



KNOLE
ACADEMY

Year 10 GCSE INFORMATION EVENING

The curriculum:





- **The core** - English Lit, Lang, maths and Combined science (+French for G band)
- **Options-** G band- 2+hist/geog H band-2+ebacc+option4

Students can still change options until Friday 29 September

- **Compulsory unexamined subjects-** PE, RSHE
- **New subjects-** IBLP
- **Work experience-** Week beginning Monday 26 June

'New v Old' truths and myths

Old GCSE grades	New GCSE grades
F/G	1
E	2
D	3
C	4
B _{Bottom third} C _{Top third}	5
B _{Top two thirds}	6
A	7
A*	8
A* Top 20% Grade A and above	9

- 5 Cs and above including English and Maths. 
- 4+ in English and Maths to avoid continuing in 6th form only. 
- 9s are only for students from grammars and private schools 
- BE THE BEST THEY CAN BE! 

However...

Today a person is subjected to more information in a day than a person in the middle ages was in their entire LIFETIME.

GCSEs now have more content than they have ever had. There is a lot to remember.



How can we help them avoid stress | sleep

- A recent BBC article referenced research suggesting that today's teenagers average 6-8 hours of screen time a day, not including time spent on a computer doing homework or online learning.
- How does this compare to the amount of sleep students are getting?
- Students their age need around 10 hours sleep in order to perform at their very best and checking mobile, tablet and computer screens late at night can hinder this.

The Mindful Unplug

- Unplug from technology everyday at least an hour or two before bedtime.
- Unplug from the busy world and get out into the fresh air everyday.
- Unplug from phones and other distractions when they're working (homework, revision).



How can we help them avoid stress | nutrition



We are always told that 'eating well' is important – but why?

- Nutrition, quite literally, powers us to perform.
- We may feel that we are working our hardest to achieve our goals, but if we are not fueling our bodies in the best way then we aren't going to perform at our best.

Nutrition: Power to Perform – Preparation

- As part of your preparation for the day, you need to begin with a nutritious breakfast.
- Your brain needs energy to perform efficiently.
- Try to eat foods with slow-release carbohydrates, such as porridge, whole grain bread or muesli. Add proteins into the mix to help keep you fuller for longer, for example milk, yoghurt or eggs if you have time!
- If you aren't a 'breakfast person' experiment with smoothie recipes that use oats and protein-rich ingredients which may be easier to stomach! Or grab a brioche to eat on the bus!

Nutrition: Power to Perform – Re-hydrate

- Dehydration can cause our brains to shut down and therefore not work as efficiently. It can also cause headaches.
- We should aim to drink at least 2 litres of water everyday to help us think faster, remain focused and ensure our brains have enough energy to function.
- A great way to start your day is drinking water with fresh lemon in.
- Carry a bottle around so that you can re-hydrate throughout the day.

How can we help them avoid stress- Exercise

Exercise can improve performance in lessons and exams. It triggers the release of various hormones and chemical compounds in the body

Serotonin - involved in regulating your sleep cycles and boosting your mood.

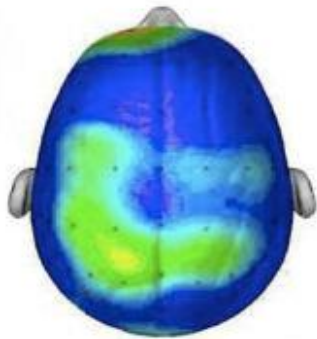
Dopamine – positively influences learning and your attention span.

Norepinephrine – affects motivation and mental stimulation.

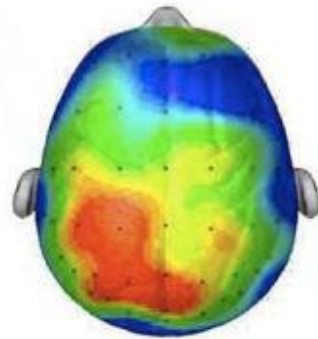
Physically active students have more active brains

Student Slide

Composite of 20 student brains taking the same test



After sitting quietly



After 20 minute walk

Research/Scan compliments of Dr. Chuck Hillman University of Illinois

Red areas are very active;
Blue areas are least active.

- <https://lifehacker.com/20-minutes-of-exercise-before-an-exam-may-boost-your-pe-1541773646>

Life is a balancing act

Bodies and minds will perform at their best when there is a balance in life:

- school
- family
- friends
- physical activities
- rest and relaxation.



Business Studies (9-1) GCSE- Eduqas:

Free digital resources on the eduqas website.

