

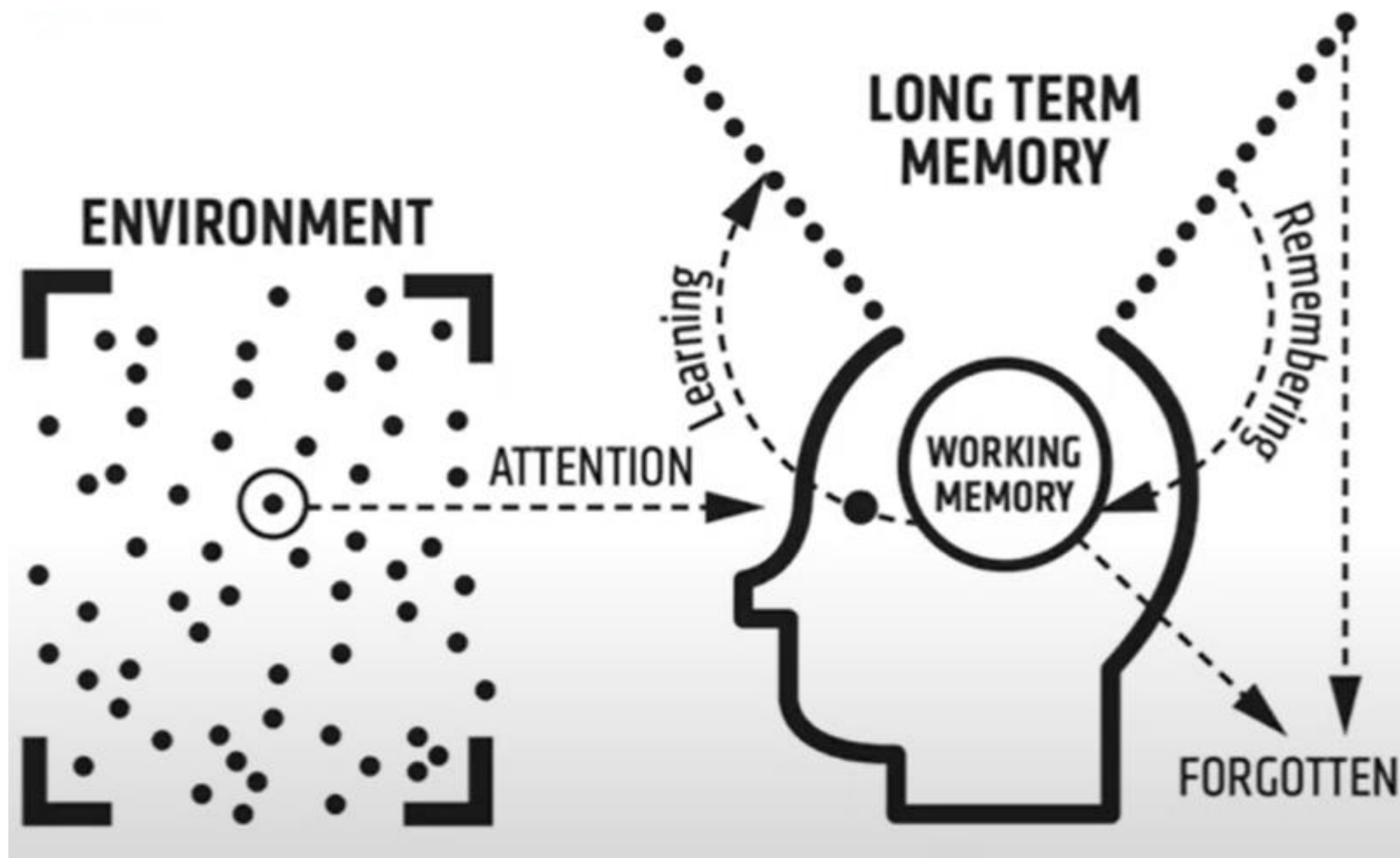
THE BOLSOVER SCHOOL

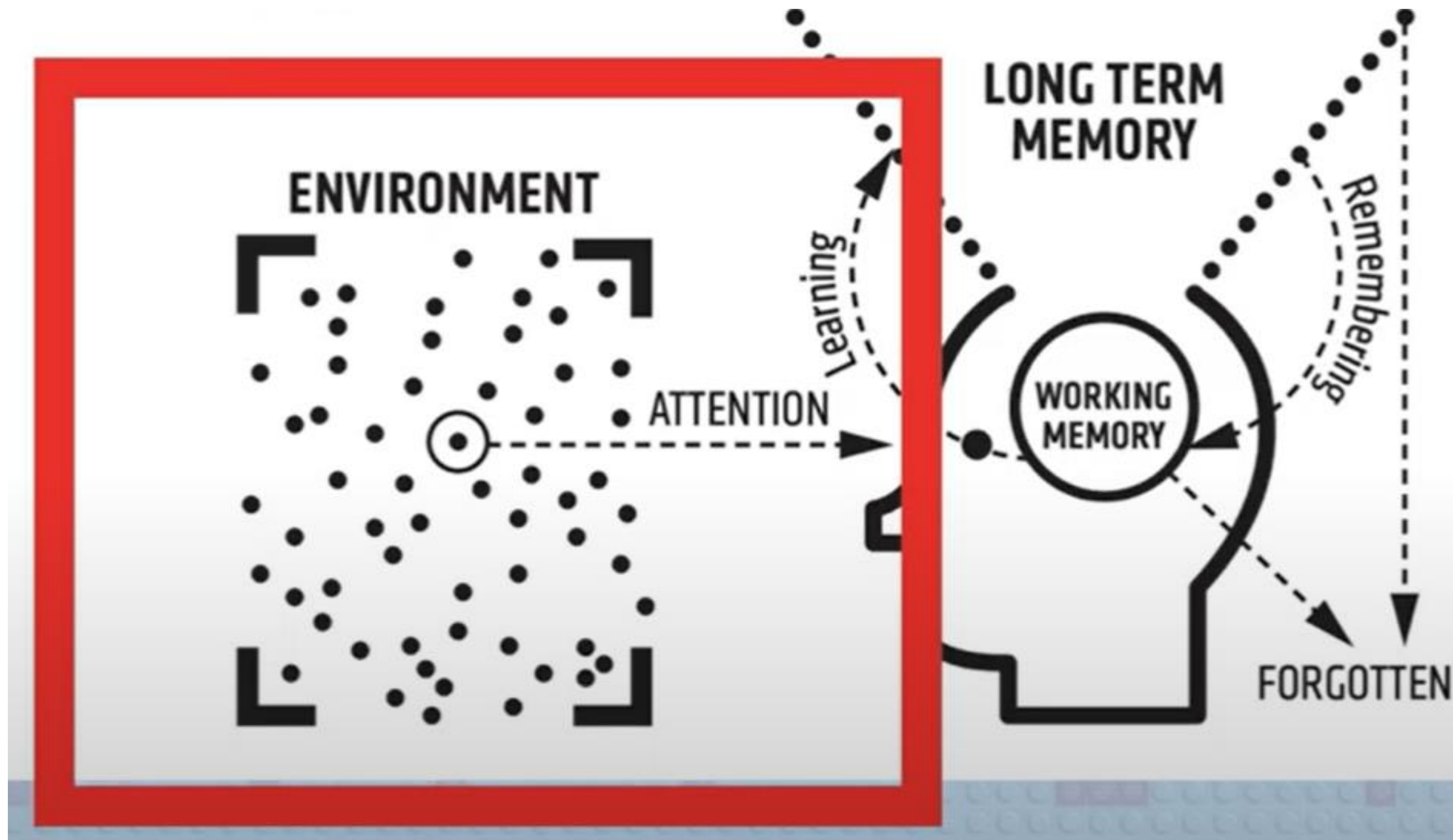
Nothing but the best



Year 11 revision strategies evening for parents

How learning happens





Tips for effective revision

Limit distractions



A 2014 study (Thornton et al) found that just having a mobile phone nearby can lead to a **20% reduction in attention, concentration and performance.**



Manage distraction

Rewards?

👤 A privacy reminder from YouTube, a Google company

REMIND ME LATER REVIEW



history of medicine



SIGN IN



Medieval Medicine | Secondary History - Medicine Through Time

1,528 views



8



1



SHARE



BBC Teach

Published on Jun 15, 2017

SUBSCRIBE 10K

Suitable for teaching 14 to 16s. An engaging animated summary of the gruesome and bizarre practices that punctuated medieval medicine.

SHOW MORE

Up next

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Lister and Simpson | Secondary History - Medicine Through

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333 views



The Best of Eagle Attacks Caught on Video | Most Scary Stuff

Scary Stuff

19M views



This incredible animation shows how deep the ocean

Tech Insider

14M views



10 Mysterious Extinct Human Species

Hybrid Librarian

4.4M views



Medicine Through Time

BBC Teach



People Are Awesome (downhill longboarding edit)

