Prepare for Success!

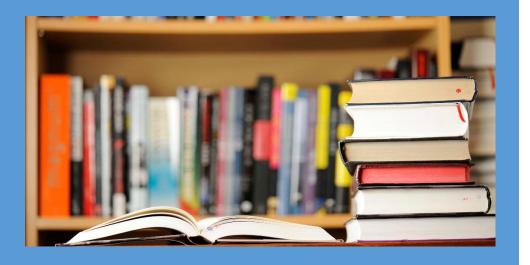
140

• Plan your time,

146

- Re-read, Re-draft, Recite, Re-test, Research, Rehearse & Record
- Essential Facts, Figures ♦ Formula, Essay Model Answers
- Practice Questions
- Answers ↓ Mark Scheme
- Review ↓ Reflect on your progress
- Enjoy your future success

PREP Newsletter Year 11 Spring Term 1



Shenfield High Schoo



What is 'PREP'?

'PREP' is what we do with the information we have learnt during the school day and how we prepare for the next day of learning. Evidence suggests that we only retain 50% of the information we learnt yesterday and after a week, we only retain 10%. The only way we can move the information we have learnt into the long-term memory is through re-visiting the information 4 or 5 times over a number of weeks.

In order to improve learning retention we are encouraging students to 'PREP' each evening after school. The focus of the time should be on the learning from the day and learning from the previous week, month and/or year.

'PREP' is short for PREPARE:

- Plan your time,
- Re-read, Re-draft, Recite, Re-test, Research, Rehearse & Record
- Essential Facts, Figures & Formula, Essay Model Answers
- Practice Questions
- Answers & Mark Scheme
- Review & Reflect on your progress
- Enjoy your future success

Each department has uploaded Go4Schools and the X: Student Drive with resources, practice questions and the answers.

Students should use the resources to PREP each evening and review any areas that they still don't understand. If students require feedback, help or guidance with their prep, they are encouraged to visit their teacher in a PREP Drop-In time.

The PREP Drop-In Timetable is available on our website and in this Newsletter.

Regular 'PREP' will lead to successful exam and assessment results.

How to use this Newsletter

Each subject has an explanation of the key assessment areas and where to find the resources for their subject. There are also extra websites, books, APPs, links and Super Curricular opportunities listed if you would like to look at a subject in greater depth.

The final part of the newsletter is filled with tips and strategies on how to 'PREP' successfully.

- Improving Memory Skills & Understanding PREP
- Funs Ways to PREP

All the tools, strategies and games listed can be applied to almost any subject. It is important to use the strategies to improve understanding and information retention before you have a go at practice questions. It is essential to have the knowledge first, before you apply it to an exam/assessment situation.

Don't try and tackle all the resources at once. Students will be guided by their teachers through explanations and feedback from assessments. There is a curriculum map on our website if you would like to look ahead and start looking at the next topic.

It is important the students find the right PREP strategy for them and use them consistently.

We hope you find this newsletter useful and welcome any feedback on how we can improve it.

Year 11 - PREP Guide – Half Term 3

Subject	Торіс	PREP Tasks	Further Research /Reading
			AQA Revision workbook of model answers and practice questions Super-Curricular Visits
		 Re-read your exercise books and go over key questions from the exam. Can you improve any of your practice answers based on feedback you received in class? Why not turn your notes for each question into a revision card (s)? 	Not relevant for this unit of work
English	English Language Paper 2 Section A	 Check on Go4Schools for past papers and practice questions. Remember, you do NOT need to do a whole paper. Focus on a question you are unsure about and give that a go. Stick to the timings (some question only allow 10 minutes). Hand any additional work into your class teacher to be marked and receive feedback. Print out the notes and revision guides attached on Go4Schools to help support revision of this paper. Create a revision guide for another pupil coming into Year 10 next year. Think about the key points they need to remember when answering this paper. Go back over your exercise books from previous lessons. Revision guides cost, but your exercise books contain everything you need to be successful. Go back over past assessments, look at feedback and how you improved, or condense your class notes into flashcards or a revision PowerPoint. Why not have a go at improving any questions you did earlier and hand them back in to your English teacher? 	 Media & Other Links Mr Bruff online revision guides for AQA paper 2 Mr Bruff Language Paper 2 Q2 Mrs Whelan Q2 Mr Bruff Language Paper 2 Q3 Mr Bruff Language Paper 2 Q4 Mr Bruff Language Paper 2 Q4 Mrs Whelan Q4

