



Ringwood School

A National Teaching Academy

Two months to go:
How to support your child in their Year
11 Exams



Dream **Big**
Be **Curious**
Be **Determined**
Make **No Excuses**
Embrace **Opportunities**

The content of this evening:

**Ten things parents and carers can do to support
your child in their Year 11 Exams**

**Five things school are doing to support your
child in their Year 11 Exams**

Ten thing parents and carers can do to support your child in exams

1. Help them to know what to revise



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Ringwood School

Summer Exams 2024

Revision Booklet



All students have received this in tutor time this week;

Encourage them to red/orange/green each topic according to how well they know it;

Encourage them to use that information to help plan what to revise;

Persuade them to start with the things that are **red**



Supporting revision - topic lists

Subject: GCSE PE

Exam board: AQA

Length of mock exam: 1hour 30 min

Useful websites: www.everlearner.com

Format of exam: Combined paper 1 & 2. Mixture of shorter answer questions and 2 extended 6 and 9 marker questions.

Topics / skills to revise

Topic / skill:	Included in revision timetable?	Current RAG rating?	RAG rating once revised?
The structure and functions of the musculoskeletal system (Skeleton structure, function, bone locations, joints, movement terms, muscle locations, antagonistic pairs, types of contraction)			
Levers, Planes and Axis (including mechanical advantage)			
Health & Fitness (definitions and the relationship between them, consequences of a sedentary lifestyle, obesity, somatotypes)			
Components of fitness (define, give sport examples, fitness test)			
Principles of training (define, apply to a sports person, types of training and advantages and disadvantages of each)			
Optimising training and preventing injury (including how to work out training thresholds, how a season is broken down into parts, altitude training and ways to prevent injury when training)			
Effectiveness of warming up and cooling down (how, why)			
Learning sports skills (classification of skills, guidance and feedback, goal setting, types of motivation, information processing)			
Ethical and social issues (Aggression, conduct of players/ spectators, hooliganism, drugs, commercialisation, technology in sport)			

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2. Help them know how to revise



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Most commonly students tend to do 1 of 3 things when revising

Highlighting texts
Re-reading
Copying out notes



2. Help them know how to revise

The most effective revision strategies



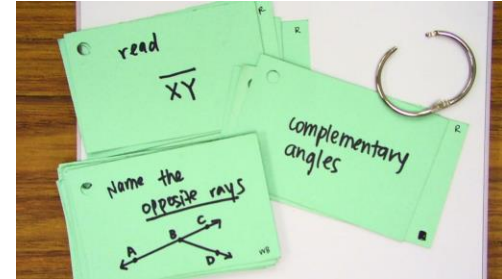
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The best flashcards...

Use card, so you can't see the answer through them

Keep info as short as possible – one term, one definition

Write clearly. You should be able to read what you wrote at a very quick glance



Using them to their best effect:

[Research has shown](#) that students tend to “drop” cards out of their decks too soon after they have mastered them. Ideally, a fact should be successfully checked three times before you move on from it.