people are awesome

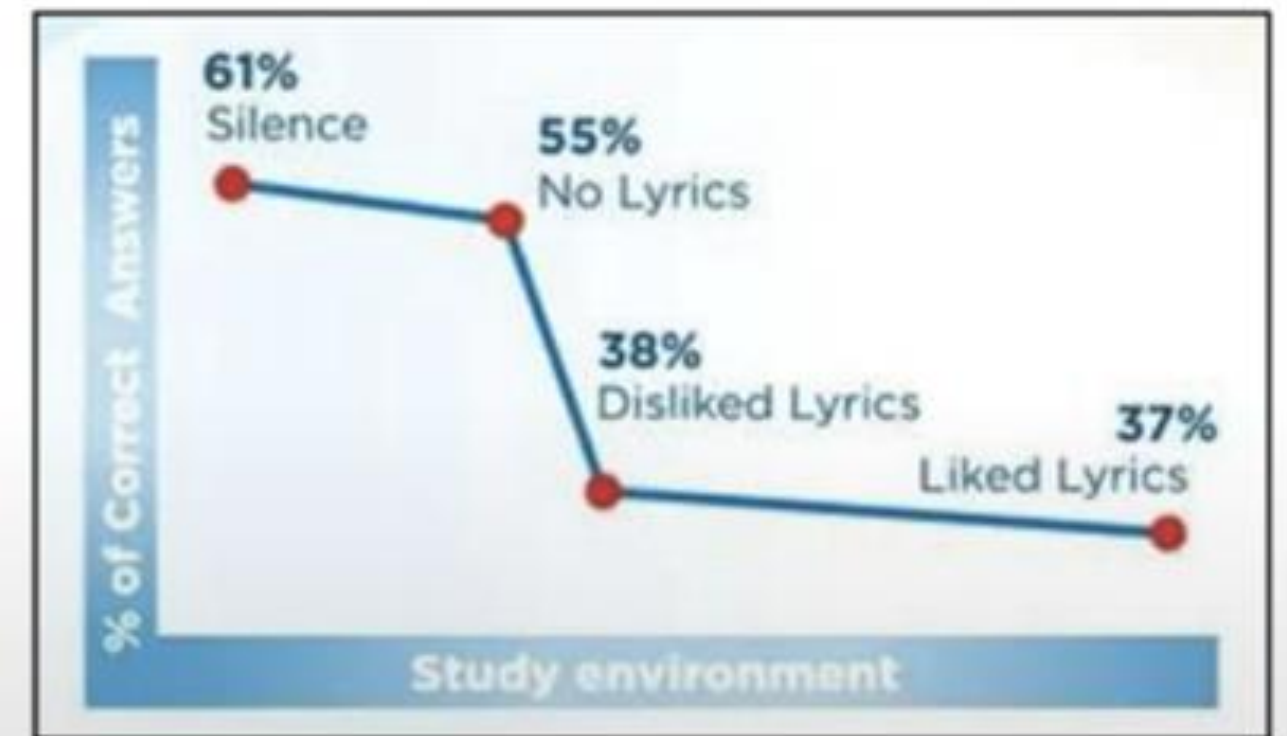
Recommended for you

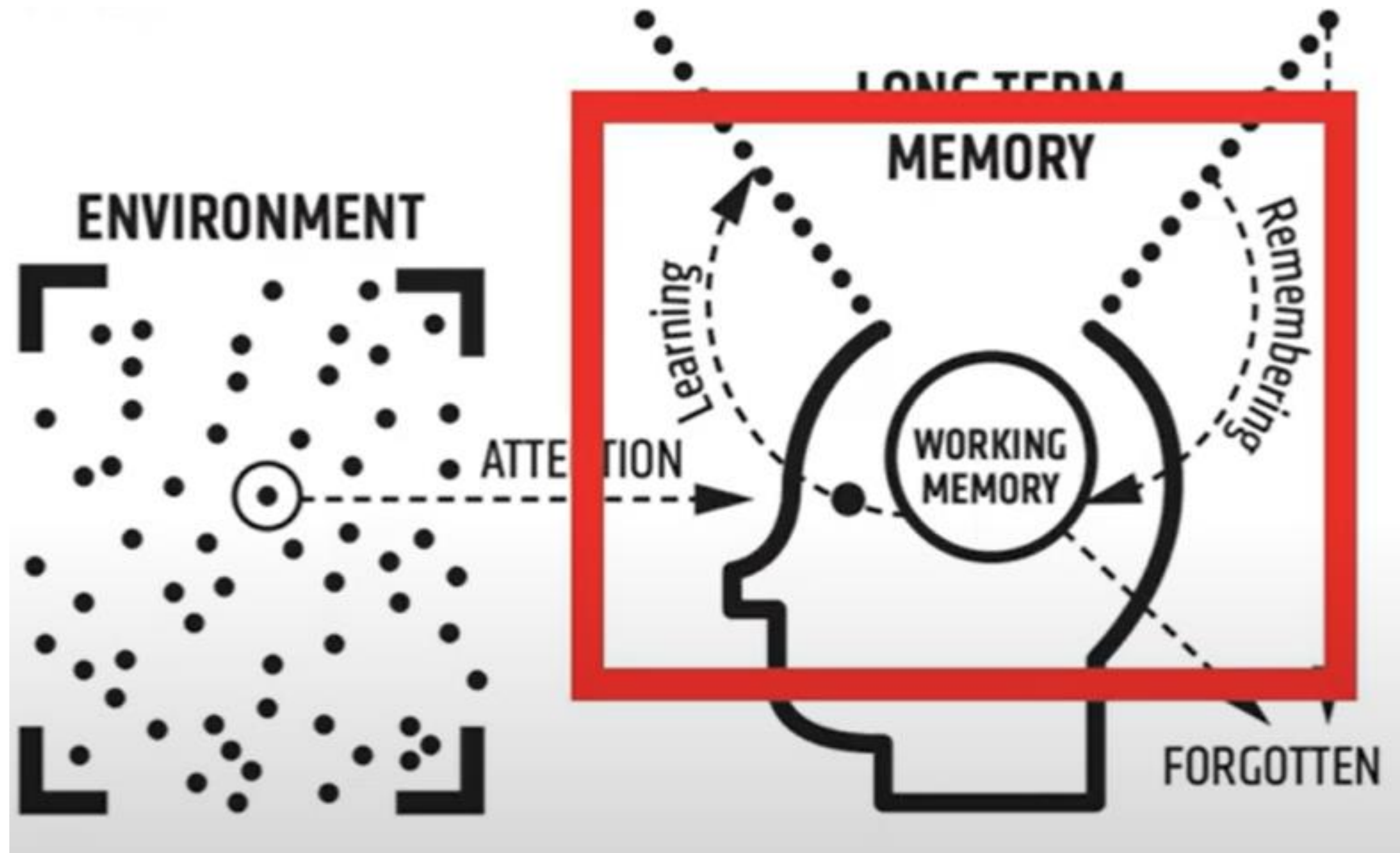
Tips for effective revision

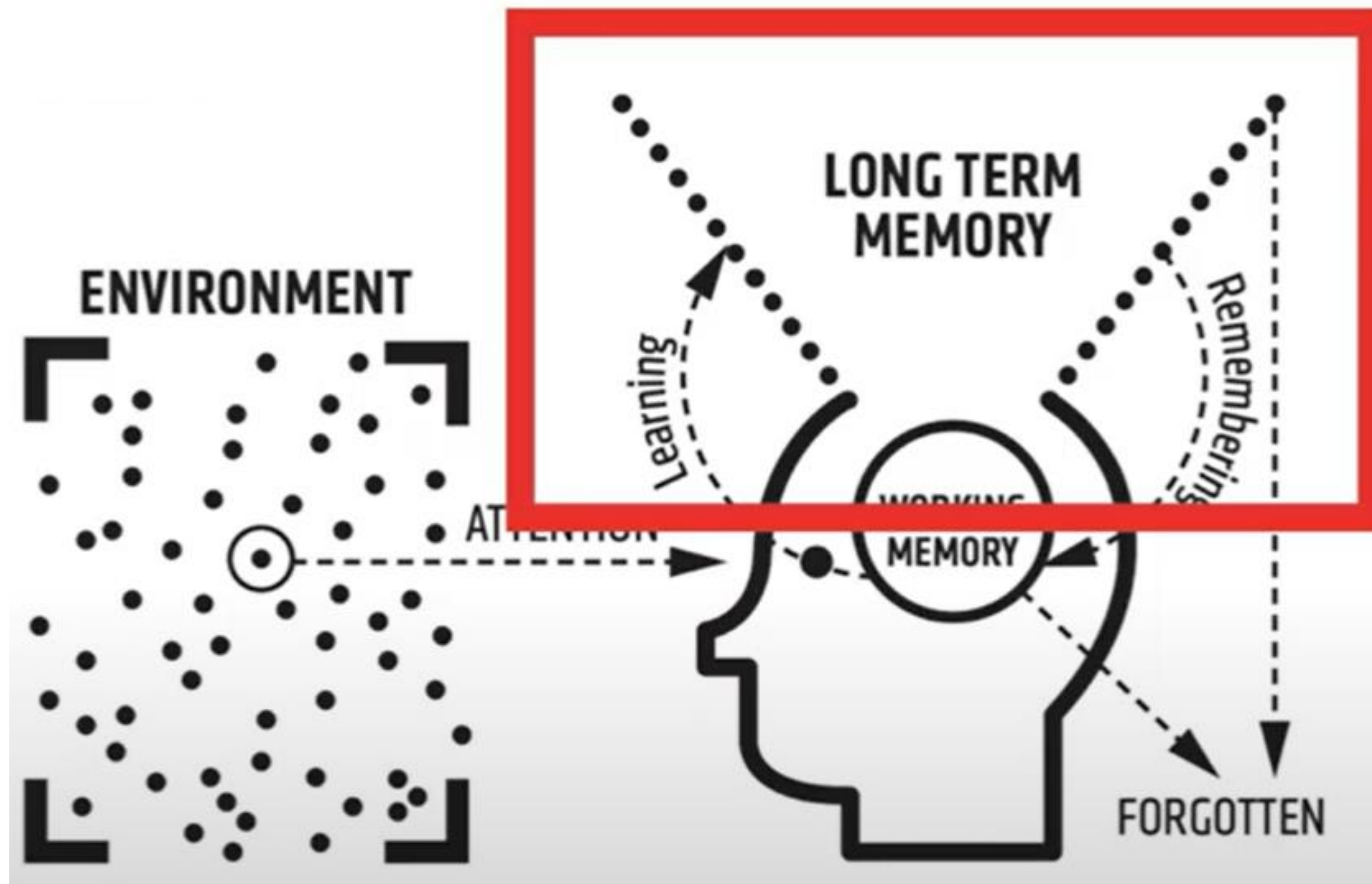
A 2014 study (Perham and Currie) compared 4 study groups:

1. revised in silence
2. Revised to songs they liked
3. Revised to songs they didn't like
4. Revised to music without lyrics.

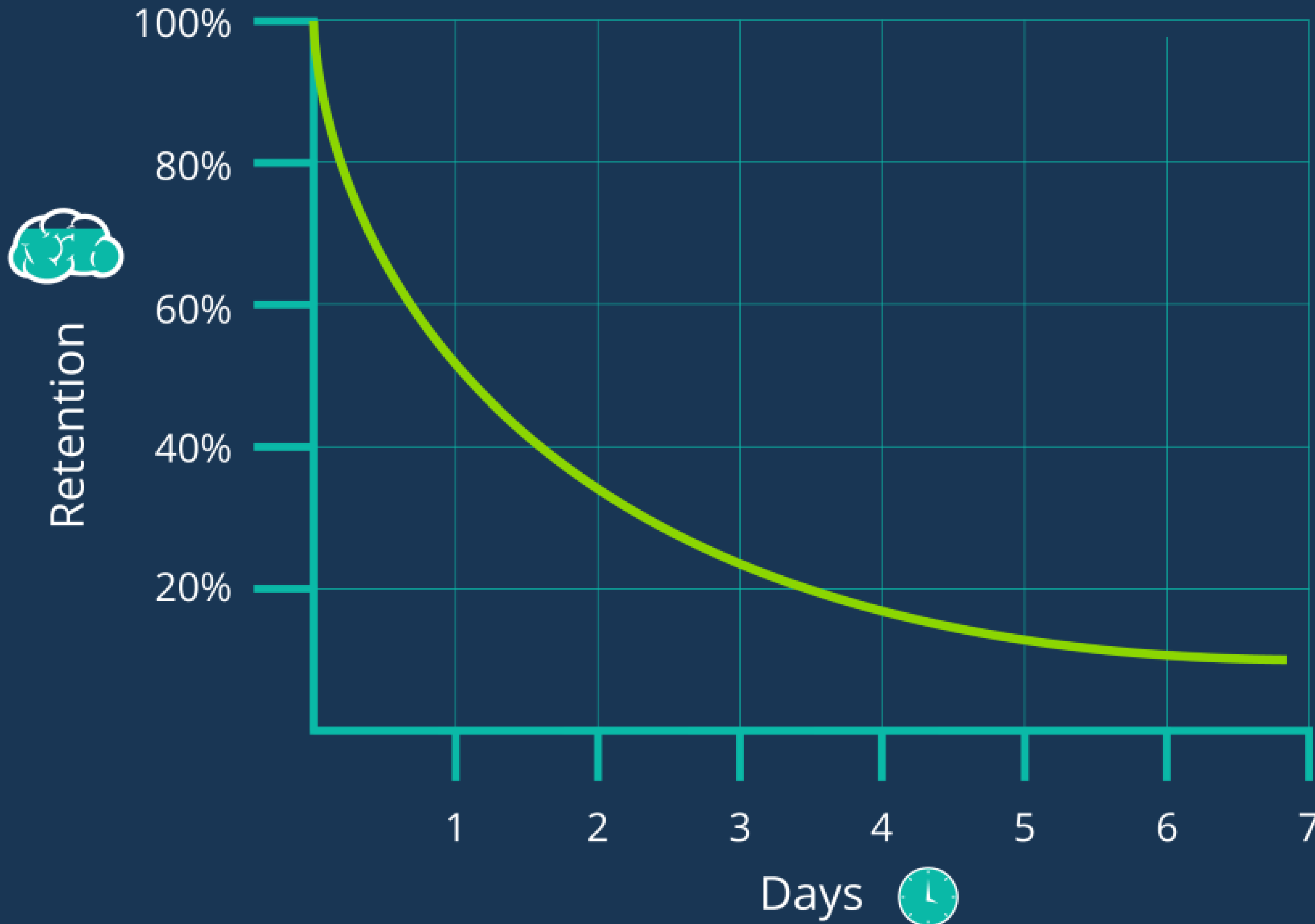
Despite what many students think, listening to your favourite songs is not the best way to revise; **music takes up processing space in the brain, leaving less space to process revision materials.**





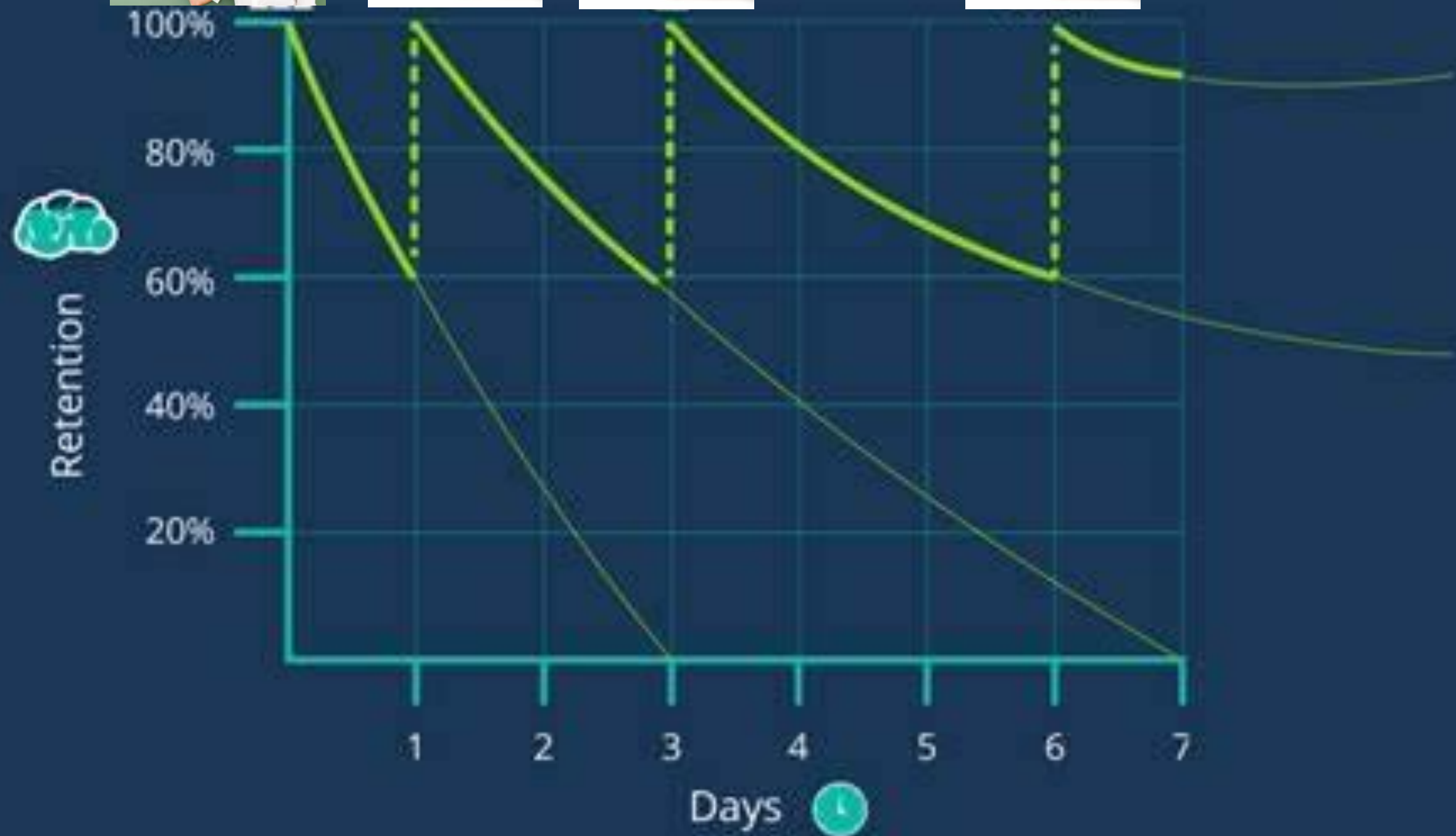
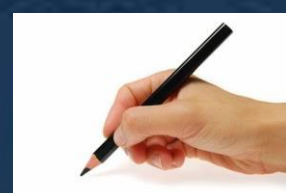


THE FORGETTING CURVE



Scientists have studied how we learn and have found that, no matter how clever we are, over time, everyone will start forgetting information they have learnt.

COMBATING THE FORGETTING CURVE



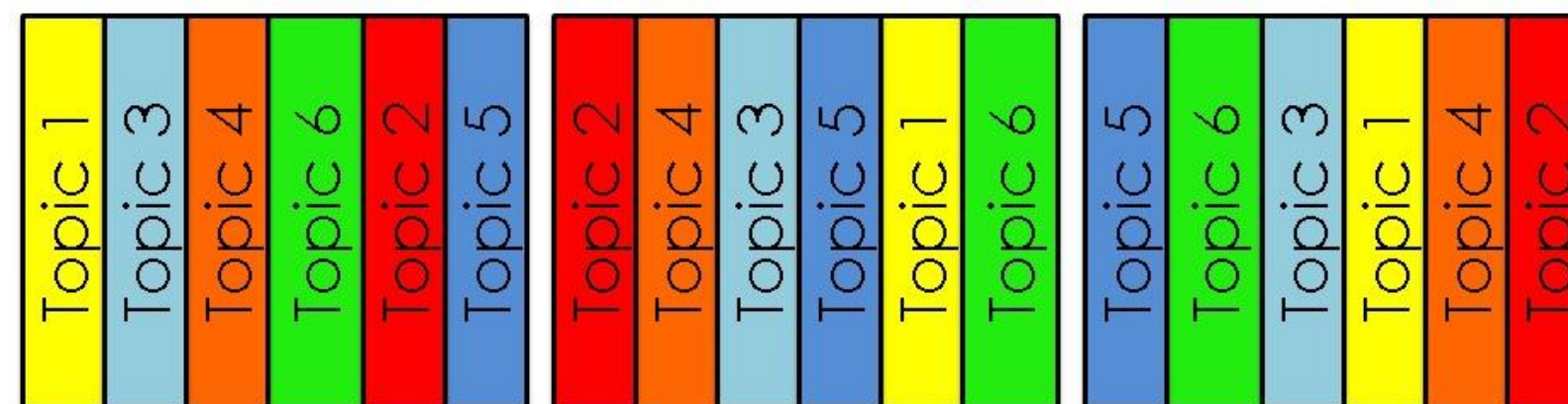
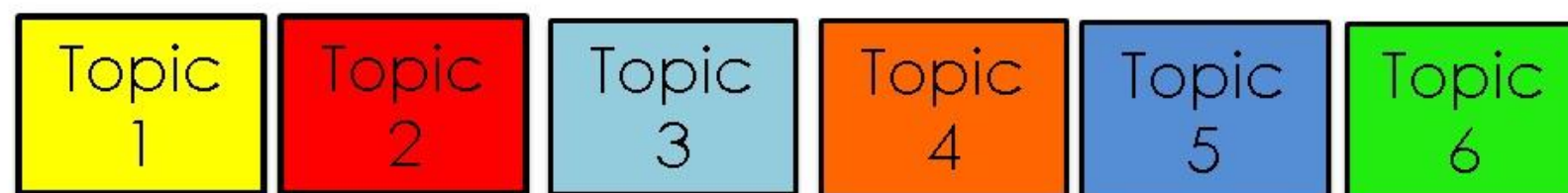
Each time we revise, the information “sticks” better in our brain and moves from our working memory, to our long term memory. The more we revise, the more we remember.