Subject	Topic	PREP Tasks		Further Research /Reading
Mathematics	Half Term 3	The best place to PREP for Mathematics is <u>www.h</u> and practice questions. The best practice is to wa Maths PREP book, then copy and complete the qu online feedback. Continue to work through the past papers provide mark-scheme to help answer any questions you n sessions to discuss any topics you still cannot ansy pinpointlearning to allow you to print and practic Following the Y11 Mock examinations all studen for each question from the mock into <u>www.pinp</u> with your class teacher. The site will analyse stree create personalised revision booklets on the top excellent PREP ready for the new year. For the crossover topics you can make use of the <u>www.justmaths.com</u> , alongside <u>www.hegartymath</u> Hegartymaths clip numbers are listed below, Just	tch and make notes on the video in your uiz questions, self-assessing using the ed in class. Excellent practice is to use the nissed, then attend lunchtime prep wer. Results data can be entered on e booklet. ts have been asked to input their marks <u>cointlearning.co.uk</u> . Logins can be checked engths and areas for development and ics you need most practise on. This is video and question resources on ths.com.	[ER] Extra Revision WebsitesSearch for www.mathsgenie.com forlots of past papers and revisionorganised by topics based on examquestions.Use www.youtube.com to find walk-throughs of past papers to help youanswer questions you are findingdifficult.[ER] Books to ReadHello World: How to be Human in theAge of the Machine by Hannah Fryhttps://mathsgear.co.uk/collections/boooks/products/copy-of-signed-copy-of-hello-world
	▲			
Σ		[R4A] Crossover Topics Best Value (07), 763-769 Exchange Rates (08), 707,708 Ratio (16/17), 329-335 Trig - Non Calculator (41) 852 Trig - Finding Sides (42) 509 Trig - Finding Angles (43) 511 Pythagoras with Trig (45) 513 Compound Measures (37) 716-739 Straight Line Graphs (32) 206-207 Probability Trees (51 / 52) 361-363	[R4A] Higher Topics In addition to studying the crossover topics please also cover: Surds 111-119 Graphs of Trig Functions 303-305 Further Trigonometry 521-533 Functions 290-296 Congruence and geometric proof 680-690 Vectors 622-636 Transformations 637 – 659	Fermat's Last Theorem by Simon Singh https://mathsgear.co.uk/collections/bo oks/products/signed-copy-of-fermats- last-theorem-by-simon-singh-hardback The Code Book by Simon Singh https://mathsgear.co.uk/collections/bo oks/products/the-code-book-by-simon- singh-hardback

Circles (56 / 57) 534-543	Super-Curricular Activities
Arcs and Sectors (58) 544 546	[ER] <u>www.numberphile.com</u>
Surface Area and Volume (59 / 60) 584 585 568	Absorb yourself in interesting
572	explanations about alternative branches
Forming and Solving Equations (71 / 72) 188	of mathematics. In addition, search for
Simultaneous Equations (73 / 74) 190-194	links of maths videos on YouTube.

Media & Other Links

[ER] <u>www.pinpointlearning.co.uk</u>

Make use of pinpointlearning by entering your results from past papers and practice papers. Print out the bespoke revision booklets of questions on which you need to improve, use in conjunction with hegartymaths to revise areas for improvement.

[ER] www.corbettmaths.com

Similar to hegartymaths with video tutorials and plenty of questions to answer on all GCSE Maths Topics.

[ER] <u>www.justmaths.com</u> Very useful for the crossover topics covered in class at grades 4-6

login: <u>ShenfieldStudent</u> password: <u>Shenfield</u>

Subject	Торіс	PREP Tasks	Further Research /Reading
		[HI] Students will be issued with PREP on a week by week basis via their Go4School account. This will be subject specific and will relate to the content that is being covered in lessons during that week.	Try and find a YouTube channel that provides tutorials. "Freesciencelessons" is a cracker, can you find better?
		Students are advised to download the PREP work (normally consisting of a 2 or 3 A4 pages) print it off (reduced to A5 size to save paper) and complete the work set.	Super-Curricular Activities
Science	on, Inheritance and Evolution Chemical Analysis s, Waves and Magnets	 A4 pages) print it on (reduced to As size to save paper) and complete the work set. Students should print off and attempt this PREP work as soon as they can access it and bring any issues they are having with the PREP to the attention of their teacher or to the PREP drop in sessions. [ER] In addition to the PREP that is set weekly students are also encouraged to investigate the additional PREP work for each subject shown below: - Biology [ER] Try the retrieval roulette questions and daily revision tasks that are located in the student area. 	Visit the Body Worlds Exhibition in London virtually of course
Sc	oducti mistry : Force	Chemistry	Media & Other Links
Sci6 Biology: Reproduction, Chemistry: Chemistry: Chemi		 [ER] Command words are the words and phrases used in exams that tell students how they should answer a question. Study the meaning of the words on the command words sheet on the student drive. Complete the accompanying worksheet to test your understanding. Physics [ER] Students can download resources from the students drive including flash cards they can use them to aid in the recall of key terms unit and equations. There are also recall questions and exam style questions they can try with the answers available so work can be checked. 	Need help or guidance outside of the lesson? Check out the following websites for explanations and examples <u>http://www.passmyexams.co.uk/</u> <u>https://www.youtube.com/channel/UCqbOeHa</u> <u>AUXw9II7sBVG3_bw</u>

Subject	Topic	PREP Tasks	Further Research /Reading
Subject	Exam Project	 PREP Tasks Spring Term one-Homework External Exam Project To be completed at home and in class. Students must spend at least 3 hours on each task. After carefully selecting your exam question from the paper provided: [HI] Take 10 photographs of things relating to your theme and print them off on good quality paper. [HI] Complete 6 x Observational drawing from your photographs using materials of your choice. Work should be a mixture of A3 and A4 in scale. Each piece should take approximately 3 hours minimum to complete. Task may be completed at home and in class for the duration of 4 weeks. [HI] Begin researching Artists relevant to your choice of topic and determine which artists best suit your theme. Create artwork on your topic in the styles of these artist to show your process in deciding which artist(s) styles you will incorporate in your final pieces. 	Further Research /ReadingThere are so many directions your GCSE final project can take you, be open to chat can be used in this project. If you are uncertain of how you would like to address this topic check out some of these artists:1.Ian Murphy2.Ernst Haeckel3.Chuck Close4.Man Ray5.Antoine PevsnerSuper-Curricular VisitsNow is the time to start freeing your imagination and with practice show growing confidence in your art skills.Find out more at: https://www.studentartguide.com/articles/a-level- art-exam-paper https://www.vam.ac.uk/ Media & Other Links
			 Working in other artists' styles: <u>https://www.artiststrong.com/how-to-copy-other-artists/</u> <u>https://www.khanacademy.org/humanities/art-1010/abstract-exp-nyschool/abstract-expressionism/v/moma-painting-technique-rothko</u> <u>https://www.youtube.com/watch?v=_nwYYFV03dM</u>

