

Revision Support Evening



5:30pm - 6:30pm

22nd September 2026



Welcome

Our intention this evening

To help pupils and families understand what effective revision looks like, how to build sustainable habits, and offer subject-specific support.

We want revision to feel purposeful & achievable - not overwhelming.

To ensure the session runs smoothly:

- Please ensure your microphones are muted.
- Staff contact details will be shared at the end of the presentations if you have further questions.
- The presentation will be emailed to you after the session for reference.



Revision Support at School

Academic Support Program

- Independent Study
- Homework Club
- Assemblies
- Interventions
- After-School Tuition



After-School Tuition

Online AST will be accessed through Google Classroom (school email addresses only please).

Sessions will run from 4:30pm to 5:15pm.

Mondays - Science

Wednesdays - English

Thursdays - Maths

"After-School Tuition."
Charlotte Greenhill

Customise

Meet  

Join

 Not visible to students

Class code 

ljhimyh6 

Upcoming

 New announcement  Repost

 Samina Comerford posted a new assignment: 08/06/2026- Chemistry Paper 1
8 Jun 

 Samina Comerford posted a new assignment: 08/06/36- Chemistry Paper 2
8 Jun 

 Charlotte Greenhill
4 Jun (Edited 4 Jun) 

Hi everyone!



Effective Revision Strategies

Why rereading fails

- **Recognition vs. Recall:** Rereading lets your brain recognize words on a page, but exams require you to know information with no clues in front of you.
- **The Illusion of Fluency:** When a page looks easy to read the second time, your brain mistakes that comfort for actual understanding and long-term memory.
- **No Mental Effort:** Strong memory paths only form when your brain struggles to find information; rereading avoids that necessary workout.

What to do instead

- **Active Recall:** Close your book or laptop and try to write down or speak everything you can remember about a topic from scratch.
- **Make flashcards:** Do this from memory first, then fill in gaps by looking through your notes.
- **Practice Testing:** Answer old exam questions.
- **Use your notes:** Read notes *after* trying to recall the material, using the text to fill in the gaps.
- **Dual Coding:** Combine words with images to give your brain different pathways to recall the same information. Use visual diagrams such as a visual timeline or a labeled flowchart.
- **Spaced revision:** Your brain learns much better when it is given time to process and nearly forget information before retrieving it again. Instead of cramming all your studying into one long session, break it up into shorter sessions spread out over days, weeks, or months.

Subject and exam information:

- Grades 1-9 can be achieved on the same paper.
- A Pathway and MAP will sit Language and Literature.
- B Pathway will sit Language only.

Language

- 2 exam papers
- 1 spoken language presentation (pass/merit/distinction)

Literature

- 2 exam papers
- Content is specific to each class, please check with your child's teacher if you are unsure.
- 11MLF Mrs Ryman, 11MTS Mrs Smith, 11A Mrs Durrands

What do I need to revise?

- All content from year 10 and 11
- For **Language**: work through practice questions (Past Papers, BBC Bitesize and CPG guides are a good place to start).
- For **Literature**: make sure you know your texts before attempting practice questions: read them and then read them again! Use Sparx to support with this, most of the set texts are now available on Sparx.



Where can I find resources?

- Google Classroom
- [BBC Bitesize](#)
- CGP (use the code in the cover)
- [Mr Bruff on YouTube](#)
- After school revision Wednesdays
4:30-5:15

One thing to do this week...

- Check you have copies of all of your set texts, speak to your teacher if you have any questions.