<https://resources.eduqas.co.uk/Pages/ResourceByArgs.aspx?subId=4&lvlId=2>. Contains revision guide, knowledge organisers and access to past papers and markschemes.

Child Development:

This is a new specification, still with OCR. Exams are now taken in year 11 only.

Citizenship Studies- AQA:


There are exam practise and quizzes on www.hoddereducation.co.uk/myrevisionnotes

There is also a revision guide:

'My Revision Notes: AQA GCSE (9-1) Citizenship Studies Second Edition'

Computer Science:

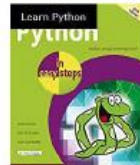
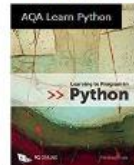
All of the links to the resources below can be found on:
https://www.learnitwithmrc.co.uk/student_resources/

LearnIT WithMrC 

 LEARN IT
WITH MR C

GCSE Computer Science

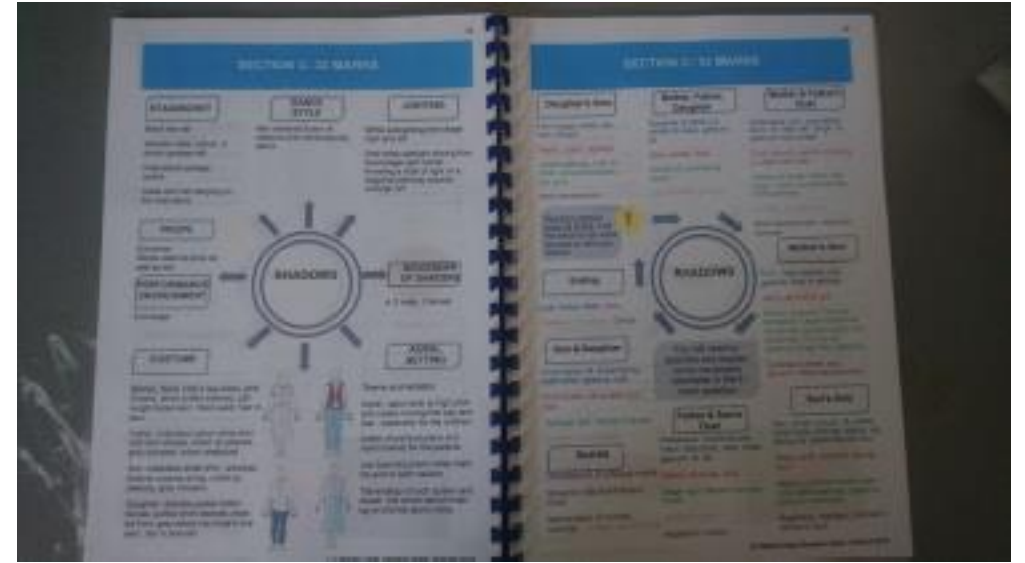
EXAM Resources for 2021-22: Click on the images below to see on Amazon



Dance:

GCSE Dancers will need to purchase a revision guide from dance for £8. This should be brought by year 10.

Other resources/workbooks will be provided.



Drama:

Illuminate publishing AQA GCSE drama by Annie Fox (has a troll with an umbrella on front cover) ISBN: 978-1-911208-21-1 £23.99. (£17.99)

Blood Brothers play guide ISBN: 978-1-911208-70-9 £12.99 (£9.74)

AQA GCSE drama: designing drama (For design students) ISBN: 978-1-912820-24-5 £22.50 (*£16.88)

Blood Brothers script: ISBN: 978-0-413-76770-7 (Red cover) (£8.99)

English Literacy and Language

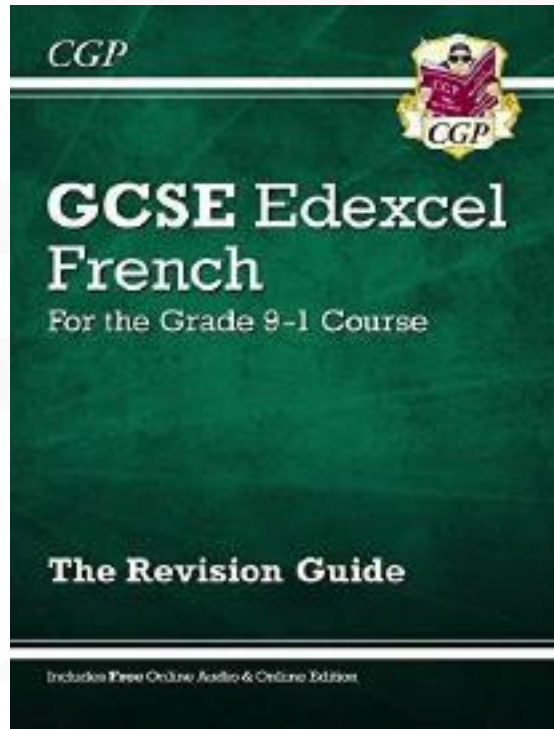
Were the English Department to recommend additional study guides to augment classroom teaching, the CGP range is both detailed and comprehensive: for Language, the GCSE WJEC Eduqas English Workbook (above), for Literature, there are text specific guides produced by CGP, but obviously others are available such as York Notes both as hard copy and online versions.

