



Key Stage 3 Revision Information

April/May 2020

Introduction

An important aspect of your Key Stage 3 education is to ensure that you are developing the study and revision skills needed for your future education.

Therefore, even though you are working from home we want to do our best to make sure that you do not miss out...

Contents of this power point

- How will assessments work?
- Year 7,8,9 assessment timetable
- What should you revise?
- Revision techniques
- Time management
- Relaxation and well being
- How can parents help

How will assessment week work?

- Assessment week will take place between 18th – 22nd May
- You will receive a revision guide with everything you need to revise for your subjects.
- The weeks beginning 4th May and 11th May will be allocated to revision lessons. Your teachers will not be setting new content but will set targeted revision lessons to help you prepare for your end of year assessments.
- Teachers will send you the exam paper, as per the schedule.
- You will have 48 hours to send the paper back to your teacher.
- Teachers will only set one exam paper per subject area. The paper will be a maximum of 1 hour long.

Year 7 Exam Timetable

Week A	Session 1 9am-10.30am	Session 2 11.30-1pm	Session 3 1.30-3pm
Monday 18th May	Maths	Geography	Art
Tuesday 19th May	Science	Computing	
Wednesday 20th May	English	POR	
Thursday 21st May	MFL	Technology /food/textile	
Friday 22nd May	History	Music	

Year 8 Exam Timetable

Week A	Session 1 9am-10.30am	Session 2 11.30-1pm	Session 3 1.30-3pm
Monday 18th May	Technology/ Food/Textiles	History	
Tuesday 19th May	Music	Maths	
Wednesday 20th May	Geography	Science	Art
Thursday 21st May	Computing	English	
Friday 22nd May	POR	MFL	

Year 9 Exam Timetable

Week A	Session 1 9am-10.30am	Session 2 11.30-1pm	Session 3 1.30-3pm
Monday 18th May	POR	MFL	
Tuesday 19th May	History	Geography	
Wednesday 20th May	Technology/Food/Textiles	Maths	
Thursday 21st May	Music	Science	
Friday 22nd May	Computing	English	Art

What should you revise?

- Departments will issue 'What to revise lists' in the booklet sent to you

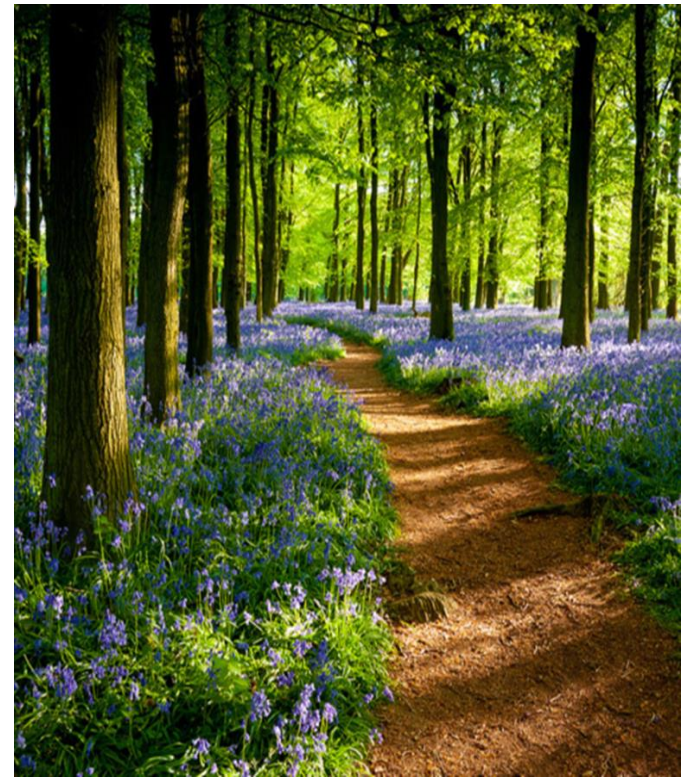
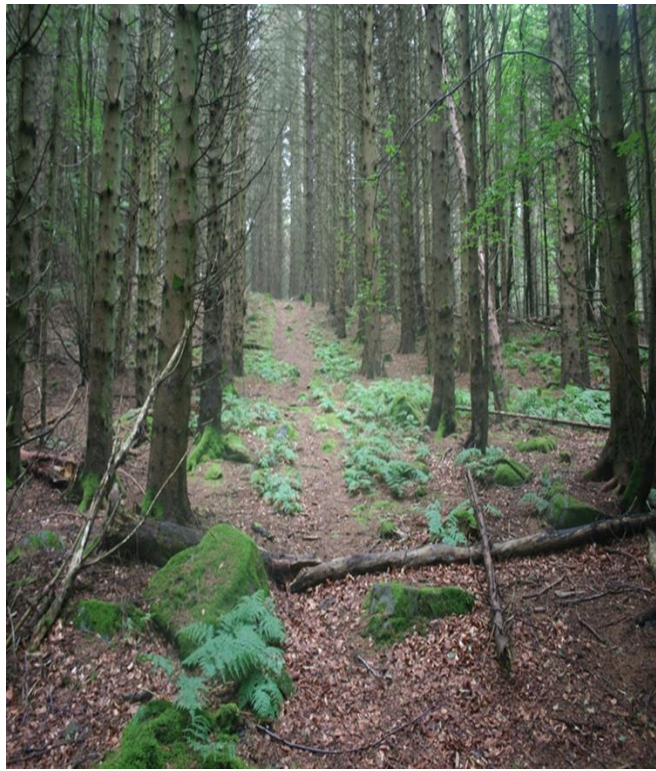
Resources to help with revision e.g.

