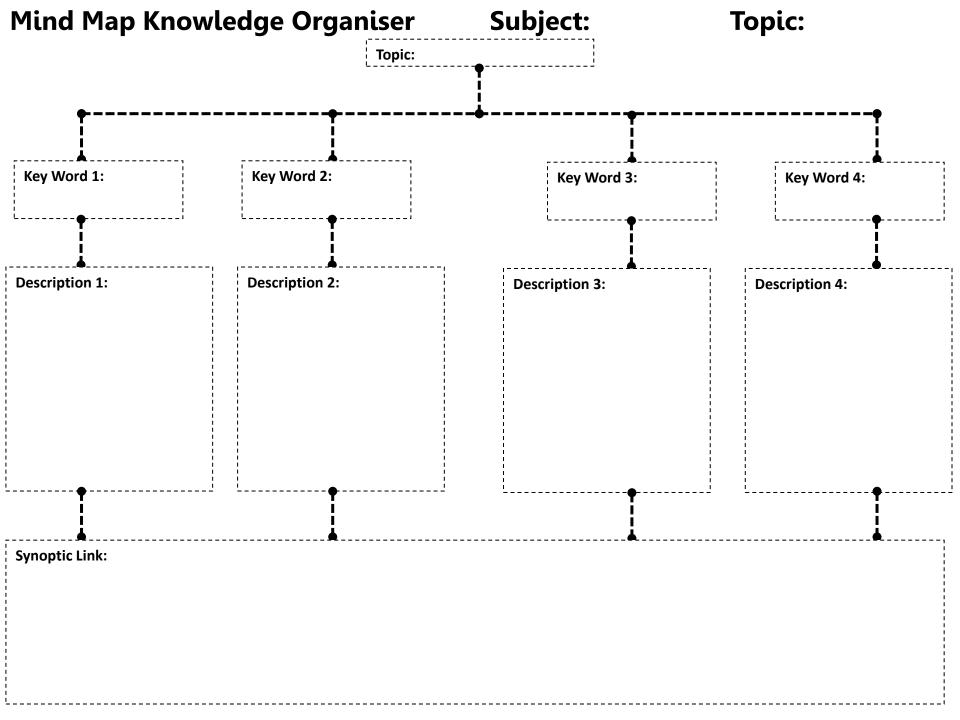
W/C 21st December-Pick a unit from Paper 1 you struggled with the most complete questions

What are the key skills?

Define, Calculate, Apply to different scenarios, advantages and disadvantages, recommend, make judgements

What is the most important thing when answering questions?

Have you said HOW/HOW/HOW WHY/WHY/WHY?



### **Subject:**

Topic:

una tearn anymore injormation.									
Topic:	1 – Urgent revision needed	2 – Time to step up your revision	3 – Competent but still work to do	4 – Revision is progressing well	5 – Exam Ready				

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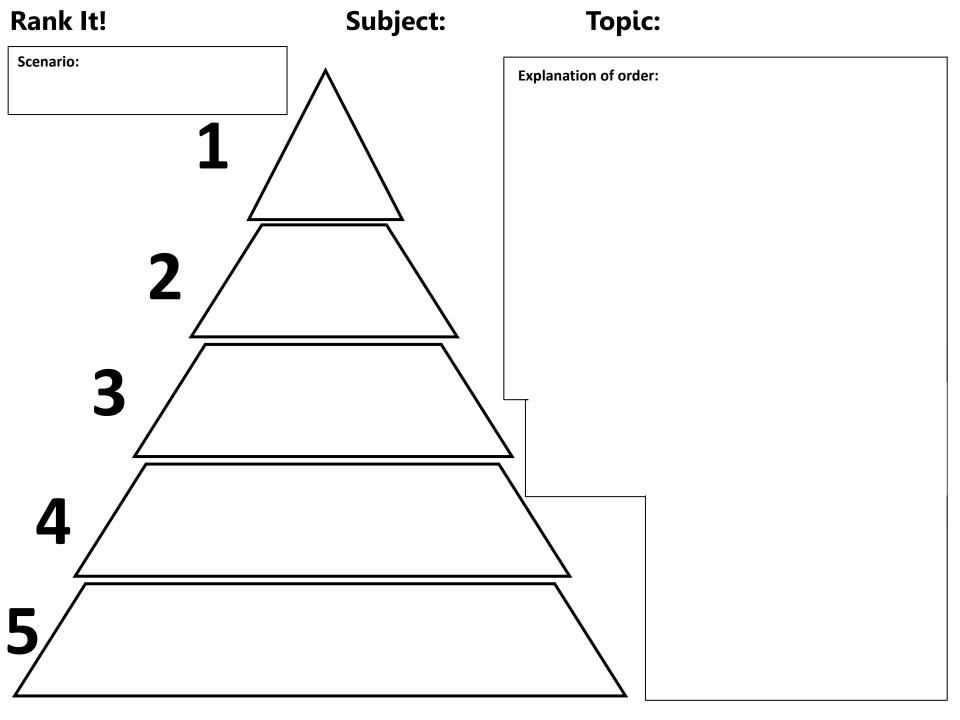
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Step 1- List	Step 2 - Define	Step 3 - Evaluate
Keywords of topic	List as much as know about you chosen topic and the key words	Evaluate the importance of your statements. E.G what are the strengths / limitations of your points? Why are they important in your chosen topic?