Subject Topic	PREP Tasks	Further Research /Reading
BTEC Business Unit 3:Promotion and Finance for Enterprise Unit 2: Planning for and Pitching an Enterprise Activity	 (PQ) Practice past exam questions to help identify areas that you need to focus your revision. (R4A) Using the Personal Learning Checklist for Component 3, tick off the topics that you are confident with and highlight the topics you need to revise further. (R4A) Complete the revision worksheets on the school drive. Create your own additional revision spider diagrams or revision cards for any of the topics you have identified on your Personal Learning Checklist that you were unsure of. (R4A)Ask a friend or family member to test you on key words on the Component 3 Glossary on the school drive. (IA) Preparation for Component 2 – you will need to present a business idea to meet the Component 2 Criteria. You need to consider the three business ideas you have been given – dog walking, cake making, and personal trainer. For each idea you need to conduct the following research: (RT) For your primary research conduct a survey using a questionnaire to find out whether people would be interested in each business idea or not (How often would they use your business? What price would they pay? Who do they currently buy from?) Use this as an opportunity to find out who the main competitors will be for each idea. Which idea do they think is most suitable/likely to be successful and why? Do they think your business ideas are appealing? What are the pros and cons of your business ideas? (RT) For your secondary research find evidence about businesses already offering the same or similar service to each business idea – what have been the positives and negatives that these businesses have experienced. Find out who the main market leaders are in the industry that your business ideas. (IA) Conduct a SWOT of each business idea – What will be the strengths, Weaknesses, Opportunities and Threats for each idea? 	 Class notes BBC news or other current affairs programmes Newspapers or online news sites BBC Bitesize Practice exam questions in the Business and Economics folder on the school drive. Super-Curricular Activities (R4A) Complete revision exercises on: https://www.businessed.co.uk/index.php/home/activities/12 -activities-topic/item/242-activities-topic-finance https://www.businessed.co.uk/index.php/home/theory/gcs e/edexcel-gcse-9-1-theory-notes-public#1-3-putting-a- business-idea-into-practice For marketing revision only cover Market Segmentation and Promotion: https://www.businessed.co.uk/index.php/home// activities/12-activities-topic/item/244-activities- topic-marketing#promotion (R4A) There are a range of activities related to the finance and marketing topics that you will be assessed on in the Component 3 Exam. The website also has theory presentations that you can use to revise over key topics. Media & Other Links Tricky Business The Apprentice Dragons' Den

Subject Topic	PREP Tasks	Further Research /Reading
GCSE Business Topic 2.3 Making operational decisions	 Year 10 theme 1 consolidation exercises: [ER] Read your class notes and additional theory presentations on theme 1 topics. [ER] Use revision cards or the mind maps on the student drive to consolidate your learning of A01 content & A03 analysis [ER] Review your current understanding of theme 1 through the following resources [ER] Practise theme 1 MCQ via <u>kahoot</u> or the documents on the student drive [ER] Practise theme 1 mevision the <u>flashcards</u> Year 11 theme 2 current theory focus: [R4A] Classroom assessments will occur throughout the term to check understanding of theory and assessment technique. The dates of these assessments will be placed onto go4schools. Students should be using their classroom notes and assessment books as their main source of information. Revision activities can also be found through the relevant links on <u>https://mshearingbusinesstudies.weebly.com/</u>. Results, including an average score will then be entered onto go4schools to illustrate relative performance. [R1] Create a mind map on the different types of production processes: job, batch, flow. Each production process requires the advantages and disadvantages to be considered. [RT] Research online products made using the various production techniques, with a focus on trying to find the most expensive and cheapest item in each category. Explain how and why the prices of the goods & services differ. [RT] Research how automation has changed throughout the history of the UK. Create a time line of the major shifts that have occurred and the impact this has had on the nature of goods which can be produced and the prices which are charged. [RT] Research what the most recent developments have been in production techniques around the world. Explore the how 3D printing has evolved and what this might mean for e-commerce. What will this mean for future employment? Research the most in demand courses available to protect your employment and	 Class notes. Theme 1 revision guide. BBC news business. Newspapers Super-Curricular Activities These tours may not be available given current Covid restrictions. There may be virtual equivalents available online. Amazon fulfilment centre tour Trip advisor top 5 factory tours Read the following articles of young entrepreneurs who have started their own micro business during lockdown. What potential business idea could you develop in response to the current external environment? Coronavirus: Rushden sisters turn entrepreneurs with worldwide sales Coronavirus: Girl's beeswax balm business proves lockdown hit Coronavirus: 'My dad built me a beauty salon in the garden' Molly Jennings, 14, launches mollydolly.shop during lockdown