- Class notes/ handouts (we realise that not everyone has these at home as books in school so teachers will make sure you have all of the information you need or email them if you are unsure)
- Textbooks
- Kerboodle
- MyMaths and Maths watch
- Frog – department resources
- BBC Bitesize
- Linguascope

What should you revise?

App/Website	User Name	Password
Kerboodle (same log in for a number of subjects)	Initial of first name and surname (all one word)	Will have created their own password
My Maths	First level log in: Holt Second Level: unique	First Level log in: Hexagon Second level: unique
Maths Watch	own user id (unique number)	password is always Hexagon
Linguascope	holtschool	Languag35

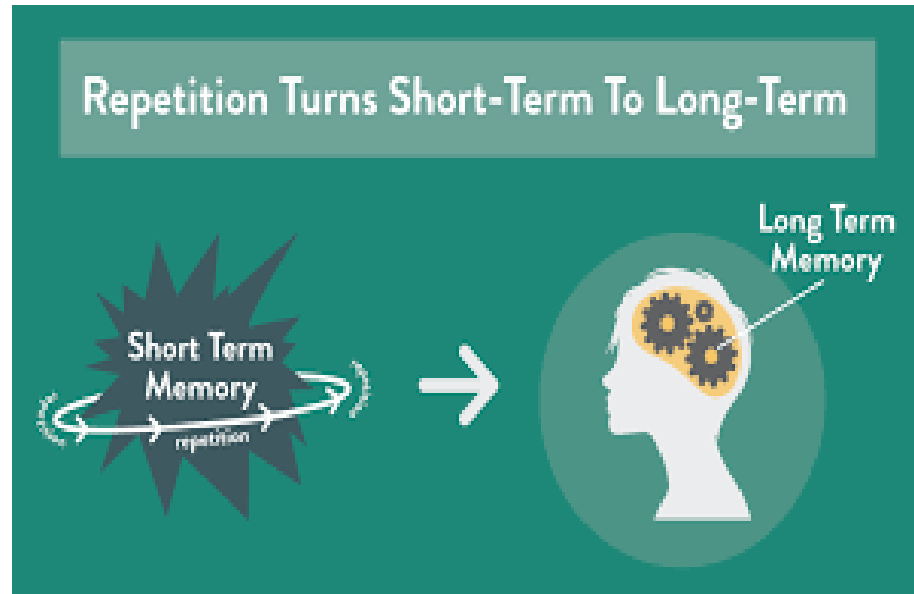
INSPIRE CHALLENGE ACHIEVE



The image on the left represents your memory before revision – the basic facts are there but not the details. The path isn't well trodden...your memory cannot retrieve everything...it is not well trodden.

The image on the right represents your memory after revision. Lots of repetition (learning/practice/recall/quizzing) helps information to transfer from your short term memory into your long term memory. Your long term memory is the well trodden path..it is easy for your memory to retrieve information. You probably remember nursery rhymes because you practiced them over and over again when you were a toddler!

Memory



A good example of how this works would be... think of your favourite song... the more times that you listen to it.... The more likely you are to remember the words.

Revision Techniques

- In order to transfer information into your long term memory, you need to complete the following:
- **Spaced practice:** Spacing out your studying over time...revise a topic and go back to it two days later and then maybe a week later and see how much you remember by writing out the information without looking. Then check and relearn the areas you have not remember.
- **Retrieval practice:** use quizzes, questions, have your parents test you.....trying to remember is really good for long term memory!
- **Dual coding:** Combining words and visuals – write revision notes but draw pictures too.