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Step 1- List	Step 2 - Define	Step 3 - Evaluate
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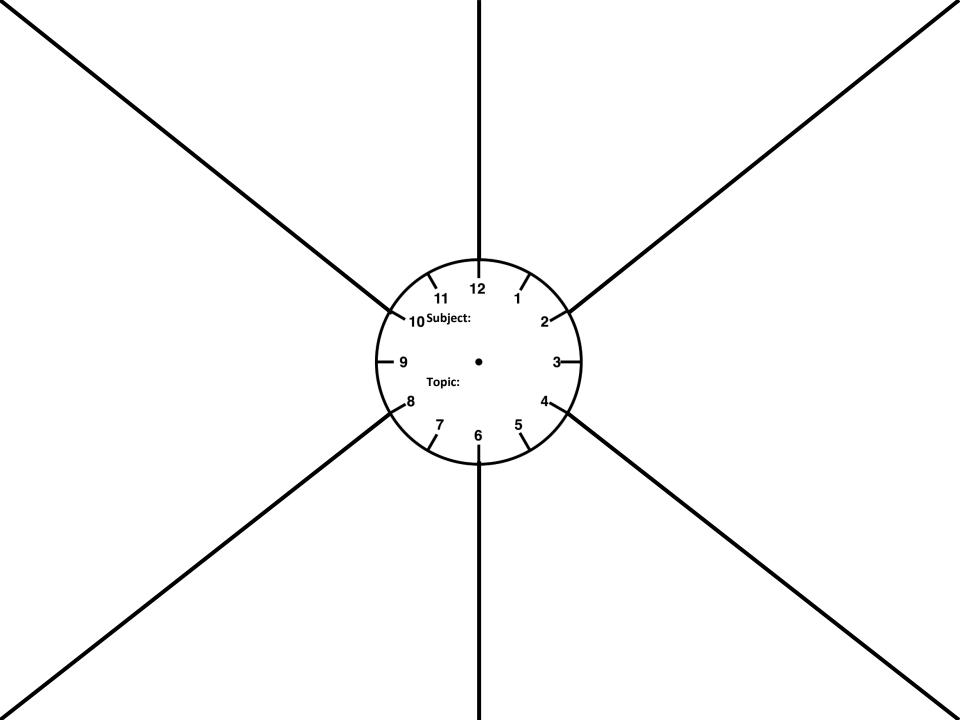
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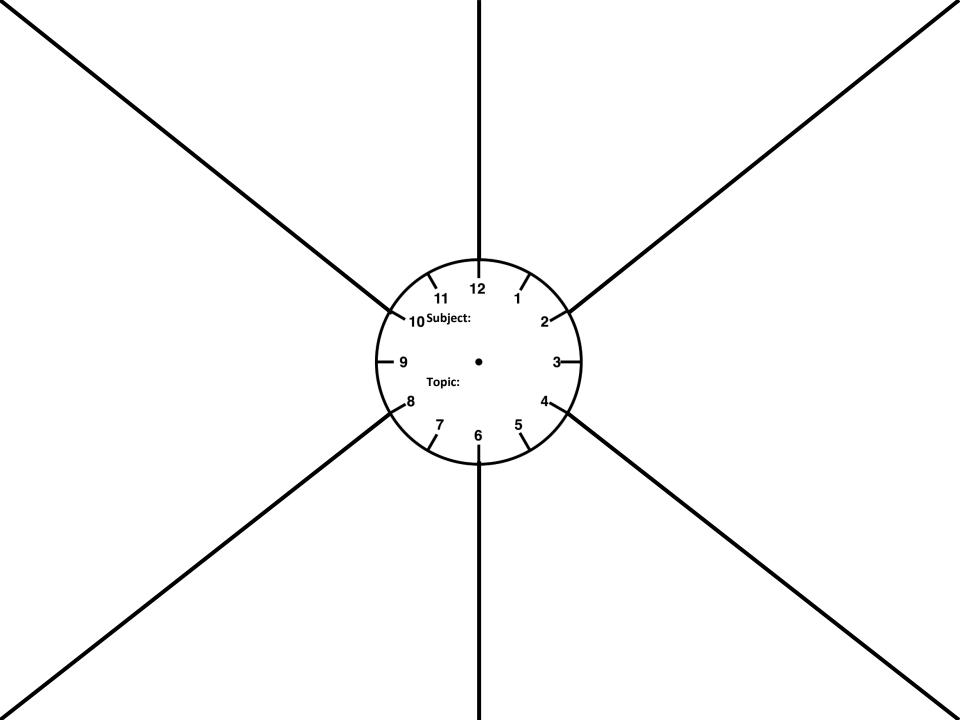
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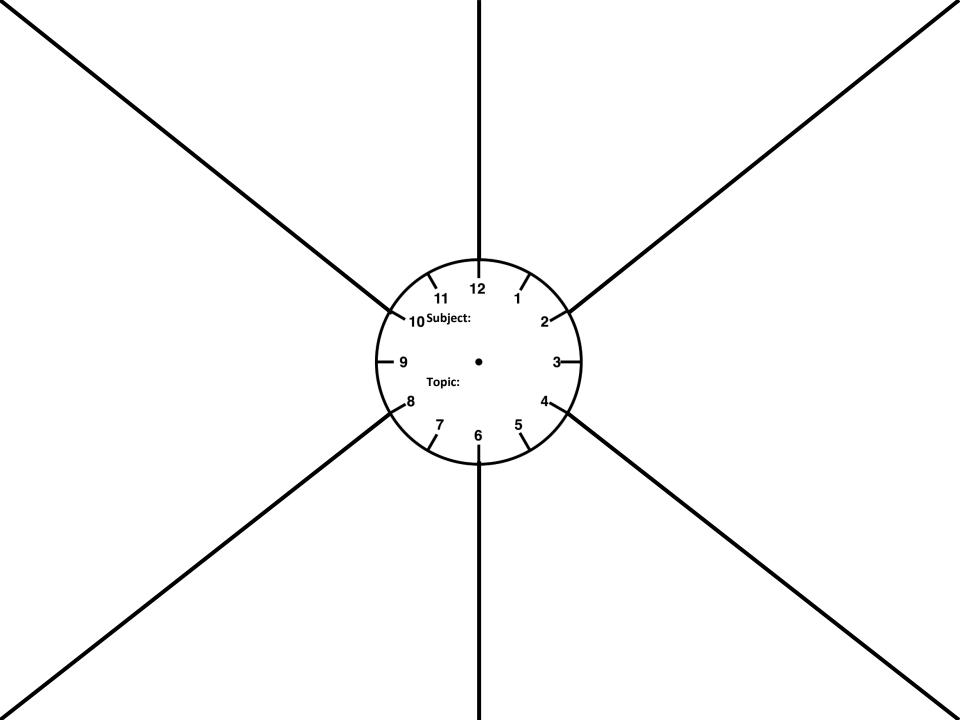


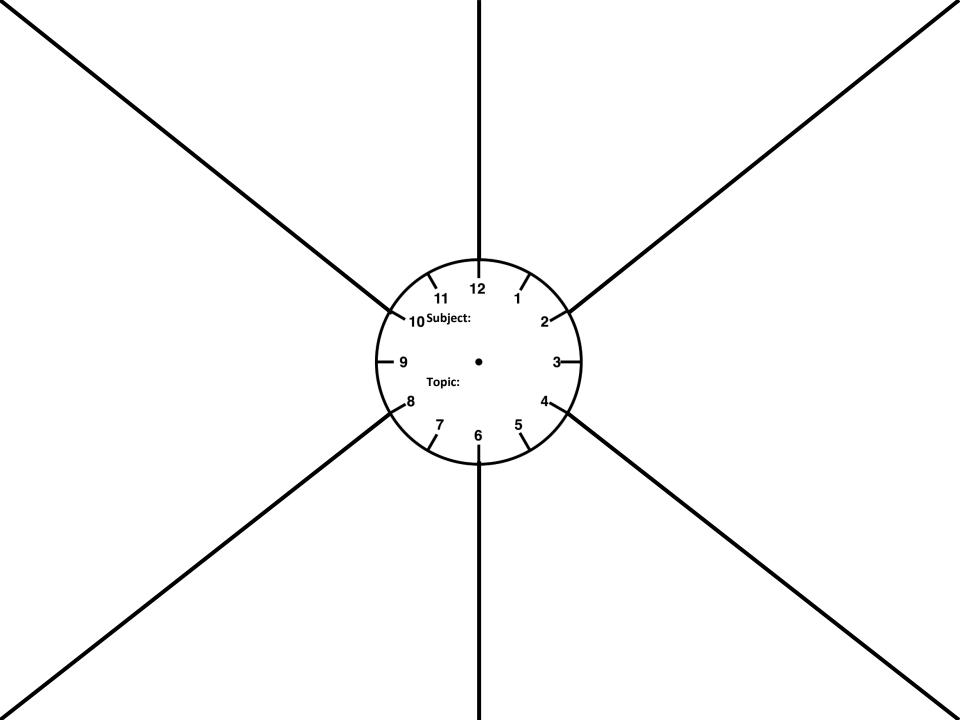
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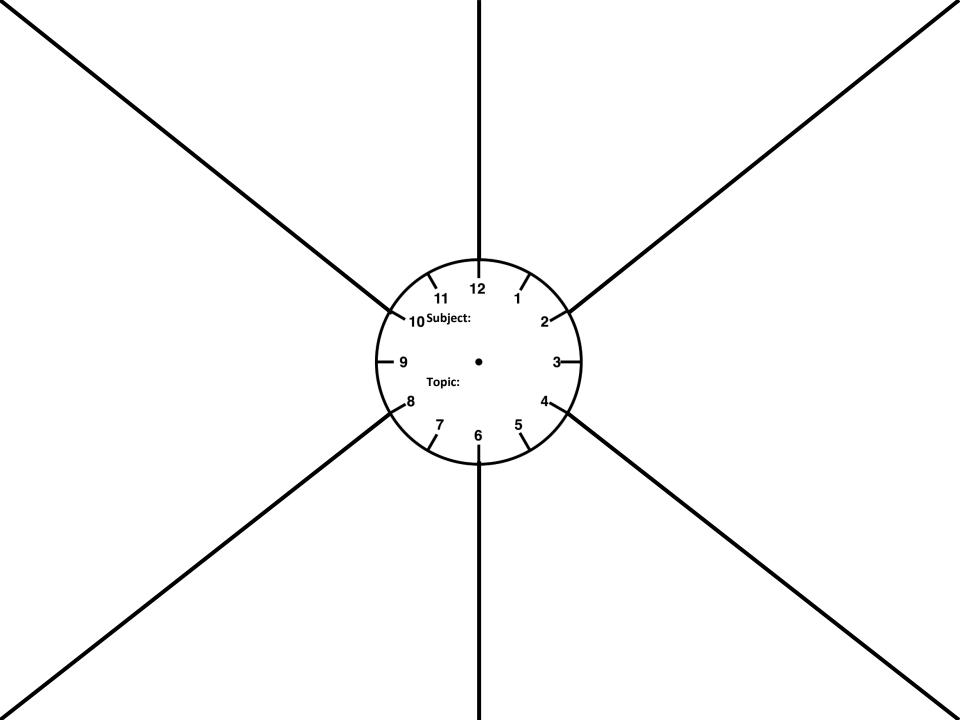
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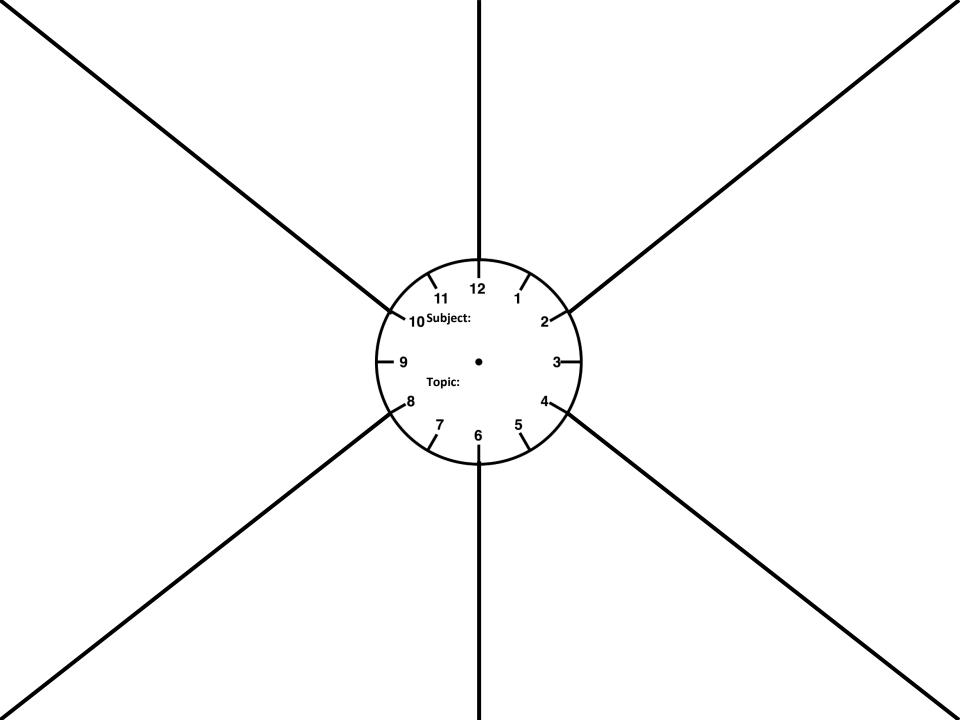