[RT] Interview a local business owner regarding their stock delivery system. How do they	Media & Other Links
organise when stock is ordered. Reflect on how this might differ between industries, and	Inside the factory
the implications it'll have. Research how efficient modern logistics are by considering how	How it is made youtube channel
Amazon Prime works to deliver goods so fast.	<u>Ramsey kitchen nightmares</u>
[RT] Perform the task of a mystery shopper. Go into local stores and measure the quality	BBC Business Live
of customer service you receive. Then attempt to measure the quality of the shops	<u>Business Daily</u>
produce i.e. does a burger you order look like the picture on the menu? Identify why	<u>The News Explained</u>
monitoring quality might be harder in the different shops you visit and what could be	Panorama
done to improve the quality of service and output.	<u>Dispatches</u>
[RT] Create a role play when you are trying to sell a friend or family member a pen. What	<u>The Martin Lewis Money Show: Live</u>
obstacles did you face and how did you overcome them?	•
	Youtube links:
[RT] With a product that you've recently purchased and not be satisfied with, complain.	Job production: The Glamburger' video
Make a record of the outcome of your complaint and how it was dealt with.	Batch production : German bread
	Flow production: Viennetta video
	<u>What is the fourth industrial</u> revelution 2
	 revolution? Top 10 jobs robots will takeover
	 Will automation takeaway all our jobs
	 See the robots which ship your amazon
	products
	<u>producto</u>

Subject	Topic	PREP Tasks	Further Research / Reading
Computer Science	2.2 Programming Techniques – NEA Computer Science Programming Task	 Unit 2.2 Programming Techniques This half term students will be focusing on their programming techniques learning particular skills in order to prepare to complete their NEA computer science programming task. To consolidate learning in the classroom and prepare for the topic, students should complete the following tasks: [RT] Watch unit 2.2 Programming Techniques PREP videos created by Craig and Dave. Students should make thorough notes on Google Docs. https://www.youtube.com/watch?v=AaLk_fEVCIY&list=PLCi_OXwirraUDRk5TIB2uIS3V2-0tB3vc5 [HI] Students to log onto Seneca Learning and complete unit 4: www.senecalearning.com [RT] Additionally students should sign up for www.learnpython.org and complete tasks online to support their basic understanding of variables, constants, functions, data types and programming constructs including sequences and selection. All PREP tasks and resources are available on Google Classroom (classroom.google.com). 	 Cambridge GCSE Computing Online (Massive Online Open Course) www.cambridgegcsecomputing.org Crash Course: Computer Science (YouTube) www.youtube.com (search for: crash course computer science) Python Tutorials www.learnpython.org Learn Python Course www.codecademy.com/learn/learn-python Clever Programmer: Learn Python Programming (YouTube) www.youtube.com (search for: clever programmer python) Super-Curricular Visits The National Museum of Computing at Bletchley Park is a great place to find out about the history of Computer Science and Cryptography. www.tnmoc.org bletchleypark.org.uk Centre For Computing History Students will learn about the extraordinary advance in technology over 50 years of computing history and discover how computers have not only accelerated our lives, but radically transformed them. Media & Other Links Seneca: www.senecalearning.com Google Classroom: classroom.google.com

Subject	Торіс	PREP Tasks	Further Research /Reading
		 [HI] Things I know to be True Answer the following two questions. You should give yourselves just 35minutes to complete these essays. 1) Evaluate how the technical aspects within the live performance impacted you as an audience member. 2) Evaluate how the live production's genre impacted you as an audience member. Find Me - Space Use of space can be a clear way of showing the relationships between characters. However it is not just proxemics:	Read through the Revision guide that I have given you. Try and do some of the questions at the end of each section. Look at how you can use some of these ideas for not only <i>Find Me</i> , but also the live theatre evaluation.
Drama	Find Me/ Devising	 Just provenics. Areas of the stage Proxemics. Levels Use of height Type of stage Lighting choices Answer the following questions on Find Me, thinking how space can be used. These should both be a page long. As a director, explain how you would use the performance space to develop the relationship between characters in the performance text you have studied. If you were an actor in the section where Verity is building her village how would you show your relationship with other characters? Stage Directions Explain, using examples from the performance text you have studied, how stage directions can be used to support the actors in communicating their role to the audience. [RT] Director's concept Look at pages 50 - 58 You must prepare a short presentation explaining how you would approach, the staging of the scene from the point of view of the Director and Designs. This should include your ideas regarding lighting, make up, costumes, props and set. You will need to present this to the class. Your presentation needs to be at least 3minutes long and should be accompanied by pictures or drawings to show the class exactly what you are intending.	Read through this really carefully. It will help you with the questions on Find Me. https://www.bbc.co.uk/bitesize /guides/zbdp2sg/revision/1 Read through this very carefully as it will really help you with your Live Theatre Evaluation. https://www.bbc.co.uk/bitesize /guides/zrjsxyc/revision/1