Interleaving

Interleaving means switching between topics when revising, which has been shown to improve long term learning

Blocking vs Interleaving

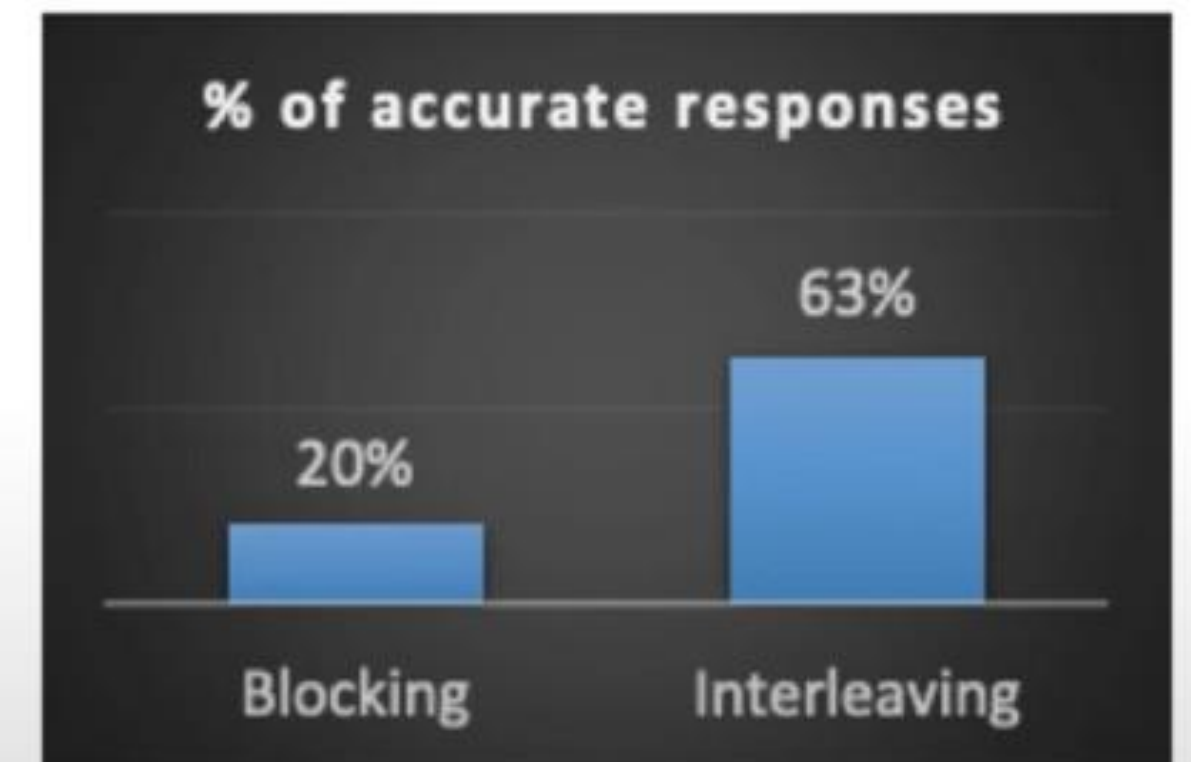


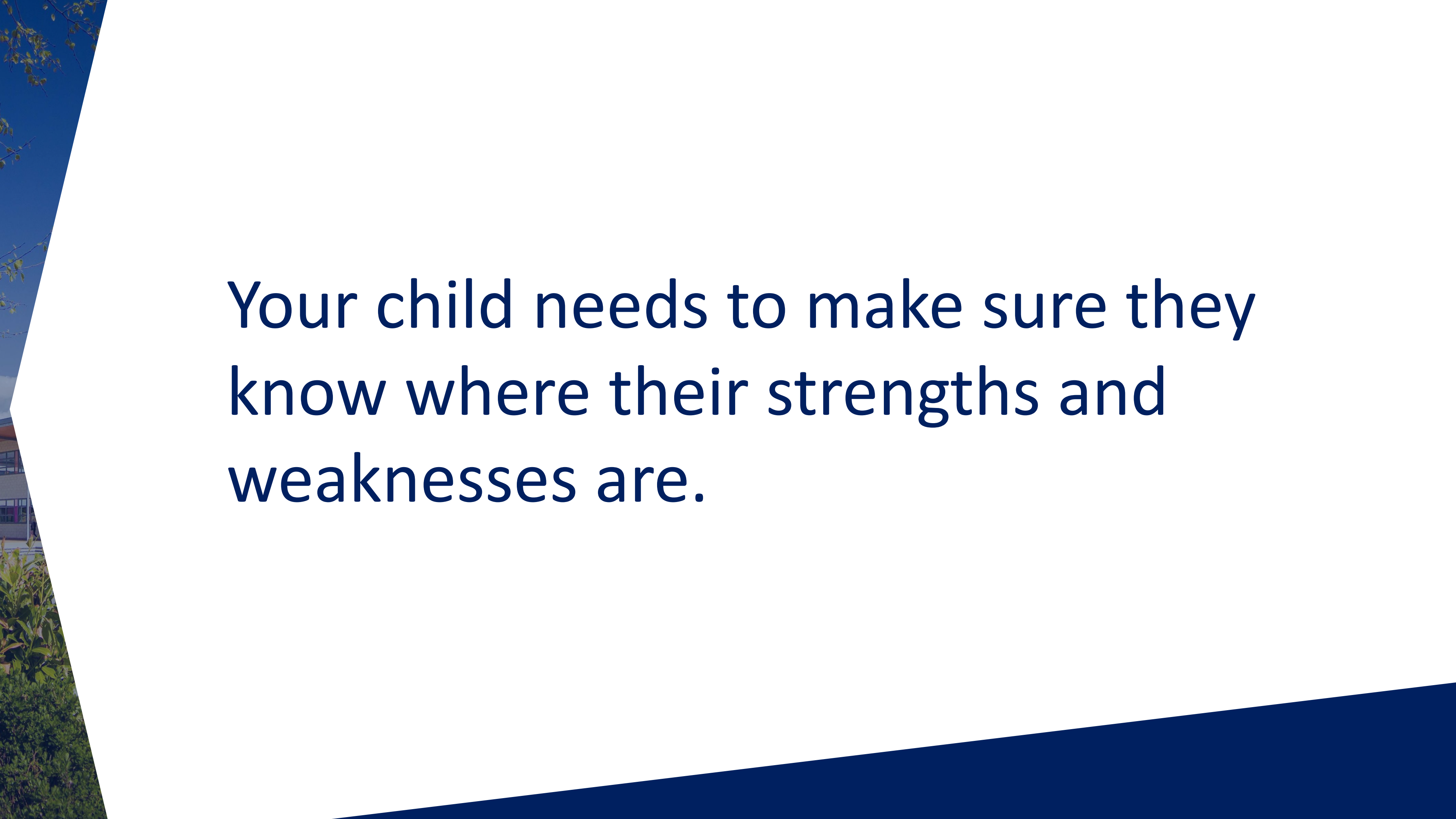
Tips for effective revision

Interleaving

To improve your results further, also consider interleaving. **This is where you mix up the subjects and topics you revise**

e.g. 30 minutes of Macbeth in English, 30 minutes of ratio in maths, 30 minutes of body systems in PE - rather than 90 mins of one subject





Your child needs to make sure they
know where their strengths and
weaknesses are.

Traffic lights / RAG rating

Contents

Working Scientifically

The Scientific Method.....	1
Communication & Issues Created by Science.....	2
Risk.....	3
Designing Investigations.....	4
Collecting Data.....	5
Processing and Presenting Data.....	6
Units and Equations.....	8
Drawing Conclusions.....	9
Uncertainties and Evaluations.....	10

Topic B1 — Cell Biology

Cells.....	11
Microscopy.....	12
More on Microscopy.....	13
Cell Differentiation and Specialisation.....	14
Chromosomes and Mitosis.....	15
Stem Cells.....	16
Diffusion.....	17
Osmosis.....	18
Active Transport.....	19
Exchange Surfaces.....	20
Exchanging Substances.....	21
More on Exchanging Substances.....	22
Revision Questions for Topic B1.....	23

Topic B2 — Organisation

Cell Organisation.....	24
Enzymes.....	25
Investigating Enzymatic Reactions.....	26
Enzymes and Digestion.....	27
More on Enzymes and Digestion.....	28
Food Tests.....	29
The Lungs.....	30
Circulatory System — The Heart.....	31
Circulatory System — Blood Vessels.....	32
Circulatory System — Blood.....	33
Cardiovascular Disease.....	34
More on Cardiovascular Disease.....	35
Health and Disease.....	36
Risk Factors for Non-Communicable Diseases.....	37
Cancer.....	38
Plant Cell Organisation.....	39
Transpiration and Translocation.....	40
Transpiration and Stomata.....	41
Revision Questions for Topic B2.....	42

Topic B3 — Infection and Response

Communicable Disease.....	43
Viral, Fungal and Protist Diseases.....	44
Bacterial Diseases and Preventing Disease.....	45
Fighting Disease.....	46
Fighting Disease — Vaccination.....	47
Fighting Disease — Drugs.....	48
Developing Drugs.....	49

Topic B4 — Bioenergetics

Photosynthesis and Limiting Factors.....	50
The Rate of Photosynthesis.....	51
Respiration and Metabolism.....	54
Aerobic and Anaerobic Respiration.....	55
Exercise.....	56
Revision Questions for Topics B3 & B4.....	57

Topic B5 — Homeostasis and Response

Homeostasis.....	58
The Nervous System.....	59
Synapses and Reflexes.....	60
Investigating Reaction Time.....	61
The Endocrine System.....	62
Controlling Blood Glucose.....	63
Puberty and the Menstrual Cycle.....	64
Controlling Fertility.....	65
More on Controlling Fertility.....	66
Adrenaline and Thyroxine.....	67

Topic B6 — Inheritance, Variation and Evolution

DNA.....	68
Reproduction.....	69
Meiosis.....	70
X and Y Chromosomes.....	71
Genetic Diagrams.....	72
More Genetic Diagrams.....	73
Inherited Disorders.....	74
Variation.....	75
Evolution.....	76
Selective Breeding.....	77
Genetic Engineering.....	78
Fossils.....	79
Antibiotic-Resistant Bacteria.....	80
Classification.....	81
Revision Questions for Topics B5 & B6.....	82

Topic B7 — Ecology

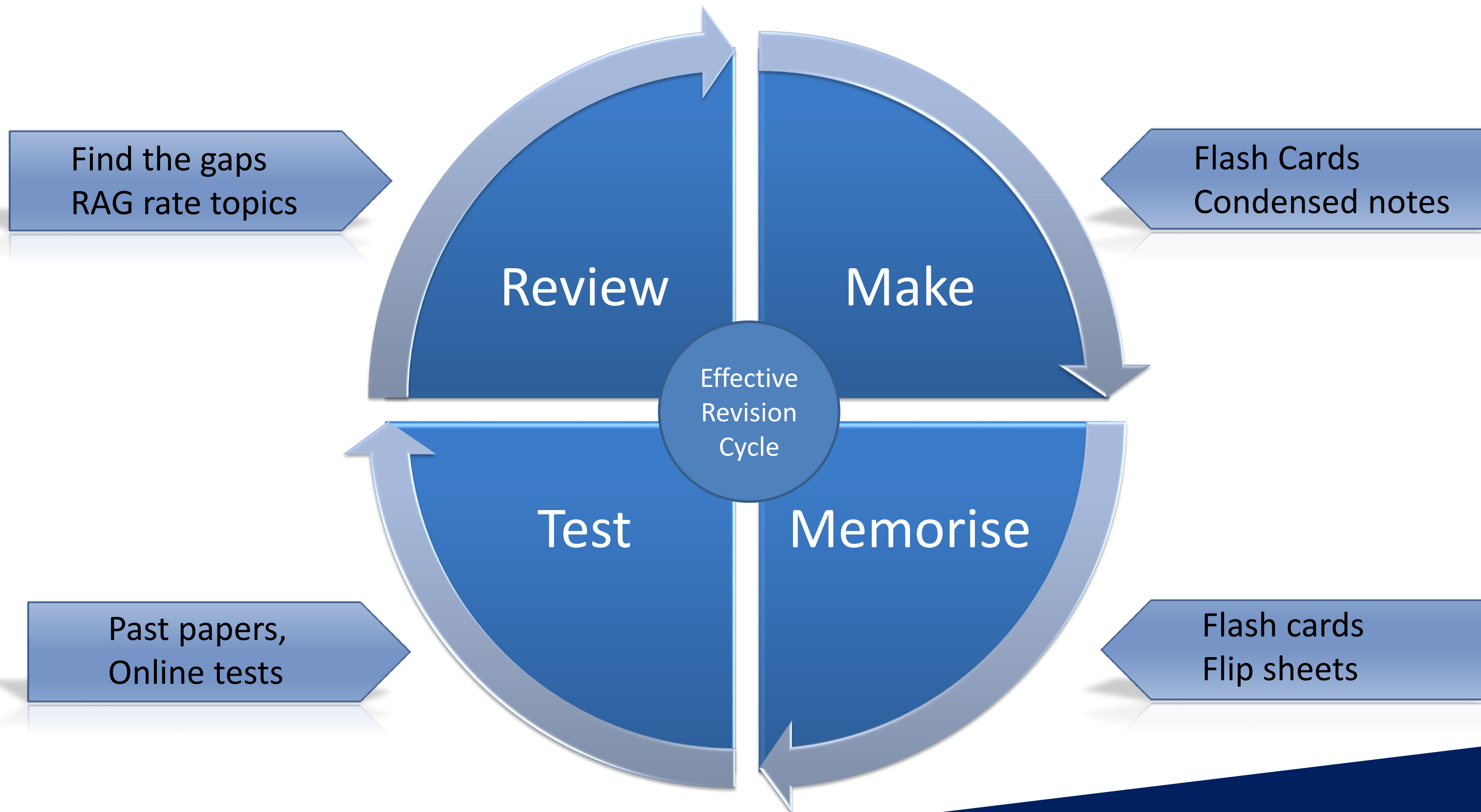
Competition.....	83
Abiotic and Biotic Factors.....	84
Adaptations.....	85
Food Chains.....	86
Using Quadrats.....	87
Using Transects.....	88
The Water Cycle.....	89
The Carbon Cycle.....	90
Biodiversity and Waste Management.....	91
Global Warming.....	92
Deforestation and Land Use.....	93
Maintaining Ecosystems and Biodiversity.....	94
Revision Questions for Topic B7.....	95

- Mark **green** the topics you feel confident
- Mark **amber** the ones you are less sure of
- Mark **red** the ones you struggle with.

Next steps

- Quiz your self on the **green** ones – retrieval practice.
- Bullet points and flash card your notes on the **amber** ones before you try quizzing yourself.
- Watch videos, go to revision sessions or ask your teacher for help on the **red** topics before you can try recalling the information in revision.

