



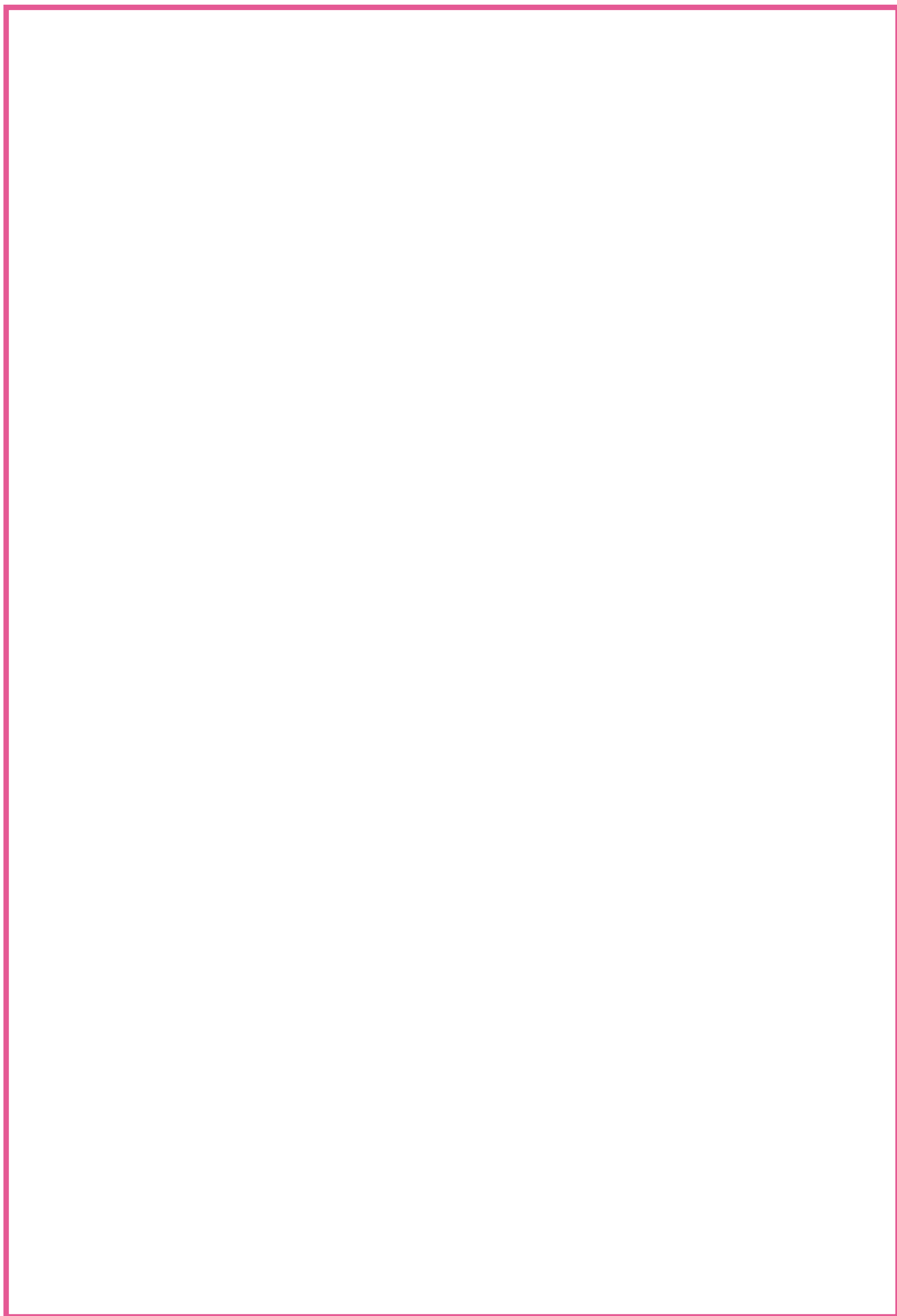
Fairfield
High School for Girls

Year 10

Recommended Revision Guides and Independent Revision Tasks

Successful Learner Programme

October 2024



Revision Websites

The following websites can be used for revision. These websites offer excellent resources for quizzing and retrieval practice. It is important that you make sure you are revising content that is on the specification for your GCSE subjects.

Quizlet - <https://quizlet.com/>

Provides a platform for creating and sharing flashcards, quizzes, and study games across various subjects, helping you with memorisation and review.

BBC Bitesize – <https://www.bbc.co.uk/bitesize/levels/z98jmp3>

Provides educational resources, revision guides, and interactive activities for most GCSE courses – make sure to choose the correct exam board for your subject.

Quizizz - <https://quizizz.com/>

Offers customizable quizzes and learning activities – search for quizzes that match your GCSE specification

Seneca Learning - <https://senecalearning.com/en-GB/>

Provides interactive revision resources and quizzes for GCSE subjects, with adaptive learning features and progress tracking.

You also have access to the following subject-specific revision and learning websites

Maths

- **On Maths** - www.onmaths.com
- **Corbett Maths** - www.corbettmaths.com/100days
- **Sparx Maths** - www.sparxmaths.uk

MFL

- **Language Nut** - <https://www.languagenut.com/en-gb/>
- **Language Gym** - <https://www.language-gym.com/>
- **Active Learn** - www.pearsonactivelearn.com

Username: normal 5 log on digits with –AL on the end

Password: FHSgpupil20

Science - Educake - www.educake.co.uk

Geography - Seneca Learning (AQA Geography)

<https://app.senecalearning.com/classroom/course/5a073d30-21f8-11e8-8c19-619061cc7240>

Literature

- ☐ Annotate blank copies of key quotes to see what you know. Compare new annotations with your revision cards and add to your notes in a second colour.
- ☐ Dual code your Key Quotes Cards by drawing an image on the back of each card to represent the quotation. Get someone at home to test your knowledge of the quotation.
- ☐ Log onto 'SharePoint' and use the revision videos to revise the key themes and characters. Access the videos via this link: [Fairfield High School for Girls Team Site - English Videos Resources - Thumbnails \(sharepoint.com\)](#)
- ☐ Use your 'Literature Essay Planning Booklet' and your poetry comparison booklet to plan essays for the characters, themes and pairs of poems.
- ☐ Practise writing up your essay plans in timed conditions.

Language

Prepare for writing

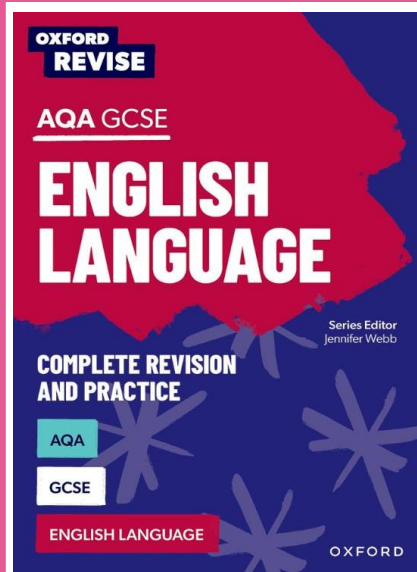
- ☐ Read opinion pieces in newspapers.
- ☐ Discuss what is happening in the news.
- ☐ Use our writing templates to practise writing points of view responses.
- ☐ Read and watch stories
- ☐ Find an interesting image and write a description or story using the image as the prompt.
- ☐ Practise for writing by perfecting a draft of some of the stories and descriptions you have written in class.

