



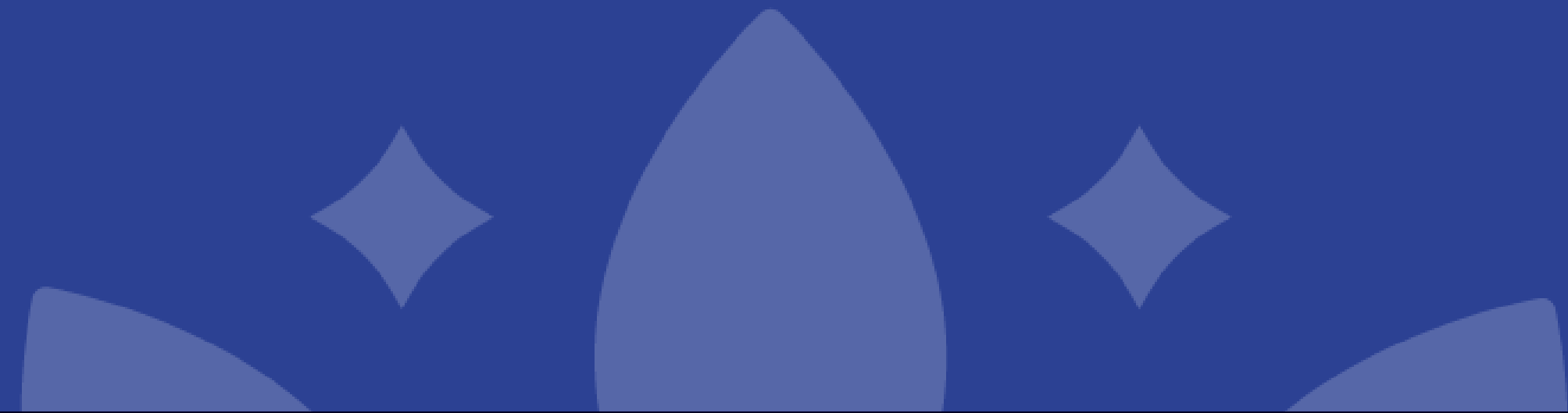
**YEAR 10 PARENTS'
INFORMATION EVENING:**