For more details on both English Language and Literature GCSEs explore:
<https://www.wjec.co.uk/qualifications/>

Another website including useful content and approaches to revision is: <https://www.bbc.co.uk/bitesize> which allows you to identify the specific exam board (WJEC).



FRENCH



Exam board: Edexcel

This revision guide is useful for vocabulary learning and grammar revision.

[Languagenut.com](https://www.languagenut.com)

This website is useful for exam practice- all students have a log-in and password

Food Preparation and Nutrition:

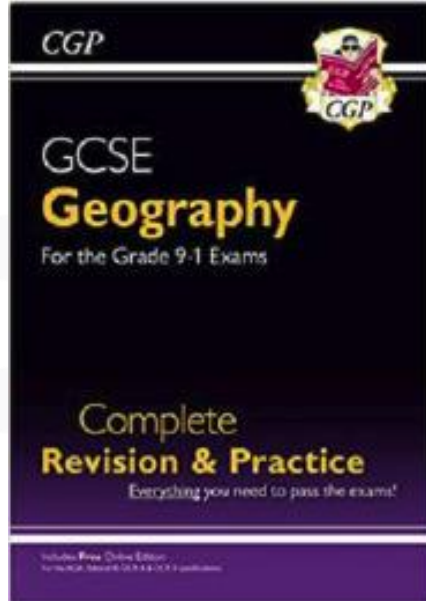


- Exam Board AQA
- AQA Food Preparation digital bundle (online textbook and interactive activities <https://www.illuminate.digital/aqafood/Student>)

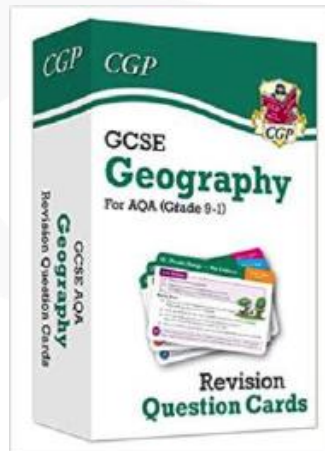
Username: SKNOLE3 **Student Password:** STUDENT3

- SENCA learning -Fabulous online resource -reviews the entire course (focus on metacognition) <https://app.senecalearning.com/login>
- GCSE Food Preparation and Nutrition Grade 9-1 AQA
- Complete Practice and Revision Guide (Collins GCSE 9-1 Revision)
- The Nutrition program -<https://www.nutritionprogram.co.uk/login>
<https://www.foodafactoflife.org.uk/>

Geography



Great summary of each of the topics to be used alongside knowledge organisers distributed by class teachers at the end of each topic **ISBN 978-1782946250 £7.69 on Amazon**



Excellent revision cards that consolidate the course down into questions to answer
£8.27 on Amazon

Hair and Beauty:

Text book reference 'Diploma in Hair and Beauty Studies',
authors Jane Goldsbro and Elaine White



Practice papers released by the awarding organisation available at; Technicals in Hair and Beauty qualifications and training courses | City & Guilds (cityandguilds.com)

Practical aids: Tuition heads and nail wheels can be purchased for practicing practical skills.