Prepare for reading

- ☐ Read newspaper articles and try to summarise the key points of the article
- ☐ Read short stories or fiction extracts and try to summarise the key points
- ☐ Complete questions from past papers in timed conditions. Then read over and improve your work in untimed conditions. Use the whole class feedback sheets and your individual targets to focus your mind on your areas for development.
- ☐ Use / learn the exam question success criteria and the sentence stems to ensure that you know what each question in the exam is expecting of you.

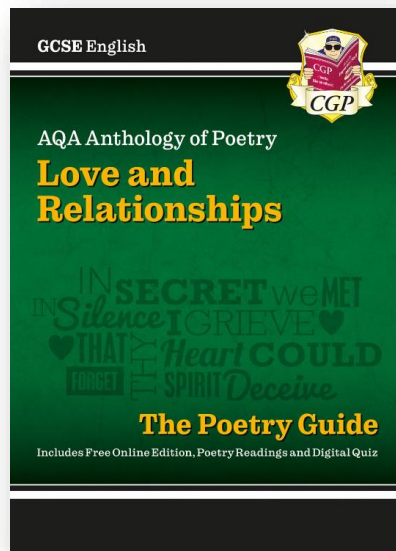
GCSE English Language and Literature (AQA)

English Language Revision Guide

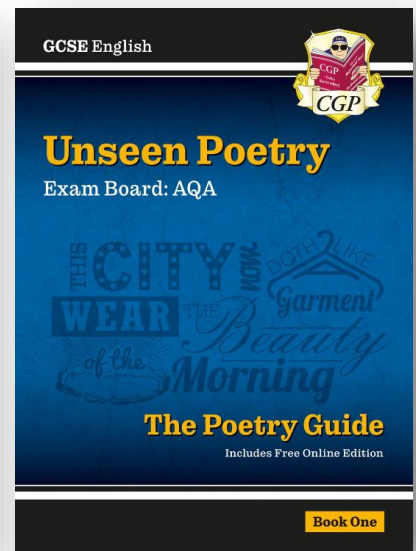


AQA GCSE English Language
(Oxford Revise: English)
<https://amzn.eu/d/86sB6Sd>

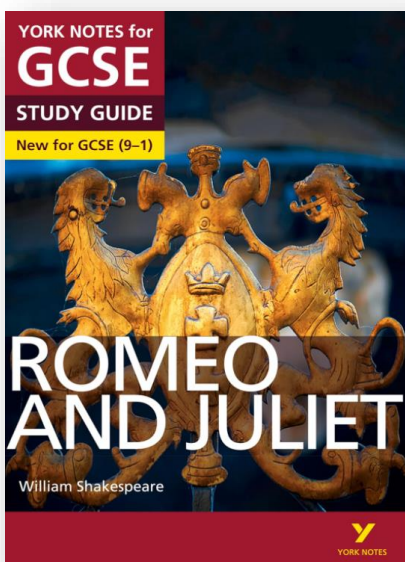
English Literature Revision Guides



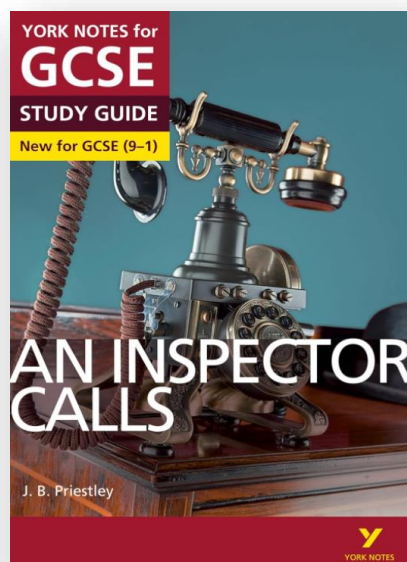
GCSE English AQA Poetry Guide
Love & Relationships Anthology
<https://amzn.eu/d/c9ji67s>



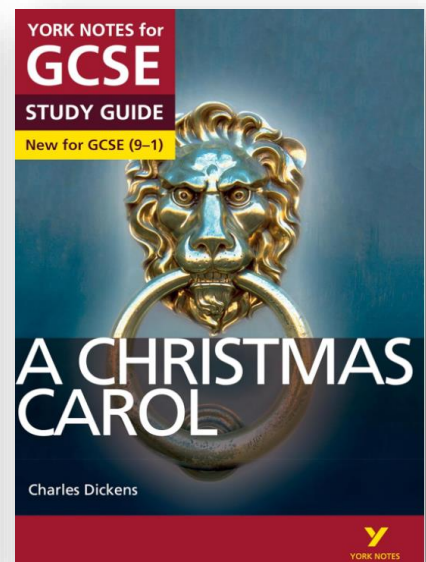
GCSE English AQA Unseen
Poetry Guide - Book 1
<https://amzn.eu/d/2k4NEGL>



Romeo and Juliet: York
Notes for GCSE everything
you need to catch up, study
and prepare for and 2023
and 2024 exams and
assessments
<https://amzn.eu/d/1vz27Mb>



An Inspector Calls: York
Notes for GCSE everything
you need to catch up, study
and prepare for and 2023
and 2024 exams and
assessments
<https://amzn.eu/d/fm1AYP0>



A Christmas Carol: York
Notes for GCSE everything
you need to catch up, study
and prepare for and 2023
and 2024 exams and
assessments
<https://amzn.eu/d/85gCmy6>

These revision guides are not essential – the English Faculty provides a wide variety of expertly crafted revision guides and booklets to support revision.

Independent Revision Tasks

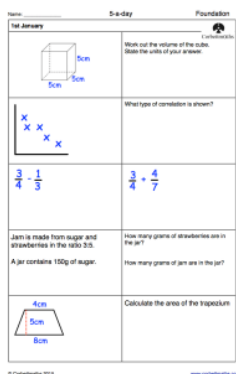
(1) Sparx Maths

Complete your weekly Sparx Maths compulsory home learning. It is set every **Wednesday** and is due in the following Wednesday.

This is so important as each task is personalised towards your individual topics for development.

Challenge yourself by also completing the two 'optional' home learning tasks.

(2) Corbett Maths 5-a-day



Put aside 10-15 each day to complete a Corbett Maths 5-a-day task.

<https://corbettmaths.com/5-a-day/gcse/>

Numeracy – broadly designed for students aiming for Grades 1, 2 and 3.

Foundation – broadly designed for students aiming for Grades 3 and 4.

Foundation Plus – broadly designed for students aiming for Grades 4, 5 and 6.

Higher – broadly designed for students aiming for Grades 6 and 7.

Higher Plus – broadly designed for students aiming for Grades 8 and 9.

Using a “little and often” approach where you regularly practice key topics, will help you store information into your long term memory.

(3) Revision Lists

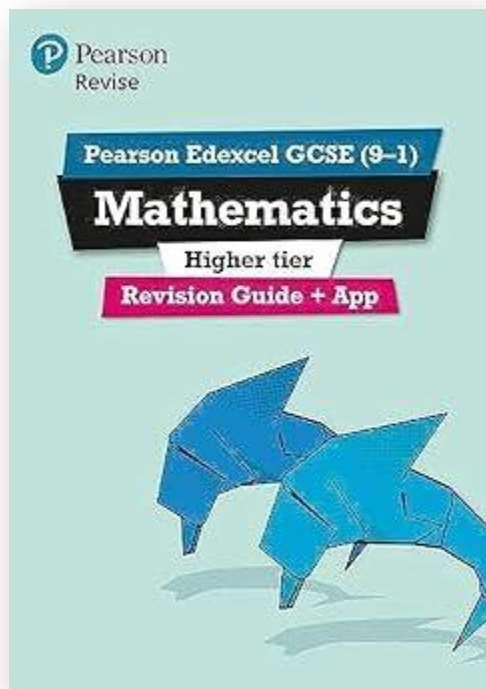
Use your revision lists to plan out which topics you are going to prioritise revising. Establish what topics are your strengths and those that need attention by looking back at your previous mock examinations and home learning tasks. Then use the independent learning section on Sparx Maths to structure your revision.