Subject	Торіс	PREP Tasks	Further Research /Reading
Engineering	Component 1 : Exploring engineering Sectors	PREP Tasks Students need to have a good understanding of the different roles within an engineering company and what these roles entail. The military employs more engineering than any other non-engineering company. They are also regarded as some of the best. See what it takes to be an engineer in the Royal Navy • https://apply.army.mod.uk/roles/royal-electrical-and-mechanical-engineers • https://www.gradcracker.com/hub/138/royal-navy/videos/3904/royal-navy-the-varied-engineering-roles-in-the-senior-service • See what it takes to be an engineer in the Royal Navy • https://www.gradcracker.com/hub/138/royal-navy/videos/3904/royal-navy-the-varied-engineering-roles-in-the-senior-service	The BTEC engineering book, available at all good book stores Super-Curricular Activities Check out Engineering in action for details on events near you: https://thetrainingpartnership.org.uk/study-day/engineering-in-action-24-06-2019/ Media & Other Links Google Sketch is a skill, don't let it go rusty. Pick a product and challenge yourself to make the closest replica you
	Exp	Check out the "DMAX" and "Quest TV" channel for programs like "Abandoned Engineering" and "SUV Super build" for an amazing insight into the automation required to produce some of today's cars.	can. QUEST TV have a YouTube channel https://www.youtube.com/user/ukquesttv

Subject Top	c PREP Tasks	Further Research /Reading
Film Studies	 [ER] Tsotsi Key scenes analysis [R4A] Revision materials for a planned classroom assessment. The Go4Schools deadline is the date the assessment will take place. In terms of assessment, your film studies teacher will set you an essate black of the sector of	atlinks:

Subject	Topic	PREP Tasks	Further Research /Reading
	Biosphere	[ER] Use the key word list to make yourself comfortable with the range of new terms used in class – this can be found on the student drive in the revision folder or by using the link on. Use this test if you like; https://www.bbc.com/bitesize/guides/zq8gj6f/test	Have you seen the Iceland Christmas advert, this links well to this topic? https://www.youtube.com/watch?v=JdpspllWI2o
		[RT] Make revision cards on Keywords.	Super-Curricular Activities
	People and the	[ER] Study an atlas to compound your locational knowledge of Geography – especially the location of key economic players around the world including India, China, USA and UK.	Think about how tectonics has impacted your life. Think about how hurricanes, earthquake and volcanoes has impacted on your life – do you live in an urban area?
	loa	[ER] Case study materials can be found in the <u>Hazardous Earth</u> revision folder	Could you live a palm oil free existence?
Geography		consolidate what you have learnt in class. Attempt the questions attached to	Could you have less impact on world biomes?
Q	nic	each topic.	Media & Other Links
	Tectonic +	[ER] Use Paper 3 Revision link to attempt 3, 4 and 8 marks questions.	'Before the flood' and 'An inconvenient truth' are
60		Use your teachers! We are available to help you so come and find us if you	docu-films that highlight how humans are impacting
e e	pu	have a question, we're not that scary really.	Blue Planet 2 is worth a watch to see our impact on
Ū	cal	[RT] <u>https://www.greenpeace.org.uk/</u> have a look on the Greenpeace	the oceans.
	ati	website about what they think we should stop doing that harms the planet.	
	Earth Climatic and	[ER] The Planet Earth documentaries showcase the various global biomes and ecosystems and could provide you a good place to start your understanding,	'Deep Water Horizon' looks at the disaster of the same name.
	t	especially of Rainforests and Northern Arctic Forests. These are usually	The Planet Earth documentaries showcase the various
	Ear	available on Netflix along with other BBC nature documentaries that can be	global biomes and ecosystems and could provide you
	ns	more specific to the aforementioned areas.	a good place to start your understanding, especially of
	Hazardous	Use <u>Past Papers</u> 1 and <u>Past Papers 3</u> revision link to attempt 3, 4 and 8 marks	Rainforests and Northern Arctic Forests. These are usually available on Netflix along with other BBC
	zar	questions.	nature documentaries that can be more specific to
	Ha		the aforementioned areas.

Subject	Topic	PREP Tasks				Further Research /Reading
	wellbeing	Learning Aim	B: Interpretin	ng health indicato	vrs	https://www.rcpch.ac.uk/key-topics/nutrition- obesity/about-childhood-obesity
Care		[RT] Body Mass Index Human beings come in all shapes and sizes. Scientists and doctors do not just measure what you weigh. They look at your Body Mass Index or BMI. Body Mass Index (BMI) = $\frac{\text{mass}}{(\text{height})^2}$ Caroline has a mass of 48 kilograms, her height is 1.5 metres.		https://www.healthline.com/health/athlete-heart- rate Why Do Athletes Have a Lower Resting Heart Rate? https://www.nhs.uk/live-well/healthy- weight/advice-for-underweight-adults/		
С С	N N				,	Media & Other Links
Social (and	Car	oline's BMI =	$\frac{\text{mass}}{(\text{height})^2} = 48$	3 ÷1.5x1.5 (2.25) = 21.3 (BMI)	A website on how to check the pulse, e.g. <u>www.nhs.uk</u> (search for: How do I check my pulse?)
Ŏ	ealth	1.Calculate th	e BMI for the	se people.		
	alt	Mass kg	Height m	Height ²	BMI	A blood pressure 'tool' that interprets blood pressure readings, e.g. <u>www.nhs.uk</u>
р	<u>e</u>	79	1.68			(search for: 'Blood pressure test'/'Your blood
and	Ĭ	70	1.72			pressure')
	m M	89	1.56			Video clip by the British Heart Foundation titled
Ŧ	nt	49	1.61			'How to measure your own blood pressure', e.g.
Health	Componen	2.Using the co	onversions ab	1 lb = 0.4 1 stone = 1 1 inch = 2.5 12 inches = ove, calculate the	14 lbs 54 cm	www.youtube.com/watch?v=GSNZVaW1Wg4 Two video clips on how to use a peak flow meter, e.g. Asthma UK How to use a peak flow meter www.youtube.com/watch?v=DxBDfqPmaZU or Builth Surgery How to use a peak flow meter www.youtube.com/watch?v=oHRTiytvuow
		Mass	Height	Height ²	BMI	A short video clip on BMI, e.g. NHS Choices Understanding BMI results in adults
						www.nhs.uk/video/pages/understanding-bmi- results.aspx