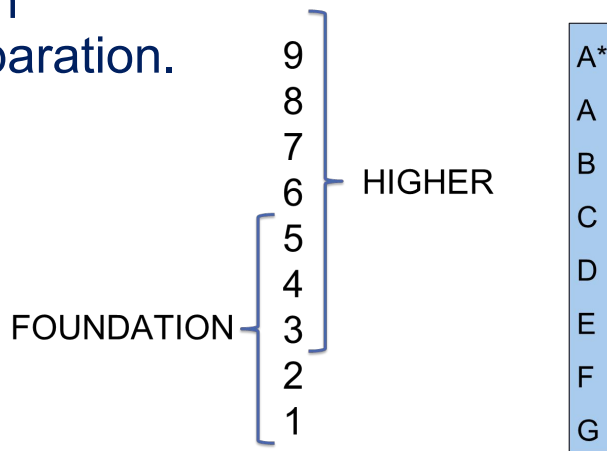




Maths

Subject and Exam information:

- Pupils will be entered for either Foundation or Higher tier.
- Both tiers sit three exam papers, one non-calculator and two calculator papers. All papers are equally weighted and the total score determines the grade.
- Topics from all six branches of Mathematics (Number, Algebra, Geometry & Measures, Ratio & Proportion, Statistics, and Probability) can and will appear on each paper.
- Pupils will sit mock exams in Year 11 to support with preparation.



GCSE Mathematics

8300

There are no planned changes to GCSE Mathematics for 2021 following Ofqual's consultation

Find all the information, support and resources you need to deliver our specification.

Teaching from: September 2015

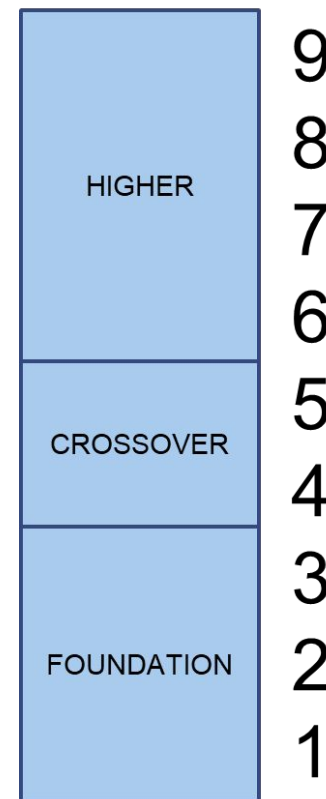
Exams from: June 2017

QAN code: 601/4608/4

Specification Planning resources Teaching resources Assessment resources Key dates



Aqa.org.uk





Maths

What you should be doing:

- Engaging well in all lessons and completing daily retrieval practice.
- Completing morning numeracy booklet – one page every day.
- Completing homework every week. (Extend to Independent Learning to really improve your technical skills!) Homework Club available.
- Engage with your weekly Maths session during Independent Study in school.
- Engage with After-School Tuition online on Thursdays 4:30 – 5:15 pm.
- Revise independently (use the videos and activities) using one of the suggested websites, or your CGP book.

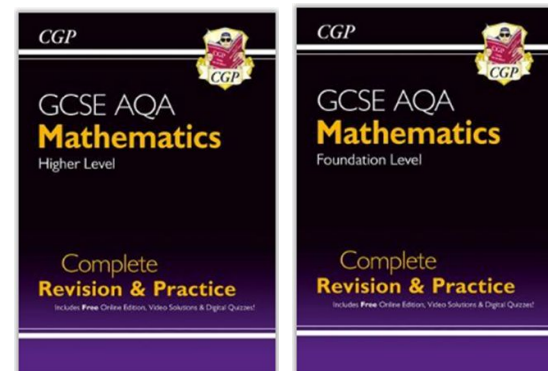
Your revision:

The best way to revise Maths is through practice. Not just reading a revision guide, but instead having a go at questions.

[Sparxmaths.uk](https://www.sparxmaths.uk)

[Corbettmaths.com](https://www.corbettmaths.com)

[Mathsgenie.co.uk](https://www.mathsgenie.co.uk)





MAPLEWELL
HALL SCHOOL

Maths

Something to do today...