The Bolsover Revision Cycle



Tips for effective revision

Students who test their knowledge perform better on tests than those who simply study

Proportion of recall on final testing

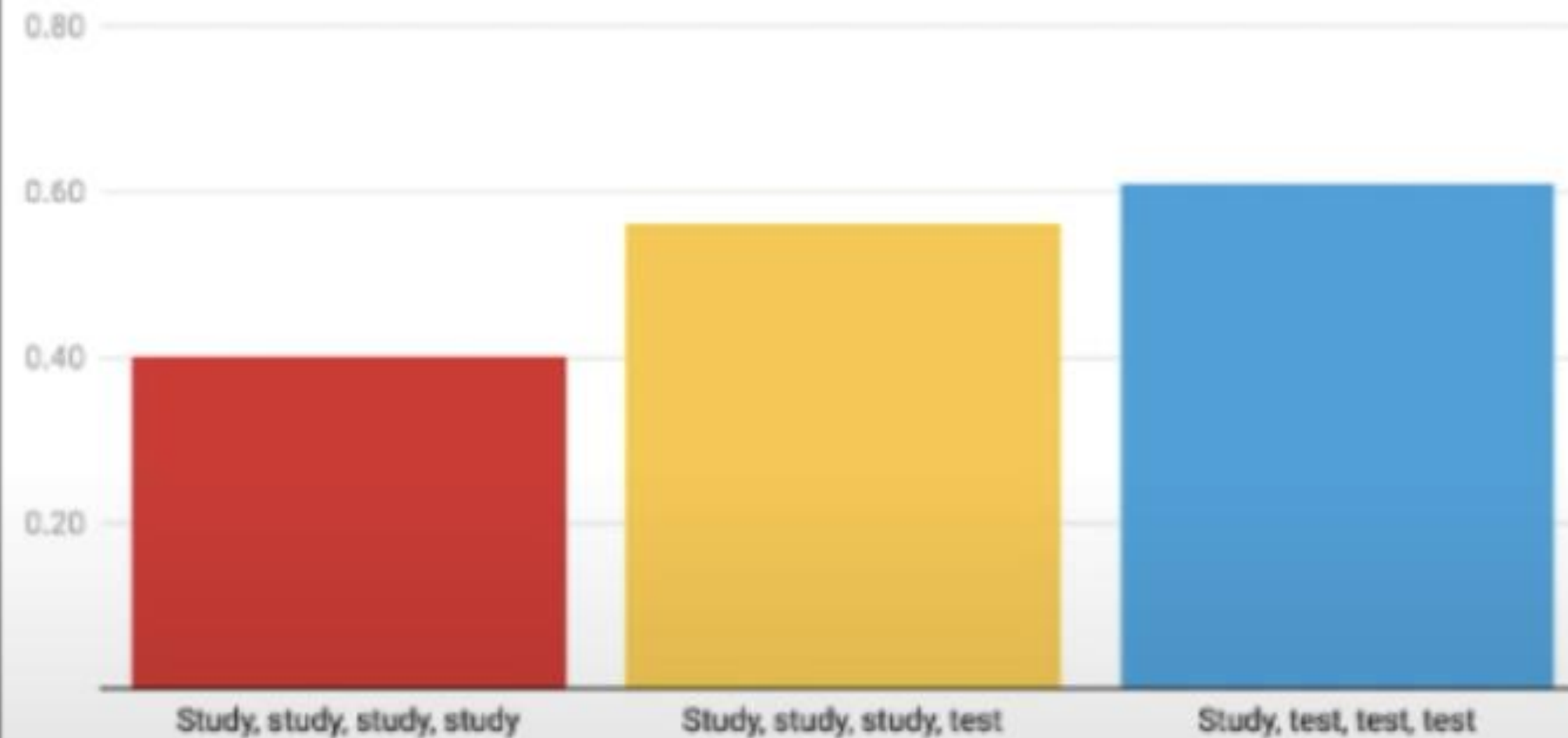




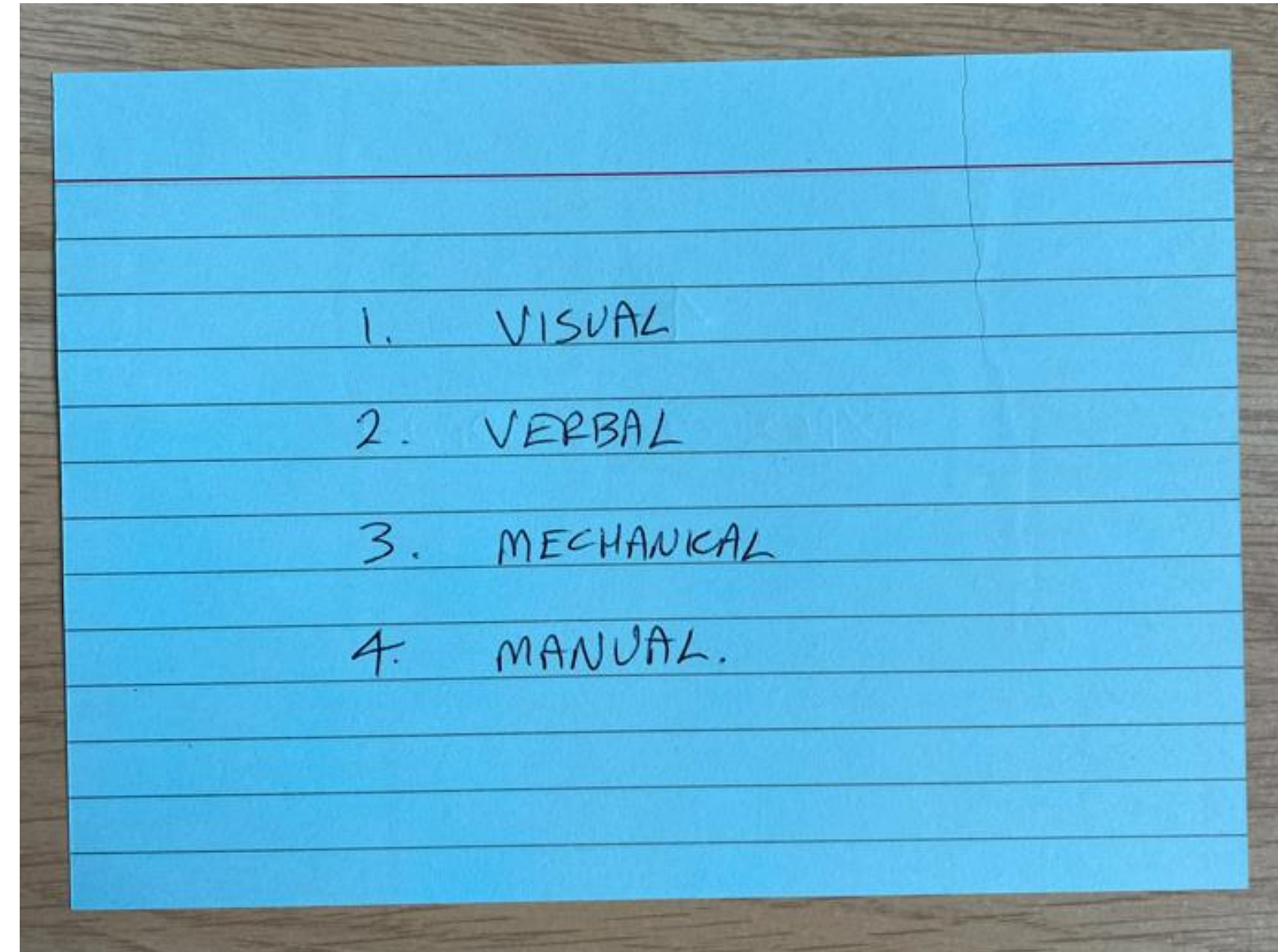
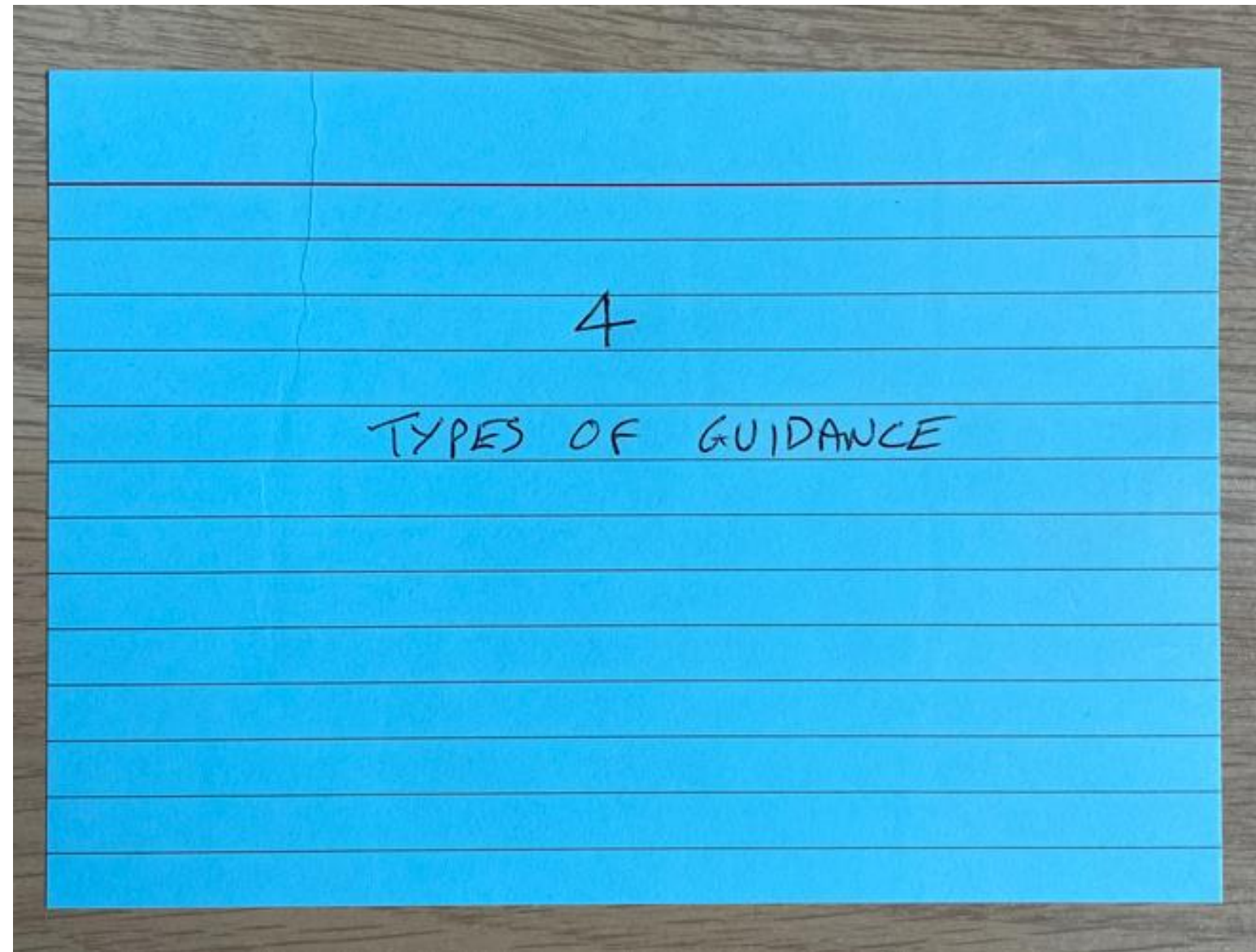
Chart: InnerDrive • Source: Roediger and Karpicke, 2006 • Created with Datawrapper



Let's look at some specific
revision strategies



Flash Cards



Where to find the information to go on the cards?

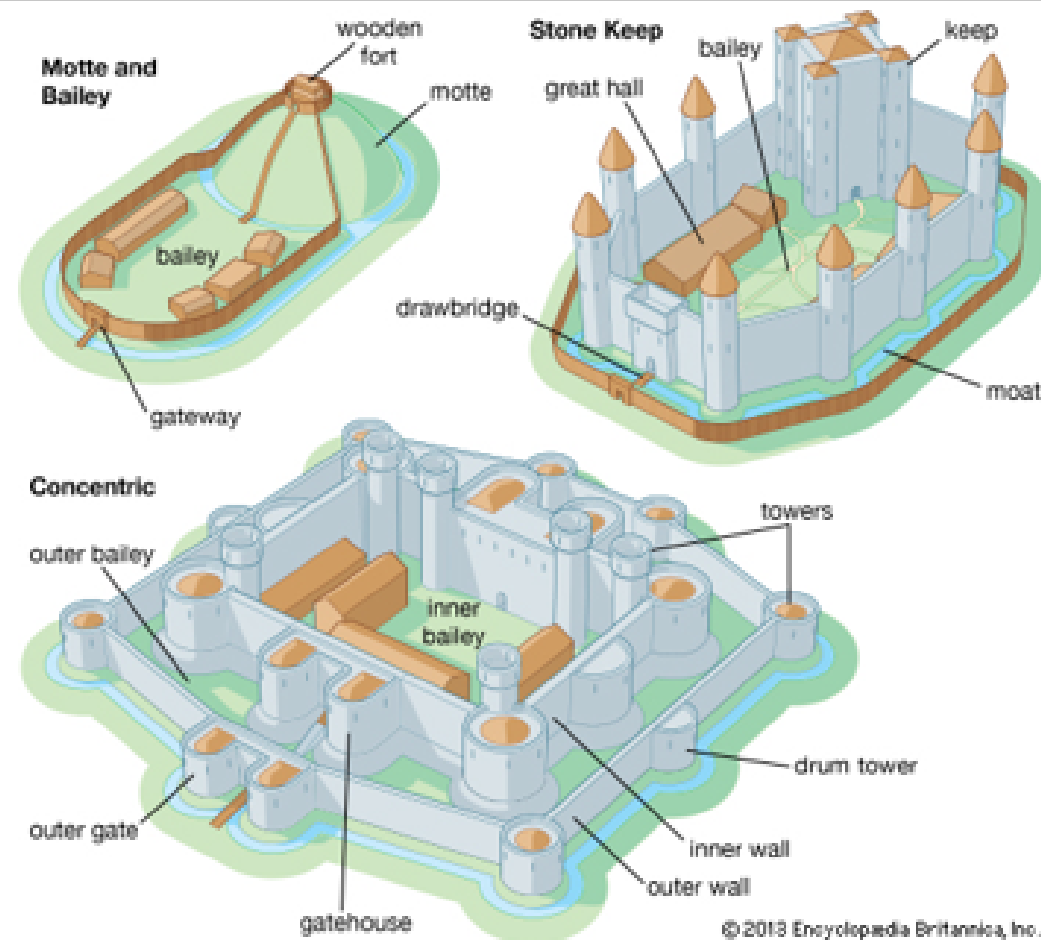
Flash Cards

D
LIGAMENTS

A STRONG TISSUE THAT CONNECTS
BONE TO BONE AND STABILISERS
A JOINT.

Describe the key features of a castle.