Revision Techniques

BBC Bitesize offer some excellent advice about how to revise. The following link has videos demonstrating how to use mind maps, how to use words and sounds:

<https://www.bbc.co.uk/bitesize/articles/zgc3w6f>

Information about revision cards and other top tips can be found in these videos:

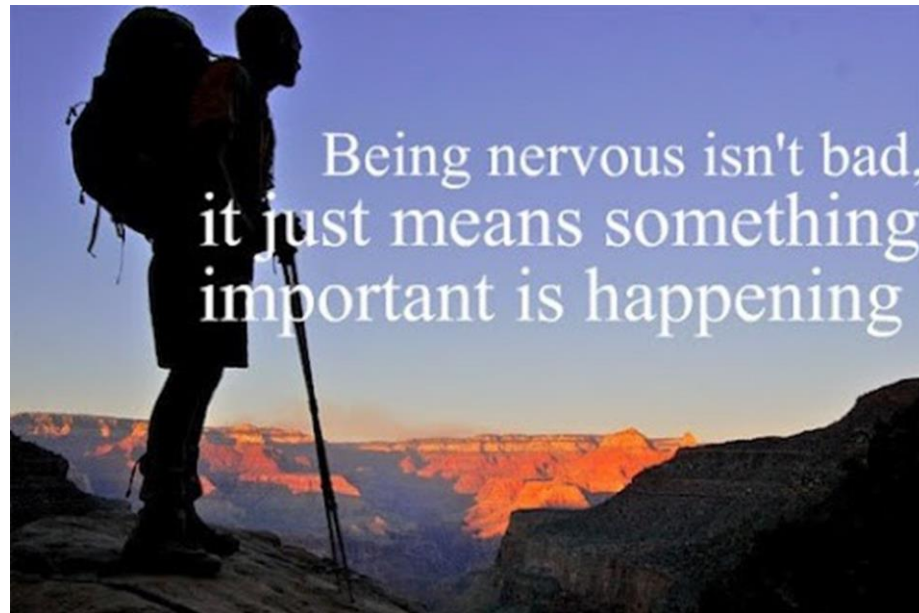
<https://www.bbc.co.uk/bitesize/articles/z6pv3k7>

Time management

- Teachers will be allocating revision activities for the two weeks prior to the assessments.
- No classwork/ additional work will be set during assessment week so you will have time the day before each assessment to revise.
- Each assessment is one hour so you only have two hours of assessment each day.
- This means you could do an hour per subject revision ready for the assessments for the next day.

Relaxation and well being

Being nervous is our normal reaction, so a certain level of anxiety during exam time is normal.



Mindfulness – what is it?

- Being mindful makes us more fully aware of what is around us;
 - What we can see, hear, touch and taste.
 - What is happening inside – our thoughts and feelings.



Mindfulness – why?



- It helps us focus so we don't get caught up in thinking and worrying. We can choose what we attend to.
- It helps us be healthier
- Research suggests that it can lead to structural changes in the brain

Mindfulness - How

- Observe mindfully
- Walking mindfully
- Doing extra acts of kindness
- Be grateful for three good things a day





Helpful relaxation apps

- Attached to this email, you will find a list of apps that have been recommended to us by the Educational Psychology service.
- All apps have a focus on well being.

How parents can help?

- These tests alone do not determine sets!
- Work out a revision timetable.
- Break revision time into small chunks

How parents can help?

- Encourage your daughter to take regular exercise- take the dog for a walk, go for a brisk walk round the block, try out an online exercise routine
- Discourage your daughter from staying up late to cram
- Make sure that your daughters eats healthily
- Mark the end of the assessments with a treat that everyone can look forward to

After The Assessments

Time for reflection...

- Celebrate the hard work students have put into the assessments and the resilience shown.
- Identify what aspects worked well and which can be improved.
- Emphasise that the KS3 assessments are as much about learning good revision skills, time management and dealing with stress as it is learning the content for the assessments.
- Support your daughter in understanding the feedback from teachers to help make improvements.

Home study Environment

- Work space – designated area
- Minimise interruptions
 - No TV, phone, music, social networking sites, keep younger siblings away.
- Food and drink breaks (time tabled)
- Stationery
 - Cue cards, A3 paper, coloured pens, coloured paper, tags



Any concerns...

Contact

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Thank you for reading.