(4) Use past papers

Complete past papers, past papers, past papers! Although every year there will be a tricky question or two, the vast majority of a GCSE maths paper is fairly predictable, so by completing past papers regularly, you should feel more prepared for mock exams. This will also help you identify what topics are your “weaknesses” and will let you know which topics you need to work on next.

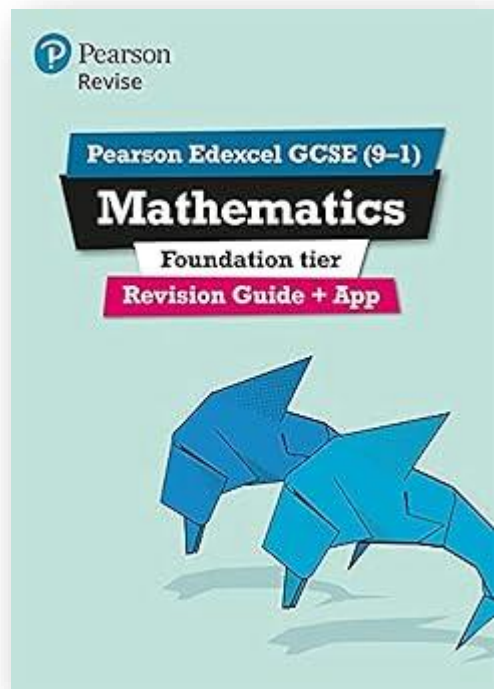
The Maths Faculty recommends: www.mathsgenie.co.uk

GCSE Maths - Edexcel



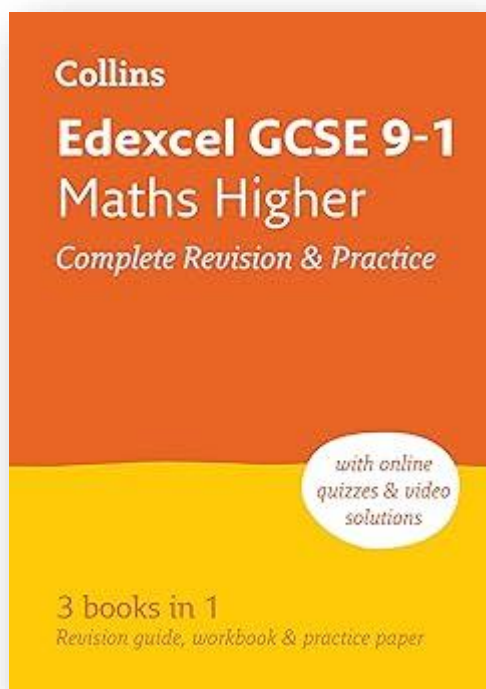
GCSE Maths Higher - Pearson

Pearson Edexcel GCSE (9-1)
Mathematics Higher tier Revision
Guide



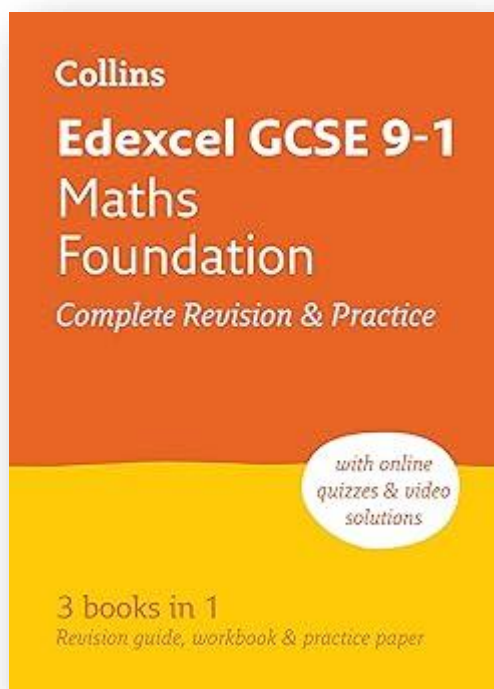
GCSE Maths Foundation - Pearson

Pearson Edexcel GCSE (9-1)
Mathematics Foundation tier
Revision Guide



GCSE Maths Higher - Collins

Edexcel GCSE 9-1 Maths Higher
All-in-One Complete Revision and
Practice



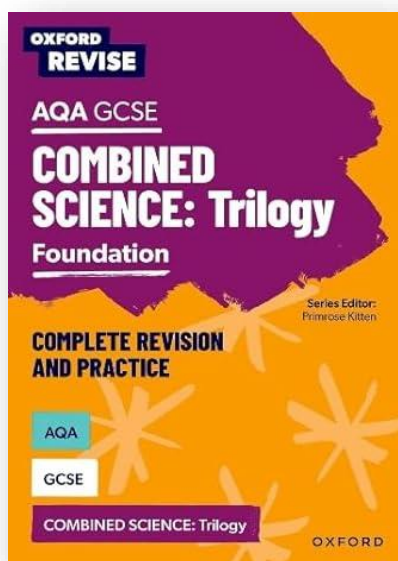
GCSE Maths Foundation - Collins

Edexcel GCSE 9-1 Maths Foundation
All-in-One Complete Revision and
Practice

Independent Revision Tasks

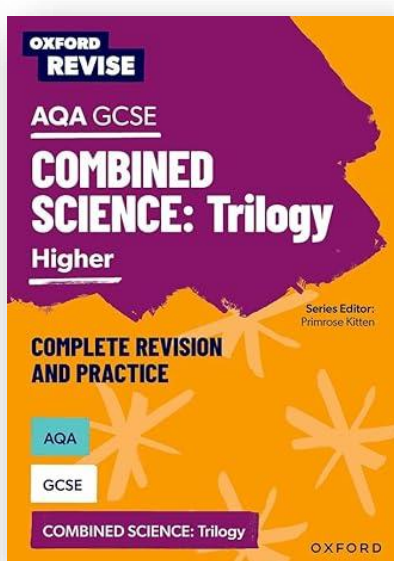
(1) Flash Cards	Use the pre-prepared flash cards for each topic of paper 1 in biology, chemistry and physics. Do 30 minutes on each topic and rotate.
(2) Educake	Educake quizzes @ www.educake.co.uk Set yourself 30 questions on the paper 1 topics that you find most challenging.
(3) Brain dump	Brain dump – Use your revision guide to make a brain dump on the key topics for biology, chemistry and physics paper 1.
(4) Past paper questions	Past paper questions – these can be accessed through the AQA website AQA Find past papers and mark schemes .
(5) Watch	Revise Chemistry with Mr B – on YouTube or TikTok Revision clips for every chemistry lessons across all topics.
(6) Microsoft Teams	Check your Teams posts for specific revision tips from your teachers. Topic lists for paper 1 are stored here.