1



2

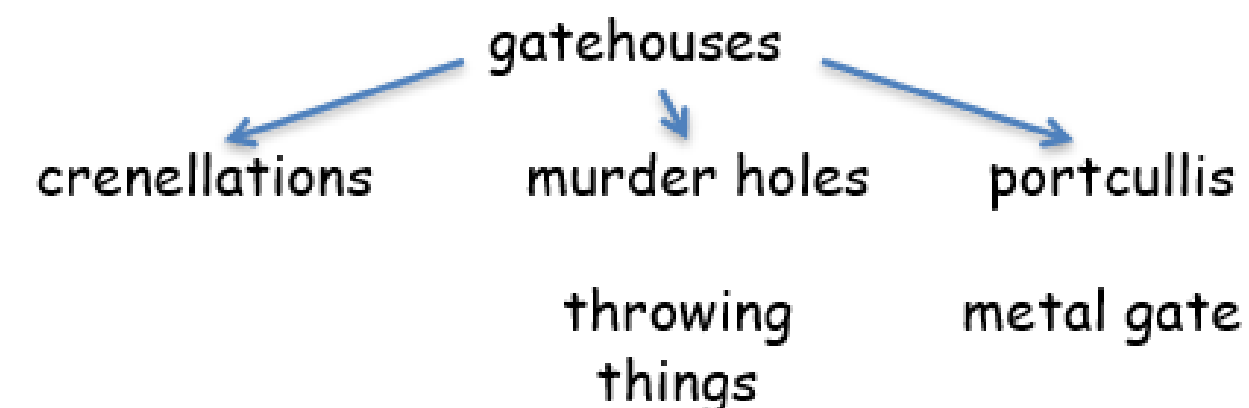
Castles defended themselves in a number of ways. Firstly, they often had a thick curtain wall surrounding the main part of the castle. This was thick, high and made of stone. Another feature castles had were tall towers. These were very high and again made of thick stone to make it difficult to attack. Sometimes, castles were surrounded by deep moats, often filled with water, but sometimes without water. Even if moats had no water in they were so steep that it would have been impossible to climb up. Many castles also had gatehouses. These had lots of features which helped to protect a castle including crenellations (which allowed archers to hide behind before shooting), murder holes (for dropping hot sand down) and portcullises (big metal gates).

3

curtain wall → thick/stone/tall

towers → tall/thick/stone

moats - water or dry → steep/hard to climb

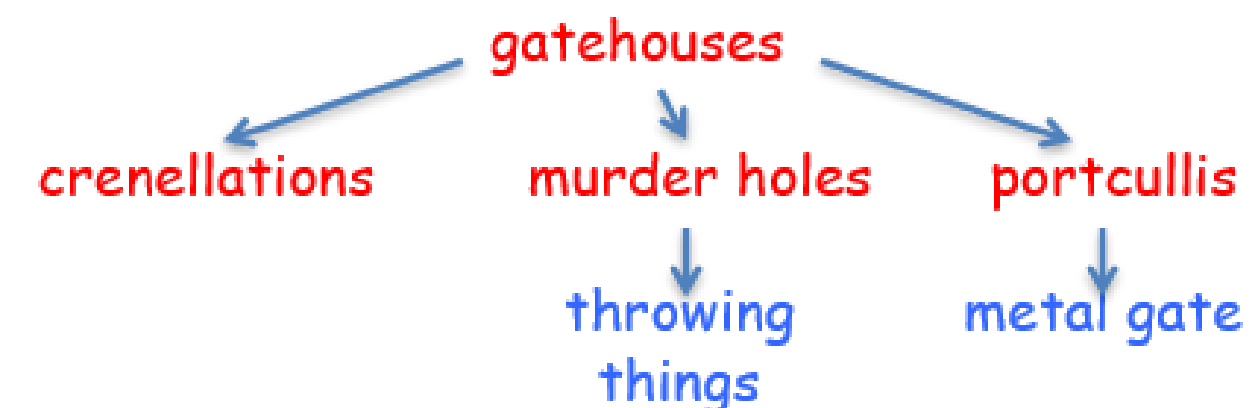


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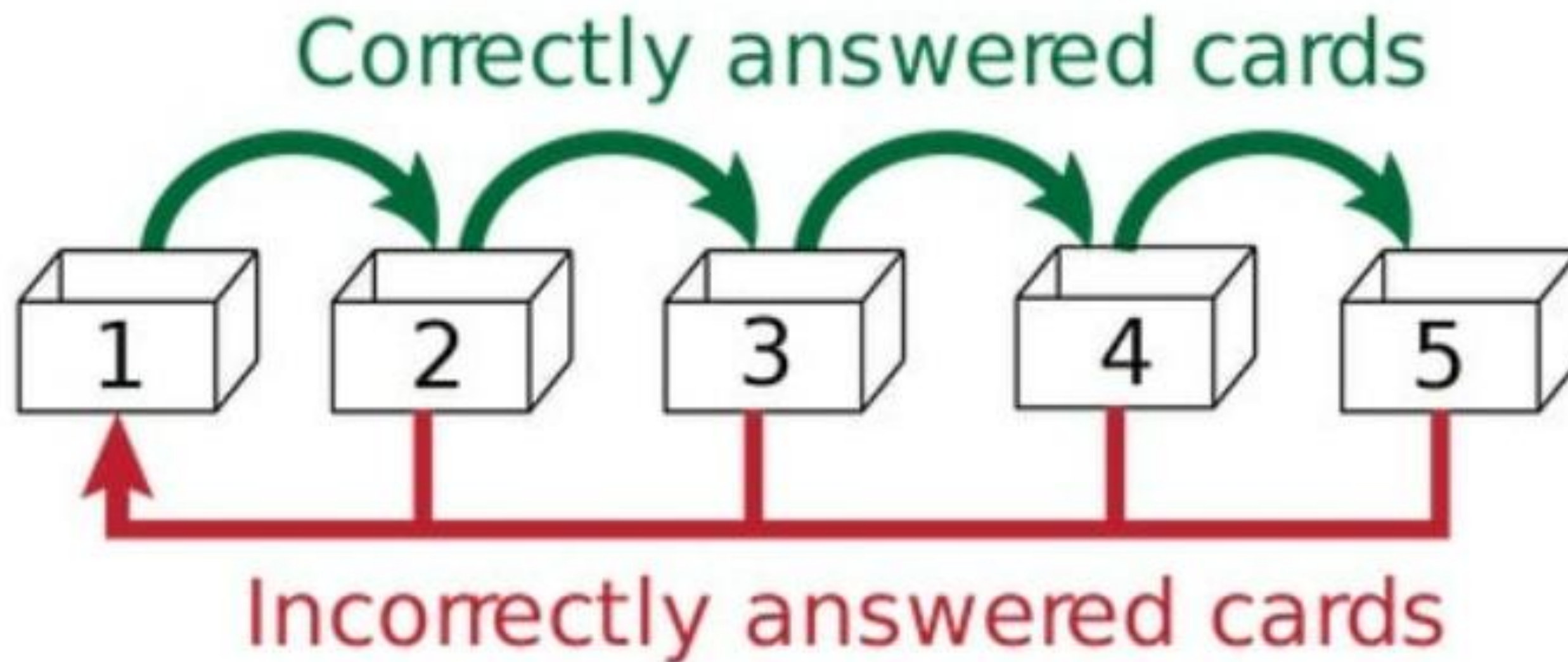
curtain wall → thick/stone/tall

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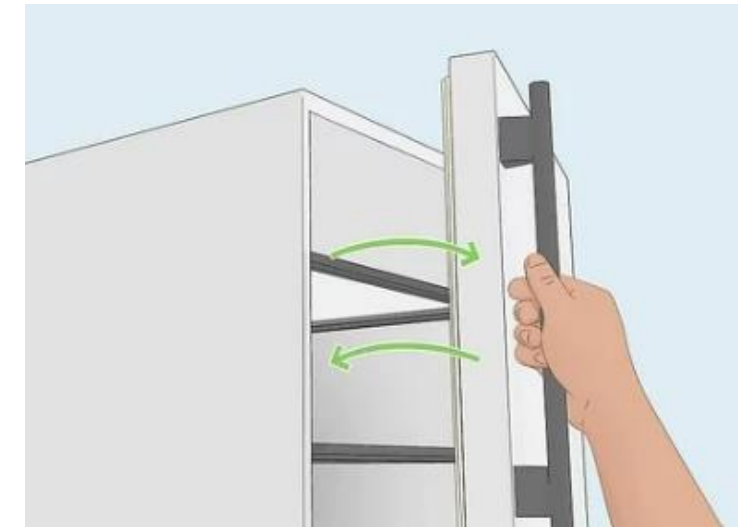


How to use flash cards



Top tips:

- Blue tack flash cards around commonly used places in your house, i.e.
 - Fridge door – you must check the correct answer before getting something from the fridge!
 - Pillow – you must check the correct answer before getting into bed.
 - Next to your phone charger – you must check the correct answer before plugging in your phone!



Where can I get flash cards from?

School will provide an initial sample.

You can purchase more at Amazon* – next day delivery!
100 for £3.99!

*other retailers are available.



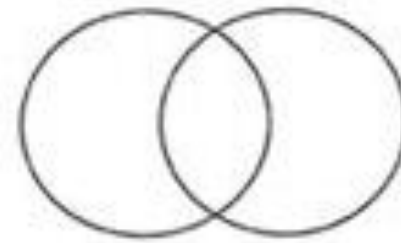
KAV 6x4 inches 100-Sheet
Coloured Record Flash Cards -
Study Revision, Indexing, for
Home Office and School Use ...

£3⁹⁹

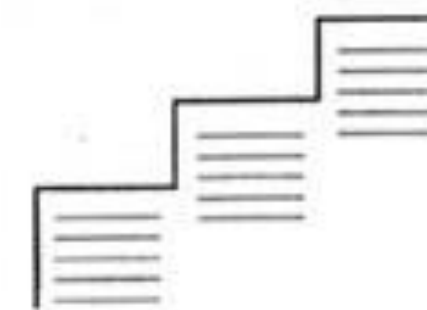
Graphic Organisers

Graphic Organisers get you to **TRANSFORM** information and provide a different way of seeing and thinking. There are templates for lots of these in the revision section on our school website.