Angle Facts - Video 35, 30, 34, 39
Types of Angle - Video 38
Angles in Parallel Lines - Video 25
Angles in a Triangle - Video 37
Angles in a Quadrilateral - Video 33
Angles in Polygons - Video 32
Bearings - Videos 26, 27
Perimeter - Video 241
Area of Rectangles/Triangles - Videos 45, 49
Area of a Trapezium - Video 48
Units - Videos 347, 349
Line Symmetry - Video 316
Rotational Symmetry - Video 317
Constructions - Videos 72, 78, 83
Loc - Videos 75, 76, 77
Faces, Edges, Vertices - Videos 5, 3
Views and Elevations - Video 354
Surface Area - Video 310
Speed, Distance, Time - Video 299
Density - Video 3
Pressure - Video
Timetables - Vid
Distance Charts
Volume of a Cube
Volume of a Prism
Translations - Vid
Reflections - Vid
Rotations - Video
Enlargements - V
Parts of the Circle
Circumference - V
Area of a Circle
Volume of a Cylinder
Pythagoras - Vid
Trigonometry - V
Exact Trig Values
Arc Length - Vid
Area of a Sector
Similar Shapes (s
Congruent Shape
Volume of a Sphere
Surface area of :
Vectors - Video 3
Nets - Video 4

www.corbettmaths.com/contents

GCSE Foundation Tier

AQA Checklist 9-1

Multiplication - Video 199, 200
Division - Video 98
Addition - Video 6
Subtraction - Video 304
Rounding - Video 276, 277a, 277b, 278
Estimation - Video 215
Using Calculators - Video 222a
BODMAS - Video 211
Ordering Decimals/Fractions - Video 95, 144
Arithmetic with Decimals - Videos 90, 91, 92, 93, 94
Multiples and Factors - Videos 220, 216
Prime Numbers - Video 225
Square Numbers and Square Roots - Videos 226, 228

Frequency Trees - Video 376
Two-way Tables - Video 319
Pictograms - Videos 161, 162
Bar Charts - Videos 147, 148
Frequency Polygons - Videos 155, 156
Line Graphs - Video 160
Pie Charts - Video 163, 164
Probability - Videos 245, 246, 248
Listing Outcomes - Video 253
Scatter Graphs - Videos 165 to 168
Mode - Video 56
Median - Video 50
Mean - Video 53
Range - Video 57
Estimated Mean - Video 55
Venn Diagrams - Video 380
Tree Diagrams - Video 252
Tables - Video 387
tes - Video 84
Expressions - Video 16
Like Terms - Video 9
ng Terms - Video 18
s - Videos 286, 287, 290
Term - Video 288
g Brackets - Videos 13, 14
ng - Video 117
ng Quadratics - Videos 118, 120
quations - Video 110, 113
Equations - Videos 114, 115
ies - Videos 177, 178, 179
n Graphs - Video 151
Linear Graphs - Video 186
c - Video 191
raphs - Video 196
tion - Video 20
the Subject - Video 7
eous Equations - Video 295
c Graphs - Video 264
raphs - Video 344
al Graphs - Video 346

Revision Checklists

Edexcel Higher – Revision Checklist

AQA Higher – Revision Checklist

OCR Higher – Revision Checklist

Edexcel Foundation – Revision Checklist

AQA Foundation – Revision Checklist

OCR Foundation – Revision Checklist

CCEA – Revision Checklists

Something to look out for...