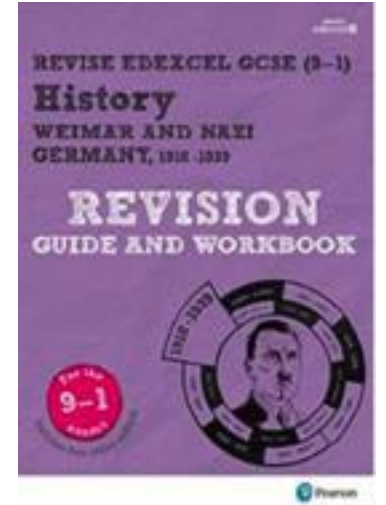
- ***NB: There will be a requirement during the course to partake in industry services and treatments ,both as a stylist/therapist and a client. therefore student must be prepared to work, be worked upon and follow the rules: Industry and Awarding Body requirements advise alongside school rules no nail polishes or enhancements must be worn, false eye-lashes are also not to be worn. This is for hygiene and client protection. Parents are required to ensure these regulations are followed by their son/daughter.***

History:

There are 4 of these – Medicine and western Front, Weimar and Nazi Germany, Superpower relations and the cold war, Henry VIII and his ministers; useful for knowledge with exam practice as well.

Link to the previous textbook, pocket size, instant revision cards – less detail than revision book.

History PIXL app – downloadable for free from the app store on Android or Apple –students should have this (can be accessed on desktop too).



ICT:

40% coursework/internal assessment – has to be done in lesson.
Revision skills needed will be set on arbor

60% Exam - students will make notes throughout the course and this will be printed to use as revision notes – the school will also provide a printed booklet too.

ECDL - (H band Only)

There are checklists and other resources on the school network area. In addition there are a number of video walkthroughs on youtube – follow the links below:

- PowerPoint test - <https://www.youtube.com/watch?v=Zi4CsvhbB5E>
- Word Test - <https://www.youtube.com/watch?v=u4hxLbv7oMg>
- Excel Test - <https://www.youtube.com/watch?v=1HacFBfMIWE>
- Improving Productivity - https://www.youtube.com/watch?v=kjIX7nBmg_w

Maths

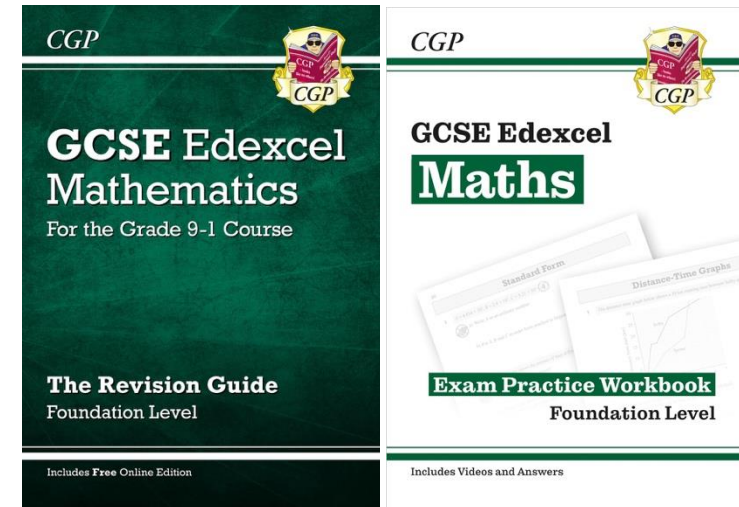
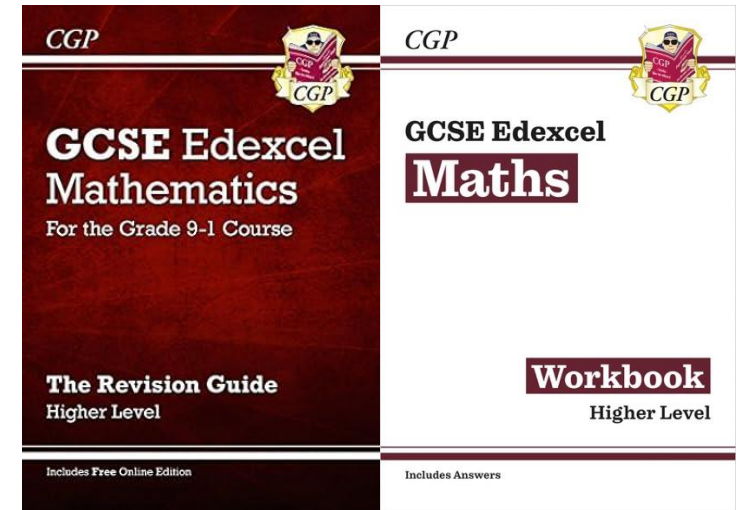
- Edexcel linear a 1ma1
- Higher/foundation
- There are two levels of entry: Grade 4-9 on higher paper and Grade 1-5 on foundation
- Each level has three papers lasting 1hour 30minutes
- Non-calculator is always first
- All papers carry equal weighting

Useful Websites:

<https://vle.mathswatch.co.uk/vle/>

<https://www.samlearning.com>

<https://corbettmaths.com>



Media Studies:

Eduqas Media Studies

All resources will be provided to students, including textbook PDF, revision YouTube channel, and all supplementary materials. If they would like to get a head start, they can look at M12 Productions on YouTube (GCSE playlist:

<https://m.youtube.com/playlist?list=PLtsOjySgoHRodPx7Z7KXNailjrKUSXmuS>) **and/or look at the resources page on the exam board website** (<https://resources.eduqas.co.uk/Pages/ResourceByArgs.aspx?subId=20&lvlId=2>).