**PREPARING FOR TRIAL
EXAMS**

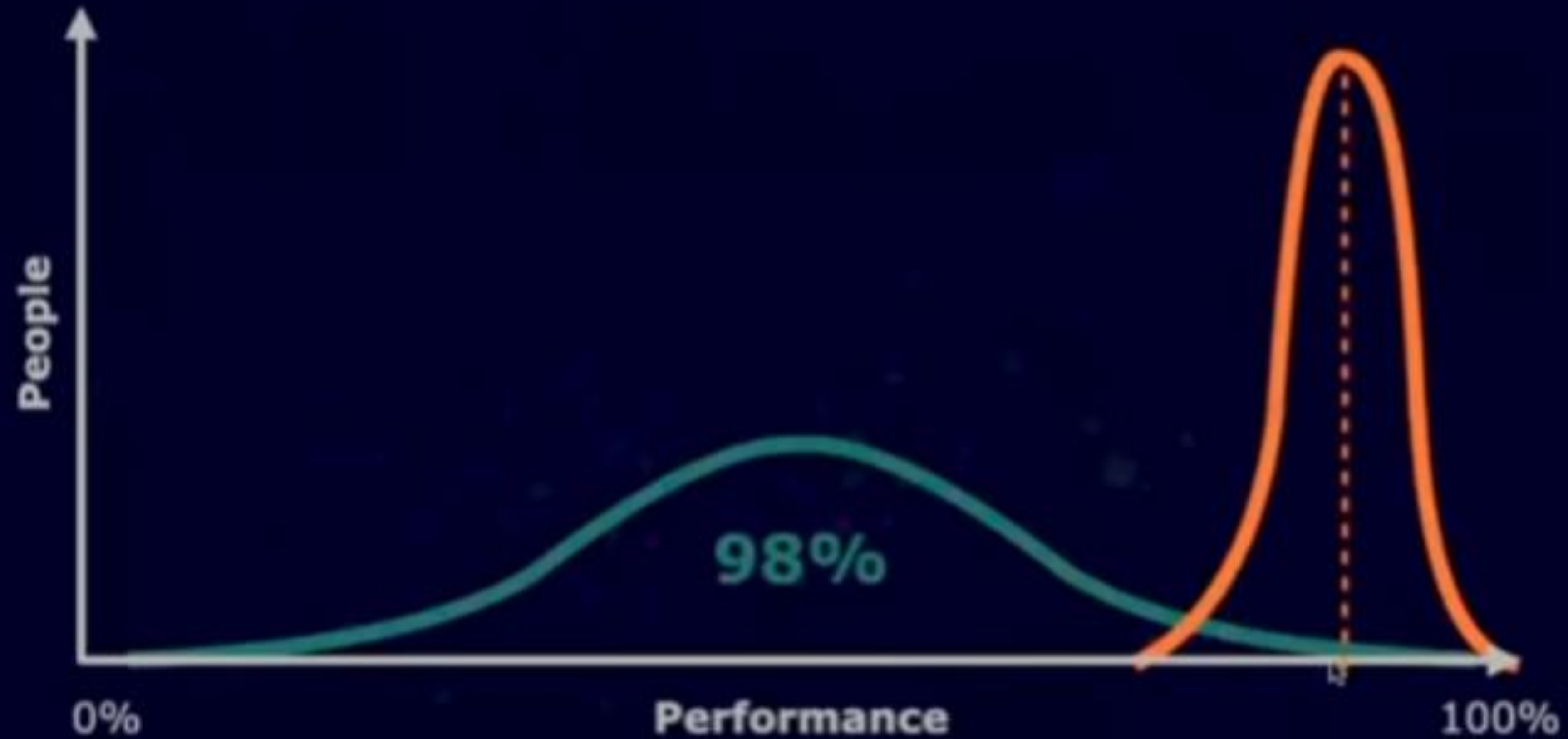




**THE CEDARS
ACADEMY**
Lionheart Educational Trust



**PRINCIPLE 1:
ANYONE CAN
LEARN
ANYTHING**





**THE CEDARS
ACADEMY**
Lionheart Educational Trust

PRINCIPLE 2: AIM FOR MASTERY



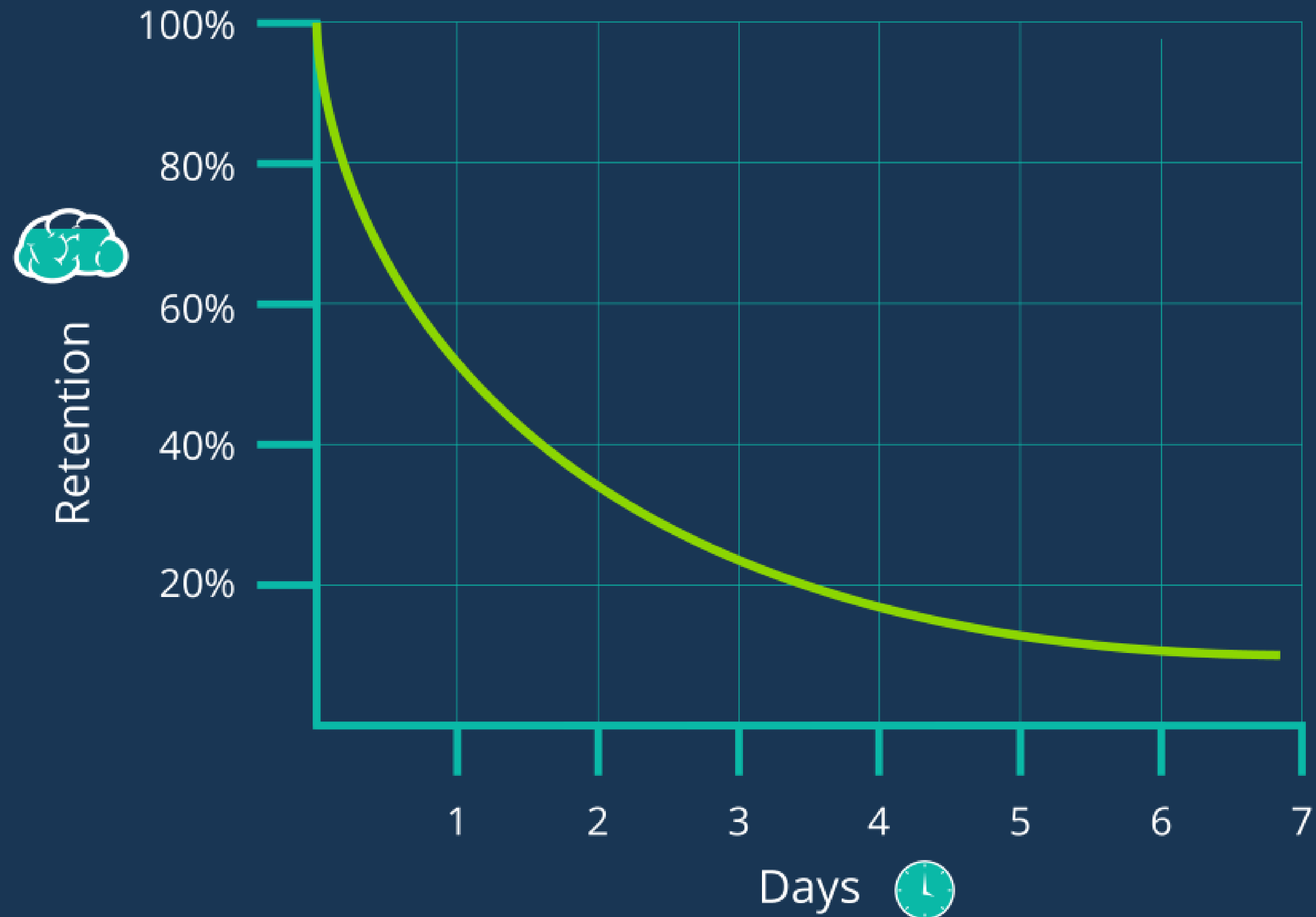


**THE CEDARS
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PRINCIPLE 2:

ACTIVATE MEMORY

THE FORGETTING CURVE



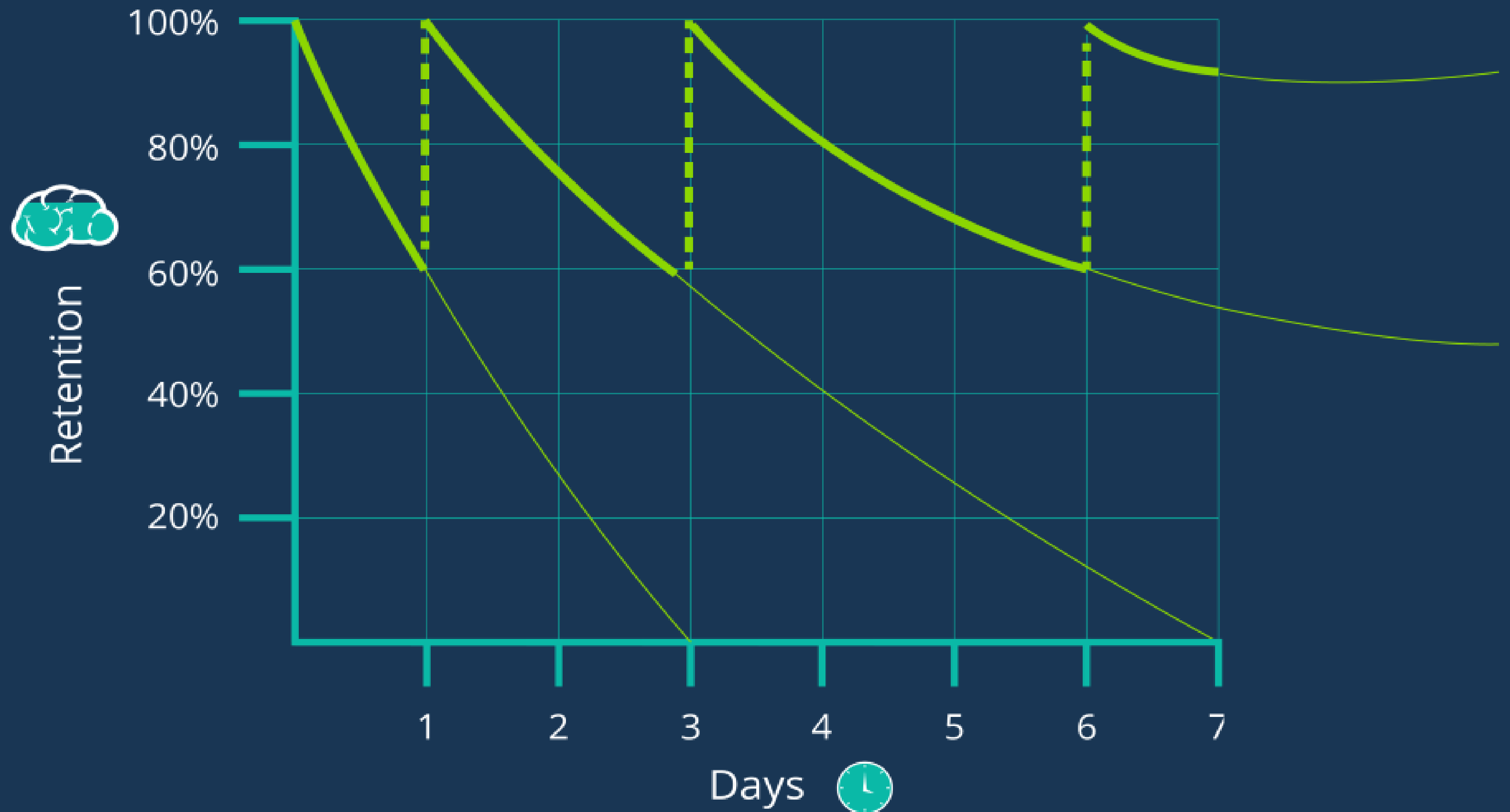


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PRINCIPLE 2:

ACTIVATE MEMORY

COMBATING THE FORGETTING CURVE





**MEMORY
LOWDOWN
AND
APPLYING
THE
TECHNIQUES**

MR THOMAS



THE LOWDOWN ON MEMORY



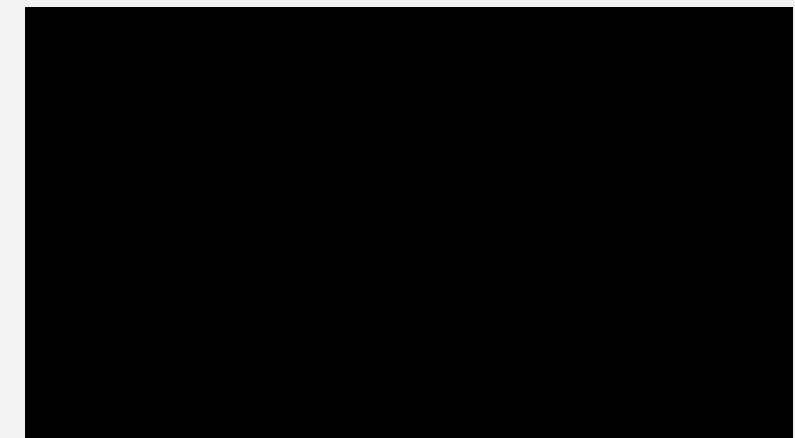
- New information in working memory is **temporary**. It is **either encoded** into long-term memory **or it decays**.
- Information in working memory has a **short duration of around 10-15 seconds** unless we rehearse it or attend to it.
- Short-term memory can hold up **to 7 pieces of information at the same time**... But only for around 15 seconds!
- Unless interested in a topic, **most adults have an attention span of 20 minutes**. Researchers estimate that the adult attention span has decreased by about 12 minutes in the past decade.
- **Cognitive overload** can have a **significant impact** on being able to understand and store information.
- **Long term memory is effectively infinite.**
- Our goal is to **find effective ways to transfer working memory into long-term memory – such as:**
- Deliberate retrieval; patterns; structuring and organising information; using mnemonics; visualising and elaborating on information. Active, not passive.



EXAMPLE 1

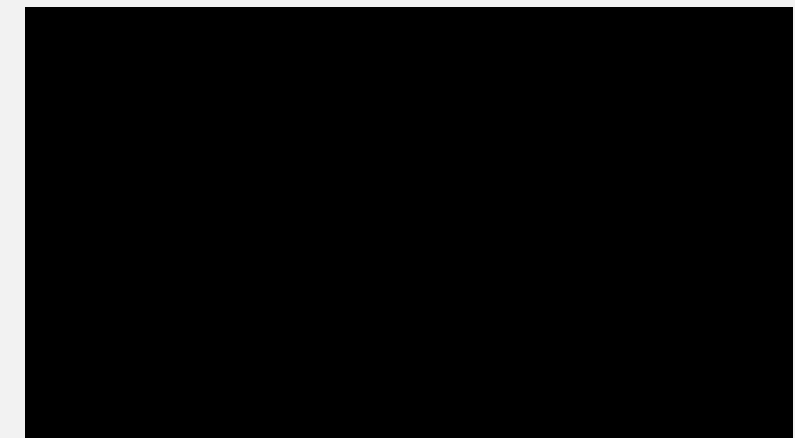
I'm going to display a number of words and numbers for 15 seconds. We'll wait 15 more seconds, then **I want you to write as many of the words and numbers down as you can remember.**

Fish	Pen	Guitar	Asparagus
18	Wallpaper	Grass	Cornetto
Keyboard	8000	Motivated	Candle
Scaffolding	Burger	Alsatian	222
Orange	Oasis	Bugle	Mouse
Desk	3.14	Soup	Brick





Let's wait 15 seconds...



HOW MANY DID YOU SUCCESSFULLY REMEMBER?



This should have been hard, unless you naturally used some memory techniques. Trying to remember a range of **random** words and numbers is **extremely difficult**, especially with **cognitive overload**.

Fish	Pen	Guitar	Asparagus
18	Wallpaper	Grass	Cornetto
Keyboard	8000	Motivated	Candle
Scaffolding	Burger	Alsatian	222
Orange	Oasis	Bugle	Mouse
Desk	3.14	Soup	Brick



EXAMPLE 2

I'm going to display a number of different and numbers for 15 seconds. This time, **try to actively remember** them by **linking the words together in a sentence**: this will **order and structure** the information, making it easier for your brain to **transfer the words and numbers to your long-term memory**. They'll also be no musical distractions this time!

Rabbits	Devon	Kangaroo	Sea
10	Chips	Jumper	Rain
Bus	Sunshine	Woolen	Chief
Blue	Music	Moustache	Home
Llama	5	Briefcase	Speed
Sunglasses	Clouds	20,000	Bed



Let's wait 15 seconds...

HOW MANY DID YOU SUCCESSFULLY REMEMBER?