James	10 stone 4lbs	5 foot 11 inches			https://www.bbc.co.uk/bitesize/guides/zpvtrwx/r
		(5'11")			evision/5
Annie	114 lbs	156cm			https://www.bbc.co.uk/bitesize/topics/ztnnb9g/ar
Tom	13 stone	70 inches			ticles/zdx8jty
Рірра	48kg	5-foot 1			
		inch			The National Child Measurement Programme
			ou, answer the follow	•••	https://www.youtube.com/watch?v=kYUz0Uv16-k
			<u>x (BMI)? - NHS (www</u>		
			from Q1 and 2 are u	nderweight?	
	4. How many a 5. Is anyone cl	-			
		initially obese	•		
	[RT] Design ar	information	leaflet abut blood pro	Doctors	
	Surgery. The	leaflet needs	to contain the follow		
		s blood press			
			pressure? What are th		
			ressure? What are th re measured?	e risks of this?	
		an a patient g			
		the test carri			
	7. How ca	an a patient c	ontrol and monitor it	?	
		v: What cond	tions could be diagno	osed using peak flow read	dings?
	Name three.				
				ed with asthma. She need	
			_	n how to take it correctly. If how to use a peak flow	
	This website n				v meter.
	Peak flow test	• • • •			

Subject	Topic	PREP Tasks	Further Research /Reading
History	Medicine through time Industrial Revolution	 [HI] What was life like in Industrial towns? Watch episodes from the series 'The Victorian Slum' on estream (link to episode 1 below). Make notes on what living conditions were like and therefore why disease would have spread so easily. https://shenfield.planetestream.com/View.aspx?id=462~3z~hYBuN6 [HI] Complete the 'Medicine in the Industrial Revolution' exam question sheet that can be found on Go4Schools. [HI] Watch the following clip and make notes on the role the government played in improving public health in the years 1750-1900: https://www.youtube.com/watch?v=RKmYNJeCXxU [ER] During the period of 1750-1900 there are a number of individuals who made a significant impact on medicine. Make a list of the following individuals and for each one write down what they discovered, the importance of their discoveries and the limitations of their discoveries: Edward Jenner Edward Jenner Edwin Chadwick John Snow James Simpson Joseph Lister Louis Pasteur Robert Koch [HI] Create a timeline of the key medical developments in the years 1750-1900. You should include developments from the following areas: Understanding of the causes of disease Treatment Prevention Hospitals 	Research: • Louis Pasteur: What impact has he had on medicine today? • John Snow: Why did he have a limited short term impact on medicine? Reading: • BBC History Magazine • History Today Magazine Super-Curricular Activities Yhe Old Operating Theatre' in London is a fascinating place to visit when restrictions allow and it is safe to do so. Until then their website offers interesting reading about operations in the 19 th century and the history of hospitals: https://oldoperatingtheatre.com/ To help consolidate your studies of Henry VIII so far, you could also take virtual tours of the Tower of London and Hampton Court Palace: https://www.hrp.org.uk/discover-the- palaces/#gs.ma8cq
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	 Explain why there were economic problems for the Weimar Republic in the years 1919-1923 [12 marks] Explain why Hitler became Dictator in 1934 [12 marks] Explain why the Nazis tried to control the church in Germany [12 marks] [ER] Revise Medieval and Renaissance Medicine. Create a spider diagram, PowerPoint Presentation or revision cards about: What people know causes disease How people prevent disease How people treat disease Case Studies: Black Death and the Great Plague [ER] Revise Weimar Germany. Create a spider diagram, PowerPoint Presentation or revision cards about: The Weimar Constitution Problems of the Weimar Republic Stresemann and recovery The Golden Years of the Weimar Republic The Great Depression [HI] Complete exam questions for Medicine Through Time and Henry VIII. These can be found on Go4Schools. Bring in any that you complete for marking. We may also set PREP tasks in addition to those listed when necessary. 	www.edexcel.com (Exam board) The science museum website contains interesting information relating to medicine through time: https://www.sciencemuseum.org.uk/medic ine
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Subject	Торіс	PREP Tasks	Further Research /Reading
	Preparation for Year 11 Final Mock Exams: Revision of topics. technique and study skills for Listening, Speaking, Reading and Writing	 [R4A] Learn the vocabulary associated with ALL Modules 1 to 8 – this can be found on the Google Drive which you will now have access to. This will allow you to practise your vocabulary learning by means of various interactive games and self-testing exercises. [R4A] Work through your class notes and complete the Grammar sections in your Grammar and Translation Workbook which corresponds with those grammar concepts you have learnt in lessons. [R4A] Use your class notes/lockdown work and revision packs for ALL Modules 1 to 8 to revise from and ensure you are clear on how to structure extended answers for writing and speaking, and how to understand and formulate questions yourself. 	Visit the local library or check their online catalogue. There are plenty of free resources: comic books, novels, books to complement students' learning Some favourite story books are available in Spanish too! Spanish newspapers online; <u>www.elpais.com</u> <u>www.marca.com</u> <u>www.20minutos.es</u> <u>www.bbc.com/mundo</u>
panish	ams: F	[R4A] REVISIT AND REFINE your conversation question answers on the Google Drive and in your lockdown/class notes for ALL Modules 1 to make them even better. This	Super-Curricular Activities
pa	lock Ex tening,	will help you with both the speaking and writing mocks.	Visit a local Spanish restaurant in your area – what do you recognise on the menu? Ask
5	Final N for Lis	[R4A] Use your Target 9 Writing and Reading Workbooks to practise your skills in preparation for these Mock Exams.	if you can take a copy of the home! Media and other Links
MFL	Preparation for Year 11 chnique and study skills	[ER] Find an article on the internet about anything that you are particularly interested in (e.g. sport, music, film, television, social issues, current affairs, the environment, etc.) and make a list of new words and their meanings in English from what you find in the article. You can use Collins online Spanish dictionary to help you with the definitions.	 www.quizlet.com/ashaunak www.languagesonline.org www.collinsdictionary.com/spanish Duolingo (app) - aim for 10-15 minutes/daily. It's a mix of writing, translating, practicing different vocab
	2	[ER] Actively practice listening by listening to the radio, watching TV/Netflix/YouTube, etc., in Spanish with English subtitles.	 and listening – all in one! It gets really competitive and fun. Memrise (app) - aim for 10-15
	Exa	[ER] Actively practice reading using free resources from the internet in Spanish – see links for Spanish newspapers as indicated.	minutes/daily. Look for sets that are based on Mira (textbook used for Spanish at KS3)
		[ER] Actively practice speaking and time yourself! Record yourself on your phone and play it back, check for any amendments and go again, and again, and again!	 www.language-gym.com/#!/ to practise verbs in all tenses