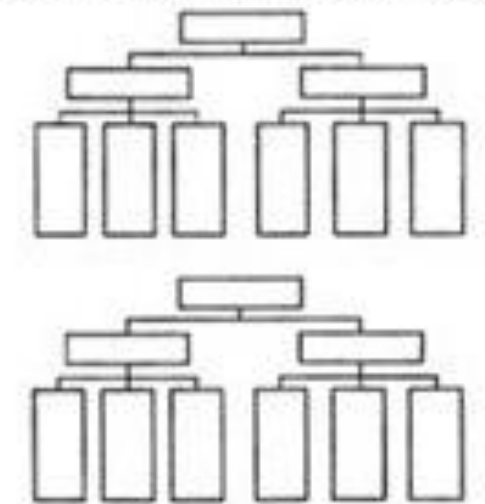
Venn Diagram



Sequential Thinking Model



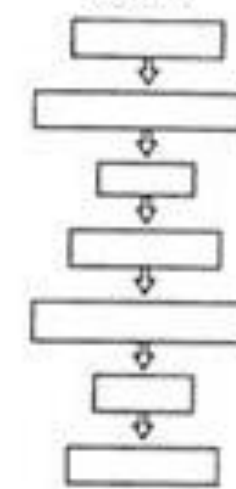
Sequential Thinking Model



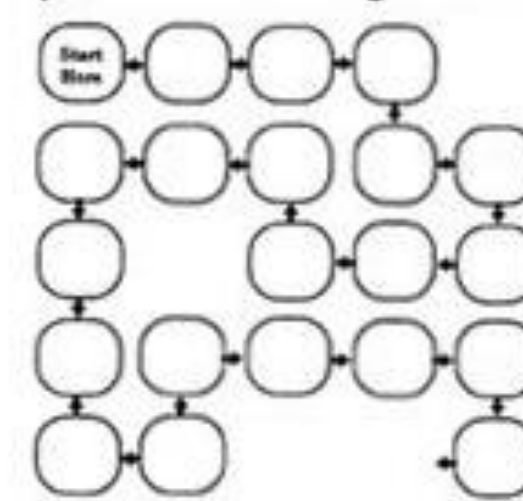
Chain



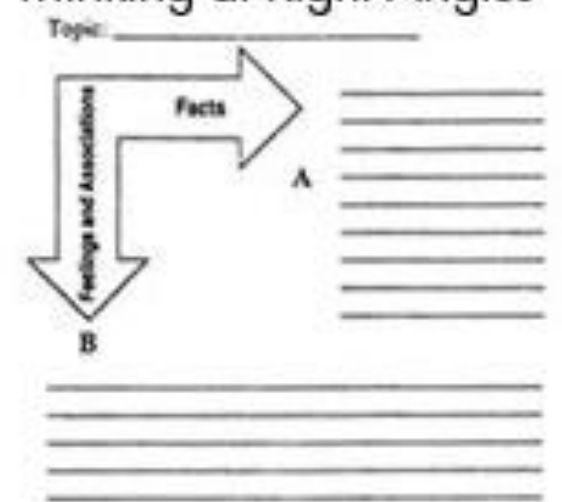
Chain



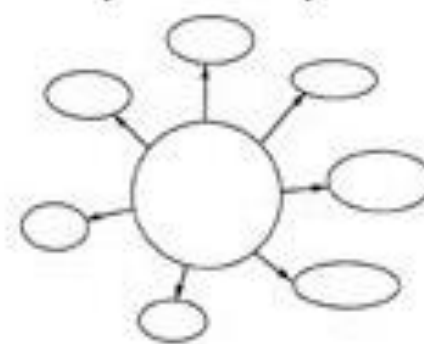
Sequential Thinking Model



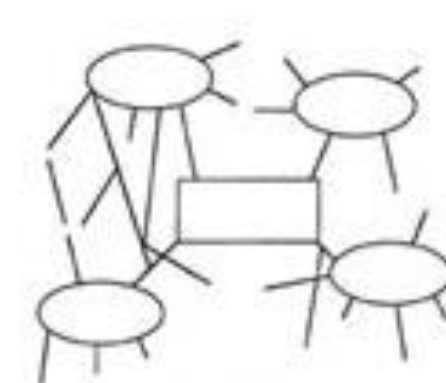
Thinking at Right Angles



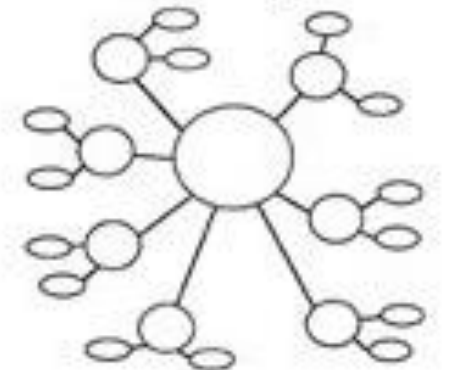
Spider Map



Web

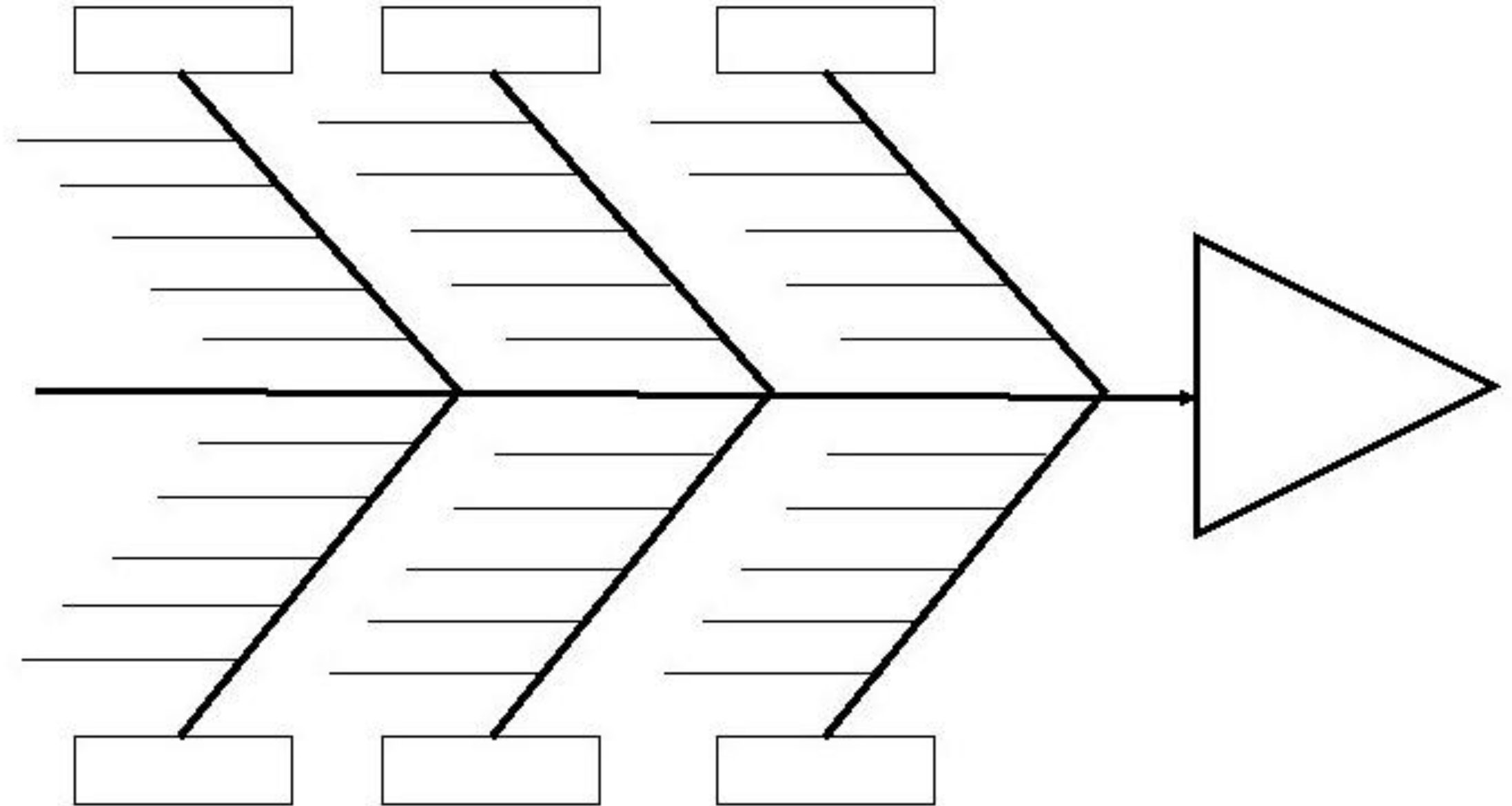


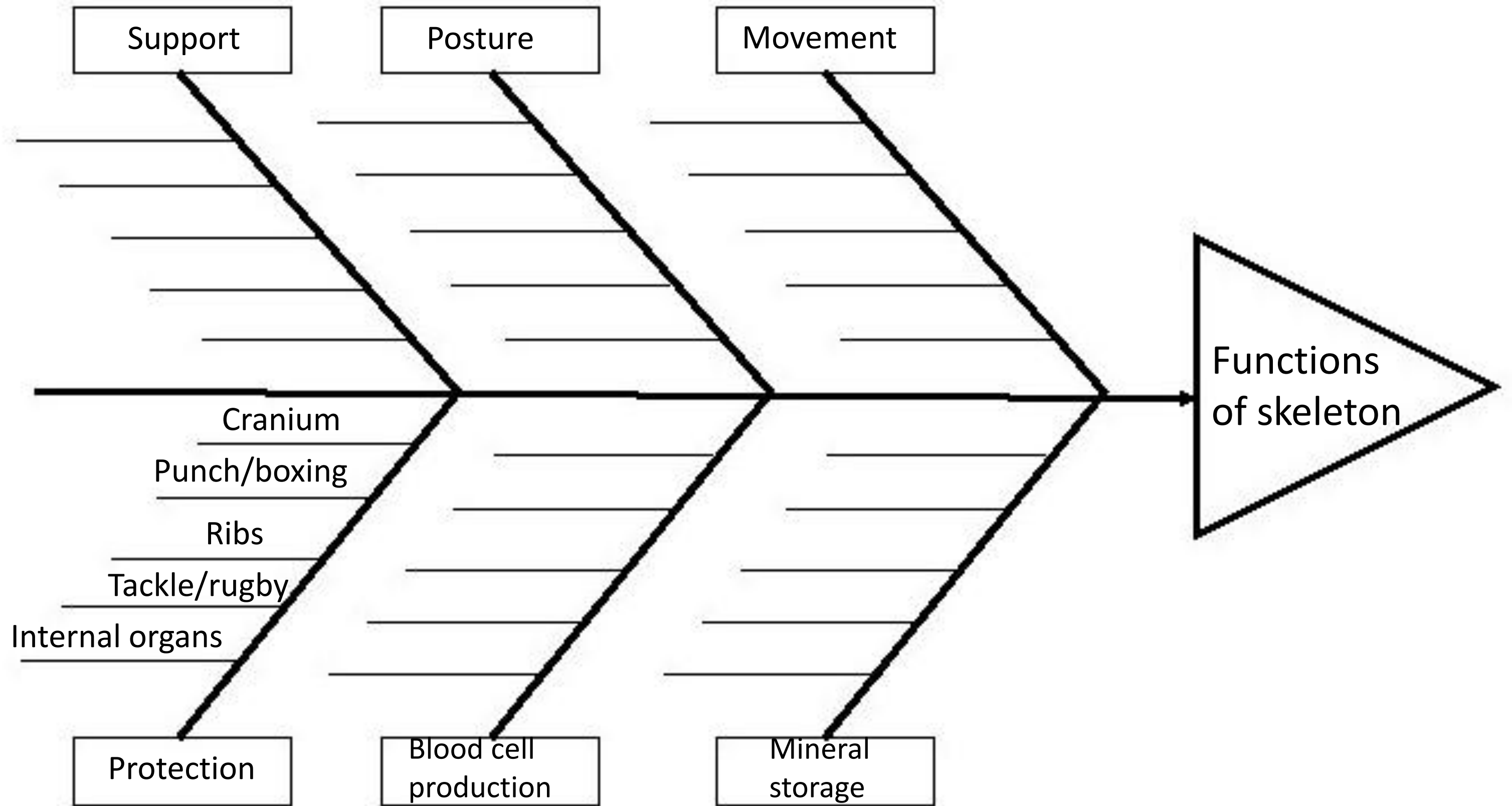
Mind Map



This technique helps to breakdown larger revision topics into the main facts

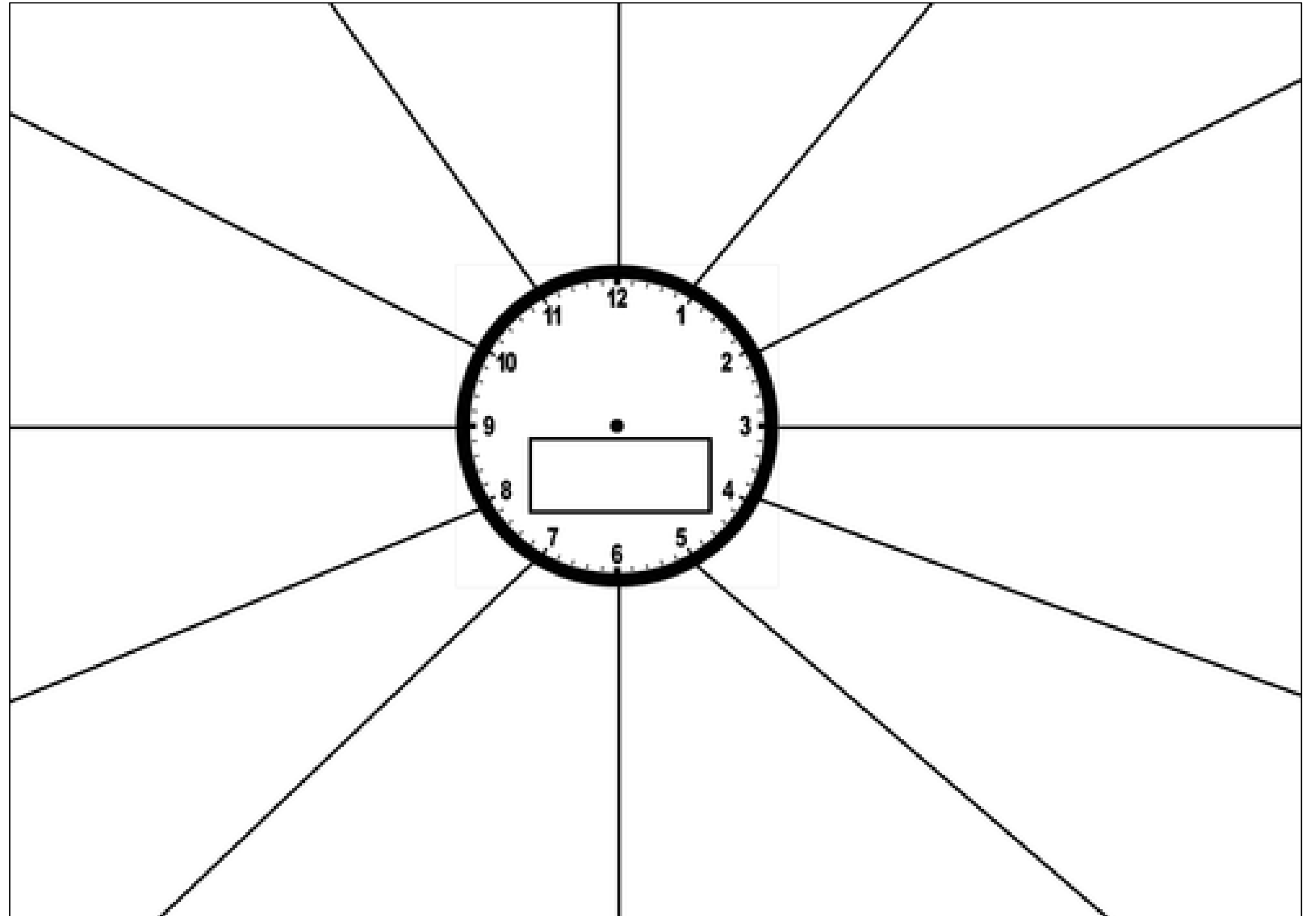
Fishbone diagram



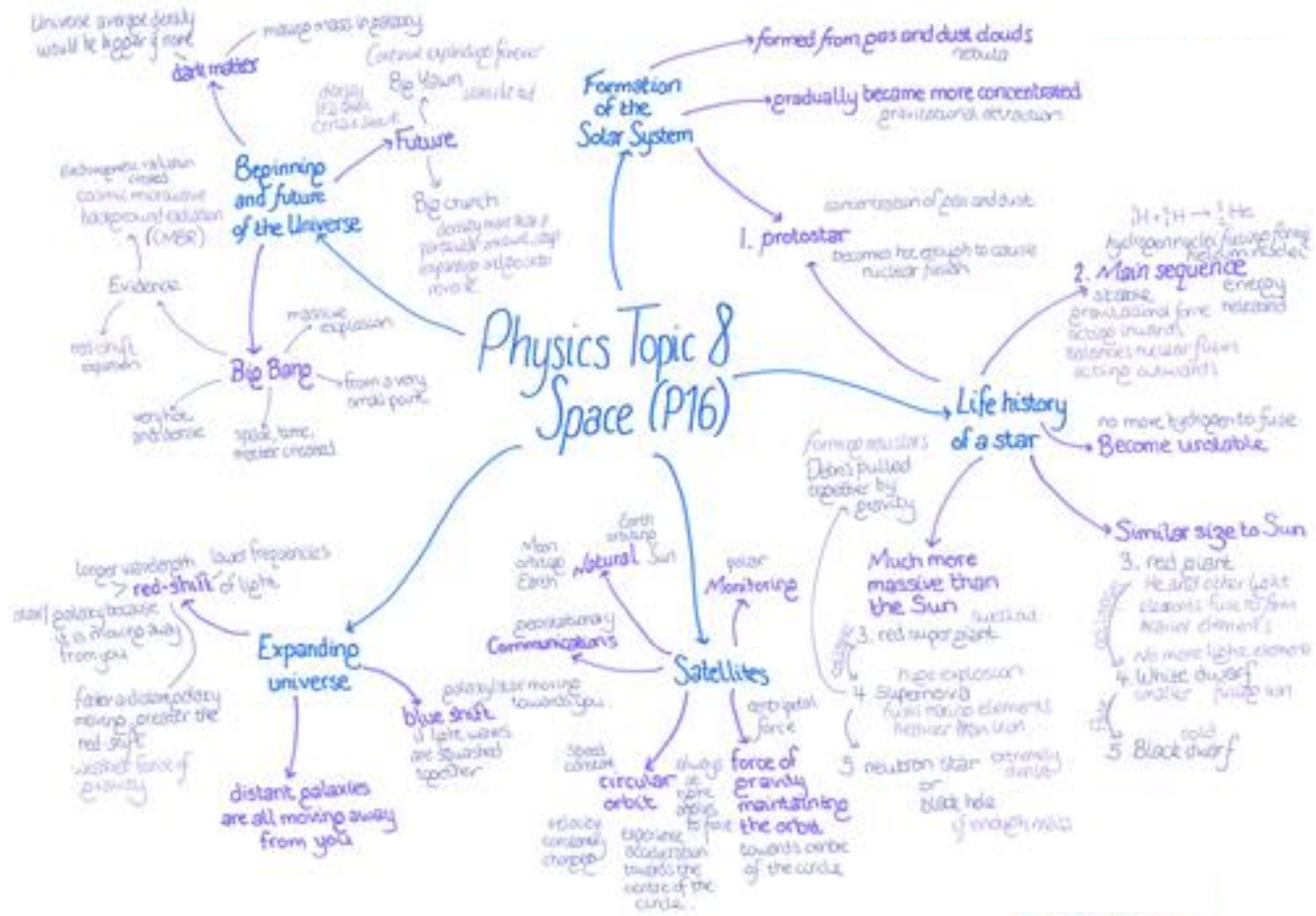


Revision Clock

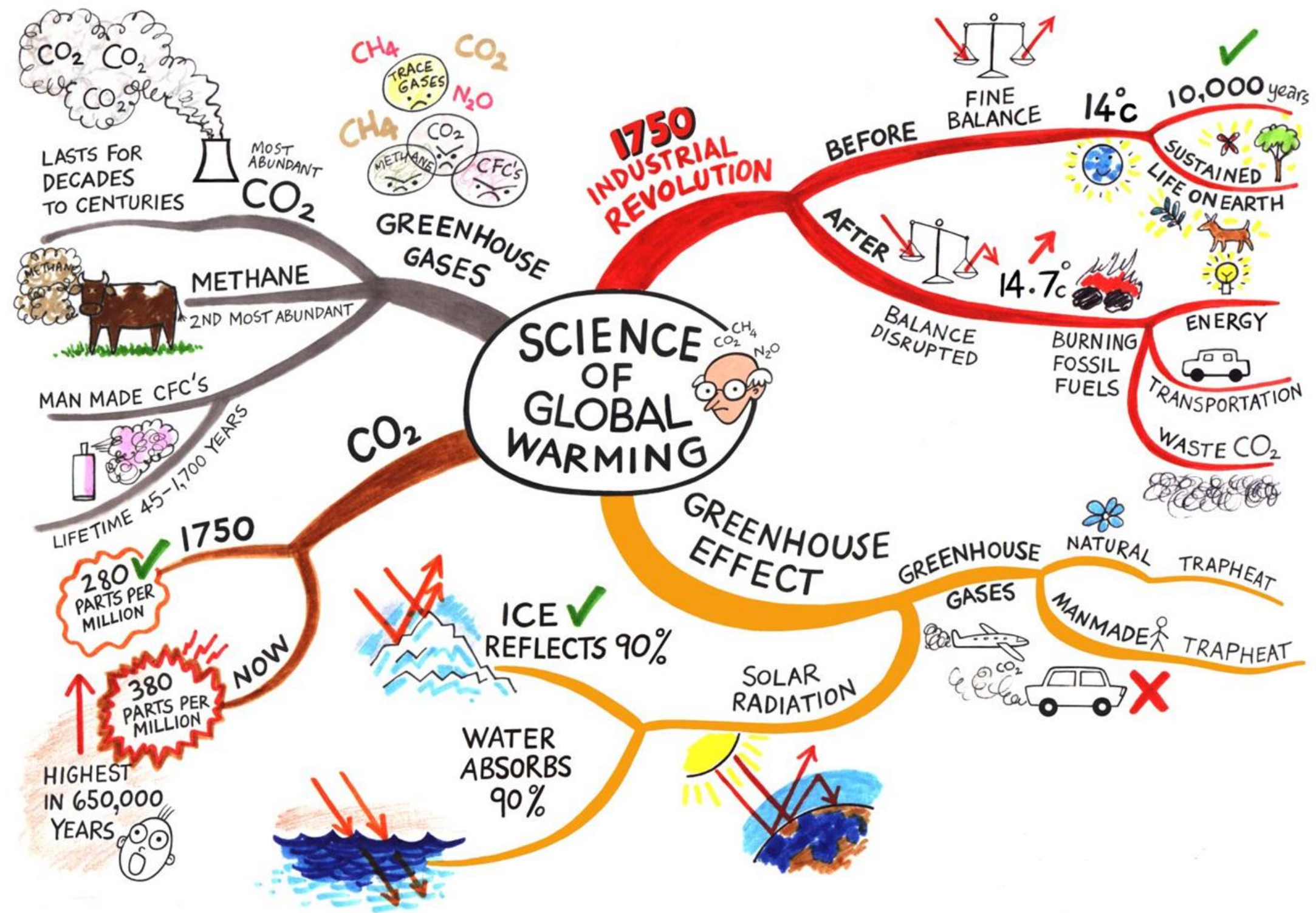
- Revise a topic.
- Put 12 key themes in the segments – one theme per segment.
- Give yourself 5 minutes per segment to write down everything you can remember about the theme.
- Change segment every 5 minutes, with a short break after 30 minutes.
- Check your notes against the revision guide.



Mind Maps



Mind Maps





Cornell Notes

Subject	Topic	Date
---------	-------	------

Key words	Notes

Summary

Cornell Notes

How to use a revision guide

RAG the content pages

Then pick one of the topics based on this (note which ones you've covered)

Condense notes, mind map, flash card key words

Have a go at the Qs at the end of chapter (or question booklet)

Then BBC Bitesize topic and past paper questions

Over time continue to test yourself on the flash cards

area of high concentration to an area of low

which is in a high concentration in
living at the alveoli, **diffuses** into the alveoli to

in a high concentration in the alveoli, diffuses
be collected by the red blood cells.

y muscles

is responsible for breathing in (inspiration) and
at rest: the **diaphragm** and **intercostals**.

act, the effect is to draw air into the lungs (see

, function and effect of respiratory muscle
iration

Function	Effect
Increase the volume of the chest cavity which decreases the pressure inside the lungs	Air is drawn into the lungs (inspiration)

intercostals relax, the rib cage moves in and
the chest cavity volume, which in turn raises the
of the lungs (expiration).

Diffusion Movement of
gases across a membrane
from an area of high to low
concentration

Breathing frequency (f)
The number of inspirations
or expirations each minute
(breaths/min)

Tidal volume (TV)
The volume of air inspired or
expired each breath (ml)

Minute ventilation (VE)
The volume of air inspired or
expired each minute (l/min)

Typical mistake

Carbon dioxide moves **out**
of the blood into the alveoli
to be expired and oxygen
moves **into** the bloodstream
from the air inspired. Make
sure you get them the right
way round!

Key definitions.
These are suitable for
flash cards.

Now test yourself

TESTED ☐

- 1 Compare the duration of aerobic to anaerobic exercise.