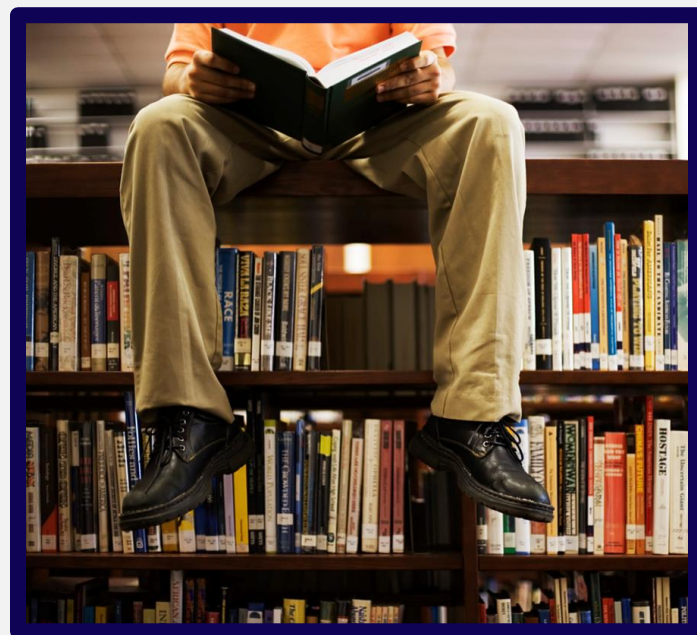
This SHOULD be more than in the first example. Did you make sentences, such as '**10 rabbits** caught a **blue bus**, driven by a **llama** wearing **sunglasses**'?

Rabbits	Devon	Kangaroo	Sea
10	Chips	Jumper	Rain
Bus	Sunshine	Woolen	Chief
Blue	Music	Moustache	Home
Llama	5	Briefcase	Speed
Sunglasses	Clouds	20,000	Bed

ACTIVE LEARNING AND REVISION IS THE KEY TO SUCCESS



Highlighting



Re reading texts

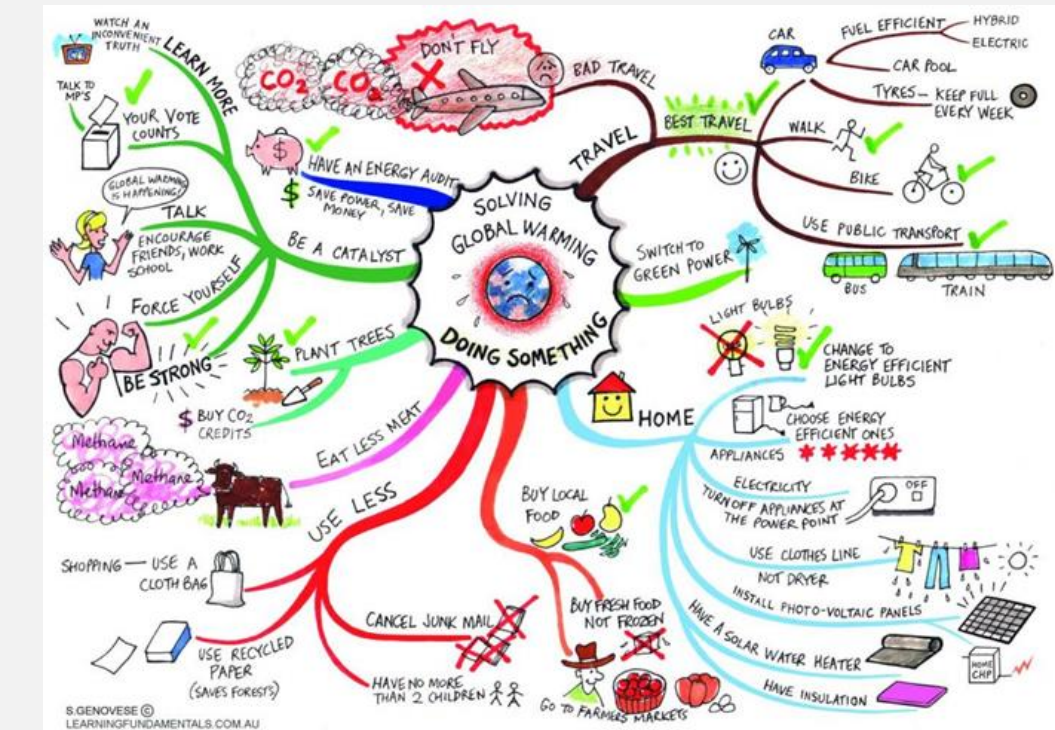
To revise all elements of GCSE English Lang+Lit

Interleaved Revision Quiz 1 – 20 marks

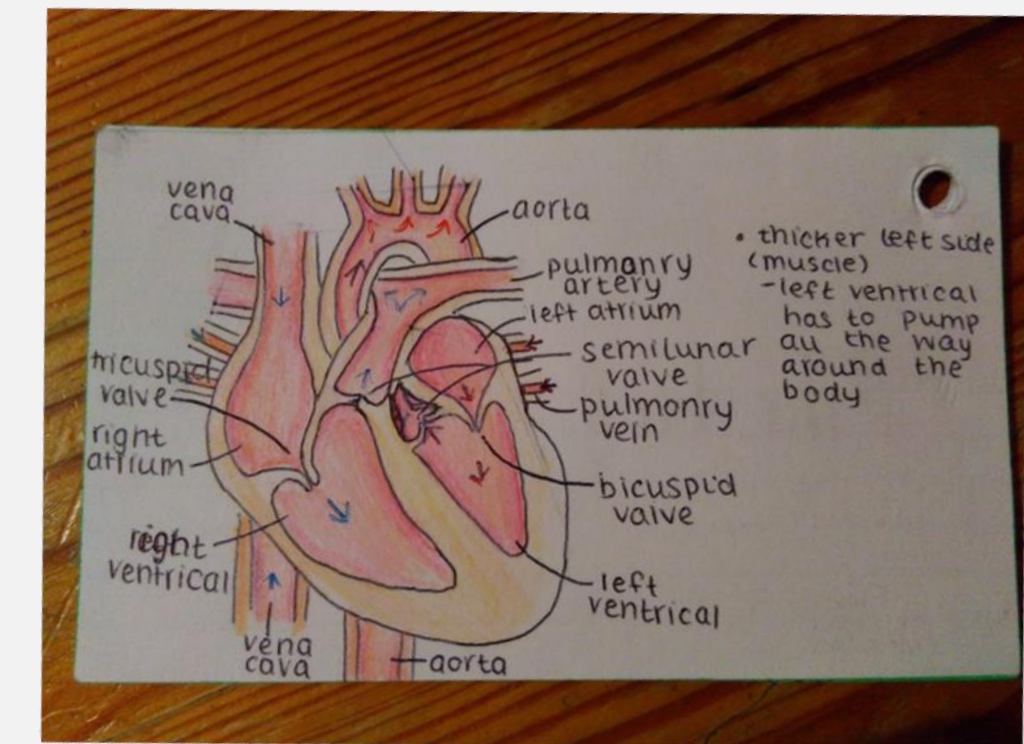
Macbeth	1. Who becomes King at the end of the play? (1)
J+Hyde	2. What is the name of the character Hyde murders? (1)
AI Calls	3. Which character got Eva pregnant? (1)
Poetry	4. Which is the only poem written by a serving soldier? (1)
Lang P1	5. List how many marks the 5 questions are worth. (5)
Macbeth	6. Give a quotation you could use for Macbeth AND ambition. (1)
J+Hyde	7. What language technique is used in "hissing" "savage" "snarled"? (1)
AI Calls	8. Give 2 quotations which you could use for Sheila AND gender. (2)
Poetry	9. Which poem contains "mind-forged manacles" + what method is it? (2)
Lang P2	10. List how many marks the 5 questions are worth. (5)



Complete QUIZZES



Create MIND MAPS



Flashcards



Research shows that independent study is most effective when the conditions represent an 'exam' environment. Where possible, get your child to:

- Sit at a desk.
- Avoid distractions: NO PHONES/ MUSIC.
- Work in a quiet space.



APPLYING THE TECHNIQUES

Knowledge Organiser GCSE History: America 1920-73 1950's-70's



MCCARTHYISM- 'SECOND RED SCARE' 50's

Senator Joseph McCarthy claimed in a speech that he knew of over 200 communists working in the government. The government set up HUAC (House of Un-American Activities) to investigate people to see if they were communists. The following were reasons why there was a second 'Red Scare'...

The Soviet Union and Nuclear Weapons



After World War Two, Russia of the Soviet Union emerged as a superpower and wanted to challenge America. Russia had learned how to make nuclear bombs, which America also had, and used against the Japanese in 1945, so the two countries were evenly matched in terms of weapons. This period of rivalry between the two nations became known as the 'Cold War' because there wasn't any actual fighting, but it became a war of words.

Spies



A member of the American government, Alger Hiss was accused of spying for the Soviet Union. Two other Americans, Ethel and Julius Rosenberg were also accused of spying and were executed in June 1953, which shocked America and filled the newspapers.

Communism in Eastern Europe and China



Many countries in Europe had also become Communist after the war and the Americans were worried that Communism might spread to America. So America came up with an idea to stop Communism coming to America which was called containment. However, as China became a Communist country in the late 1940s, it seemed that containment wasn't working!



JOHN F. KENNEDY 1960-63 'NEW FRONTIER'

CIVIL RIGHTS

CEEO Commission on Equal Employment Opportunity. This ensured gov't workers were treated equally.

ECONOMY

He cut taxes. Gave \$900 million to businesses to create new jobs and gave grants to companies to buy high-tech equipment.