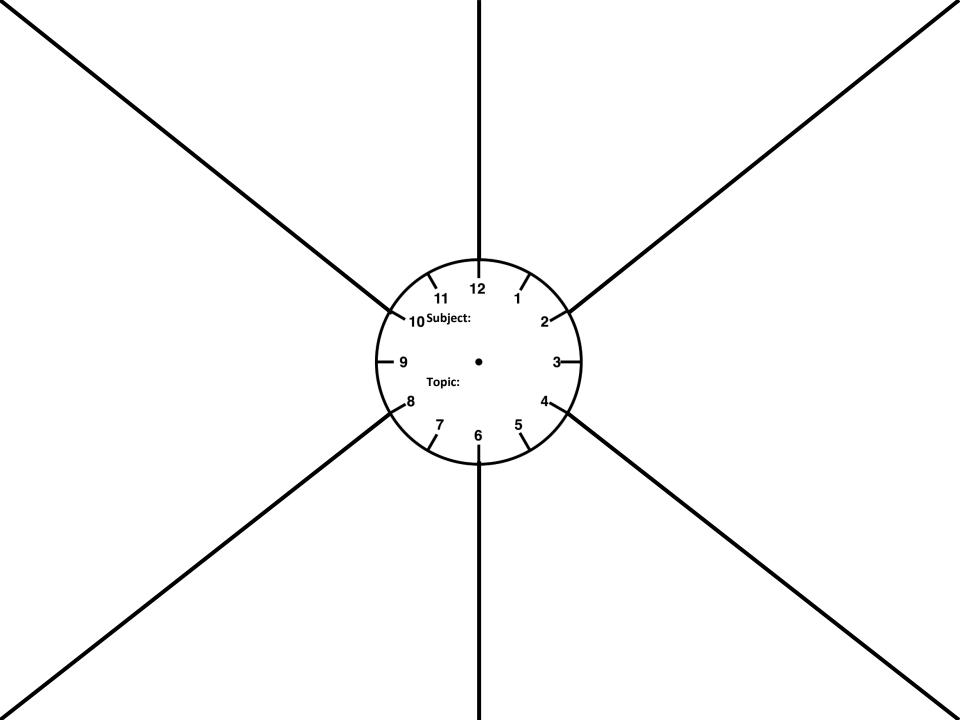


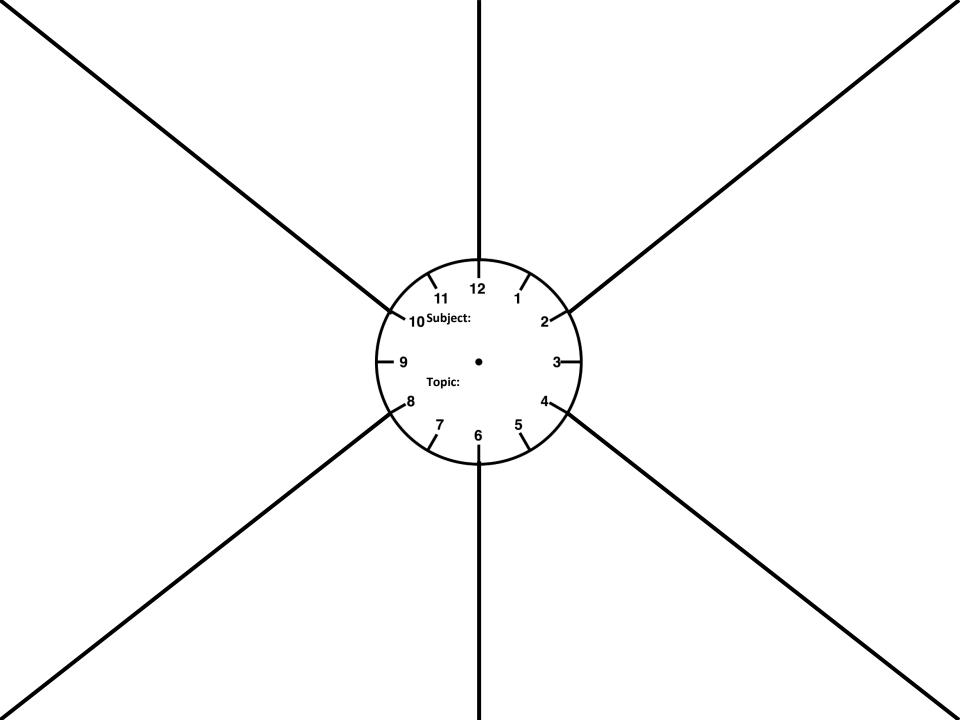


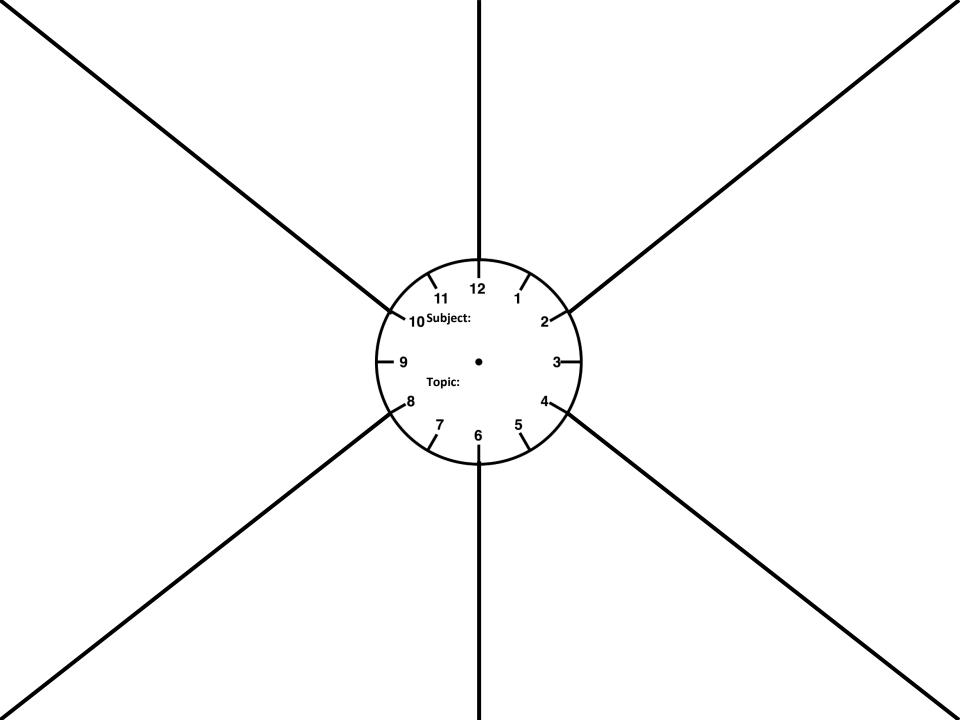


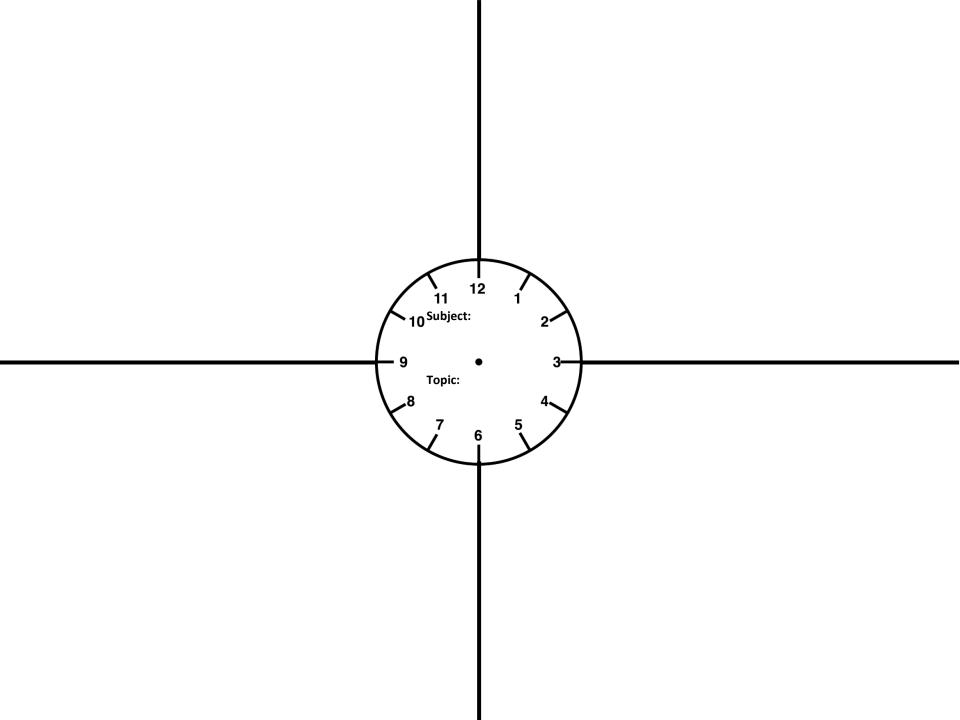


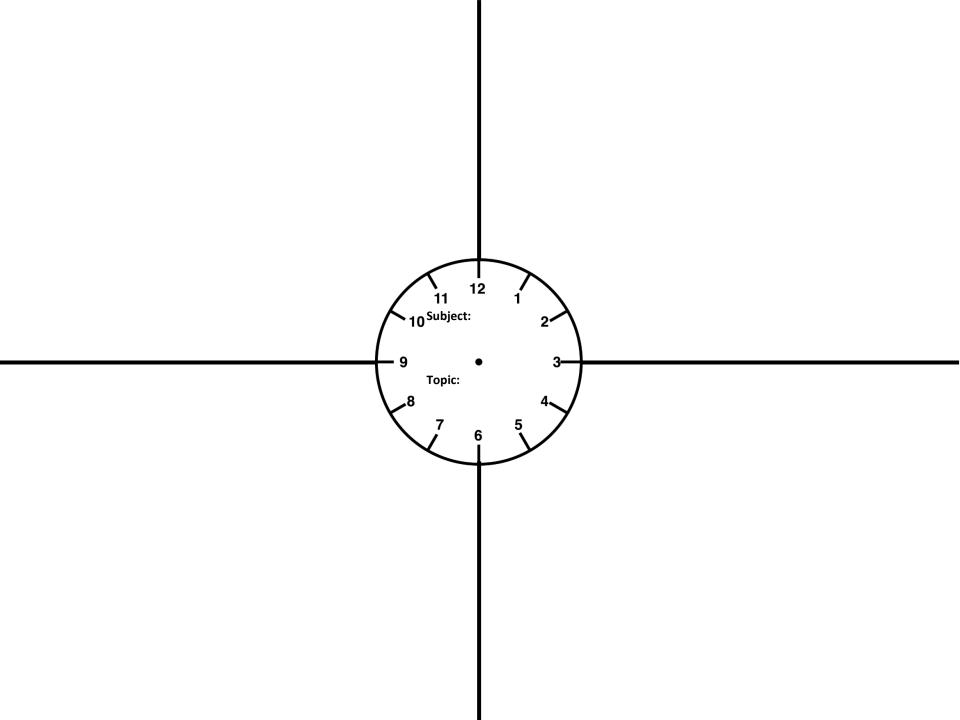


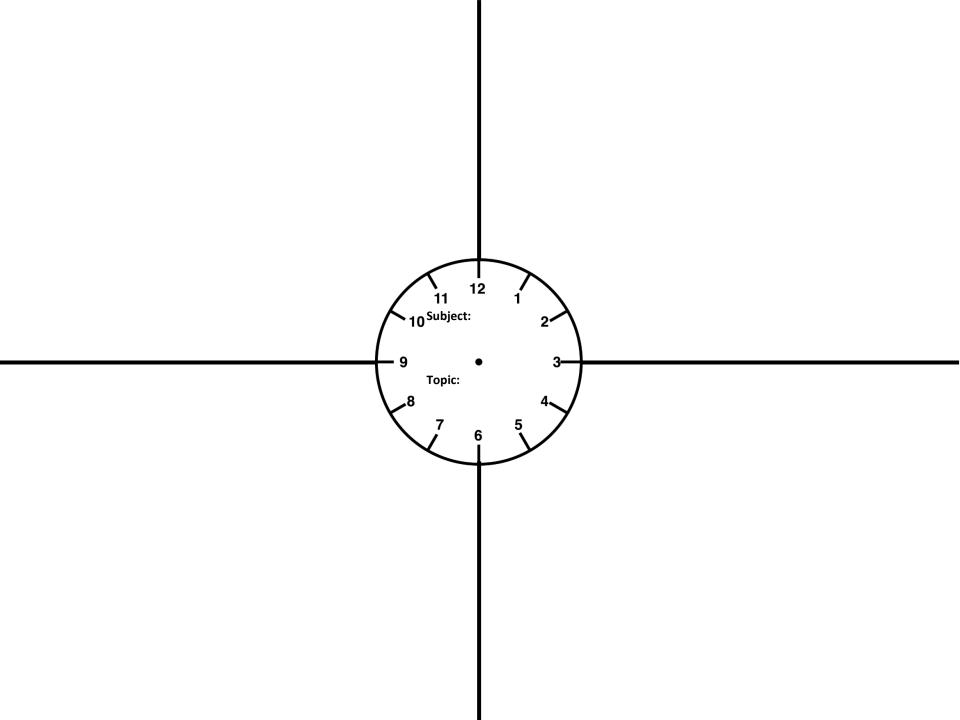


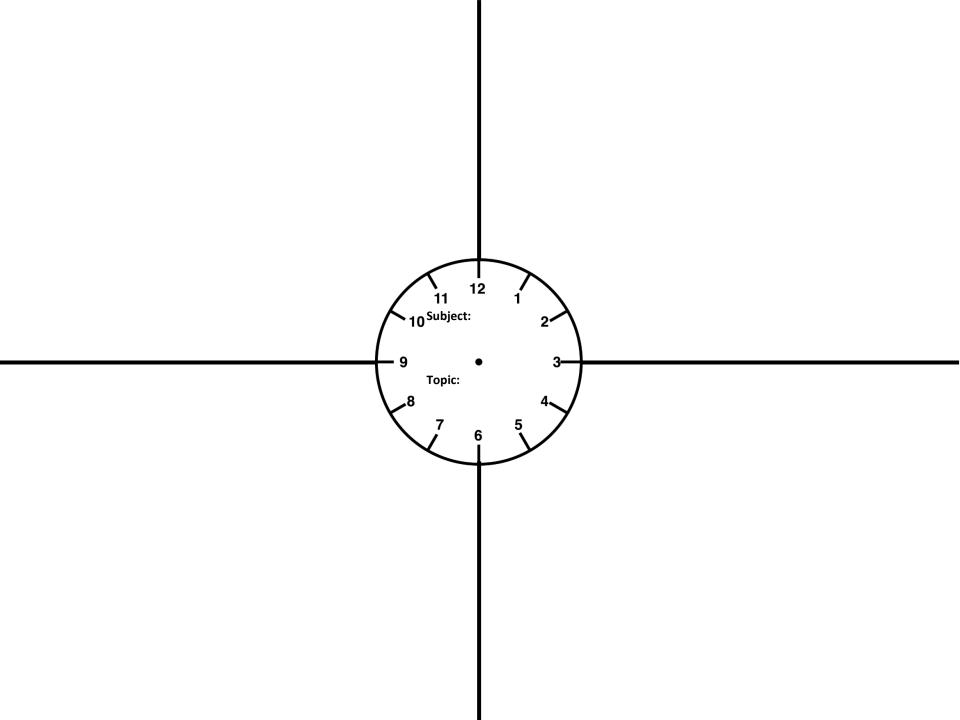