Questions	Topic	Score	Spax Code
1a	Term-to-term rules	1 / 1	U213
1b	Term-to-term rules	1 / 1	U213
1c	Term-to-term rules	1 / 1	U213
1d	Multiplying and dividing with negative numbers	1 / 1	U548
2a	Finding the lowest common multiple (LCM)	1 / 1	U751
2b	Finding factors and using divisibility tests	1 / 1	U211
2c	Finding prime numbers	1 / 1	U236
2d	Calculating with roots and powers	1 / 1	U851
3	Drawing and interpreting pictograms	1 / 3	U506
4a	Using and finding equations of linear real-life graphs	1 / 1	U862
4b	Using and finding equations of linear real-life graphs	1 / 2	U862
5	Using a written method to multiply and divide integers	1 / 3	U127, U453
6	Using a written method to multiply and divide integers	1 / 3	U127, U453
7a	Solving direct proportion word problems	1 / 3	U721
7b	Solving direct proportion word problems	1 / 1	U721
8	Solving direct proportion word problems	1 / 3	U721
9a	Writing and simplifying ratios	1 / 3	U687
9b	Writing probabilities as fractions	1 / 1	U408
10	Substituting into expressions	1 / 3	U201
11	Using a pair of compasses	1 / 1	U678
12a	Finding fractions of amounts without a calculator	1 / 3	U881
12b	Sharing amounts in a given ratio	1 / 3	U517
13	Angles on a line and about a point	0 / 3	U390
14a	Estimating calculations	1 / 3	U225
14b	Estimating calculations	0 / 1	U225
15a	Properties of 3D shapes	1 / 1	U719
15b	Finding the volume of spheres	0 / 2	U617
16a	Substituting into real-life formulae	0 / 3	U144
16b	Substituting into real-life formulae	0 / 1	U144
17	Identifying parts of circles	1 / 1	U767
18	Calculating with density	1 / 2	U910
19	Choosing suitable averages and solving problems	1 / 3	U717
20a	Using standard form with negative indices	1 / 2	U534
20b	Multiplying and dividing numbers in standard form	0 / 2	U264
21	Nets of 3D shapes	0 / 2	U761
22	Frequency trees, Sharing amounts in a given ratio	1 / 4	U280, U577
23	Adding and subtracting fractions, Dividing fractions	0 / 3	U735, U544
24	Ordering fractions, Reciprocals	1 / 1	U746, M216
25	Using the exact values of trigonometric ratios	0 / 1	U627
26	Expanding double brackets, Factorising to solve quadratic equations	0 / 4	U768, U228



Science

GCSE Combined Science: Trilogy

- This double award is equivalent to two GCSEs and is split over 6 exams; 2 biology, 2 chemistry and 2 physics.
- <https://www.aqa.org.uk/subjects/science/gcse/science-8464/specification/specification-at-a-glance>

GCSE Single Biology

- This single award is worth one GCSE in science and is purely biology content. It is split into two exams.
- <https://www.aqa.org.uk/subjects/biology/gcse/biology-8461/specification/specification-at-a-glance>



Science

- Should be **active**, that means **not just reading the revision guide**.
- **DO** take notes- cover, check and repeat.
- **DO** use the “independent learning” part of Sparx. <https://sparxscience.com/parents/>
- **DO** Fill in your **white science workbooks and revision guides**.
- **DO** make mind maps, flip cards.
- **DO** colour code your notes- **e.g. green for biology**.
- **DO** lots of short revision sessions e.g **30 minute sessions**.
- Do practice questions:

<https://www.aqa.org.uk/subjects/science/gcse/combined-science-trilogy-8464/assessment-resources?f.Resource+type%7C6=Question+papers>

<https://www.aqa.org.uk/subjects/biology/gcse/biology-8461/assessment-resources?numranks=10&sort=title>

- Watch YouTube videos

<https://www.youtube.com/c/Freesciencelessons/playlists> (you will need the GCSE 9-1 playlists)



Food

What pupils need to revise

The most effective way to revise it

Revise one topic at a time using flashcards, knowledge organisers and short practice questions. Check answers and revisit any weaker areas.

Where resources can be found

Class folders, exercise books, revision booklets and the WJEC website.

[Level 1/2 Vocational Award in Hospitality and Catering](#)

Unit 1: The Hospitality and Catering Industry

1.1 Hospitality and catering provision

- Types of hospitality and catering providers
- Commercial and non-commercial establishments
- Services provided
- Residential and non-residential establishments
- Standards and ratings
- Customer requirements

1.2 How hospitality and catering providers operate

- Front-of-house and kitchen job roles
- Responsibilities and required skills
- Kitchen brigade
- Front-of-house structure
- Employment contracts and working patterns
- Working conditions
- Factors affecting business success