Music: Edexcel GCSE (9-1)

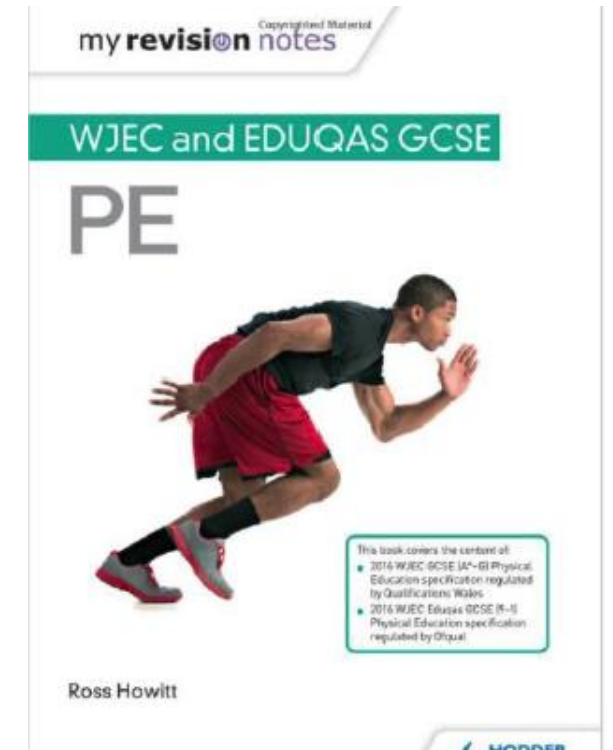
- **Edexcel GCSE (9-1) Anthology of Music by Julia Winterson ISBN: 9781292118383 Publisher: Pearson Education Limited (There is a CD that you can buy to go with this)**
- **Edexcel GCSE Music Study Guide Paul Terry Product Code: RHG 306 Publisher: Rhinegold EDEXCEL GCSE MUSIC REVISION GUIDE Product Code: RHG308 Publisher: Rhinegold**
- **STEP UP TO GCSE MUSIC Theory Workbook Product Code: RHG420 Publisher: Rhinegold**

GCSE Physical Education-Eduqas Specification

It is recommended that students purchase the Eduqas revision guide.

They can be purchased from Mrs Laker for £9.50, at a reduced cost.

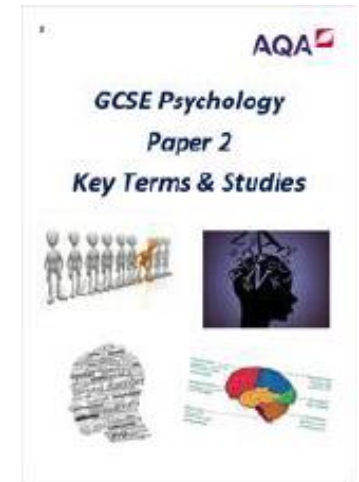
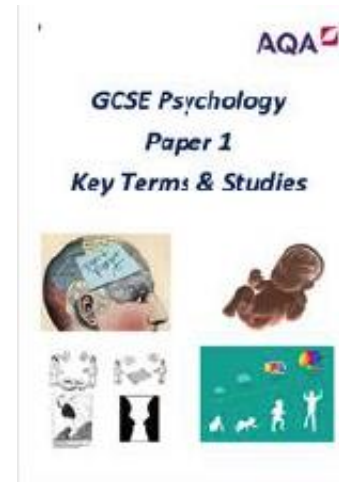
https://www.amazon.co.uk/My-Revision-Notes-WJEC-Eduqas/dp/1510429409/ref=asc_df_1510429409/?tag=googshopuk-21&linkCode=df0&hvadid=310977458808&hvpos=&hvnetw=g&hvrnd=1043310545277051859&hvppone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9045142&vtargid=pla-618066101007&psc=1&th=1&psc=1



Psychology:

These books can be bought from Amazon, or from Miss Martin at a reduced cost. They are all published by Illuminate Publishing and Collins Publishing.