GCSE Combined Science - AQA



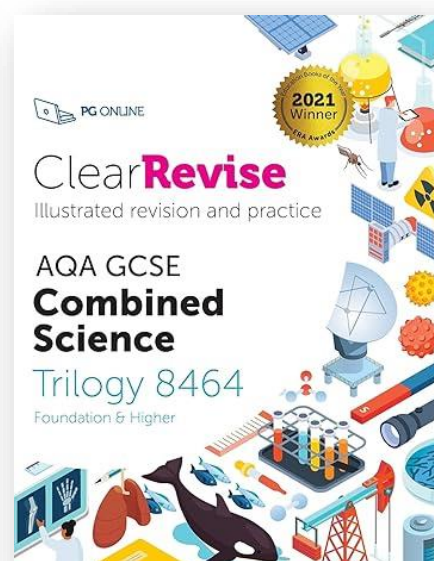
GCSE Combined Science - Foundation

Oxford Revise: AQA GCSE Combined Science Foundation Revision and Exam Practice



GCSE Combined Science - Higher

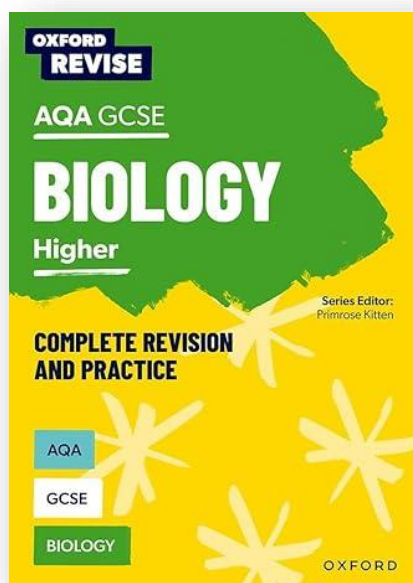
Oxford Revise: AQA GCSE Combined Science Higher Revision and Exam Practice



GCSE Combined Science – Foundation and Higher

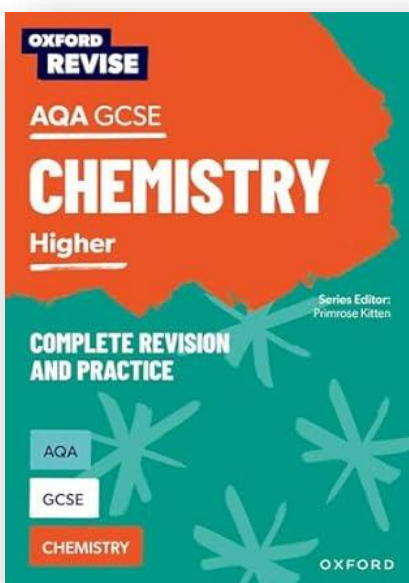
GCSE AQA Combined Science (Higher and Foundation): Illustrated Revision and Practice: Trilogy

GCSE Separate Sciences - AQA



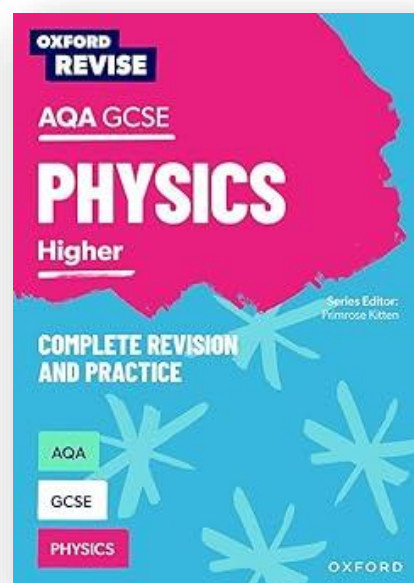
GCSE Biology Higher

Oxford Revise AQA GCSE Biology Revision and Exam Practice



GCSE Chemistry Higher

Oxford Revise: AQA GCSE Chemistry Revision and Exam Practice



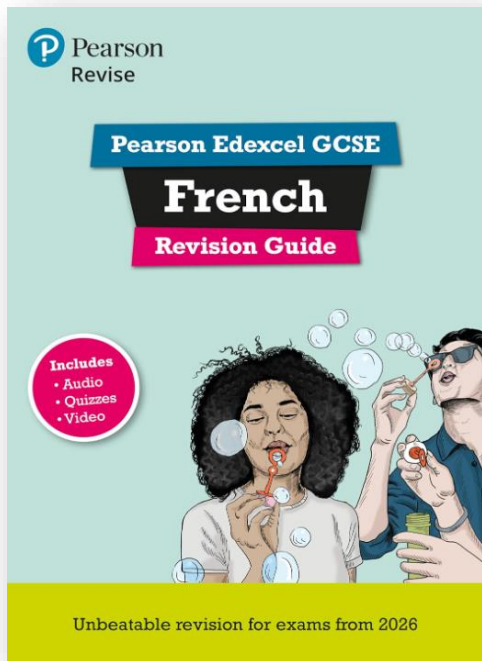
GCSE Physics Higher

Oxford Revise: AQA GCSE Physics Revision and Exam Practice

MFL - French and German

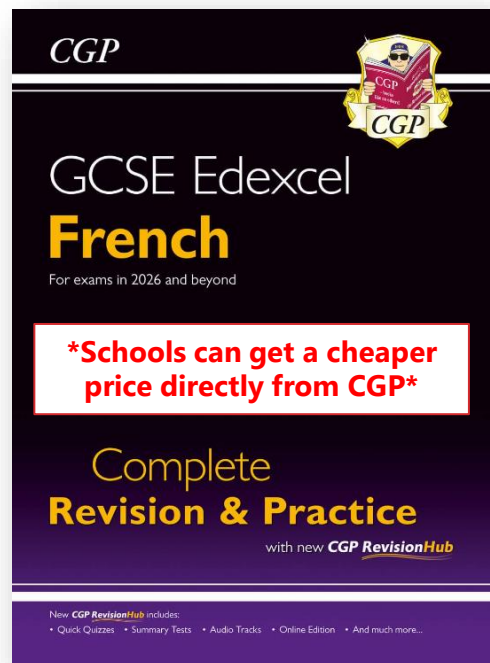
Independent Revision Tasks	
(1) Revision Guides	Use your own or borrow a revision guide from school. Work by skill or by topic. Use the online audio to practice listening in particular. Use the topic checker to identify key topics.
(2) Speaking Questions	Learn all of your speaking questions. Prepare for your speaking exam, look at a range of role-plays and photo tasks too. You must know all of your questions for the start of February when you will have your first mock speaking exam. These will help with the writing exam as well!
(3) Past Exam Papers	<p>Google AQA, Eduqas, OCR exam boards. Download their past exam papers and use these as additional revision resources. Focus on your listening skills! We are with Edexcel and your papers will be slightly different but language is language. Any exam board will test similar vocabulary.</p> <p>Go back over any completed assessments and check where you went wrong, look at your feedback. Focus on your writing skills in particular! Tenses, tenses, tenses!</p> <p><i>Remember you are the first year to do your specification so there will not be lots of past papers yet!</i></p>
(4) Online learning	<p>Log on to Pearson Active Learn, LanguageNut or LanguageGym and complete any assignments set. Make a note of any new vocabulary in your book.</p> <p>www.pearsonactivelearn.com Username- normal 5 log on digits with -AL on the end Password-FHSGpupil20</p> <p>https://www.languagenut.com/en-gb/ https://www.language-gym.com/</p> <p>More websites</p> <ul style="list-style-type: none"> • www.duolingo.com • (Sign up with your email address to start your vocab learning) • www.bbc.co.uk/bitesize • www.senecalearning.com • www.languagesonline.org.uk
(5) Other ideas	<ul style="list-style-type: none"> • Watch Films and Series in French/German - streaming services will let you change the audio and subtitles • Find a French/German news article and annotate/explore the text • Video call your friend and get testing each other on your speaking Qs • YouTube some French/German singers and see what lyrics you can understand • Set up a Quizlet or Blooket competition to do some vocab learning with your friends etc. • Listen to French/German radio in the background while you revise other subjects • Memorise key vocabulary from the list provided by Edexcel.