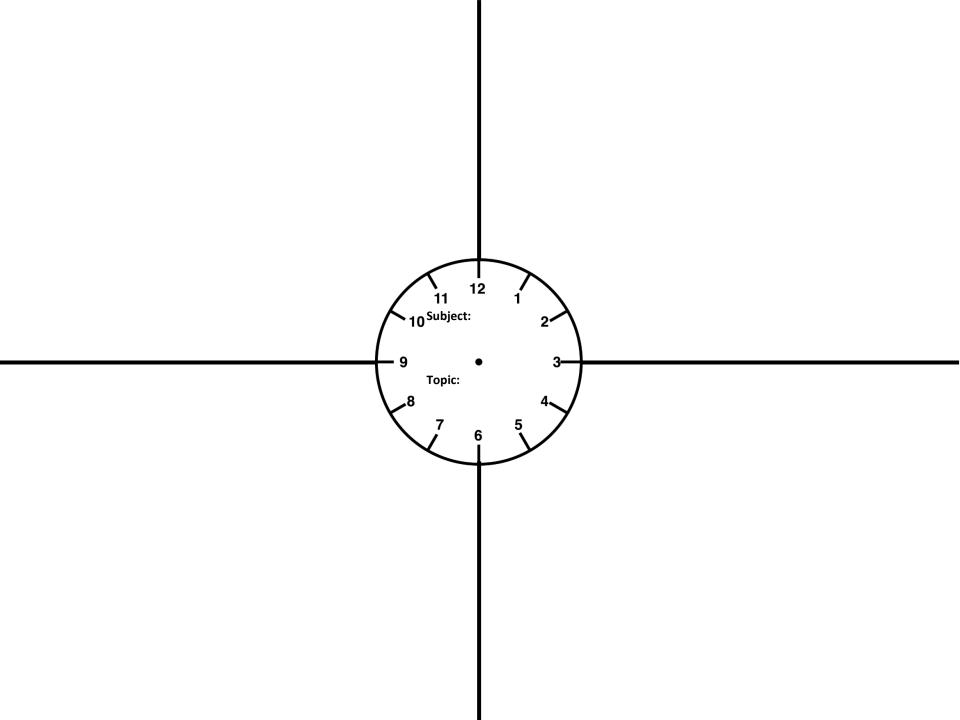


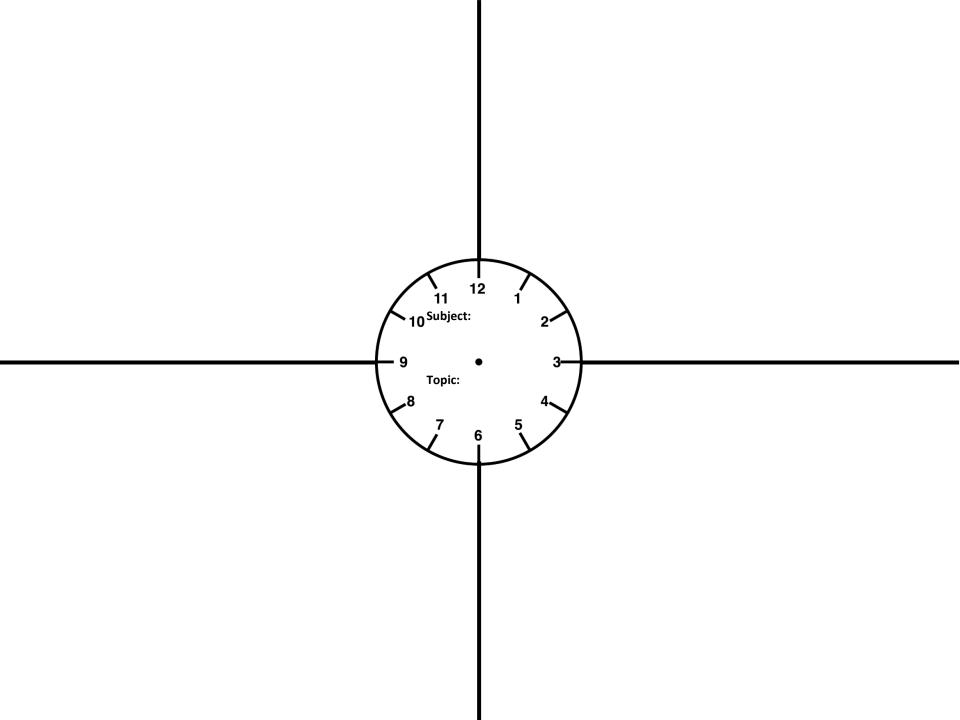


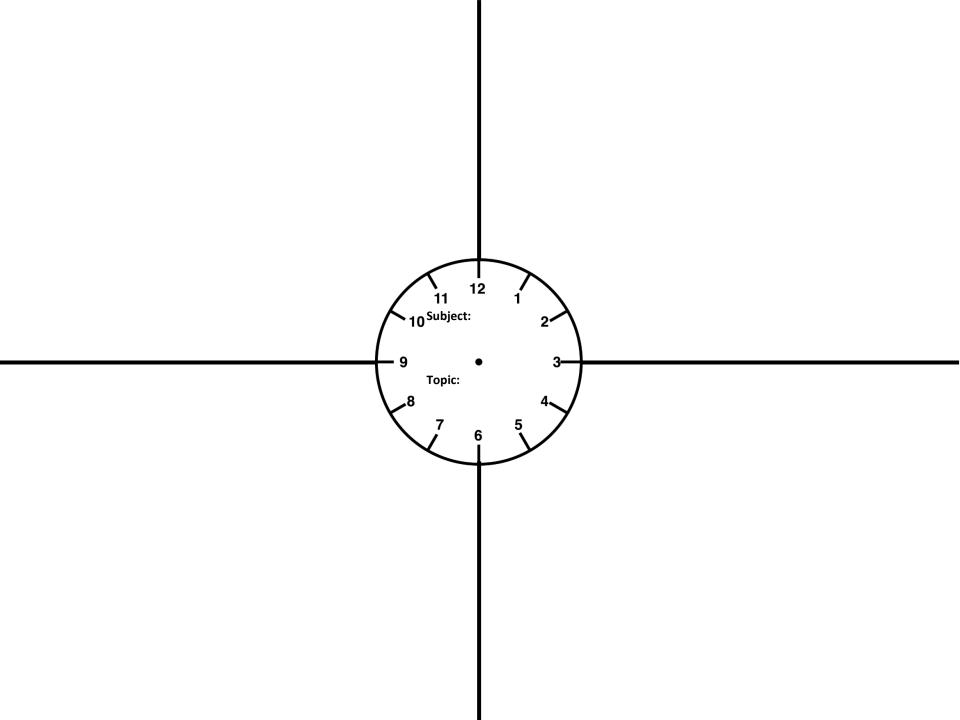


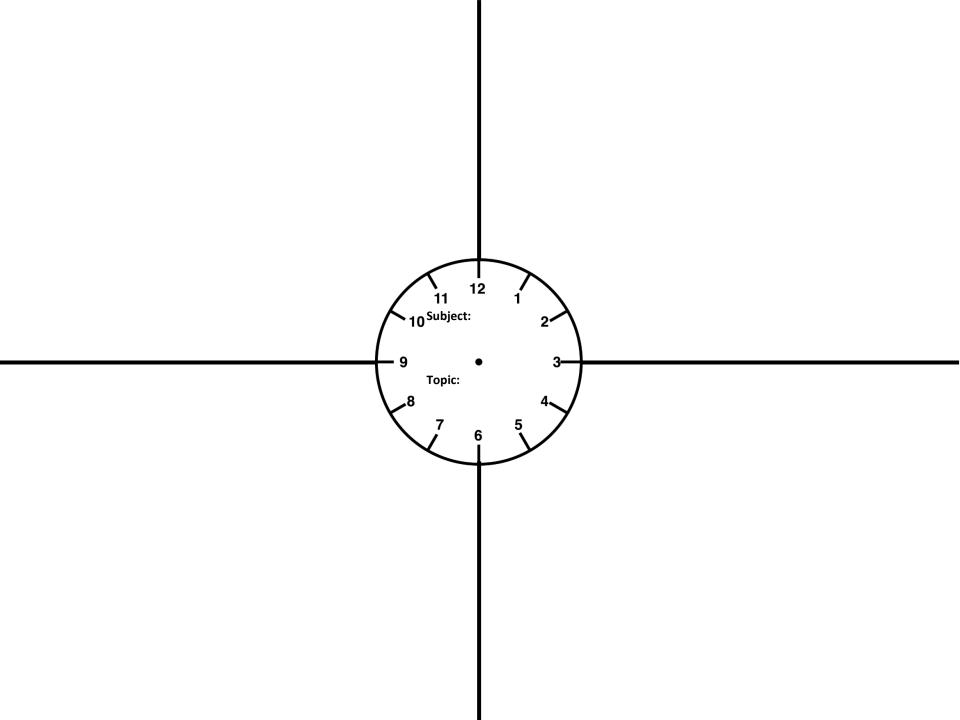












## Topic:

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### Retrieval Relay Race

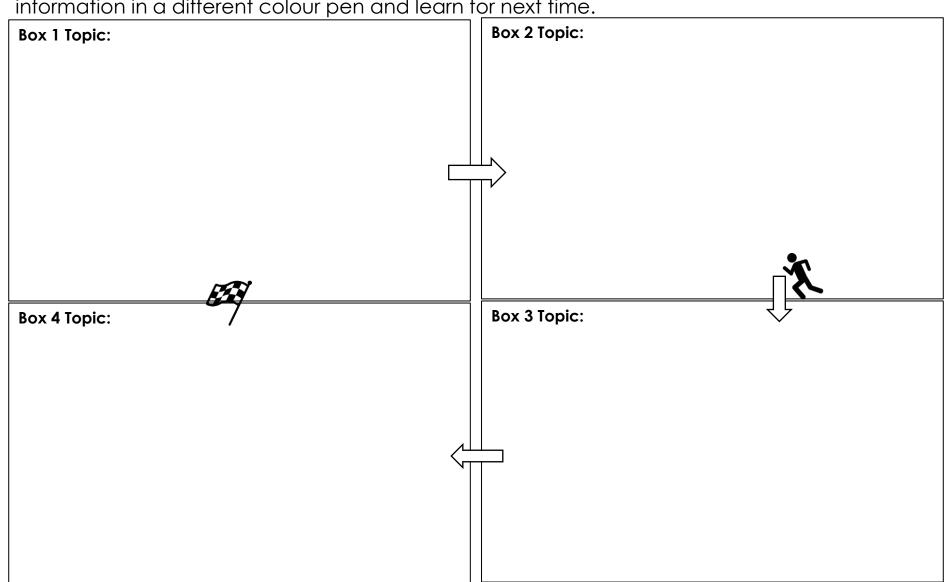