1.3 Health and safety

- Health and safety laws
- Employer and employee responsibilities
- Workplace hazards
- Risk assessments
- Control measures
- Personal protective equipment
- Accident reporting and emergency procedures

1.4 Food safety

- Food-related causes of ill health
- Food poisoning bacteria
- Allergies and intolerances
- Cross-contamination
- Personal hygiene
- Food storage
- Safe food temperatures
- The four Cs
- HACCP
- Environmental Health Officers
- Food hygiene ratings



Animal Care

- **Comp 1 & 2 – Assignments, written and practical**
- **Comp 3 – Written Exam**
- **Each Component must be passed, Level 1 / 2 P,M,D**
- **Average over the 3 Components**
- **13th Jan 27, resit May 27**
- **Multiple choice for 2 pages**
- **Sentence answers**
- **Finishes with 2 x 6/8 mark**

Revision Ideas:

- **In class revision**
- **Quizlet – Animal Care comp 3**
- **Google Classroom**
- **Revision Guide**
- **Past papers**

Animal Health Exam:

- **Signs of good and poor health**
- **Parasites, common diseases**
- **Communicable and non-communicable**
- **Common treatments**
- **Vaccines**
- **Health checks**
- **Animal Housing**
- **Feeding, diet and nutrition**
- **5 Animal Welfare Needs**

Please check the examination details below before entering your candidate information

Candidate surname		Other names	
Centre Number		Candidate Number	
Pearson BTEC Level 1/Level 2 Tech Award		Pearson BTEC Level 1/Level 2 Tech Award	
Wednesday 14 January 2026		Wednesday 14 January 2026	
Afternoon (Time: 2 hours)		Paper reference	BAC03
Animal Care		Animal Care	
COMPONENT 3: Animal Health and Welfare		COMPONENT 3: Animal Health and Welfare	
You do not need any other materials.		Total Marks	

Instructions

- Use black ink or ball-point pen.
- Fill in the boxes at the top of this page with your name, centre number and candidate number.
- Answer all questions.
- Answer the questions in the spaces provided – there may be more space than you need.

Information

- The total mark for this paper is 60.
- The marks for each question are shown in brackets – use this as a guide as to how much time to spend on each question.

Advice

- Read each question carefully before you start to answer it.
- Try to answer every question.
- Check your answers if you have time at the end.



Computing

Outline

The course is divided into three parts.

Creating an Augmented Reality product	Project	30%
Creating a Spreadsheet Model	Project	30%
IT in the digital world	Exam	40%

Revision

- <https://erevision.uk/>
- Workbook
- Practice papers. Consult with your teacher.

Exam - Unit R050: IT in the digital world

- Write clearly (may be entitled to a computer or scribe).
- 90 minutes.
- Questions are: fill in the blanks, multiple choice and matching links.
- High mark question e.g. flow chart or mind map.
- No internet or phone.

Examples

Which of these hackers has permission to hack into a business computer system?

(Tick (✓) the correct box)

- A Black Hat
- B Grey Hat
- C White Hat

☐
☐
☐

- C – White Hat

Complete the sentence.

When talking about the Internet of Everything (IoE), WWW stands for

- World Wide Web (1)



GCSE Art and GCSE Photography

There are four assessment objectives to the two courses;

AO1. Exploring and analysing art, artists and art movements.

AO2. Developing recording skills through drawing, painting and photography.

AO3. Experimenting with media and techniques.

AO4. A final piece which gathers all the students' ideas together.

SPAG is worth 4 marks. There must be evidence of drawing in both endorsements.





GCSE Art and GCSE Photography

- Set by the exam board and shared with students January 2027.
- AO1, 2 and 3 are completed between January and April during lessons.
- The 10-hour supervised exam (spread over two days) covers AO4.
- This is worth 40% of your total GCSE grade

The GCSE Art exam will take place on the 26th and 27th April 2027.

The GCSE Photography exam will take place on the 28th and 29th April 2027.