GCSE French - Edexcel



[Pearson Revise Edexcel GCSE French: Revision Guide for 2026 and 2027 exams](#)

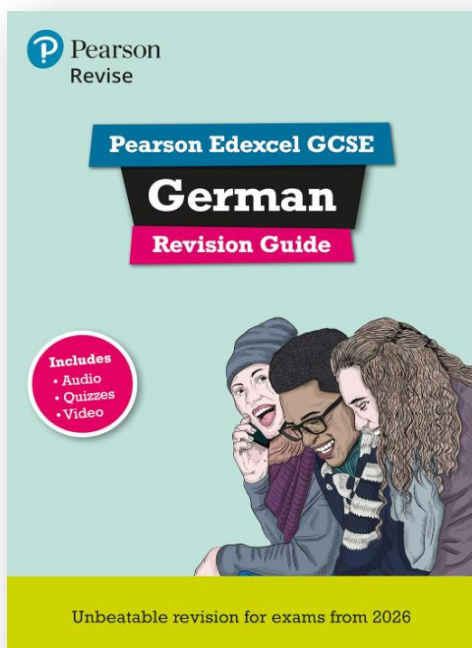
Pearson Edexcel GCSE (9-1) French
Revision Guide for 2026 and 2027



[New GCSE French Edexcel Complete Revision & Practice \(for exams from 2026\)](#)

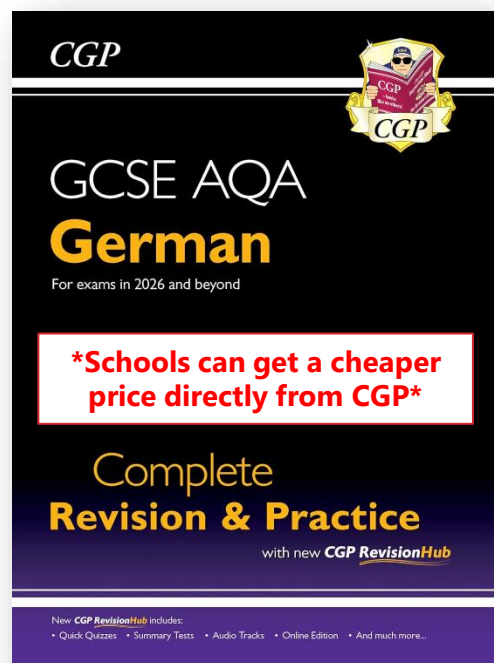
CGP Edexcel French Revision Guide
for 2026 and 2027

GCSE German - Edexcel



[Pearson Revise Edexcel GCSE German Revision Guide](#)

Pearson Edexcel GCSE (9-1) German
Revision Guide for 2026 and 2027



[New GCSE German Edexcel Complete Revision & Practice \(for exams from 2026\)](#)

CGP Edexcel German Revision Guide
for 2026 and 2027

Geography

Independent Revision Tasks

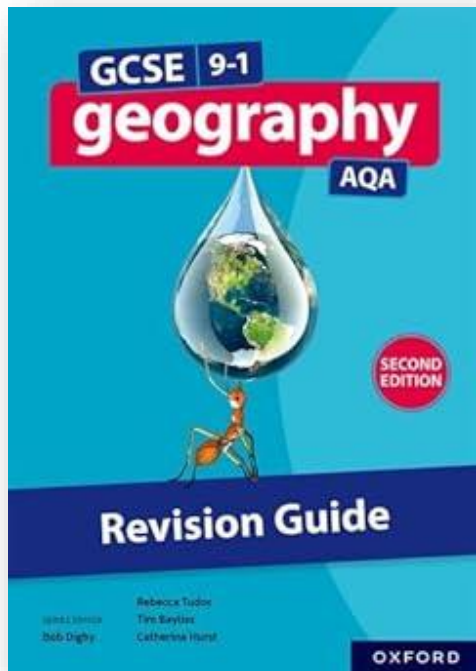
(1) Effective Revision Strategies	<p>Complete brain dumps in two different colours, revise using flash cards or complete the A3 knowledge organiser sheets for all topics. You may need to prioritise key topics to focus on:</p> <p><u>Paper 1</u> (i) Natural Hazards (ii) Weather Hazards (iii) Climate Change (iv) Ecosystems (v) Tropical Rainforests (vi) Deserts (vii) Rivers (viii) Coasts</p> <p><u>Paper 2</u> (i) Rio de Janeiro (ii) Manchester</p>
(2) Past Papers	<p>Complete questions from the 2018-2022 exam papers for Paper 1 and 2. These are in the files area in Teams if you do not have a paper copy and can also be downloaded from this website</p> <p>https://mmerevise.co.uk/gcse-geography-revision/gcse-geography-past-papers/aqa-gcse-geography-past-papers/</p>
(3) Revise with YouTube	<p><u>Tutor2U</u></p> <p>The organisation 'Tutor2U' has produced a wide range of revision videos for all the main AQA GCSE Geography topics. Choose topics that you need to focus on, you may want to consider rivers and coasts.</p> <p>AQA GCSE Geography Revision Blasts for 2024 – YouTube</p> <p>AQA GCSE Geography Exam Warm Ups – YouTube</p> <p>AQA GCSE Geography All Tutor2u Quick Revise Videos – YouTube</p> <p>There are more playlists for some of the key topics.</p> <p><u>Sunday Morning Coffee</u></p> <p>Mr B (not that one!) is a GCSE AQA Geography teacher and he has made videos covering the entire course.</p> <p>AQA GCSE Geography Revision - SUNDAY MORNING COFFEE – YouTube</p>
(4) Seneca Learning	<p>Complete Seneca Quizzes for AQA GCSE Geography.</p> <p>https://app.senecalearning.com/classroom/course/5a073d30-21f8-11e8-8c19-619061cc7240</p>

History

Independent Revision Tasks

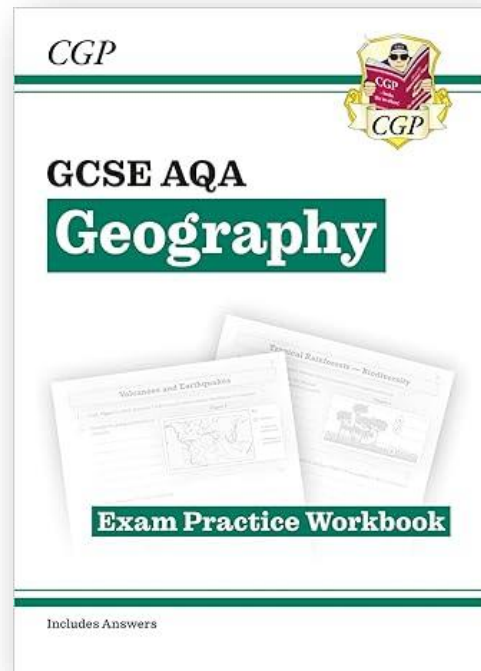
(1) Brain Dumps	<p>Complete brain dumps in two different colours for: Paper 1</p> <ul style="list-style-type: none">(i) Medicine in Medieval England (1250-1500)(ii) The medical Renaissance (1500-1700)(iii) Industrial medicine (1700-1900)(iv) Modern medicine (1900-present)
(2) Exam Questions	<p>Complete the practice question booklet that is assigned on TEAMS for paper 1 – Medicine Through Time. This can be done on paper or electronically on the document on Teams.</p>
(3) Seneca Learning	<p>Complete the following Seneca learning quizzes for Paper 1 (Medicine Through Time)</p> <p>History: Edexcel GCSE Medicine in Britain, 1250-Present (senecalearning.com)</p>
(4) Visual Learning	<p>Using the GCSE Pods that are in Files in your History team, choose a topic of your choice, watch the GCSE Pod and make revision notes on that topic.</p>