- 2 Give two examples of anaerobic exercise.
- 3 Using a sporting example, describe the intensity and duration of aerobic exercise.
- 4 What is a disadvantage of anaerobic exercise?
- 5 True or false? To perform anaerobic exercise oxygen is required to create energy.
- 6 True or false? Aerobic activity raises heart rate and breathing rate and can be sustained for a long period of time.
- 7 True or false? Throwing the javelin is an anaerobic activity.

Exam practice

- 1 Which chamber of the heart is responsible for ejecting blood into the aorta?
a) right atrium
b) left atrium
c) right ventricle
d) left ventricle. [1]
- 2 What is the volume of air expired from the lungs per breath measured as?
a) breathing frequency
b) stroke volume
c) tidal volume
d) minute ventilation. [1]
- 3 Which of the following activities is an example of anaerobic exercise?
a) 100 m sprint
b) 200 m sprint
c) discus
d) all of the above. [1]
- 4 Describe the pathway of air through the body to the lungs. [4]
- 5 Define cardiac output and state how it can be calculated. [2]
- 6 Identify one role of red blood cells. [1]
- 7 Give one common feature of capillaries and alveoli. [1]
- 8 Describe the role of the diaphragm and intercostals in creating one breath in (inspiration). [2]
- 9 Using practical examples, compare the intensity and duration of aerobic and anaerobic exercise. [4]

At the end of each chapter



- to win at all costs as a result of the fear of losing
- the belief that other performers are doing the same or the belief that they can get away with it.

Table 2.1.3 Three typical drugs used in sport with the effects on performance and side effects

Type of drug	Example	Effects on performance	Negative side effects
Anabolic steroids	Weightlifters, throwers, sprinters and 50 m swimmers	Increased muscle mass and strength Increased speed of recovery Increased intensity and duration of training	Aggression and mood swings Acne and hormonal problems Liver damage and heart failure
Beta-blockers	Snooker, archery and shooting	Decrease blood pressure, heart rate, muscle tremors and anxiety	Dry mouth, dizzy spells, tiredness and stomach problems
Stimulants	Motor sport drivers, sprinters and long-distance cyclists	Increased alertness, focus and concentration Increased use of fats and endurance of performance	Sleep problems and anxiety Stomach problems

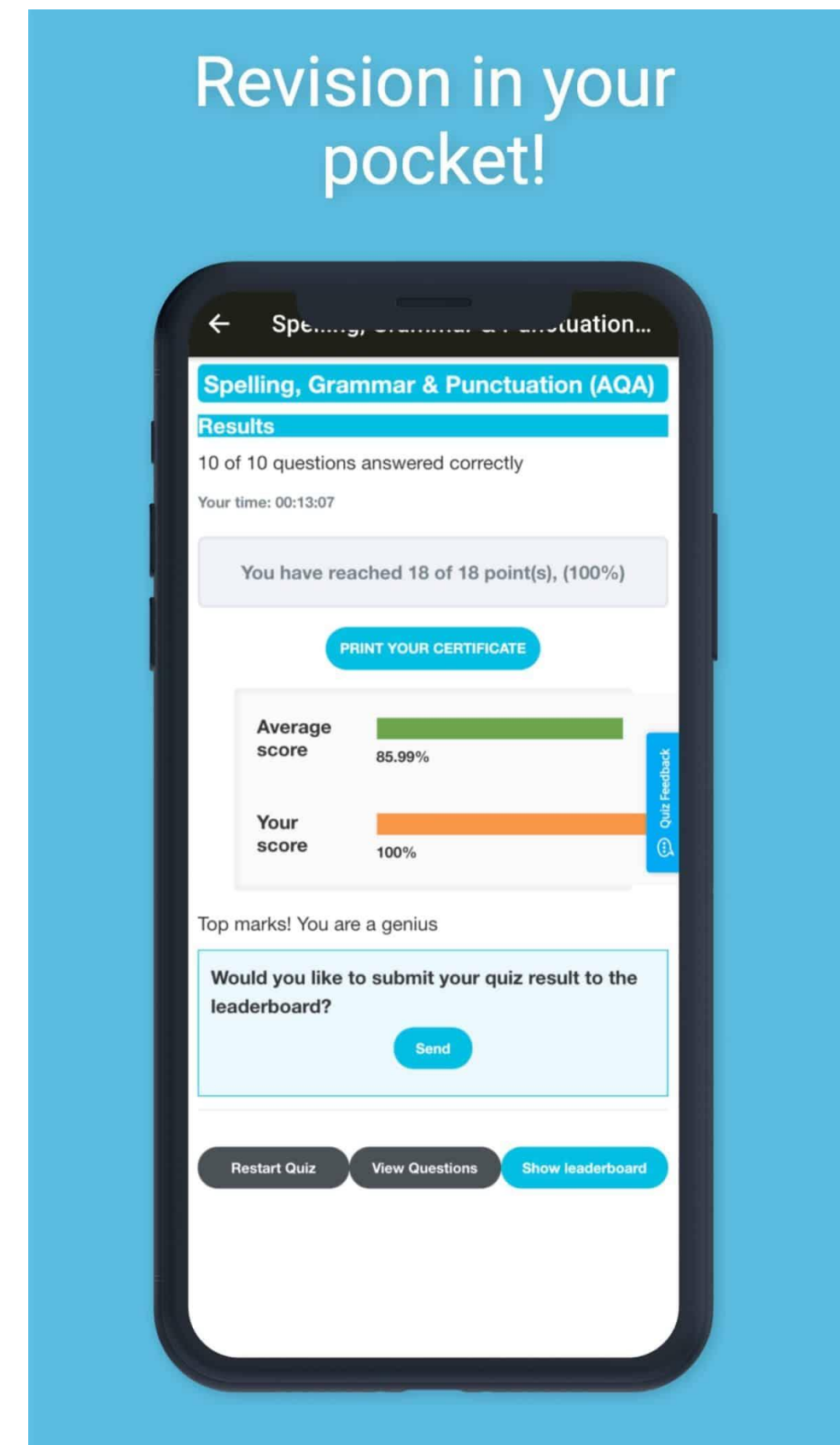
The impact of drug use in sport can affect both the athlete and the sport itself. In addition to the side effects listed in Table 2.1.3 there are impacts

Use Technology

BBC Bitesize, Seneca, YouTube, GCSE Pod, SPARX Maths, Quizlet etc.

They can take pictures of their notes to make revision more portable. Test themselves in their head on the bus or car, then check the photo of their notes to see how much they've remembered.

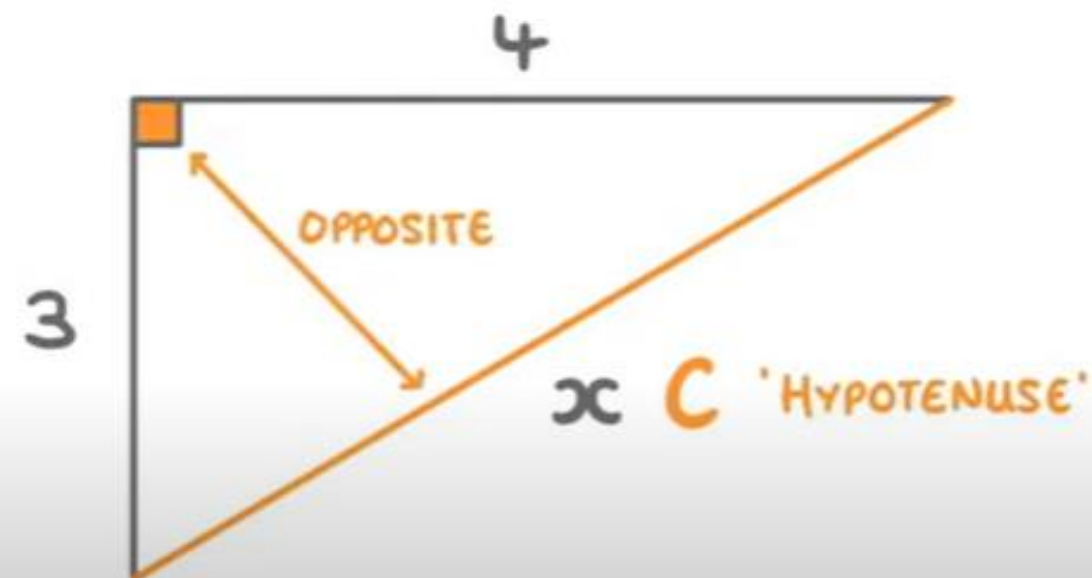
Students can use the QR codes in the revision booklet they've been given to take them straight to suitable websites.