[ER] You should access Languages Online to practice grammar exercises in Spanish on a weekly basis using the following link; www.languagesonline.org	
on a weekly basis using the following link, www.idiigddgesoninie.org	
[ER] Find an article on the internet about anything that you are particularly interested in (e.g. sport, music, film, television, social issues, current affairs, the environment, etc.) and make a list of new words and their meanings in English from what you find in the article. You can use Collins online Spanish dictionary to help you with the definitions.	
[ER] Try watching your favourite television shows on Netflix (or similar) with the Spanish subtitles. Alternatively, you could change the audio setting to Spanish and have English subtitles.	
 Final Mock Exam Dates – GCSE Spanish: Speaking practice and final versions with Olga – 7th December to 29th January inclusive Reading exam – February 2021 – exact dates to be confirmed Listening exam – February 2021 – exact dates to be confirmed Writing exam – February 2021 – exact dates to be confirmed 	

Subject	Topic	PREP Tasks	Further Research /Reading
Subject GCSE Music	The Concerto Through Time	PREP Tasks [PQ] & [ER] Christmas Revision – Read through the notes and create revision resources. Listen to the tracks (use the internet address to access) and answer the questions. Use the mark scheme to check your answers and identify areas you need to PREP further. • Introduction to the Concerto • Baroque Concerto • Baroque Concerto Grosso • Classical Concerto • Romantic Concerto • Romantic Concerto [HI] PREP Priorities – Based on the task above – write a revision timetable for next half term to address the areas you need to work on. The timetable should include performance practice. [ER] Compose a piece of music using the techniques you have learnt in class, but handwrite it like the original composers did. If you need manuscript paper you can print some here: • http://people.virginia.edu/~pdr4h/musicpaper/duet.pdf	Further Research /ReadingThe Concerto: •https://www.misswardmusic.com/th e-concerto.htmlSuper-Curricular ActivitiesDownload Musescore and start composing your own music at home.Media & Other Links[ER] Amadeus – Film:

Subject	Торіс	PREP Tasks	Further Research /Reading
C Music Technology	Unit 1 – The exam	Nando's Takeaway PREP sheet https://drive.google.com/file/d/1RIdT0iYnOJhy93YSQTN1r ndW8aOXmpuU/view?usp=sharing Industry Workbook https://drive.google.com/file/d/1XI5rPILiHE8mNsPU_iYhC ul-e1UyiV76/view?usp=sharing Past Paper: https://drive.google.com/file/d/1VhmnFYiclqqEl9YyLcdA WWNBFSu3nrpz/view?usp=sharing Mark Scheme for the above past paper:	A comprehensive guide to a majority of the job roles in the music industry. https://www.music-jobs.com/uk/jobtypes/job-descriptions.php A look at how jobs in the music industry link together. https://www.allsaintsacademydunstable.org/wp- content/uploads/2018/05/Unit-1-Revision-Book-Higher-Ability-1.pdf Media & Other Links Job Roles https://www.youtube.com/watch?v=QMC4dBBXH2Y The Music Industry – PRS for Music https://drive.google.com/file/d/1kMcXFkshzjO7gmVu1K371PT4spP bxN G/view?usp=sharing Music Publishing Explained https://www.youtube.com/watch?v=- eV6t8_pOSo&list=PLi33BPxA2q1qe5V9o8zgUHcQSs3KJvmKd Music Publisher/Songwriter Explained
BTEC		https://drive.google.com/file/d/1btdaHN4y2H7iSN- l3E3yo29pKh5csxgy/view?usp=sharing	https://www.youtube.com/watch?v=3D-pnxp6Voo
8			Music Industry Overview <u>https://www.youtube.com/watch?v=-</u> <u>eV6t8_pOSo&list=PLi33BPxA2q1qe5V9o8zgUHcQSs3KJvmKd</u>
			Turning Your Songs into Money documentary https://www.youtube.com/watch?v=0xletCrn-iU
			Mechanical Royalties Explained https://www.youtube.com/watch?v=5rZw_xu8_Jw