GCSE Geography - AQA



[GCSE Geography Revision Guide](#)

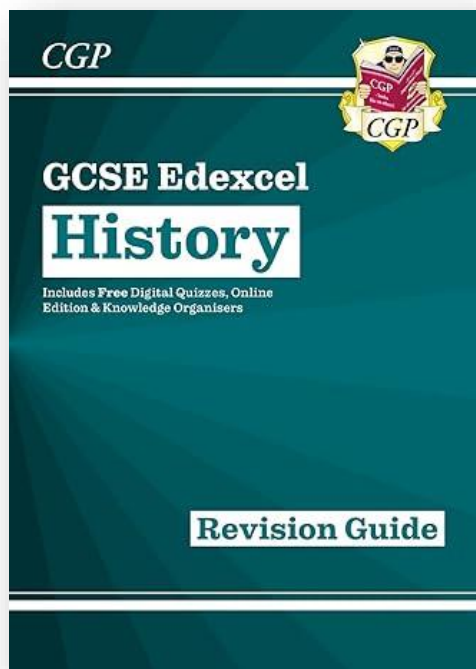
Revision Guide Second Edition
(GCSE 9-1 Geography AQA)



[GCSE Geography Workbook](#)

New GCSE Geography AQA Exam
Practice Workbook (includes answers)

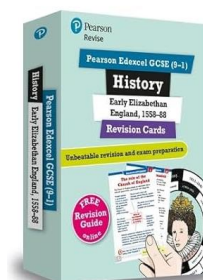
GCSE History - Edexcel



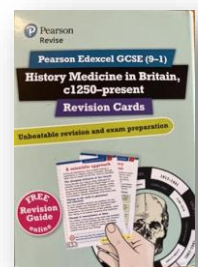
[GCSE History Revision Guide - CGP](#)

New GCSE History Edexcel Revision
Guide (with Online Edition, Quizzes
& Knowledge Organisers)

Revision Cards



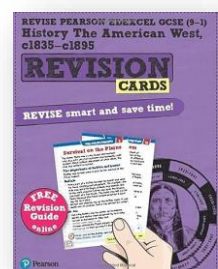
[Early Elizabethan England](#)



[Medicine in Britain](#)



[Weimar and Nazi Germany](#)



[The American West](#)

Religious Studies

Independent Revision Tasks	
(1) Brain Dumps	Complete brain dumps in two different colours for: Paper 1 (i) Christian Beliefs (ii) Living the Christian Life Paper 2 (i) Muslim Beliefs (ii) Living the Muslim Life
(2) Flash Cards	Create flash cards for: Paper 1 (i) Matters of Life and Death (ii) Marriage and Family Life Paper 2 (i) Peace and Conflict (ii) Crime and Punishment
(3) Exam Questions	Go onto Teams. There are numerous exam questions that can be completed. Once you have completed them, look again, with your revision guide. What marks do you think you have got? Can you make corrections?
(4) Knowledge Organiser	Complete the A3 Knowledge organiser grid sheets for the different topics in Christianity and Islam. These can be found on Teams or in your revision booklets from class.
(5) Encoding Notes	Create revision notes using your revision on FOUR topics of your choice. Ideally choose TWO from Christianity and TWO from Islam.
(6) Seneca Learning	Complete a Seneca Quiz on Edexcel B Religious Studies

Computer Science

Independent Revision Tasks	
(1) Knowledge Organisers	Complete any missing gaps on your Paper 1 and Paper 2 Knowledge Organisers
(2) Past Papers	Complete the 2022 Paper 1 exam Complete the 2022 Paper 2 exam
(3) Visualise	Create a Systems Architecture/Network diagram and label all the key components (including functions and processes) before reading over your notes. Then go back and fill in the gaps using your notes/classroom resources/textbooks.
(4) Create Summary Sheets or Cheat Sheets	Create summary sheets or cheat sheets containing key formulas, algorithms, definitions, and concepts. Condense information into concise, easy-to-reference documents that you can review before exams.
(5) Seneca Learning	Complete a Seneca Topic on OCR Computer Science
(6) BBC Bitesize GCSE Computer science - exam practice	Try the quizzes based on GCSE computer science past papers.

Cambridge National IT

Independent Revision Tasks	
(1) Exam Questions	Complete the practice exam questions in your IT Revision Book
(2) Mind Maps	Use mind maps to visually organise and connect different IT concepts, topics, and components for each TA.
(3) Knowledge Organisers	Complete any missing gaps on your PowerPoint Knowledge Organiser

Physical Education

Independent Revision Tasks

(1) Mind Maps	Complete the mind map booklets that Mrs Loynd provided you with. Make sure each topic includes; <ul style="list-style-type: none">• Knowledge• Explanation and examples• Application to different sports
(2) Flash Cards – Paper 1	Use the A3 revision poster to create Revision flash cards for all the key topics for paper 1
(3) Flash Cards – Paper 2	Using the A3 revision poster to create Revision flash cards for all the key topics for paper 2
(4) Sporting application	Choose 3 sports of your choice and complete the application task that will be shared separately
(5) General sporting Knowledge	Create 4 mind maps for the following sports: 1. Golf 2. Tennis 3. Rugby 4. Sprinting Watch a video on YouTube of each being performed. For each, research the rules, regulations, terminology, equipment, and competition format.
(6) Exam Practice	Complete the 2019 GCSE PE past papers

Design & Technology

Independent Revision Tasks	
(1) Flash Cards	Create flash cards for all core and specialist theory topics. Use these to test what you know and find out what gaps you have in your knowledge.
(2) Pocket revision guide	Use your pocket revision guide to help you to create mind maps about the topics you need the most help with. Your pocket revision guide also has a link which you can use to download a set of revision cards.
(3) BBC Bitesize	Use the following link to take you to the correct pages on BBC Bitesize GCSE Design and Technology - Edexcel - BBC Bitesize Use these pages to help you to revise – there are also quizzes on there which you can try
(4) Theory booklets	Make sure that you have all of your theory booklets from your lessons in Years 10 & 11. Are there any gaps in them that need completing?

Cambridge National Enterprise

Independent Revision Tasks	
(1) Revision cards	There are a lot of advantages and disadvantages to learn. Create revision cards for each advantage and disadvantage in topic 5
(2) Mind Maps	Use mind maps to visually organise each topic. Create a different mind map for each topic.
(3) Definitions	Go through your exercise book and pick out all the definitions you have written into your books. Summarise them on A3 paper.

Food Preparation & Nutrition

Independent Revision Tasks	
(1) Flash Cards	Create flash cards for all theory topics. Use these to test what you know and find out what gaps you have in your knowledge.
(2) ZigZag Revision guide	Make sure you have downloaded the ZigZag revision guide and workbook from your class team. Use the revision guide to help you to complete the tasks in the work booklet.
(3) BBC Bitesize	Use the following link to take you to the correct pages on BBC Bitesize GCSE Home Economics: Food and Nutrition (CCEA) - BBC Bitesize . Use these pages to help you to revise – there are also quizzes on there which you can try
(4) Theory booklets	Make sure that you have all of your theory booklets from your lessons in Years 10 & 11. Are there any gaps in them that need completing?
(5) Multiple choice questions	Work your way through the various multiple choice questions that are set in your class team – there will be good practise for section A of your exam paper.
(6) Exam questions	Download the exam questions booklet from your class team – the questions are grouped into theory topics – work your way through the topics that you are least confident in.