HEALTHCARE, POVERTY & EDUCATION

Increased the minimum hourly wage from \$1-\$1.25 and made \$4.9 billion available for loans to improve housing, clear slums and build roads. He also established the Peace Corps - an organisation that sent volunteers abroad to assist people in poorer countries.



LYNDON B. JOHNSON'S 1963-69 'GREAT SOCIETY'

- 'Operation Headstart' - gave money to schools in cities to provide education.
- Minimum wage increased from \$1.25- \$1.40.

- Housing Act funded low income housing.
- Model Cities Act cleared up inner city slums.
- Elementary and Secondary Education Act provided major funding for schools.
- Medicare was introduced to fund healthcare for the elderly.
- The Job Corps was set up to help high school leavers get a job.

LBJ ALSO PASSED CIVIL RIGHTS LEGISLATION



BABY BOOM

After the war, many soldiers returned home and wanted to start a family. Lots of babies were born. New housing needed to be built. This led to the growth of 'suburbs'.



CONSUMERISM

Luxury items such as fridges, vacuum cleaners and cars became popular again. TV was invented. Out of town shopping malls were created.



NEW OVERSEAS MARKETS

After the war, Europe was buying from America. By 1952, America was supplying the world with 65% of its manufactured goods. In 1950, America entered the Korean War and then started making and selling weapons.

REASONS WHY AMERICA PROSPERED IN THE 50'S

HELP FOR SOLDIERS
A GI Bill was passed. It established hospitals, made cheap home loans available and offered grants to pay for ex-soldiers to attend college. From 1944 to 1949, nearly 9 million received \$4 billion from the government.

TRUMAN'S FAIR DEAL
He was a Democrat. Truman raised the minimum hourly wage from 45 cents, to 75 cents and cleared large slums to make way for new housing projects.

DWIGHT EISENHOWER
Was a Republican but America continued to be wealthy whilst he was President.



KENNEDY 1960

Under pressure from his wife, Eleanor, he set up a report on women in the workplace. It found that: Women earned 60% less than men and women could be sacked if they were married in some jobs.



BETTY FRIEDAN FEMININE MYSTIQUE

Explained that women should want more than being a housewife.

She set up, in 1966, NOW National Organisation for Women. It had 40,000 members.



NEW DOMESTIC GOODS

Products such as hoovers, gave women more free leisure time.

FEMINIST MOVEMENT



THE PILL
Gave women freedom to have children when they wanted.



WW2

Gave women more freedom as they had begun to work.

CAUSES OF THE FEMINIST MOVEMENT

Laws that were passed

ROE V WADE 1973- Supreme Court ruled that women had the right to safe and legal abortion.

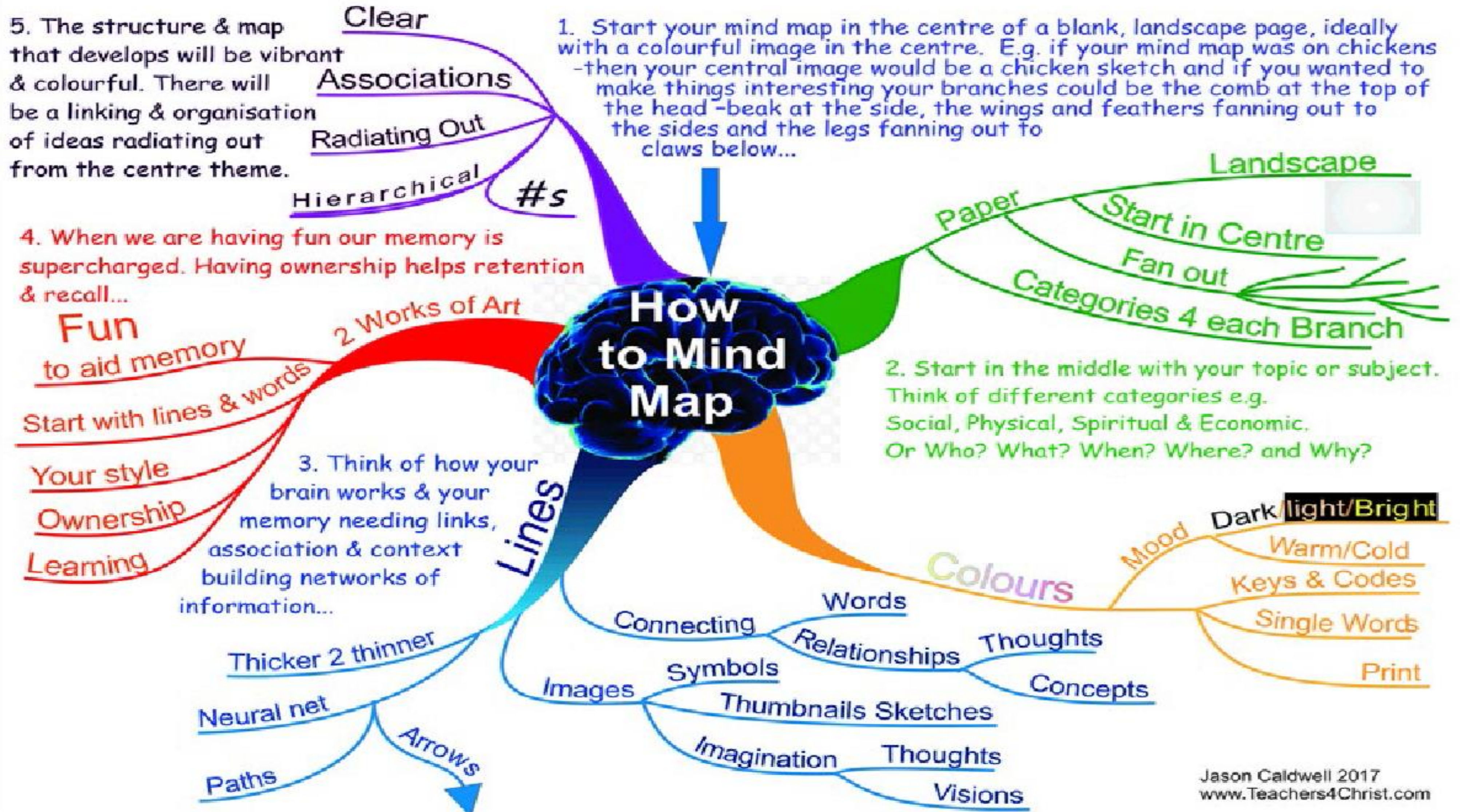
CIVIL RIGHTS ACT 1964- Banned discrimination in employment on the basis of race and sex.

In 1972, campaigners tried to get the ERA (Equal Rights Amendment) passed. This would have added to the constitution that people should not be discriminated against due to sex. Phyllis Schlafly however, argued against the change and it never passed.

ACTIVE REVISION - MIND MAPS



Mind Mapping is a process that involves a combination of text, images, colour and visual-spatial arrangement.



Jason Caldwell 2017
www.Teachers4Christ.com

ACTIVE REVISION - TIME LINES



Timelines are useful when the order of specific knowledge is important.


They can be used to help remember the chronological order of events.

This could be the key events of a particular time period, or could be the events (plot) of a play or book.



Like a mind map it can help if students use colour to categorise and use pictures/diagrams to help remember certain facts (dual coding).

TIMELINE

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4 August 1914
Britain declares war on Germany

August 1914
1st Battle of Ypres

1914
Home Depot, the largest wooden building in the world, built in Regent's Park, London




1914
General Post Office establishes relief fund

1915
Women are recruited to fill jobs left by male postal workers

August 1914
Naval battle of Heligoland Bight

1914
11,000 General Post Office employees join the armed forces. This rises to over 75,000 by the end of the war

1915
Army Post Office establishes communication in the field



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THE BRITISH POSTAL MUSEUM & ARCHIVE