Fill in the first box with as much information as you can about the topic.

You cannot copy the same information in box 1, as in box 2, 3 & 4.

Try to get four different points about a chosen topic.

Once you have completed it or become stuck, research the topic and put in any new

information in a different colour pen and learn for next time.



### Retrieval Relay Race

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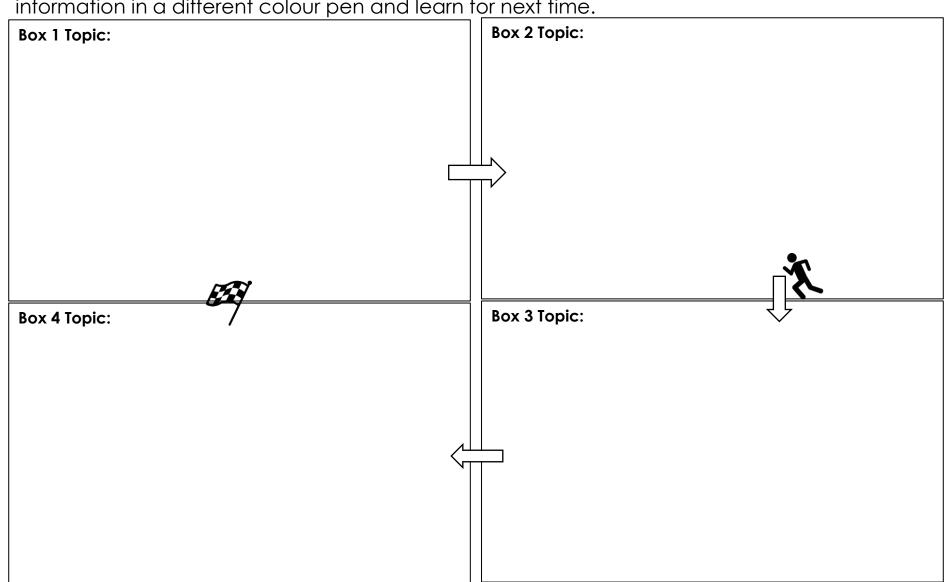
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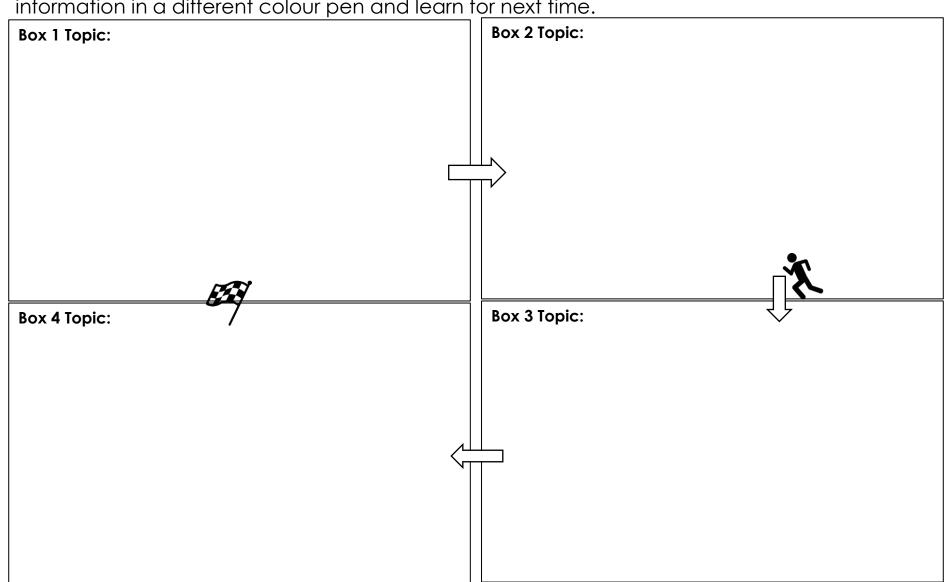


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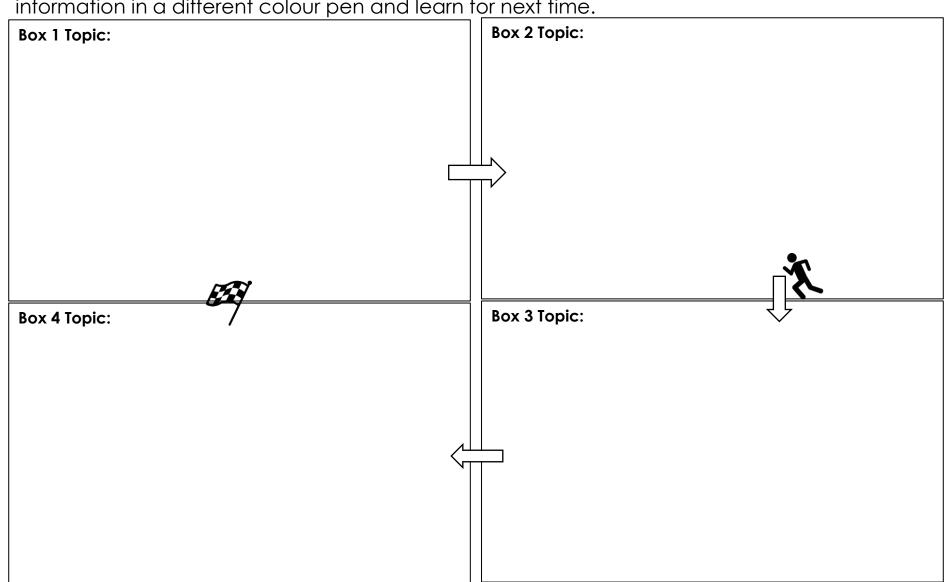