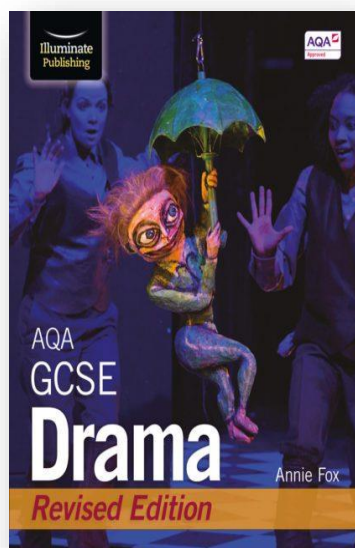
Music

Independent Revision Tasks

(1) Additional Rehearsals	Use Period 6 or use breaks/lunchtimes to practise your instrumental parts in the Music Rehearsal Rooms/Classroom. Rehearse individual parts at home using online resources or additional resources obtained from tutor.
(2) Individual Production Work	Create your own BandLab projects and experiment with the different techniques within the software. One idea may be to make another version of the project that you are doing for your coursework – you may find that there are some Loops/Instruments or even Musical Devices that you could incorporate into your project in school!
(3) Online Tutorials	Follow some additional online tutorials in your spare time at home, particularly for music theory. There are many, many different videos and tutorials available on YouTube for you to use!. Other very useful websites include: www.teoria.com www.musictheory.net/lessons Music theory - GCSE Music - BBC Bitesize
(4) Planning for Written Tasks	Revise key words for the write-ups of your projects. Begin to plan out your notes and try to choose the best aspects of your project. Use the WAGOLLS provided.
(5) Note Taking	Ensure you have well planned notes for coursework written tasks. Make sure that your books and revision materials are neat.
(6) Performance Planning	Plan all of the visual aspects of your performances – including stage layout, presentation and any choreography you may be wishing to include. Consider how you will appear on stage, the instruments you will be using and the movements you will make. Take into account camera placement.
(7) Peer Feedback	Discuss your project with your peers and identify areas for improvement and any successes. Try to discuss these using as much musical language as possible. Use the feedback to influence your final project work.

Drama

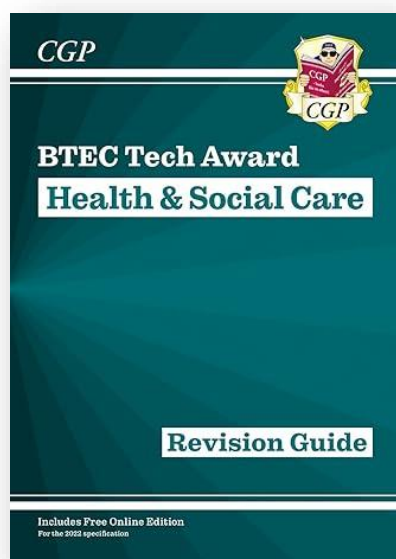
Independent Revision Tasks	
Additional Rehearsals	Use Drama drop in or book some additional time after school to rehearse your play with Mrs Gallagher in the Drama Studio.
Individual Rehearsal and development	<p>Rehearse your own lines/monologues at home. Rehearse in front of a mirror or record yourself and watch it back. Use trial and error and try out different vocal and physical techniques, consider which is best and why.</p> <p>Use vocal exercises to improve your articulation and diction and projection. Try completing tongue twisters and projecting from your diaphragm.</p>
Character Exercises	Complete a role on the wall OR ask yourself some hotseating questions OR try writing in role.
Key Words	Revise your use of key words. Make yourself flash cards with the word on one side and the definition of the other. Check your knowledge of vocal, physical and spatial key words in addition to drama strategies and Stanislavski and Brecht techniques.
Watching exemplar work	<p>Lots of schools upload GCSE and A Level Devised Drama pieces to Youtube. This is a great way of gaining ideas and inspiration. Always ask an adult if you are allowed to access YouTube.</p>
National Theatre	<p>National Theatre have some excellent workshops filmed on YouTube that could inspire your Devised Drama. Always ask an adult if you are allowed to access YouTube.</p> <p>RashDash Devising Masterclass National Theatre – YouTube</p>



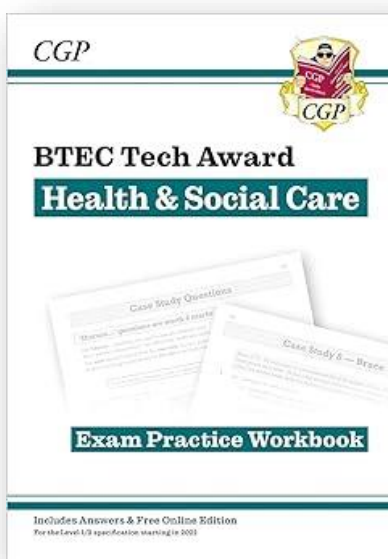
[AQA GCSE Drama: Revised Edition: Amazon.co.uk: Fox, Annie: 9781912820504: Books](https://www.amazon.co.uk/dp/9781912820504)

- The Revised Edition of this popular Student Book covers AQA's updated GCSE Drama specification for first teaching from September 2020.
- Covers the new selection of set plays for 2020 in AQA's updated specification and is approved by AQA.
- Fully supports the specification assessment objectives and covers the three components: Understanding drama, Devising drama, Texts in practice.
- Includes plenty of practical suggestions for drama activities, and tasks enable students to develop their performance and design skills.
- Contains many contemporary examples of drama writing, staging, performance and interpretation allow students to explore key ideas and skills in a relevant context.
- Analysis and evaluation skills are highlighted and practised in all topics.
- Key drama terminology is identified and defined throughout.

BTEC Health and Social Care

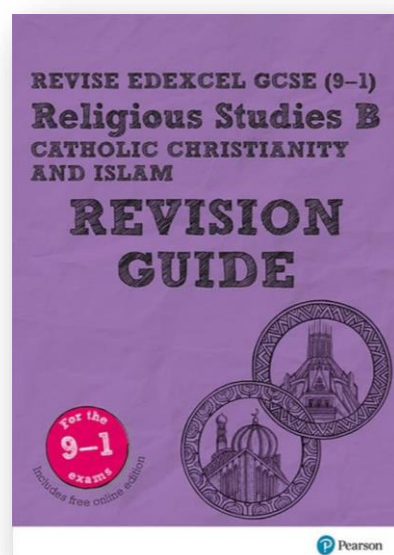


[BTEC Tech Award in Health & Social Care: Revision Guide](#)



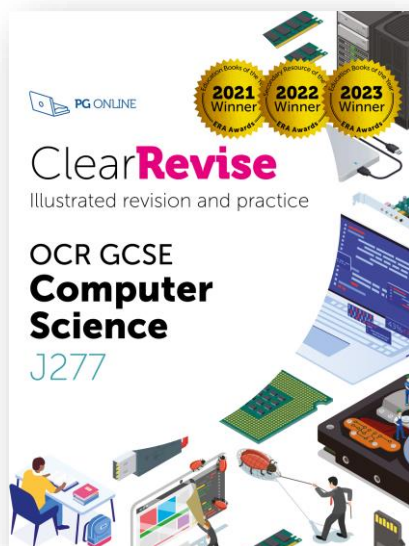
[New BTEC Tech Award in Health & Social Care: Exam Practice Workbook](#)