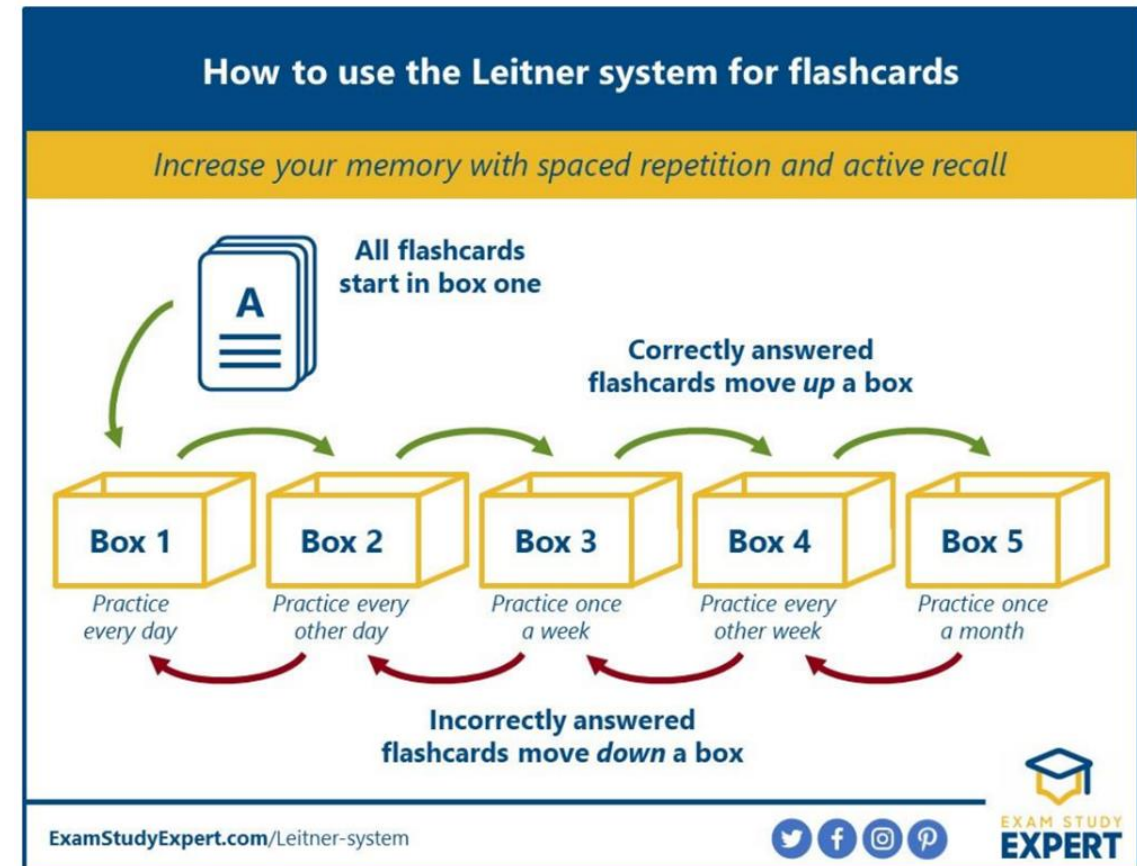
Use them to help somebody else test you (or test yourself) but the crucial part is **saying your answers aloud**

One way to use flashcards: watch this demo with your child

The Leitner System - What is it?

- Correctly answered flashcards move into the next pile; you will test yourself on these less often (as you know them better)
- Incorrectly answered flashcards are kept in the first pile and therefore will be tested every day – until you know them, and then you can move them.
- The better you know the flashcards the more infrequently you repeat them.