PYTHAGORAS' THEOREM

$$a^2 + b^2 = c^2$$



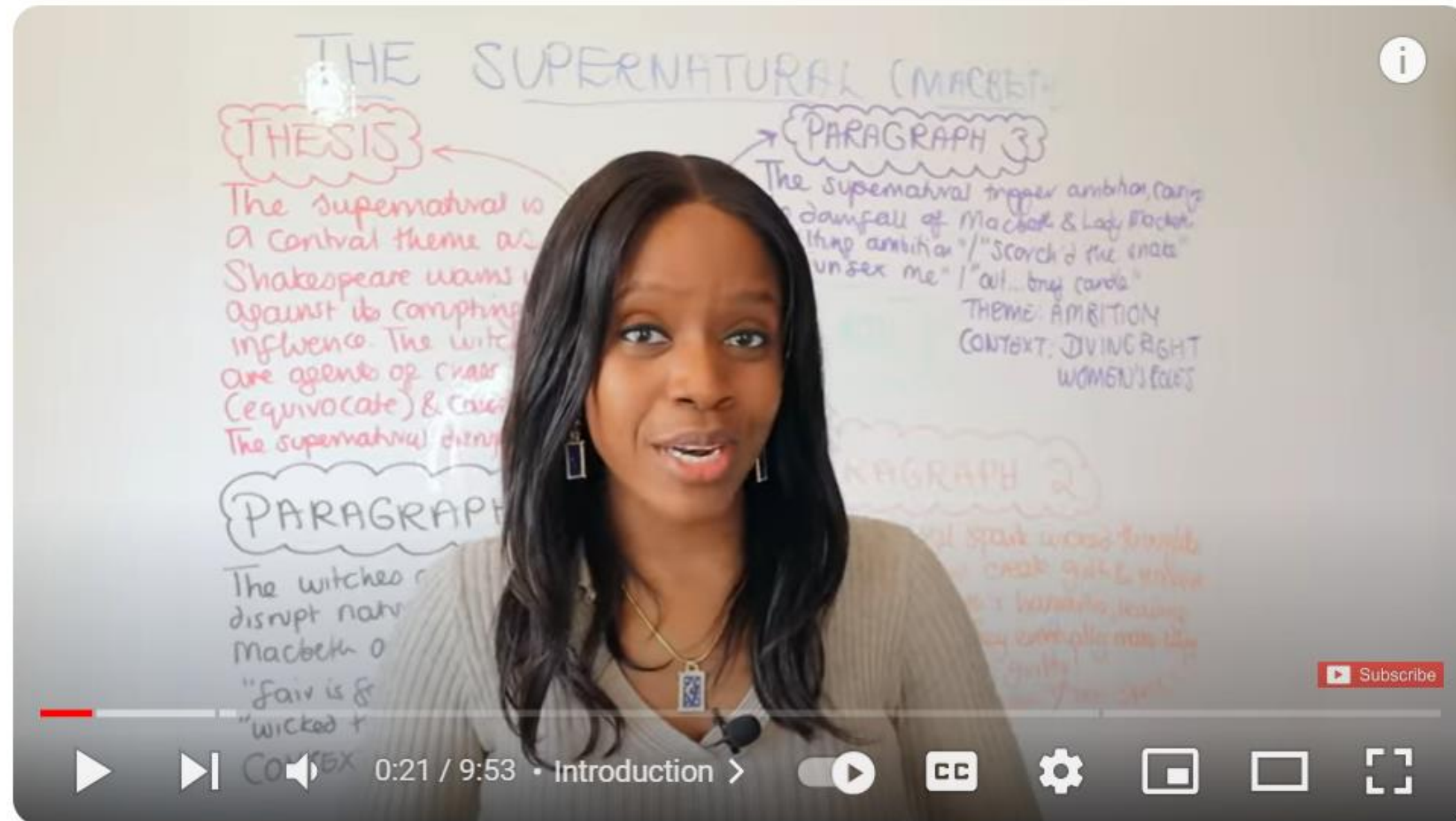
SUB



1:23 / 6:30

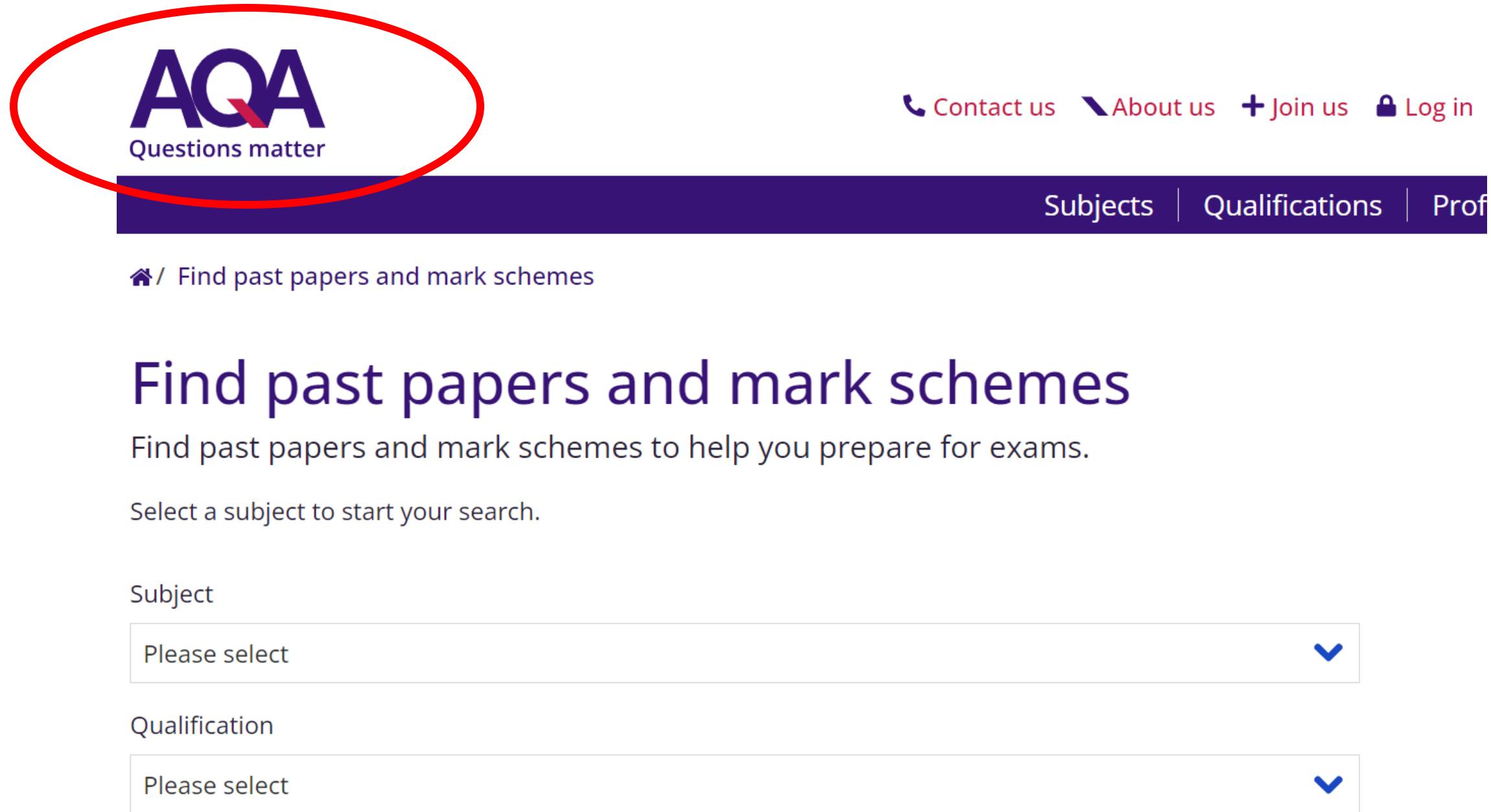


GCSE Maths - Pythagoras' Theorem And How To Use It #120



How To Write The Perfect Macbeth GCSE Essay On The Theme Of "Supernatural" | 2023 GCSE English Exams

How to access past papers.



The screenshot shows the AQA website interface. The AQA logo, with the tagline 'Questions matter', is circled in red in the top left. The top right navigation bar includes links for 'Contact us', 'About us', 'Join us', and 'Log in'. Below this is a dark blue navigation bar with links for 'Subjects', 'Qualifications', and 'Prof'. The main content area has a breadcrumb trail 'Home / Find past papers and mark schemes'. The heading 'Find past papers and mark schemes' is followed by the text 'Find past papers and mark schemes to help you prepare for exams.' and 'Select a subject to start your search.' There are two dropdown menus: 'Subject' and 'Qualification', both currently set to 'Please select'.

AQA
Questions matter

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[Home](#) / Find past papers and mark schemes

Find past papers and mark schemes


Find past papers and mark schemes to help you prepare for exams.

Select a subject to start your search.

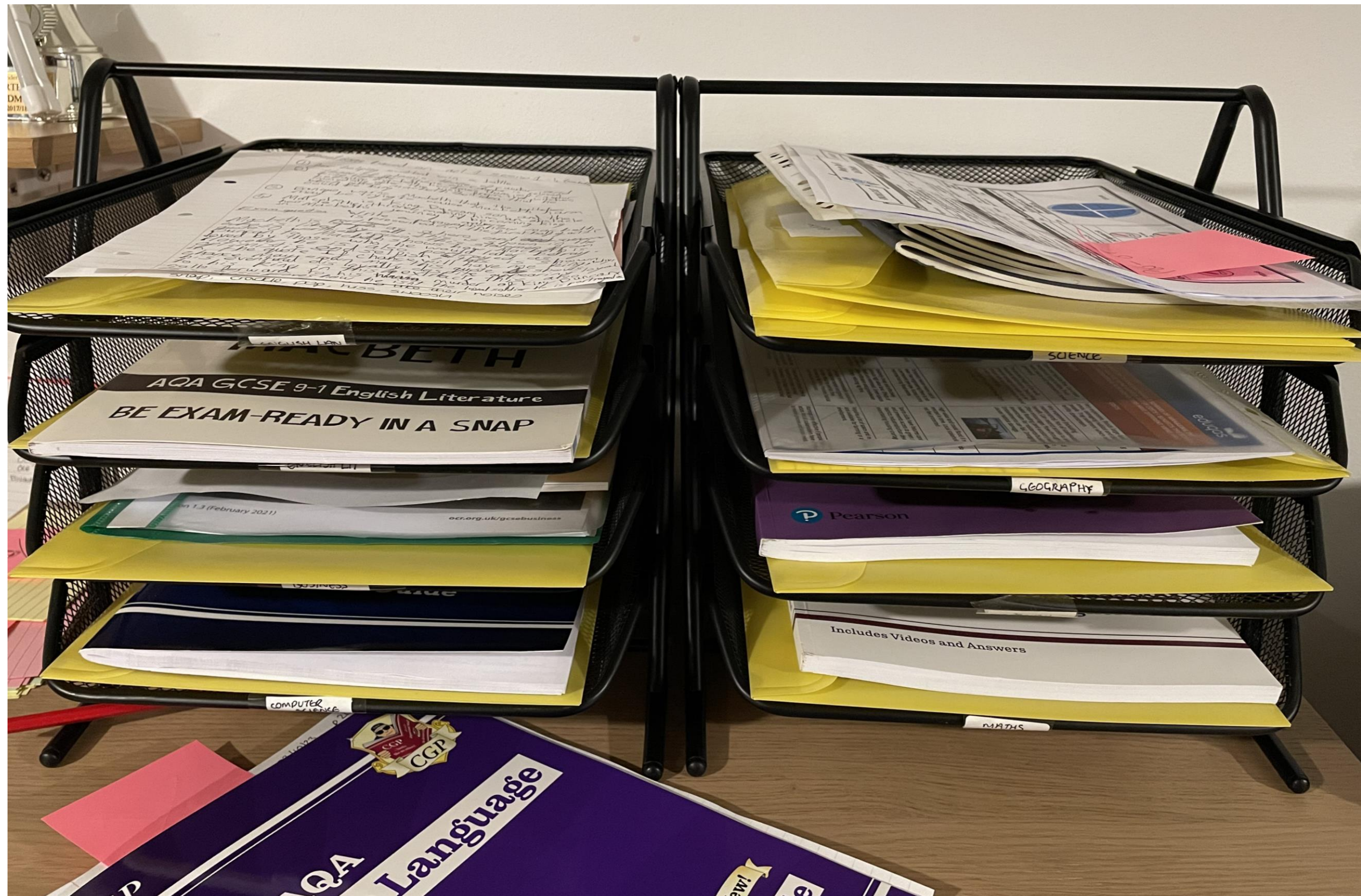
Subject

Please select 

Qualification

Please select 

i put the
“PRO” in
procrastinate





Two 30 minute sessions, four times per week
(increase closer to the exams)

Monday Textiles
Monday History

Tuesday Maths
Tuesday Science*

Thursday Business
Thursday English Lit

Sunday English Lang
Sunday French

**3 school weeks until the mocks
= just 1.5 hours per subject**

**17 school weeks until the GCSEs
= 8.5 hours per subject**

Weekly Revision Timetable

Week beginning _____

Day	Session 1	Session 2	Session 3	Session 4
Example	4:30 – 5:00pm Geography Formation of volcanos		7:30 – 8:00pm PE Commercialisation	
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

BIOLOGY

Mock exam dates:

Tuesday 16 th Jan 2024	Biology paper 2
Wednesday 17 th Jan 2024	Chemistry paper 2
Monday 22 nd Jan 2024	Physics paper 2

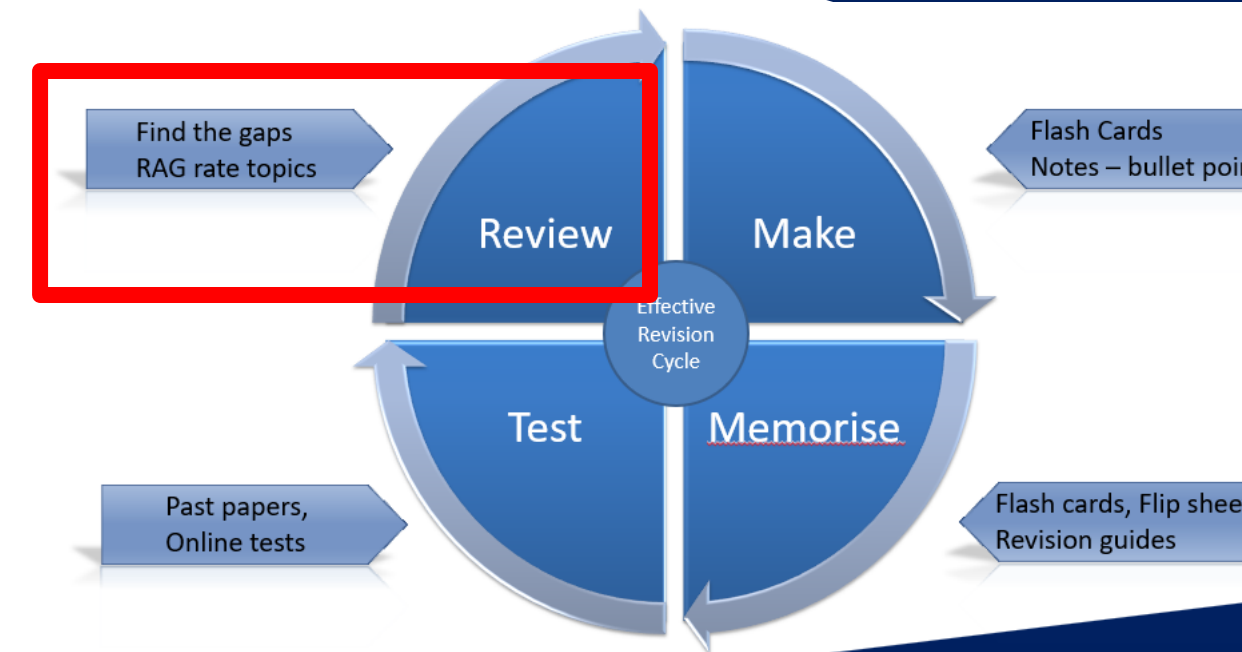
<u>Week beginning</u>	<u>Topic</u>	<u>Key learning points</u>	<u>Revision guide pages HIGHER</u>	<u>Revision guide pages FOUNDATION</u>	<u>Completed?</u> Tick this box when you have revised each topic.
4.12.23	B5	<ul style="list-style-type: none"> What is the reflex arc? How is blood glucose controlled? 	59-60 63	58-59 62	
11.12.23	B5	<ul style="list-style-type: none"> How do hormones control the menstrual cycle? How can fertility be controlled? 	64 65-66	63 64-65	
18.12.23	B6	<ul style="list-style-type: none"> What are the stages of meiosis? How does embryo screening work? 	70 74	68 72	
25.12.23 (CHRISTMAS)	B6	<ul style="list-style-type: none"> Merry Christmas! Have some days off – spend time with your family 😊 What are the stages of evolution? 	N/A 76	N/A 74	
1.1.24	B7	<ul style="list-style-type: none"> How are quadrats and transects used? List some biotic and abiotic factors. 	87-88 84	87-88 84	
8.1.24	B7	<ul style="list-style-type: none"> Explain the water and carbon cycles. How is biodiversity maintained? 	89-90 94	89-90 94	
15.1.24	...	See physics revision page!			

Private tuition £35p/h

Make the most of Curriculum Plus opportunities

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DT
English

French
German
Food & Nutrition
Art
Photography
Physical Studies
Cambridge National Sport
Science



In summary

- Make a reoccurring weekly revision planner and change the topics for the week as a task each Sunday.
- Have the revision materials for each subject in separate folders/piles.
- Follow the revision cycle of: Review – Make – Memorise – Test.
- Use a variety of different methods eg, revision guides, online apps, flash cards, transform diagrams.
- Use past papers and exam questions to help test you (but only when you've understood the information/content).
- Attend as many Curriculum Plus sessions as possible.