Key Terms, Studies/Theories revision booklets available free from Miss Martin



AQA GCSE Combined Science Trilogy

- Access to digital textbook via Kerboodle
- We recommend either CGP or oxford revise revision guides
- Weblink below gives access to the specification and past papers:<https://www.aqa.org.uk/subjects/science/gcse/combined-science-trilogy-8464>

Other resources:

- BBC Bitesize
- CGP workbooks (compliment the revision guide)
- SENECA learning



AQA Separate Sciences (option)

- We recommend either the CGP or Oxford revise Revision guides
- Access to digital textbook via Kerboodle

Weblink below gives access to each specification and past papers:

- <https://www.aqa.org.uk/subjects/science/gcse/biology-8461>
- <https://www.aqa.org.uk/subjects/science/gcse/chemistry-8462>
- <https://www.aqa.org.uk/subjects/science/gcse/physics-8463>

Other resources:

- BBC Bitesize
- CGP workbooks (complement the revision guide) available online
- SENECA Learning



Sociology



Great summary of each of the topics to be used alongside knowledge organisers distributed by class teachers at the end of each topic

ISBN 978-1510423237

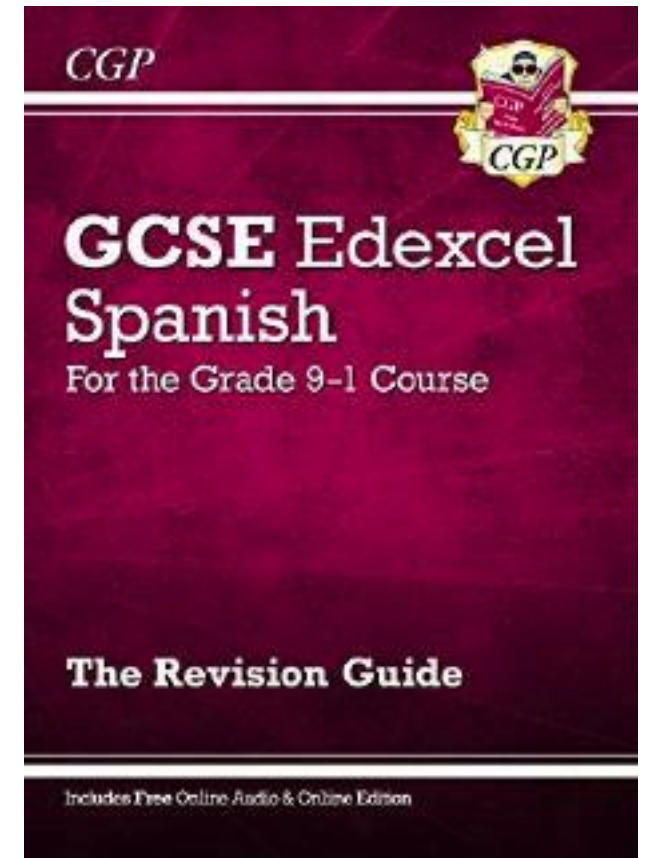
£9.29 on Amazon

spanish

- Exam board: Edexcel
- This revision guide is useful for vocabulary learning and grammar revision.

Languagenut.com

- This website is useful for exam practice- all students have a log-in and password



However, even with all these measures to avoid it, some students will still suffer anxiety and stress, so...

Mums and Dads, grandparents, siblings etc- it's a team effort



Stay cool & calm

- Stay calm yourself
- Help them plan out coping strategies to deal with their stress
- Give them positive distractions away from studying
- Help them understand their stress & to focus on controlling the controllables
- Promote a balance of their academic studies & other activities during the week

Goal Setting

- Encourage them to keep their goals planner visible – e.g. printed and displayed on their bedroom wall
- Help focus them and talk to them about their goals regularly
- Give positive reinforcement
- Connect with them about 'why' and 'what' they want to achieve



Belief



- Give them positive reinforcement
- Boost their confidence daily
- Celebrate any successes and reward them e.g. if they have achieved their mini-goals
- Try not to set your expectations too high
- Show them how proud of them you are
- Highlight things to make them feel good
- Give them the belief in themselves to help them achieve

Be Supportive

- Be a good listener
- Be approachable
- Encourage them to take breaks
- Show some understanding of what they are going through
- Help them deal with their emotions & feelings
- Offer caring advice
- Just be there for them!





DON'T WORRY

we got your back.