<https://www.youtube.com/watch?v=C20EvKtdJwQ>



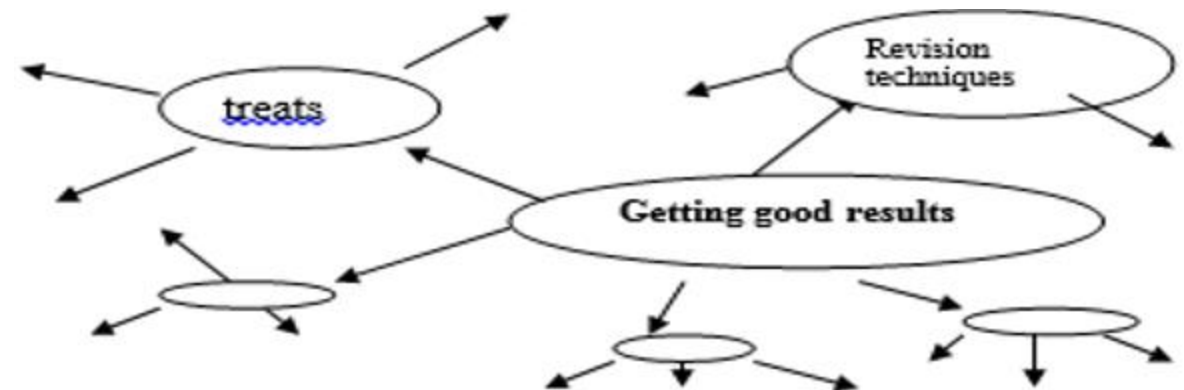
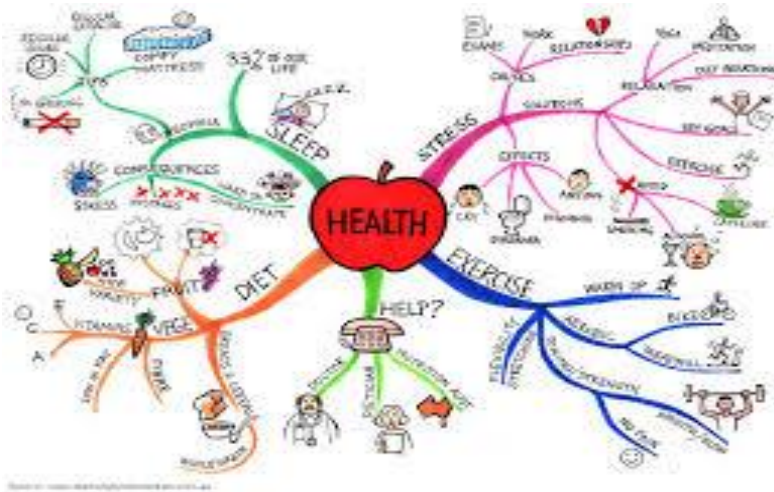
2. Help them know how to revise

Creating mind maps



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Mind maps are useful because they help you to link knowledge together, and this helps you to remember things efficiently



2. Help them know how to revise Past paper / example questions



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[Contact us](#) [Ak](#)

Subject

[Home](#) / [Qualifications](#)

Qualifications

Search for relevant qualifications and specifications.

Choose a qualification level

All qualifications



3. Encourage them to make a (flexible) revision timetable



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Revision Timetable



Week Beginning _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning 1							
Break							
Morning 2							
Break							
Afternoon 1							
Break							
Afternoon 2							
Break							
Evening							

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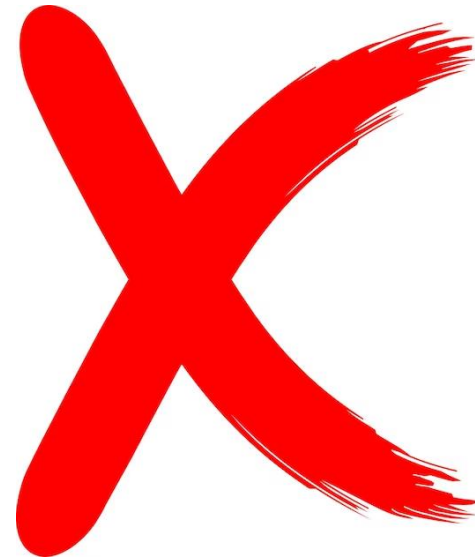
Ten things parents and carers can do to support your child in exams

4. Help them to get organised



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Black pens – and spares!
Pencils
15 or *30 cm ruler (* Engineering and science)
Compass
Protractor
Scientific calculator (Maths / science, Business)
Eraser
Sharpener
Highlighter (for highlighting question paper not answering in)
Water bottle – must be completely clear



Ten things parents and carers can do to support your child in exams

5. Help support your child with technology



Help your child ensure their phone doesn't interrupt their revision;

Research suggests it takes the average person 13 minutes to regain full concentration after an alert has gone off on a phone



Help them harness their phones for good, if they like working on them

Ten things parents and carers can do to support your child in exams

6. Make sure they are not absent from an exam

What happens if a student misses an exam?