Royal Mail

ACTIVE REVISION – FLASH CARDS

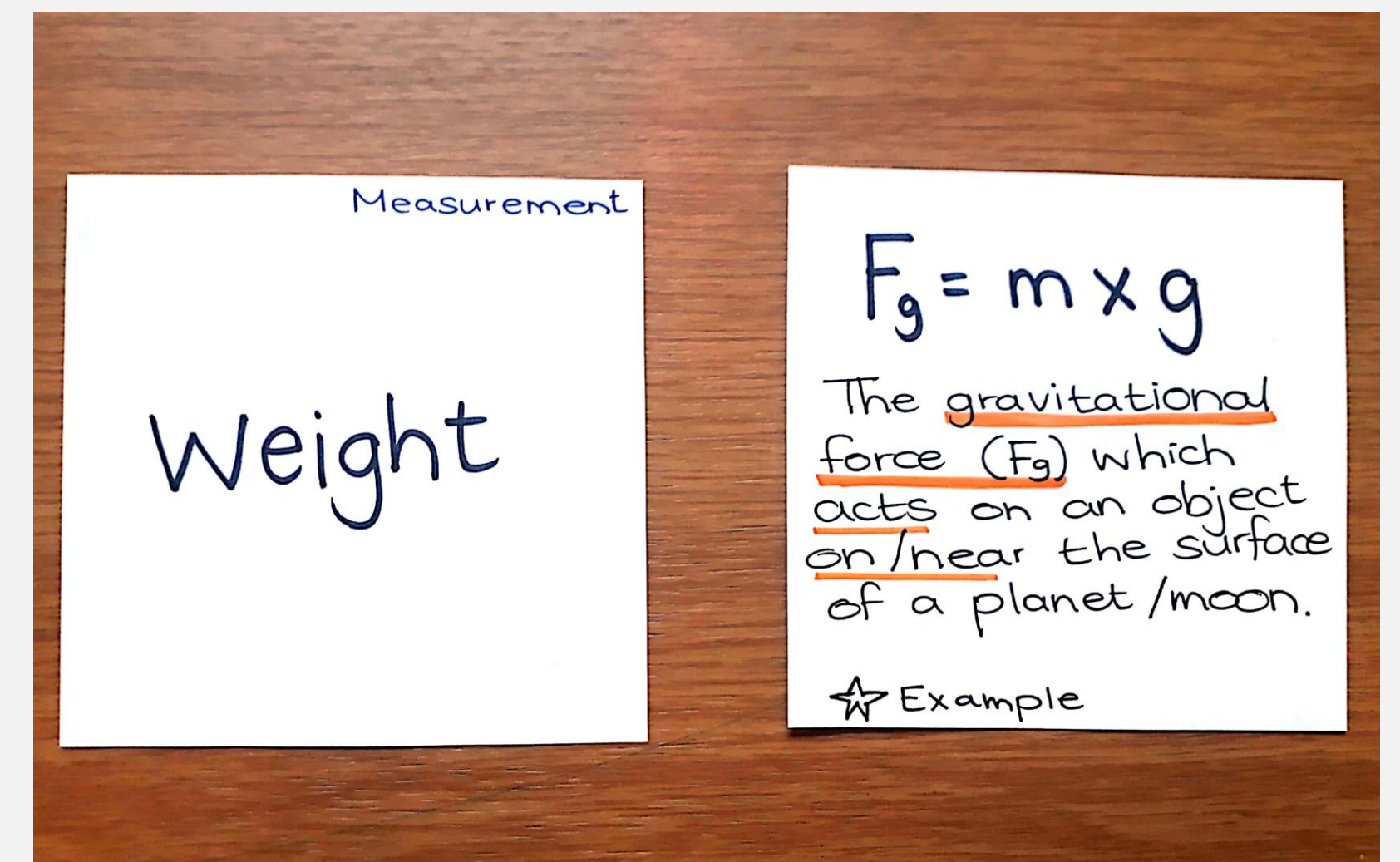
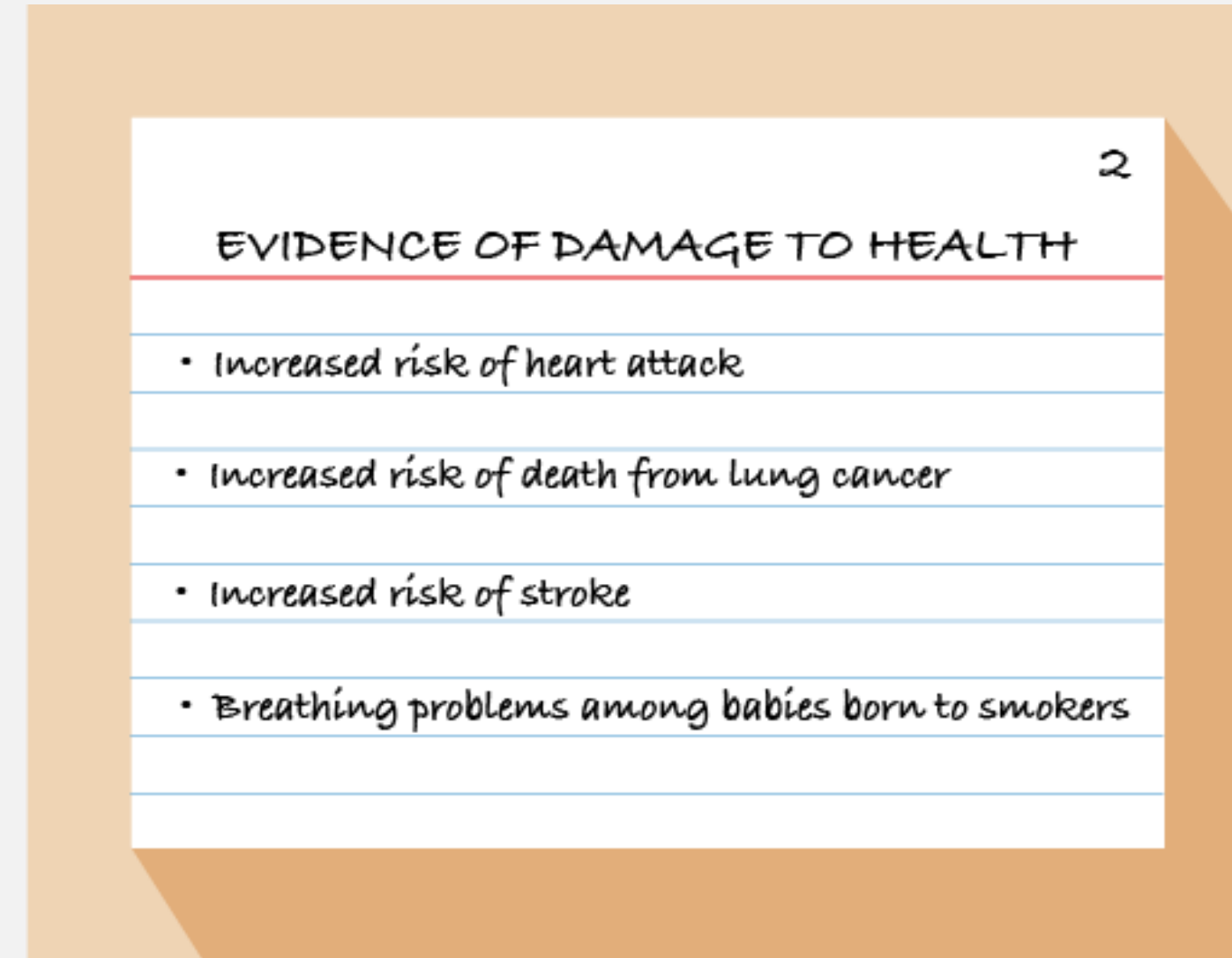


Flash cards help to separate large chunks of information into smaller, more manageable sections.

These help students to identify the **most important information** to be learnt and retrieved.

Flash cards should have **limited information** on them – several bullet points, one quote, one key fact – they shouldn't be paragraphs of writing.

Creating question and answer cue cards can be really effective for revision.



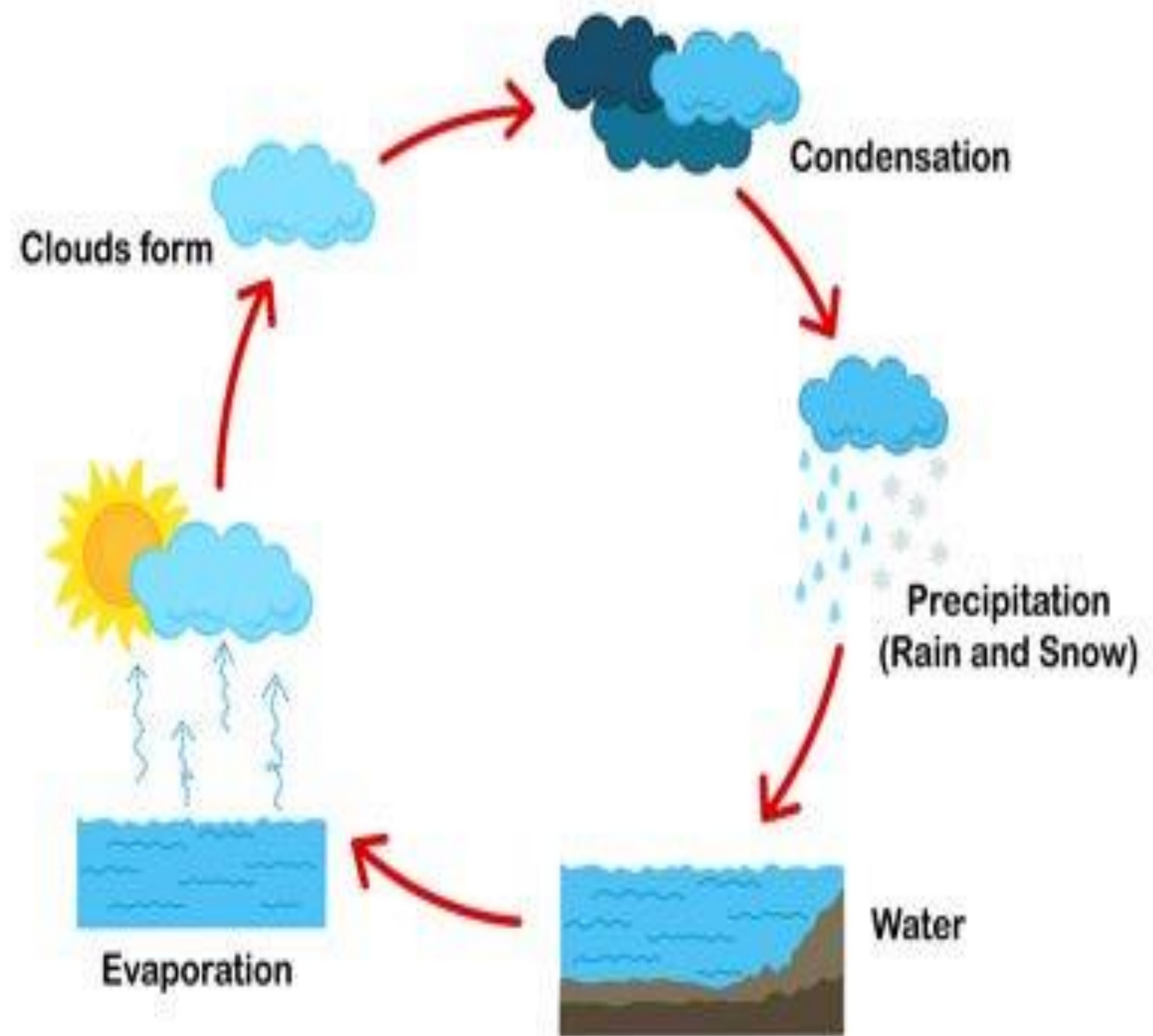
ACTIVE REVISION - DIAGRAMS



Diagrams can be an effective memory trigger.