MAPLEWELL
ACADEMY

GCSE Art and GCSE Photography

Each exam paper will have 7 starting points. Previous starting points have included *Reflections*, *Time* and *Books*. When you get your exam paper you should;

- **Chose one starting point:** Create a mind map and a visual mood board based on this.
- **Research Artists:** Choose relevant artists who match your chosen theme, style or medium Include a brief biography, high-quality images of their work, written analysis.
- **Experiment:** Try diverse materials and techniques; mixed media, sculpture, drawing, painting, photography, lighting, compositions. Refine your preferred techniques through practice studies.
- **Record Observational Studies:** Take your own high-resolution photographs. Do observational drawings from these and other primary sources.
- **Keep Annotations Concise:** Write clear notes explaining what you did, how you did it and why you did it. Comment on image choice, compositions, techniques and media.
- **Record all your ideas:** Even if goes wrong, write about what you would change and why.
- **Develop several different designs;** Use different compositions, different media and styles.
- **Create a Final Design Plan:** Decide on a final design and practice it on a smaller scale to iron out any technical difficulties.



GCSE Art and GCSE Photography

The exam will take place over two days, five hours each day. You will have your break and lunch as normal.

- **Plan Your Time:** Break down the 10 hours into hour slots to help keep you on track in the exam.
- **Be prepared:** Make sure you have all the material and equipment you need. You can take your practice work into the exam.
- **Remember:** You will have Mrs Folland and Miss Franklin in the exam room with you to offer technical support.





History

Students are examined on the following four units from the AQA specification:

Conflict and tension in the Gulf and Afghanistan, 1990–2009

Germany, 1890–1945

Elizabethan England, 1568–1603

Health and the People, c1000–present

How is it assessed

The history GCSE is assessed over two 2-hour exams. Paper 1 includes Germany and Conflict and Tension. While Paper 2 focuses on Elizabethan England and Health and the people.

There are a variety of questions over the 2 papers such as source work, interpretation, and extended writing with extra marks for Spelling, Punctuation and Grammar.

Revision:

- Seneca:

<https://app.senecalearning.com/teacher/class/hrju3w1zig/overview>

- They have their CGP Revision guides
- BBC Bitesize AQA history GCSE
- Revision cards
- Friday revision sessions will start after xmas. Mostly going through past papers.

The following link provides a comprehensive list of what questions will be asked in which paper with a brief overview of the requirements of each question.

<https://www.kingsbridgeeducation.co.uk/post/how-to-answer-every-aqa-gcse-history-question-type-a-complete-guide>

Because of the high marks given in history its important that students study all topics evenly. Obviously we each have our favourite topics and the temptation is there to focus on the most comfortable topics.

Practice questions are completed in class but I also encourage students to submit past questions to me so I can mark and feedback. Any questions please do get in touch