If they had done a % of the course (another exam / coursework), the exam board would still allow them to certify, but their grade would be impacted;

No exams can be taken at any other time than the timetabled time, for any reason at all



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7. Make sure they know when their exams are



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Date	Time	End Time	Subject	Examination	Duration	Location	Seat
Thu, 25 Apr 2024	08:40	13:40	Art & Design (Textiles Design)	Art & Des (Textiles Design) Ext Set (8204/X) (AQA)	05:00	AR02	(TBC)
Tue, 07 May 2024	(TBC)	(TBC)	English Language	English Language Spoken Language (8700/C) (AQA)		(TBC)	(TBC)
Wed, 08 May 2024	08:40	10:40	Enterprise 3	Marketing & Finance (BEN0301) (Pearson)	02:00	BARN	(TBC)
Fri, 10 May 2024	08:40	09:55	Combined Science: Trilogy	Combined Sci Trilogy Biology P1f (8464/B/1F) (AQA)	01:15	BARN	(TBC)
Mon, 13 May 2024	08:40	10:25	English Literature	English Literature Paper 1 (8702/1) (AQA)	01:45	BARN	(TBC)
Tue, 14 May 2024	08:40	09:25	French	French Listening Test Tier H (8658/LH) (AQA)	00:45	BARN	(TBC)
Tue, 14 May 2024	09:25	10:25	French	French Reading Test Tier H (8658/RH) (AQA)	01:00	BARN	(TBC)
Thu, 16 May 2024	08:40	10:10	Mathematics	Non Calculator (H) (1MA1 1H) (Pearson)	01:30	BARN	(TBC)
Fri, 17 May 2024	08:40	09:55	Combined Science: Trilogy	Combined Sci Trilogy Chemistry P1f (8464/C/1F) (AQA)	01:15	BARN	(TBC)
Fri, 17 May 2024	13:00	14:30	Geography	Geography Paper 1 (8035/1) (AQA)	01:30	BARN	(TBC)
Mon, 20 May 2024	08:40	10:55	English Literature	English Literature Paper 2 (8702/2) (AQA)	02:15	BARN	(TBC)
Wed, 22 May 2024	08:40	09:55	Combined Science: Trilogy	Combined Sci Trilogy Physics P1f (8464/P/1F) (AQA)	01:15	BARN	(TBC)
Thu, 23 May 2024	08:40	10:25	English Language	English Language Paper 1 (8700/1) (AQA)	01:45	BARN	(TBC)
Fri, 24 May 2024	08:40	09:55	French	French Writing Test Tier H (8658/WH) (AQA)	01:15	BARN	(TBC)
Fri, 31 May 2024	(TBC)	(TBC)	Art & Design (Textiles Design)	Art & Des (Textiles Design) Pfo (8204/C) (AQA)		(TBC)	(TBC)
Sat, 01 Jun 2024	(TBC)	(TBC)	French	French Speaking Test Tier H (8658/SH) (AQA)		(TBC)	(TBC)

Subject	Paper 1 /Examined Unit	Paper 2	Paper 3
Art	25 th and 26 th April		
Biology	10 th May	7 th June	
Business	14 th May	5 th June	
Chemistry	17 th May	11 th June	
Computer Science	15 th May	21 st May	
Design & Technology	18 th June		
Drama	9 th May		
Engineering	21 st May		
English Language	23 rd May	6 th June	
English Literature	13 th May	20 th May	
Enterprise	8 th May		
Ethics & Philosophy	9 th May	9 th May	16 th May
Food & Nutrition	19 th June		
French	14 th May (Listening)	14 th May (Reading)	24 th May (Writing)
Geography	17 th May	5 th June	14 th June
Health & Social Care	5 th June		
History	15 th May	4 th June	11 th June
IT	22 nd May		
Maths **	16 th May	3 rd June	10 th June
Media	13 th March *		
Music	17 th June		
Photography	23 rd and 24 th April		
PE	22 nd May	3 rd June	
Physics	22 nd May	14 th June	
Spanish	4 th June (Listening)	4 th June (Reading)	10 th June (Writing)
Sport Studies	13 th May		
Textiles	25 th and 26 th April		

Ten things parents and carers can do to support your child in exams

8. Help them to have a healthy attitude



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Encourage them to stay hydrated – this helps focus and concentration