Students should challenge themselves to condense key information on the knowledge organiser down to key words and diagrams.

Students should use colours and images to help make the information meaningful and memorable.





- ✓ Ensure your child has a **quiet space** in the house dedicated to independent study - away from all distractions.
- ✓ Ensure that they're **actively, not passively revising!** They should be creating questions, diagrams, mind-maps, timelines and flash cards from the information.
- ✓ **Remember: working memory lasts only 15 – 20 seconds; long-term memory is effectively infinite.**



YEAR 10 / YEAR 12 Trial Exam Timetable April/May 2025 (NEW LHT Final version)

Date	Start 9.00	Break	Start 11.15	Lunch	P 5 & 6
Monday 28 April	Y10 Biology 75/105 mins		Y10 Drama 90 mins Yr 12 History 1 90 mins Yr12 Biology 90 mins		French Reading F/H 45/60 min
Tuesday 29 April	Y10 Maths 90 mins		Y10 English (Literature) 105 mins		Yr12 Maths 90 mins Yr12 Sociology 1 75 mins
Wednesday 30 April	Y10 Chemistry 75/105 mins		Y10 C Nat H&SC 75 mins Y10 <u>C</u> Nat iMedia		Y10 French Writing 75/80 mins Y10 <u>C</u> Nat iMedia (1 clash)
Thursday 1 May	Y10 Physics 75/105 mins	 <u>LEAVE CLEAR</u>		BTEC EXAMS
Friday 2 May	Y10 English (Language) 105 mins		Y10 Media 90 mins		Y10 Geography 75 mins

Date	Start 9.00	Break	Start 11.15	Lunch	P 5 & 6
Monday 5 May	BANK HOLIDAY		BANK HOLIDAY		BANK HOLIDAY
Tuesday 6 May	Y10 History 105 mins	 <u>LEAVE CLEAR</u>		BTEC EXAMS
Wednesday 7 May <i>PTC BOOKED</i> <i>French Timings T B C</i>	Y10 RE 90 mins Y10 French Listening H 60 mins Yr12 English Lang/Lit 180 mins Yr12 Physics 120 mins		Y10 French Listening F 45 mins		Yr12 Sociology 2 75 mins Y10 French Listening H 60 mins
Thursday 8 May	GCSE EXAMS	 <u>LEAVE CLEAR</u>		Y12 Film 100 mins Yr12 History 2 90 mins Y10 Hospitality 80 mins
Friday 9 May	Yr 12 Psychology 13.05 120 mins Y10 Design 120 mins				

Year 10 Revision and retrieval topics for week of 24th

Subject	Topic	Key points	Supporting links and information
English Lit	AIC- ACT 2	Setting, key events and key quotations	https://www.bbc.co.uk/bitesize/topics/zpr639q
English Language	Section B: Q5	How to get full marks on Q5	https://www.youtube.com/watch?v=cULjQSOxBCg&list=PLqGFsWf-P-cAlttmXkEvJXCxqT-ZzFqAN&index=15&ab_channel=MrBruff
Maths	Complete Maths	Work on your personal targets	completemaths online
Science (combined)	Energy and efficiency - MH Paper 1 revision: Biology: infection and response Chemistry: quantitative chemistry Physics: Atomic structure	Complete set monitored homework, week 19 Complete past paper questions from physics and maths tutor, cognito or aqa past paper site	BBC Bitesize: https://www.bbc.co.uk/bitesize/examspecs/z8r997h AQA past papers: https://www.aqa.org.uk/find-past-papers-and-mark-schemes Physics and Maths tutor: https://www.physicsandmathstutor.com/ Cognito: https://cognitoedu.org/home
Science (separate)	Energy and efficiency - MH Paper 1 revision: Biology: infection and response Chemistry: quantitative chemistry Physics: Atomic structure	Complete set monitored homework, week 19 Complete past paper questions from physics and maths tutor, cognito or aqa past paper site	BBC Bitesize: https://www.bbc.co.uk/bitesize/examspecs/zpgcbk7 (bio); https://www.bbc.co.uk/bitesize/examspecs/z8xtmnb (chem); https://www.bbc.co.uk/bitesize/examspecs/zsc9rdm (phys) AQA past papers: https://www.aqa.org.uk/find-past-papers-and-mark-schemes Physics and Maths tutor: https://www.physicsandmathstutor.com/ Cognito: https://cognitoedu.org/home
French	HFW: Past tense phrases	did at start of year 10. Things such as I went, I played, I visited, I did etc. Make sure you add in some topic specific ones too	Refer back to previous sentence builders used in past tense in your book
Geography	Dynamic Development	One case study of an LIDC	Book to Mind Map your Dynamic Development Case Studies from memory. NB: Unit Summary Powerpoints found on VLE here... https://vle.lionhearttrust.org.uk/mod/folder/view.php?id=73164
History			Seneca > History > OCR B > The People's Health > 2.3.1 Local and National Government + 2.3.2 The Urban Environment, 2.3.3 The Gin Craze

MATHS REVISION – COMPLETE MATHS



All pupils have been given access to Complete Maths

Pupils work on personal targets so the more they do, the more progress they are able to make.

All pupils should be completing a minimum of 2 “goals” per week for homework, but we are encouraging pupils to make as much use of this as they can.

The site also includes “memory boosts” to help with retrieval of the skills they have worked on.

<https://tutor.completemaths.com/>

Parents can create a free account which enables you to view how much work is being completed.

Pupils will be set specific revision work to complete over the Easter period via the Complete Maths website, in order to guide their revision



On Friday 14th March, an email went out to all Year 10 parents with a course breakdown for both English GCSEs and lots of help and advice on revision strategies.

There are many different ways to revise for English Literature and English Language.

If you check out our Cedars Youtube account it has four videos giving tips on how to effectively revise.

<https://www.youtube.com/@TheCedarsAcademy>



ENGLISH: THIS YEAR STUDENTS HAVE STUDIED -

Already studied:	Next to study
<ul style="list-style-type: none">• <i>A Christmas Carol</i>• <i>An Inspector Calls</i>• Language Paper 1: Creative Reading and Writing	<p>Summer term:</p> <ul style="list-style-type: none">• Compulsory Speaking and Listening assessment- more information on this to follow• Language Paper 2: Writers' viewpoints and perspectives• Power and Conflict Poetry
<p>To study in Year 11:</p> <p><i>Macbeth</i> Unseen Poetry</p>	

SUMMARY FOR END OF YEAR 10 GCSE SCIENCE EXAMS



Exams overview:

Split over 3 papers (each pupil will sit 3 exams for science; 1 biology, 1 chemistry and 1 physics)

Triple science papers – 1 hour 45 minutes each

Combined science papers – 1 hour 15 minutes each

Paper 1 topics included in exams:

Biology – cells, organisation, infection and response, bioenergetics

Chemistry – atomic structure/periodic table, structure and bonding, quantitative chemistry, chemical changes and energy changes

Physics – energy, electricity, particle model and atomic structure/radioactivity

All content for exams will be finished for the trials – some additional content will be completed after trials.

Tier entry:

Higher tier – pupils need to gain a consistent grade 6 (triple) or a 6,6 (combined) to remain on higher tier.

Triple selection – 30 top scoring (grade 6 or above) to remain on the triple pathway; all other pupils will be transferred to combined higher (where they must maintain a grade 6 throughout year 11).

Note: all higher tier pathways allow pupils to gain up to grade 9; foundation pathway allows pupils to gain up to grade 5



What is available for parents to support pupils

1. Past papers (direct from AQA or physics and math tutor):

<https://www.aqa.org.uk/find-past-papers-and-mark-schemes>

(filter for biology/chemistry/physics for triple and trilogy for combined).

2. Revision websites:

BBC Bitesize/Seneca/Cognito/Save my Exams – free/paid apps with lots of quizzes.

3. Revision timetable for parents to use with pupils at home across subjects (copy shared by Miss Varia on Beehive; adaptable for science and all other subjects)

What teachers will provide to support pupils

1. Monitored homework – set by teacher
Layouts and 10 questions set allow pupils to retrieve knowledge; pupils have a green book of exam revision that should use each week. All year 9 and part of year 10 has now been covered.
2. Revision checklists – on Beehive for pupils to use to organise their revision (combined and triple science is separated and tiering is also highlighted)
3. Past papers over Easter – a full GCSE paper for pupils to complete over the 2-week break; pupils are expected to self assess and identify areas to revise (this will allow them to practice exam skills)

GCSE FRENCH COURSE INFORMATION



- This is a new GCSE course – first exams in 2026 (look out for this if looking up any information!)
- We are following the **Pearson Edexcel specification**
- It is a **tiered** exam - there is Foundation covering grades 1-5 and Higher covering grades 4-9
- There are 4 exams – one for each skill: **Listening, Speaking, Reading and Writing** . Each is worth 25% of the overall grade.
- These all take place in the Year 11 exam season – with speaking being first – usually around Easter time
- The topics we cover fit broadly into the thematic contexts listed here on the right -->
- We also cover a range of grammar
- It is important to be able to use a least 3 tenses (past, present, future) and express opinions with reasons on a wide range of topics

- My personal world
- Lifestyle and wellbeing
- My neighbourhood
- Media and technology
- Studying and my future
- Travel and tourism



Exam Board: OCR B, **Exam:** 1 hr 45 minutes

Modules:

- People's Health c.1250 – present day
- The Elizabethans, 1580 – 1603

Resources:

- Past papers/Mark Scheme
- Knowledge organisers
- Seneca online platform
- Retrieval work booklets

EE UNIT 1

ELIZABETH AND HER COURT

THE POWER OF THE QUEEN

Elizabethan Court

- Not a place but a group of people. It was mobile and was wherever the queen was.
- Around 500 courtiers lived with Elizabeth and worked for her.
- Her close personal advisors, government officials, ladies-in-waiting and servants lived with Elizabeth at Whitehall Palace London.
- The Queen was the most important member of the Court. Daily life revolved around her.
- Banquets and dances were all turned into glamorous ceremonies designed to impress the Queen and anyone who saw them.
- The court travelled with the Queen when she stayed at her other palaces and was rather like a large family.
- Some people went to Court to meet the Queen's ministers and get appointed to important jobs or positions in government and to in meet the Queen. This was called patronage.