The Four Assessment Objectives

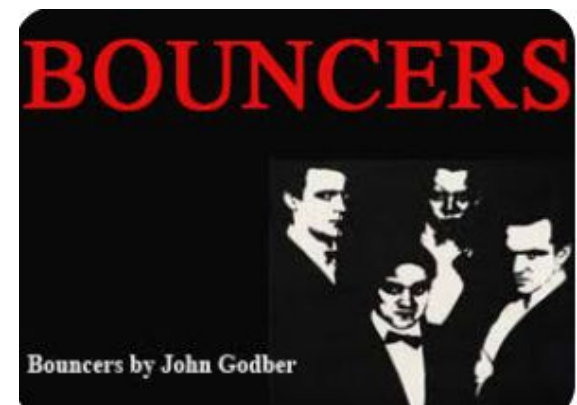
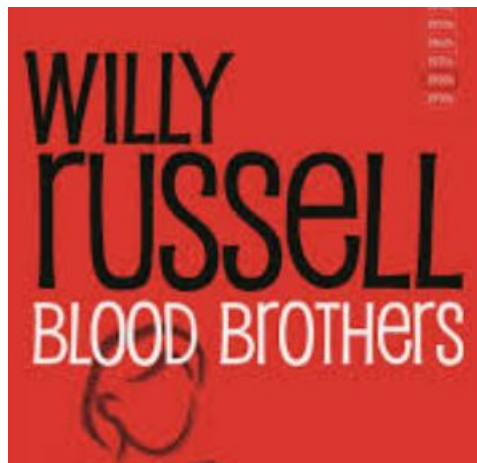
- **AO1 (Knowledge & Understanding)**
 - **What it tests:** Your ability to demonstrate knowledge and understanding of the key features, events, and characteristics of the period studied.
 - **What examiners want:** Specific facts, names, dates, and clear definitions. [[1](#), [2](#), [3](#)]
- **AO2 (Analysis & Second-Order Concepts)**
 - **What it tests:** Your ability to explain and analyse historical events using **second-order historical concepts** (such as cause, consequence, change, continuity, similarity, difference, and significance).
 - **What examiners want:** Clear explanations of *why* things happened, how they led to other events, and how well you can weigh different factors (e.g., religion vs. war). [[1](#), [2](#)]
- **AO3 (Source Analysis & Evaluation)**
 - **What it tests:** Your ability to analyse, evaluate, and use contemporary historical sources to make substantiated judgements.
 - **What examiners want:** Looking at a source's utility, reliability, nature, origin, and purpose (who wrote it, when, and why) rather than just taking it at face value.
- **AO4 (Historical Interpretations)**
 - **What it tests:** Your ability to analyse, evaluate, and make substantiated judgements about later historical interpretations (how and why different historians or writers view the past differently).
 - **What examiners want:** Explaining why two different historians or sources have conflicting views about an event (like the causes of a war or the character of a leader). [[1](#), [2](#)]

GCSE DRAMA (AQA)

Understanding AQA Drama

GCSE Drama evaluates both academic theatrical analysis and practical performance craft across three core components:

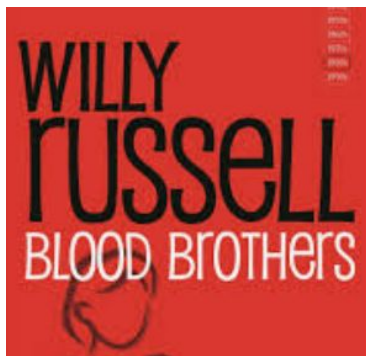
- **Component 1 (40%):** Written exam testing theatre roles, *Blood Brothers* study, and live theatre review.
- **Component 2 (40%):** Devising drama logbook and final performance or design realisation.
- **Component 3 (20%):** Practical showcase of two scripted extracts for an external examiner.



GCSE Drama - Mastering Component 1

The written exam requires specific revision at home:

- **Set Text:** Practise explaining vocal tone, proxemics and stage space for Willy Russell's *Blood Brothers*.
- **Online Revision:** Use BBC Bitesize (search 'GCSE Drama AQA Blood Brothers') for plot, characters and design. SENECA set on google classroom
- **Live Theatre:** Revise key acting and technical choices using analytical flashcards. (*Everybody's talking about Jamie*)



Tip

Justify all ideas with theatre terms rather than retelling the story.



GCSE Drama- Targeting Components 2 & 3

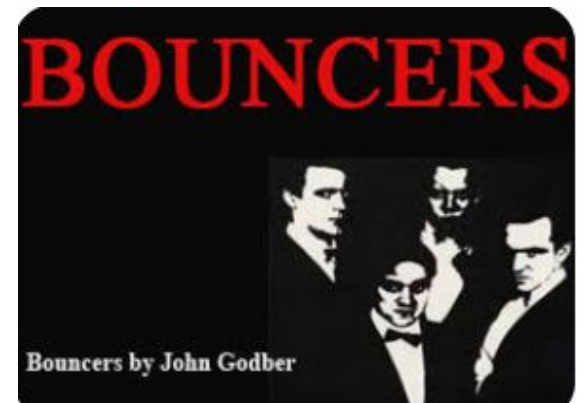
Component 2: Devising

Support depends on their chosen discipline. Performers refine physical precision; design candidates (lighting, sound, set, costume) document CAD sketches and cue sheets for their portfolio logbook.