GCSE R.S. - Edexcel

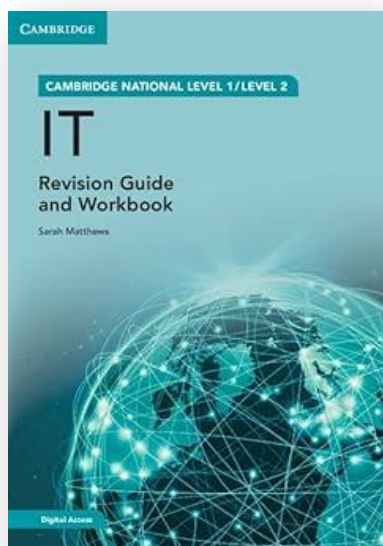


[Religious Studies B – Catholic Christianity and Islam Revision Guide](#)

GCSE Computer Science

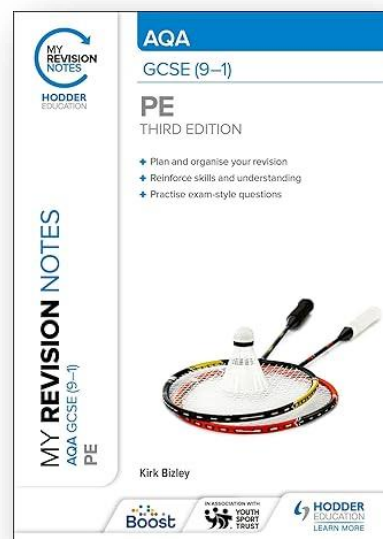


[GCSE OCR Computer Science: Illustrated Revision and Practice](#)



[Cambridge National in IT Revision Guide and Workbook with Digital Access \(2 Years\)](#)

GCSE PE - AQA



[My Revision Notes: AQA GCSE \(9-1\) PE Third Edition](#)

The links for revision guides take you to www.amazon.co.uk. Please note that there are other sellers of these revision guides, including directly from the publishers. For some revision guides there is a school discount, so we may sell them to you, with payments made via the School Gateway. Please check with your teacher if this is the case for your chosen subject.

How to create an effective revision timetable

(1) Use revision lists to plan your revision

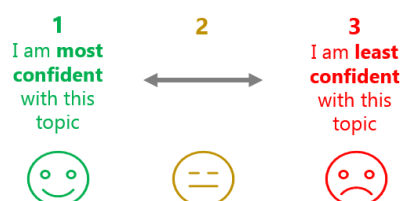
- Each of your subjects will provide you with a list of topics to revise for your exams to plan your revision.
- Prioritise topics to revise based on feedback from your mock exams, assessments and your own self-assessment and confidence.
- Use colours, smiley faces or numbers to rank your topics to revise.
- Make sure you record and track which topics you then revise.

Developing skills, techniques and motivation			
	Green	Amber	Red
Description and application of these methods of skill learning using practical examples:			
• Practice/rehearsal (e.g. to repeatedly practice your shooting in basketball)			
• Copying others and the use of appropriate role models (e.g. to watch a demonstration of an arabesque in gymnastics carried out by an expert gymnast)			
• Trial and error (e.g. to try a backhand volley in tennis and to learn from your mistakes when playing the shot)			
How each of these can motivate participants to follow an active, healthy lifestyle:			
• Intrinsic feedback			
• Extrinsic feedback			
• Knowledge of results			
• Knowledge of performance			
Description and application of these motives using practical examples:			
• Intrinsic motivation			
• Extrinsic motivation			
Description and application of goal setting with practical examples:			
• To optimise performance			
• To ensure exercise adherence			
• To control anxiety			
Description and application of these components with practical examples:			
• Specific			
• Measurable			
• Achievable			
• Realistic			
• Time-phased			

(2) Use interleaving to space out your revision

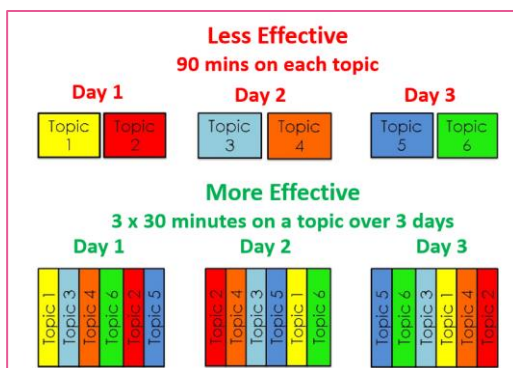
- Interleaving is spreading out your revision of the same topic over different days.
- Avoid revising one topic in a single 2-hour block but never returning to it again.
- It is more effective to revise a topic in three thirty-minute sessions, spread out over a few different days, instead of one 90-minute session of revision on the same topic.
- Leaving gaps of time (spacing) between sessions allow you to forget and then retrieve your knowledge. This allows you to check how much you can remember.

Self-assess your confidence and learning of each topic:



(3) Plan specific tasks to complete

- When planning your revision you should decide on the subject, topic and task to complete. For example, (i) Geography (ii) Paper 1 – Tropical Rainforests (iii) Complete 2018 and 2019 exam questions.



(4) Create a weekly planner

- It is usually more effective to plan your revision one week at a time using a weekly planner.
- Commit to specific times each day that you will revise for.
- Be realistic and include any personal hobbies, and responsibilities (white)
- Include your home learning tasks (green)
- Finally, include the revision tasks you want to complete for the week (yellow)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3:30	TAP DANCING	PIANO	HOMEWORK: -ECONOMICS	PIANO	RELAX	9-11AM HOCKEY MATCH	
4:00	↓ ↓ ↓ ↓	↓ ↓ ↓ ↓	-BUSINESS -MATHS	HOCKEY TRAINING	RELAX	↓ ↓ ↓ ↓	10AM BREAKFAST WITH MUMMA
5:00	DINNER	DINNER	↓ ↓ ↓ ↓	↓ ↓ ↓ ↓	DINNER	11AM HOMEWORK PLANNING	↓ ↓ ↓ ↓
6:00	HOMEWORK: MATHS	HOMEWORK: -MODERN	DINNER	DINNER	GET READY	-BUSINESS -MATHS	12PM HOMEWORK
7:00	WK1 NOTES: ENGLISH	↓ -MATHS ↓	WK1 NOTES: ECONOMICS	HOMEWORK: -MATHS	JED'S BIRTHDAY	PRACTICE GS MODERN	1-ENGLISH -ECONOMICS -MODERN ↓
8:00	KEEPING UP WITH THE KARDASHIANS	WK2 NOTES: MODERN	EXTENDING ECONOMICS	-BUSINESS -BIO	↓ ↓ ↓ ↓	PRACTICE GS ELO	4PM RELAX
9:00	READ ENGLISH TEXT: HAMLET	EXTENDING MODERN	ENGLISH TEXT: HAMLET	EXTENDING BUSINESS	↓ ↓ ↓ ↓	4PM RELAX	6PM DINNER
10:00		READ ENGLISH TEXT: HAMLET			↓ ↓ ↓ ↓	6PM DINNER AT GRANDMA'S	7PM SO YOU THINK YOU CAN DANCE
11:00					↓ ↓ ↓ ↓	↓ ↓ ↓ ↓	↓ ↓ ↓ ↓
12:00							



The Successful Learner Programme

<https://www.fairfieldhighschool.co.uk/curriculum/revision-support/>