Privy Chamber

- Courtiers did not have constant access to the queen.
- She had her own private space, the Privy Chamber, with her own servants and ladies-in-waiting. This private household was at the heart of Court.
- Only her most trusted courtiers were ever invited into the Privy Chamber.



Elizabeth's secretaries of state

- William Cecil**
- Main minister for 40 years – heavily relied on
 - Correspondence passed through him
 - Moderate Protestant but more willing to suppress Catholics than the queen
 - Avoided foreign religious disputes which could lead to costly wars
 - Loyal but knew how to manage the queen
- Sir Francis Walsingham**
- Responsible for foreign affairs
 - Strong Puritan. Believed Catholics were a threat and should be repressed
 - "Spy master" – ran a network of informers uncovering plots against Elizabeth
 - Hardworking, well educated



Privy Council

- Group of key ministers selected by Elizabeth to help her govern the country – met at Court almost daily
- First council – clever compromise of nobles – later became an effective group of full-time politicians drawn from the gentry
- Nineteen members.
- Cecil and Walsingham were her most important ministers.

How did Elizabeth control her Privy Council?

- Limited the council to about nineteen members, with just seven or eight at most meetings.
- Appointed councillors with different views so she feels free to decide.
- Sometimes attended small meetings herself.
- Showed fierce temper for no apparent reason.
- Dismissed councillors from court if they offended her.
- Discussed policies with courtiers who were not councillors.
- Encouraged loyalty by flattering privy members and rewarding them with jobs that allowed them to grow rich.

19

The rebellion of the Earl of Essex

- Essex was one of Elizabeth's favourite courtiers but he defied Elizabeth in 1589 by joining Drake's failed attack on Lisbon and again in 1590 when he married without her permission.
- When William Cecil died, the queen made Robert, his son, Secretary of State. This was the job Essex wanted. Essex was jealous.
- Elizabeth sent Essex to Ireland in 1599 to defeat a Catholic rebellion led by Hugh O'Neill, the Earl of Tyrone. Instead Essex made a truce.
- Elizabeth was cross with Essex, so banned him from Court in 1600 and took away his government jobs.
- He was financially ruined.
- Essex led a short-lived rebellion in 1601. He underestimated how much support there was for Elizabeth. He was arrested and executed.





<p>What is Urbanisation?</p> <p>This is an increase in the amount of people living in urban areas such as towns or cities. In 2007, the UN announced that for the first time, more than 50% of the world's population live in urban areas.</p> <p>Settlement Hierarchies</p> <p>If we group and classify a number of settlements according to their size and shape, the result is settlement hierarchy.</p> <p>Key Characteristics of Settlement Hierarchy.</p> <ul style="list-style-type: none"> The number of services that a settlement provides increases with settlement size. Small settlements will only provide low-order services such as a post office. Larger settlements and conurbations have a much larger sphere of influence than smaller ones. The range of a service or product is the maximum distance people are prepared to travel to purchase it. <p>Types of Cities</p> <p>Megacity An urban area with over 10 million people living there.</p> <p>More than two thirds of current megacities are located in either EDCs and LICs. The amount of megacities are predicted to increase from 28 to 41 by 2030.</p> <p>World City Cities that are centres for trade and business. They hold global influence.</p> <p>Key 'world cities' include London, New York, Tokyo and Paris. Most are located within ACs but are now gradually expanding into EDCs, for example Moscow.</p> <p>Causes of Urbanisation</p> <p>The movement of people from rural to urban areas.</p> <table border="1"> <tr> <th>Push</th> <th>Pull</th> </tr> <tr> <td> <ul style="list-style-type: none"> Natural disasters War and Conflict Mechanisation Drought </td> <td> <ul style="list-style-type: none"> More Jobs Better education & healthcare Increased quality of life. 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Knowledge Organisers

CEDARS GEOGRAPHY REVISION

KNOWLEDGE ORGANISERS FOR THE 2023 EXAM UNITS

These organiser's are specifically for Cedars students as they contain ideas we have covered as part of our case study materials.

UNIT TRACKERS FOR THE 2023 GEOGRAPHY EXAMS - Lists of key ideas to revise.

REVISION BOOKLET AND ANSWERS FOR ALL UNITS

UNIT SUMMARY POWER POINTS

GCSE Geog Command words (These are the tricky terms and words used in extended questions)

Practice Exam Questions (Command words explained)

GCSE Geography - Textbook (For reference)

Urban Futures Q01

Urban Futures Q02

Urban Futures Q03

Dynamic Development Q01

Dynamic Development Q02

Dynamic Development Q03

VLE Retrieval Quizzes

ADVICE AND GUIDANCE FOR THESE AND OTHER GCSE ARE AVAILABLE ONLINE



REVISION GUIDE LINKS

You can use these links to find a number of revision guidance documents. These areas you need to be revising for your final exams. If you have any specific questions the relevant head of department.

English Literature
English Language
Maths
Science
Geography
French
Drama



KEY STAGE 4

KEY STAGE 4 HOMEWORK AND REVISION AT CEDARS

Traditionally, revision is seen as something done at the end of a course after study. Often there is a 'revision period' in the few weeks before the exams start. However, research shows that for exams, it is more effective to revise regularly.

Students actually 'learn' very little in a lesson; they will see new ideas, and understand them (in other words, to get so good at them that they can always remember them over time, just like with any skill).

The best time to revise is shortly after new ideas are taught, and then continuously. We have designed our revision plan for KS4 to start early – after Christmas in year 10 – and encourages students to be regularly reviewing and practicing the skills and ideas.

We have lots of resources and practices to support students, and you will find them in the links below.

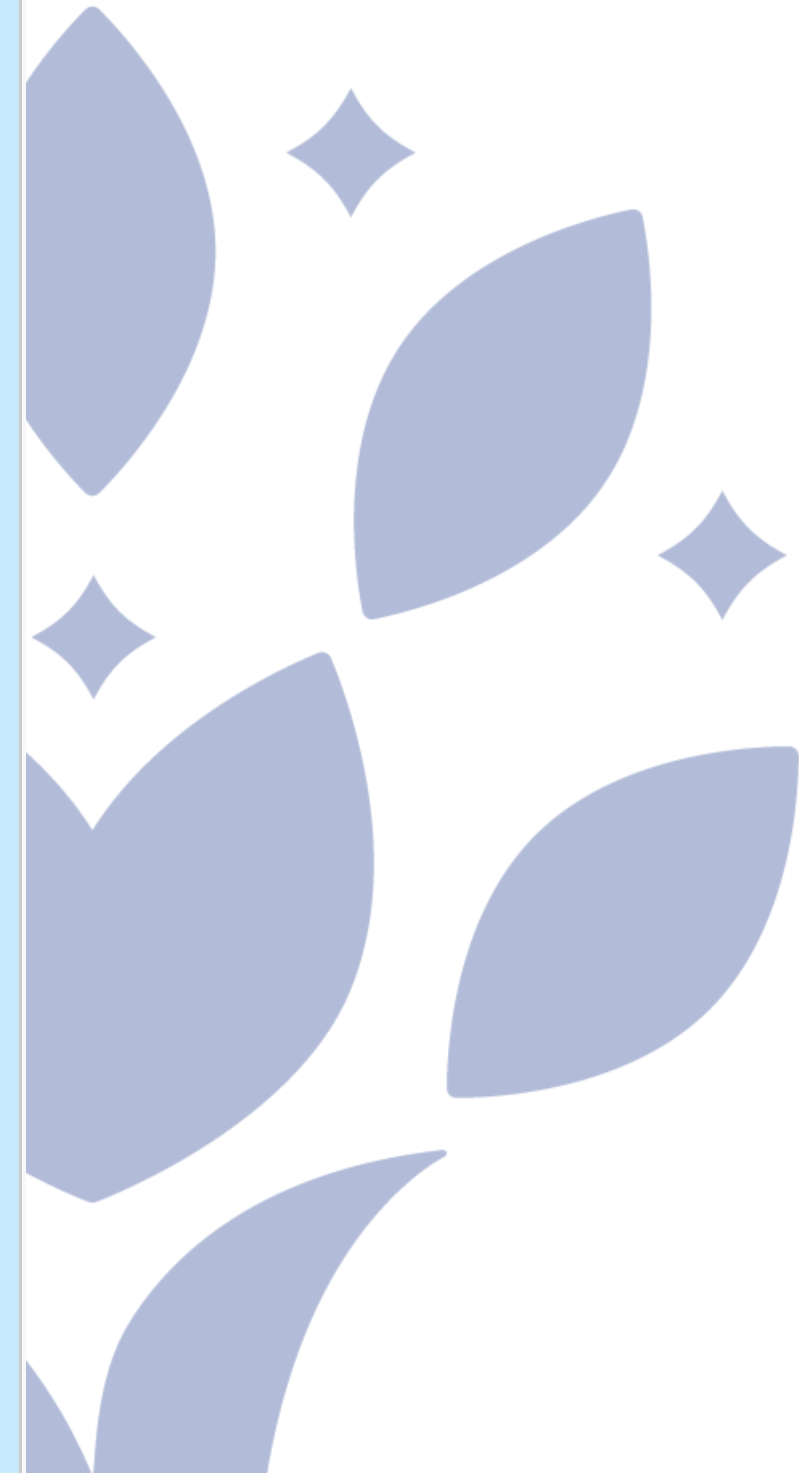
- **Retrieval practice.** This is the practice of deliberately and systematically testing yourself on what was first taught some time ago. We all naturally forget knowledge over time. A system of regularly testing yourself, you remember much more effectively. With some retrieval practice, where students will be asked about work from earlier lessons, makes them regularly practice their knowledge. You can find out more about retrieval practice [learning scientists](#) and here [in this short video](#).
- **Homework system.** To help with retrieval, virtually all homework at KS4 is planned. All subjects have planned a week-by-week revision program, starting at Christmas and continuing through their course. Following this plan will ensure students are regularly revising their curriculum. In lessons, our retrieval practice will test what students have learned and be closing any gaps in earlier knowledge. You can find this revision plan on [Be](#) out every Friday.