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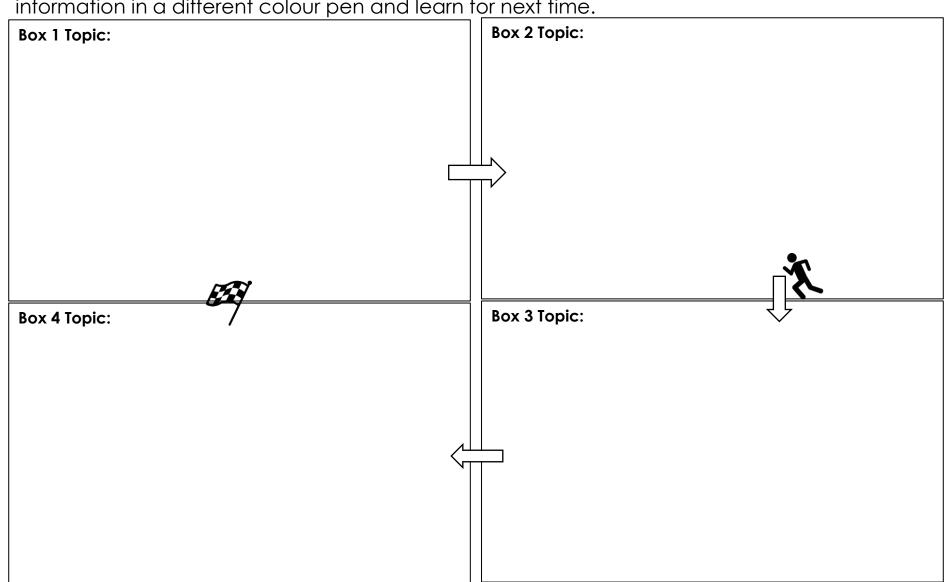


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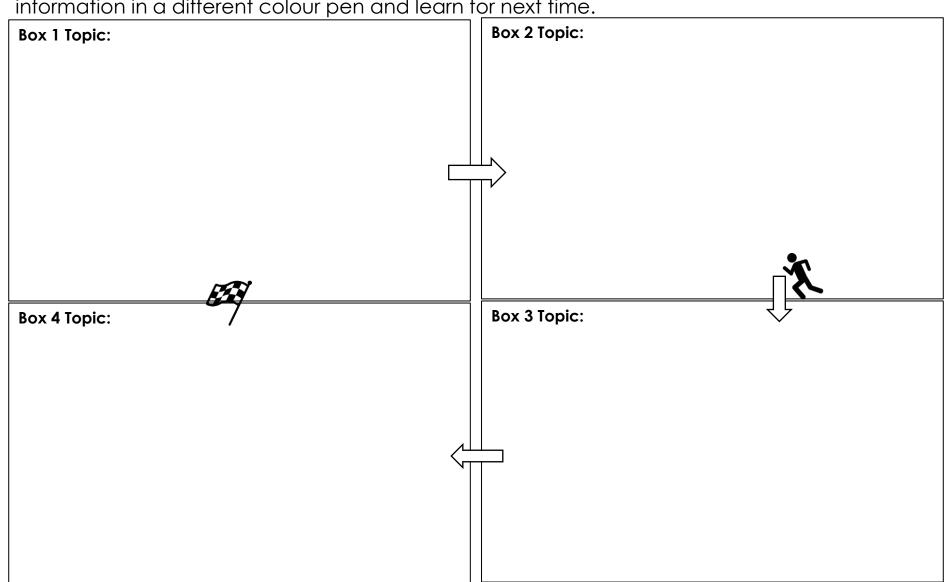


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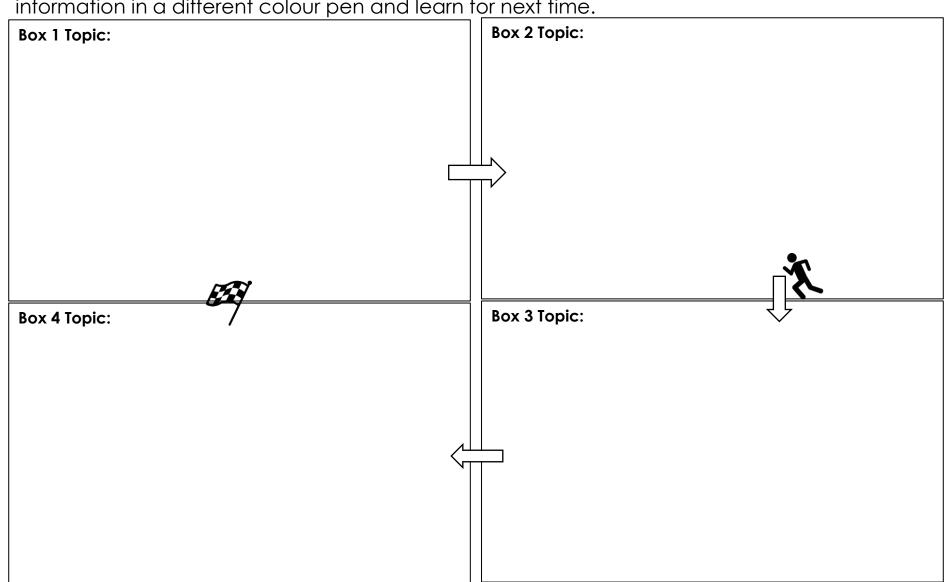


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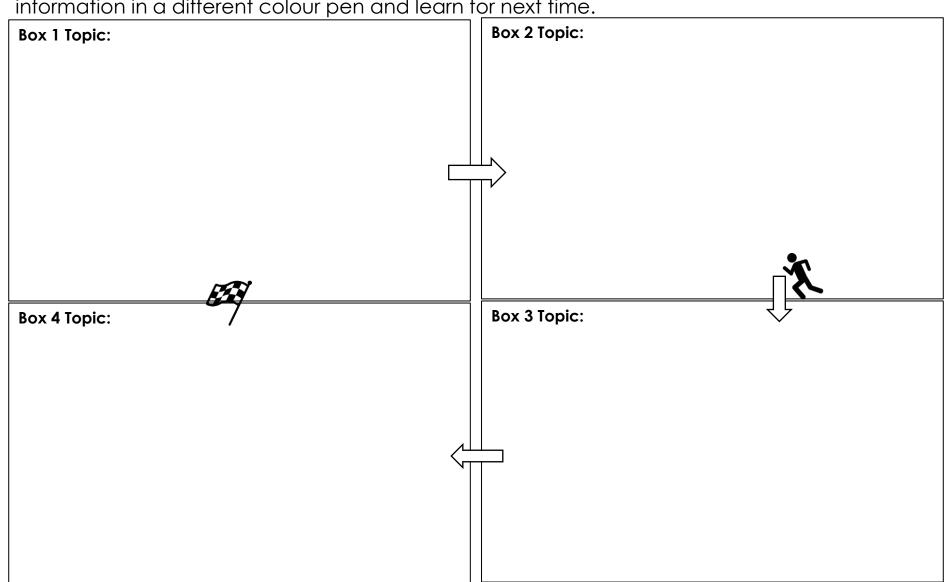


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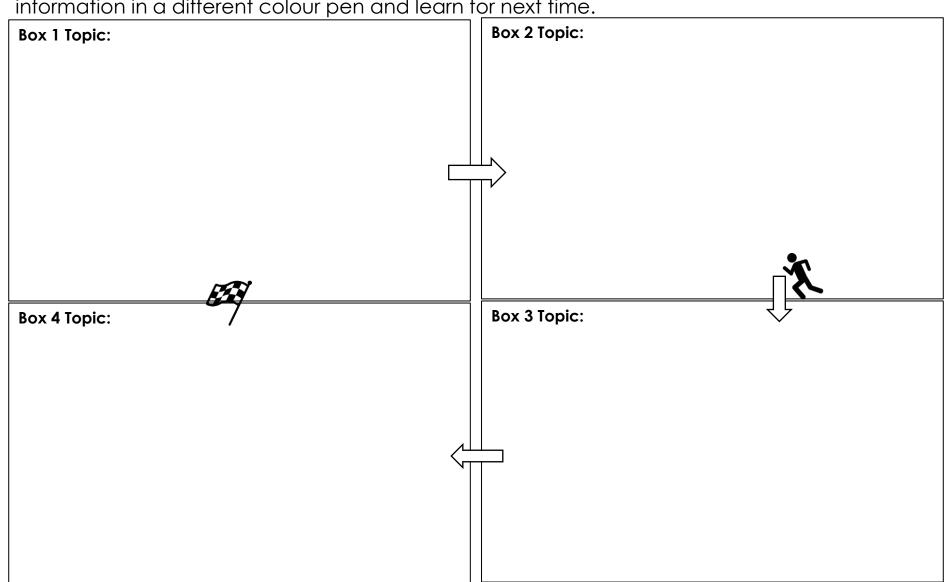