Encourage them to eat something on the morning of an exam

Encourage them to keep active on a daily basis

Revision after exercise can be really effective

Help them to have a routine around sleep

Try and ensure they don't work / revise too late



Ten things parents and carers can do to support your child in exams

9. Don't under-estimate the power of **The Snack**



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Ten things parents and carers can do to support your child in exams

10. Look after yourselves

10. Look after yourselves



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Five things school is doing to help support your child

1. Offering extra revision to students after school

	Subject and date commencing	Subject and date commencing	Subject and date commencing
Monday	English	Music – coursework completion lunchtime and 3-4.30pm	
Tuesday	<u>Maths</u>	OCR Sport Studies 30/01 Design Technology & Engineering Coursework Completion	Spanish 23/01 resuming sessions from before Christmas- we have changed the day to Tuesday
Wednesday	Science	GCSE Art/Photo/Textiles workshop from 3 – 4.30 Design Technology & Engineering Coursework Completion –	
Thursday	French	Design Technology & Engineering Coursework Completion – Already running	EP Business – History
Friday	EP		

Five things school is doing to help support your child.

2. Adapting the timetable, once the exams start

Week beginning	Year 11 students will
7 th May	Attend normal lessons where subject specialist teachers will revise with them; In lessons where the course is finished, students will attend revision sessions in subjects where they have an exam later that day / the next day
13 th May	
20 th May	
Half Term	
3 rd June	Start Exam Leave Be able to revise in school in silent study rooms provided all day
10 th June	
17 th June	

Five things school is doing to help support your child

3. Providing them with a space each day before each exam



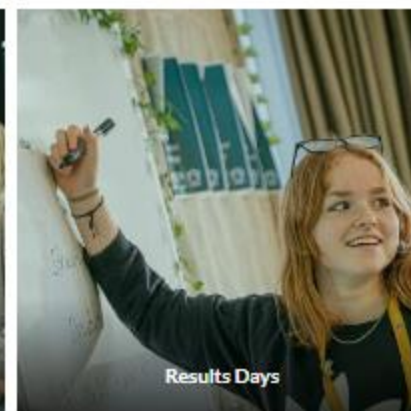
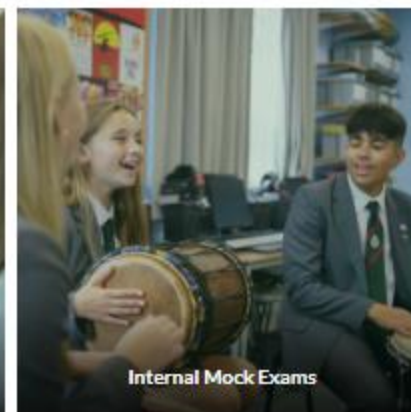
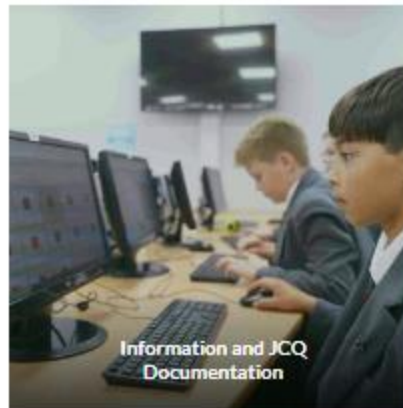
Ten things school is doing to help support your child.

4. A section especially for parents / carers on our website



Exams

Find more information on
our new website – live
from today



5. Post 16 – next steps

- It is a competitive market and demand for courses is high.
- Please accept offers for places:
Ringwood Sixth Form – Fri 29th March.
- Check entry requirements for courses.
- Check dates for Open Days and Induction Days
Ringwood Sixth Form – Thurs 27th June.
- Results Day Service- **Thurs 22nd August.**

Teachers, Sixth Form team and Careers Advisors on site to support and guide students during the morning.



Ringwood Sixth Form

Local, friendly and supportive



- Outstanding academic success
- Personalised career guidance
- Varied programmes of study
- Extensive enrichment programme

- University style study facilities
- Flexible working week
- Supportive pastoral care
- High contact hours with teachers





Thank you for your time this evening