tips for managing stress

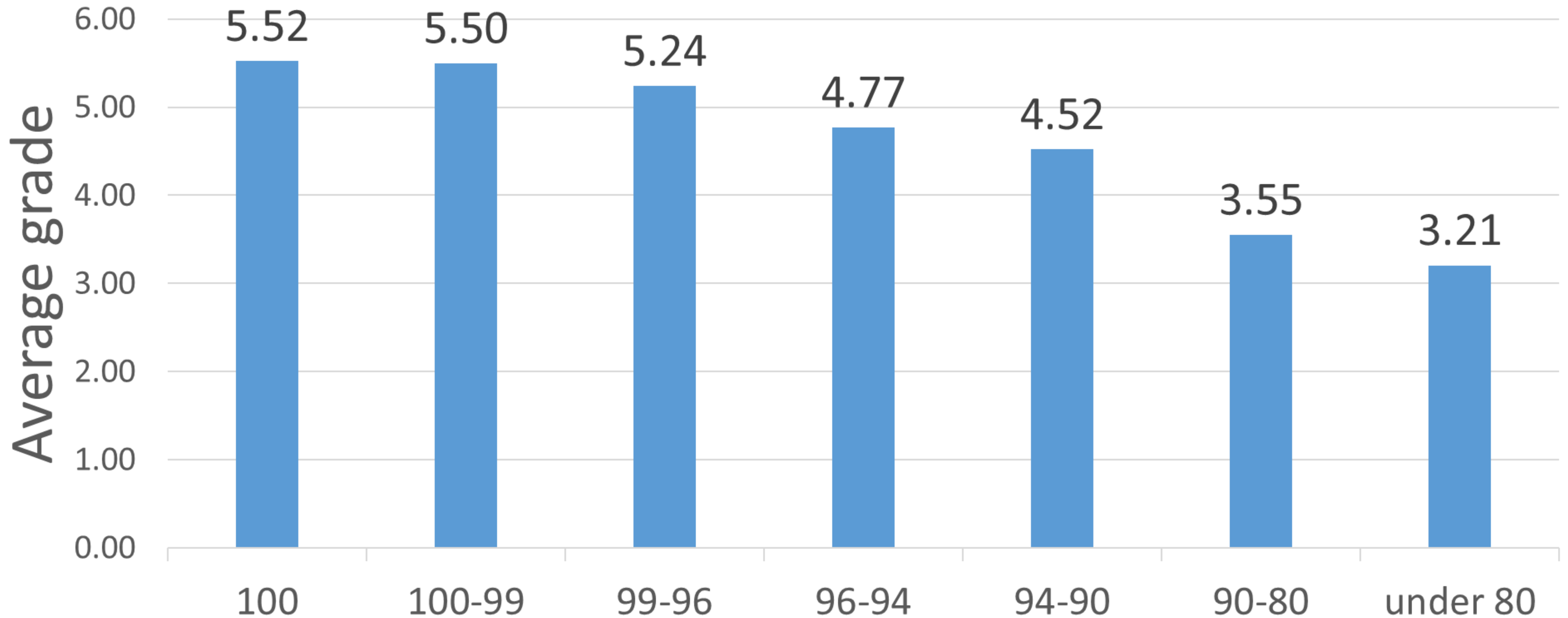


Stress can affect us all – whether it's an event that's affected us or we're feeling under too much pressure. These tips can help.

- 1 Exercise.** Go for a walk; it will release natural feel-good endorphins in your brain.
- 2 Eat well.** Eat a healthy diet, including fruit and vegetables, and drink enough water.
- 3 Prioritise sleep.** Cut down on caffeine and screen time.
- 4 Practise mindfulness.** When you wake up focus on your breathing for a few minutes. Notice how you feel.
- 5 Chill out.** Do things that you enjoy and make you feel relaxed.
- 6 Be your own cheerleader.** Set realistic goals and reward your achievements.
- 7 Communicate.** Know when to say no to things, and don't take on too much.
- 8 Take a break.** A change of scenery can help you to relax and gain perspective.
- 9 Seek support.** Friends and family can help, or you could join a club, take a course or volunteer.



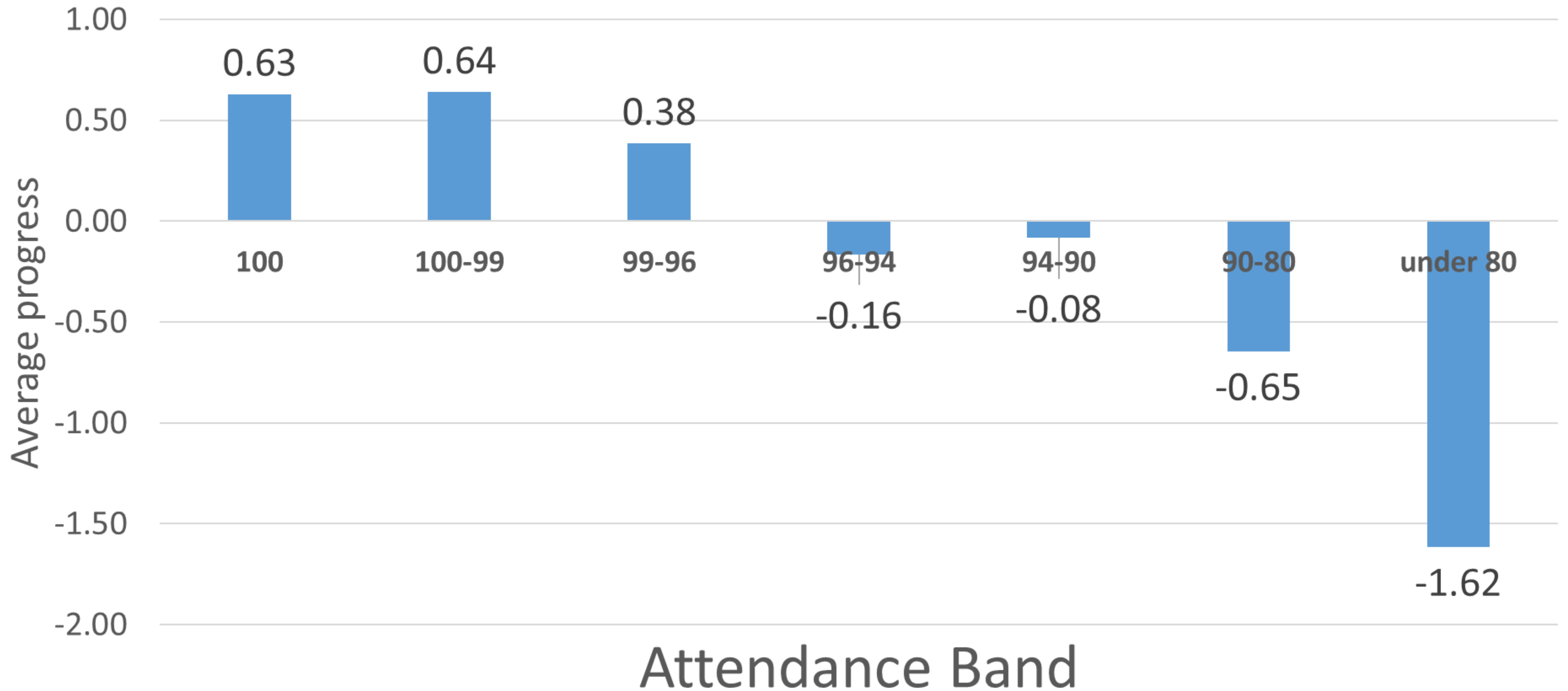
ATTENDANCE MATTERS



Attendance Band

PUPIL CENTRED, POSITIVE AND PROFESSIONAL

ATTENDANCE MATTERS





Cedars Martin 6th Form

We are one of the top performing sixth forms in the county.

0.51 value added score

100% pass rate

47% A-B grades*

Focus on support and nurture

Look out for our open evening next year and see what we can offer to those seeking A-Levels as their next step.