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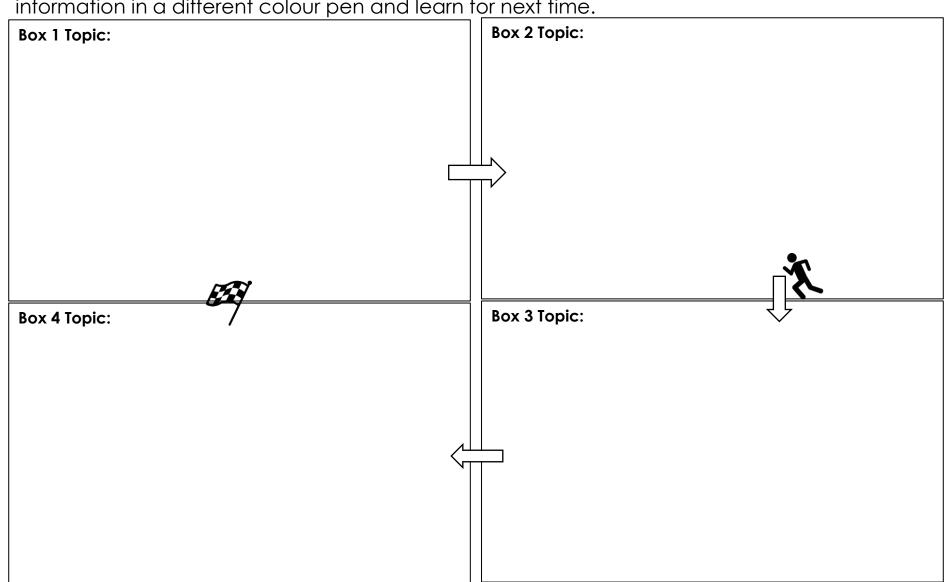


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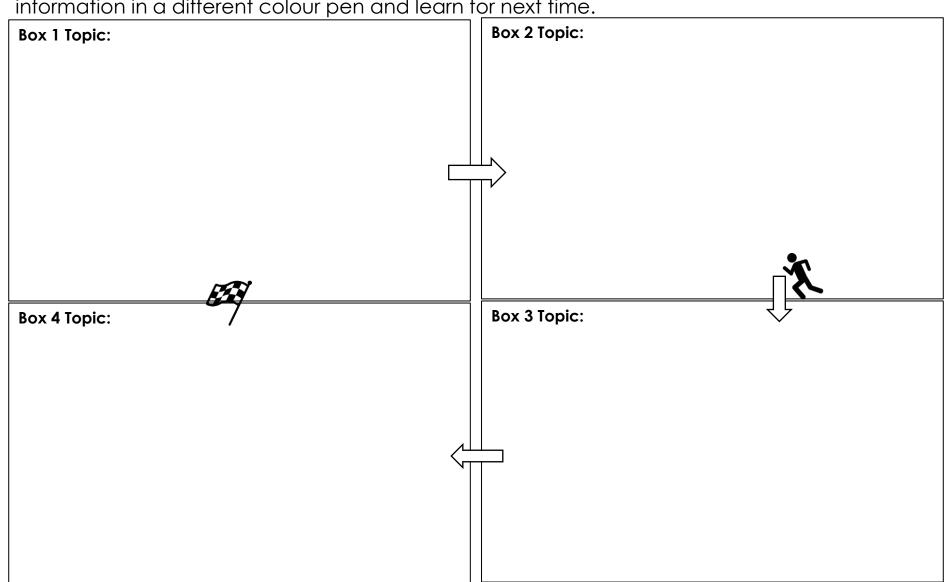


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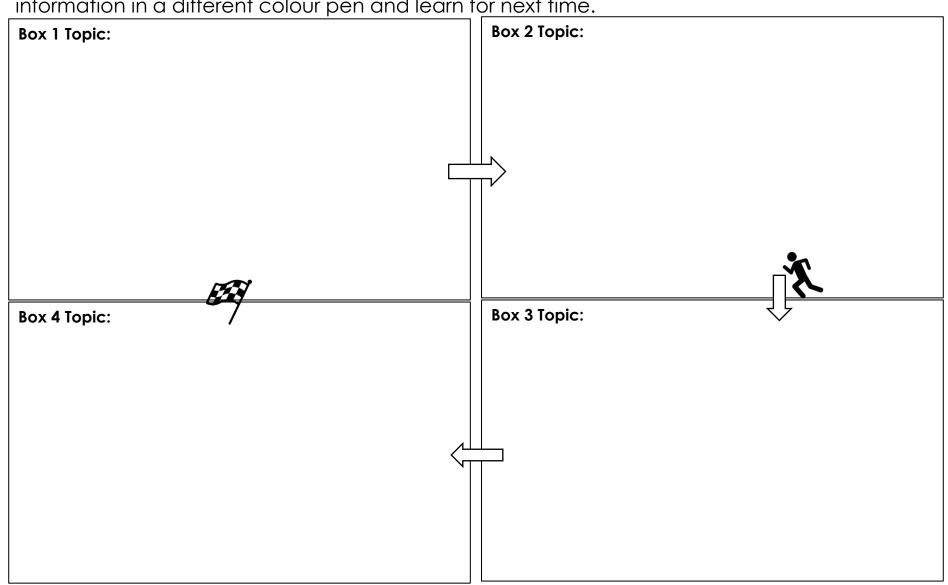


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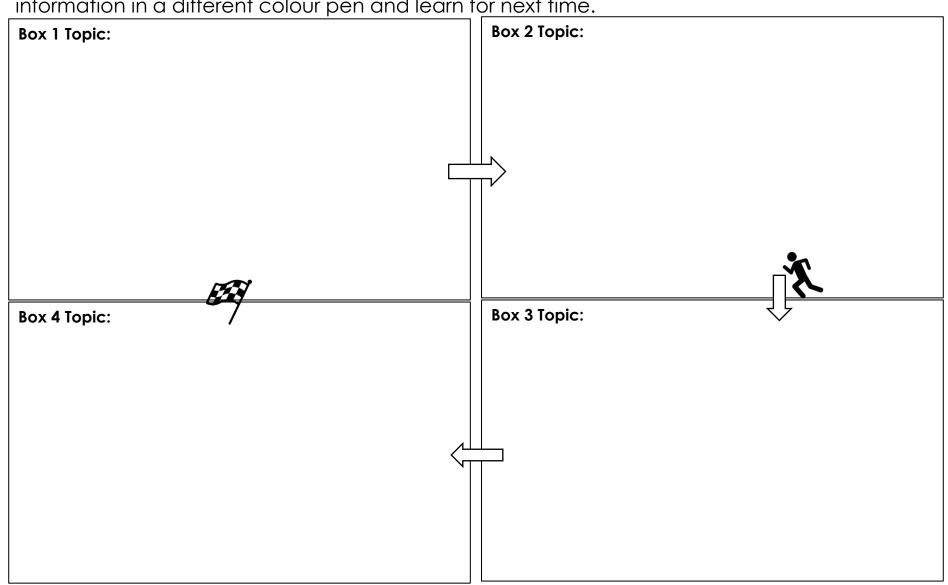


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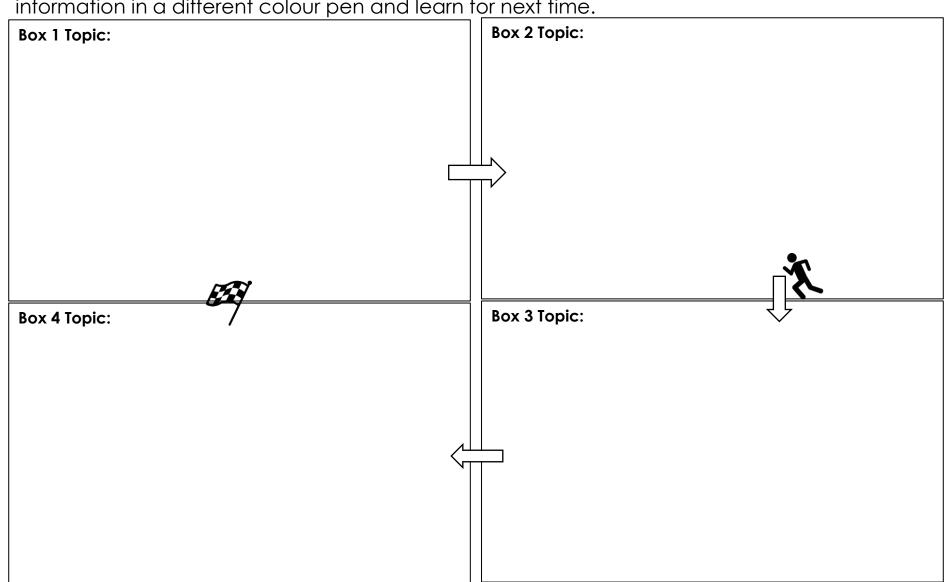


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