-Students complete logbooks as they work, allowing them to document the devising process in real time and retain key creative decisions.

Component 3: Texts in Practice

Pupils must learn lines early. Parents can assist at home by reading cue lines, verifying exact word accuracy, and prompting students to practise physical blocking while speaking.





Gcse Drama-Action Plan for Home

1

Test script lines aloud: Run cue lines for Component 3 extracts to build confidence and muscle memory.

2

Practise BBC Bitesize quizzes: Review social context, staging methods and character motivations in *Blood Brothers*.

BBC Bitesize

<https://www.bbc.co.uk/bitesize/guides/ztpdbk7/revision/1>

<https://www.bbc.co.uk/bitesize/examspecs/zrnjwty>

SENECA -posted on Google classroom

<https://app.senecalearning.com/join-class-student-sign-up?classId=sg6bpmuch0>

Sports Studies

EXAM MAP

R184 Contemporary Issues in Sport

Five topic areas to know • examples to apply • exam language to practise

1 Participation

User groups • barriers • solutions
Popularity of sport • emerging sports

2 Values in sport

Sporting, Olympic and Paralympic values
Initiatives • behaviour • PEDs

3 Major sporting events

Types of events • before, during and after
Positive and negative impacts

4 National Governing Bodies

Roles and responsibilities
Increasing participation • supporting talent

5 Technology in sport

VAR • goal-line technology • Hawk-Eye
Wearables • benefits and drawbacks

CURRENT ISSUES TO FOLLOW

- Access for women, girls and disabled performers
- Racism, discrimination and online abuse
- PEDs, athlete welfare and concussion
- VAR, AI, data tracking and officiating
- Cost, legacy and sustainability of major events

EXAM HABIT

Use a current sporting example, then explain exactly how it links to the question.

MAPLEWELL • SPORT STUDIES



KNOW IT → APPLY IT → EXPLAIN IT

Sports Studies

REVISION PLAN

Train your brain like an athlete

Short, regular practice wins: retrieve • check • improve • repeat

1 What to use

Pupil revision guide
Golden League question challenges
Class slides, knowledge organisers and past questions

2 How to revise

Choose ONE topic area
Recall facts without notes
Answer a question • mark it • improve it
Teach the answer to someone else

3 Where to find help

OCR Sport Studies website
BBC Sport • Sport England • UK Sport
Olympics • Paralympics • NGB websites
Mrs Tarry: extra tasks for every topic

4 This week's action

Investigate BARRIERS to participation
Choose one user group
Identify 3 barriers • explain each one
Suggest a realistic solution for each barrier

MAPLEWELL • SPORT STUDIES



Maplewell GOLDEN LEAGUE
Our competitive Revision Leaderboard

CHAMPION ANSWER FORMULA

BARRIER + EXPLAIN + EXAMPLE +

SOLUTION

YOUR 20-MINUTE CHALLENGE: 5 mins recall • 10 mins exam question • 5 mins improve in a different colour

Useful starting points: OCR • BBC Sport • Sport England • UK Sport • Olympics • Paralympics • your sport's NGB



Building Sustainable Habits

- **Start small:** short, regular sessions early on are much more effective than last minute revision.
- Choose a **consistent time and place** to make revision part of the weekly routine.
- Set one **clear, achievable goal** for each session.
- Build in breaks and **protect time for sleep, exercise and relaxation.**
- Celebrate **consistency and effort**, not perfection.



Resources and Contacts

If you have a general query about exams, revision strategies or support in school, please contact:

Assistant Head for Quality of Education

Rebecca Ryman - r.ryman@maplewell.leics.sch.uk

Lead Practitioner for Teaching and Learning

Alison Folland - a.folland@maplewell.leics.sch.uk

If you have a **subject-specific query**, please include the subject in your email and we will pass your question on to the relevant member of staff.

All resources will be available at
<https://www.maplewell.leics.sch.uk/revision/>



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