Subject	Торіс	PREP Tasks	Further Research /Reading
Reformance		 PREP Tasks Paper 1 – Fitness & Body Systems [ER] Anatomy & Physiology – create your own revision resources for this section of the exam e.g. mind maps, flash cards [HI] Short Answer Exam Questions – Paper 1 One of the functions of the skeleton is to provide protection. Using an example, describe how the skeleton provides protection during physical activity. (2 marks) A player receives a cut to the head during a game of rugby. Explain the role of blood getting this player back on the field of play (3 marks). Describe the difference between muscular endurance and cardiovascular endurance (3 marks). At the start of each session, a coach always uses a warm up. State 3 reasons why you should perform a warm up before physical activity. (3 marks) Explain why bloody doping is banned even though it is not a performance enhancing drug (3 marks). 	 Further Research /Reading Further Research Commercialisation in Sport Media in Sport Sponsorship Super-Curricular Activities To help prep for the practical element of PE spend some time engaging with some physical activity. Increased activity levels make for a healthier lifestyle. Go and watch live sporting events to understand the rules and tactics used during the game. Begin to collect video evidence for your practical sports.
		 [HI] Extended Answer Exam Questions – Paper 1 Assess the importance of muscular endurance, flexibility and speed to the performance of a tennis player in a tennis match. (9 marks) Evaluate the use of fartlek training and plyometric training to improve performance in netball (9 marks) [HI] Extended Answer Exam Question – Paper 2 Evaluate the need for a power athlete to maintain a balanced diet. (9 marks) 	 Sky Sports News Live Sport Sports Biographies – give an excellent insight into the life of an elite level athlete ICARUS – Netflix

Subject	Торіс	PREP Tasks	Further Research /Reading
BTEC Performing Arts	Component 3 – Performing to a Brief	 [HI] https://www.bbc.co.uk/bitesize/guides/zhx3pg8/revision/1 Research and make notes on the following Theatre roles. Write the notes in your own words: Director Design team Sound Designer Lighting Designer Set Design and the post of the second se	Key TextsRevise BTEC Tech Award Performing ArtsRevision Guide: (with free online edition)Paperbackhttps://www.amazon.co.uk/Revise-Award-Performing-Revision-Guide/dp/129224562X/ref=sr 1 8?crid=1DQ73V2OMGI7F&dchild=1&keywords=btec+performing+arts+level+2&qid=1600023361&sprefix=btec+perf%2Caps%2C160&sr=8-8Media & Other LinksInterview with Riot Road, a VerbatimTheatre Companyhttps://www.youtube.com/watch?v=XTbdYqCs0gcA Verbatim performance – "For theRecord" (Based on the Hillsboroughfootball disaster)https://www.youtube.com/watch?v=64C16TSedqMDV8 Physical Theatre Can We Talk AboutThis? : Ann Cryerhttps://www.youtube.com/watch?v=vNVPumETpuA

Subject	Торіс	PREP Tasks	Further Research /Reading
Sociology	Revision	 Your prep tasks for this half term are based on revisiting content covered so far. [ER] Ensure that you have revision resources on <u>all</u> topics completed so far – Sociological concepts Family Research Methods Education Crime This includes watching all of the video lessons on these topics produced by teachers [ER] Complete the specimen exam papers which can be found by following the links below: https://www.wjec.co.uk/qualifications/sociology/r-sociology-gcse-from-2017/eduqas-gcse-sociology-sams-2017-e.pdf https://www.wjec.co.uk/qualifications/sociology/r-sociology-gcse-from-2017/ (scroll down to bottom of page, look on the left hand side and open the document entitled 'GCSE Sociology additional specimen questions component 1' 	[ER] Read the family section (pages 32-79) of WJEC Eduqas GCSE Sociology by Steve Tivey and Marion Davies [ER] Read the education section (pages 80- 119) of WJEC Eduqas GCSE Sociology by Steve Tivey and Marion Davies Media & Other Links The following link provides a different teacher summarising revising the content in the family, research methods and education units https://www.youtube.com/watch?v=JoFNIFz gu3Y
		[ER] Peer mark your exam papers before handing into your teacher for marking. Mark schemes (the answers) can be found in the same document as the question papers.	

Improving Memory Skills & Understanding PREP 1. Self-Testing

Self-testing is an effective tool if you have a large amount of information to learn for an assessment or exam.

Let's say you had to remember the definition of 20 key words.

Start by writing out five key words and their definitions. Study them for 2 or 3 minutes, then put the sheet away.

On another piece of paper, try to write down the key words and definitions from memory.

If you were not able to recall all 5, then repeat the process again. Study the definitions and re-test.

Once you are able to recall 5 key words and definitions, add another 5 to the original sheet.

Give yourself 4 or 5 minutes to study the 10 key words and definitions. Put the sheet away and re-test but this time with 10.

Build this up until you can recall all 20 key words and definitions.

More importantly, re-test yourself a week later. Review your progress and go back to any definitions or words you were unable to write down. Then, re-test yourself a month later with the same words.

The more you re-test, the more you will retain and the easier it becomes.

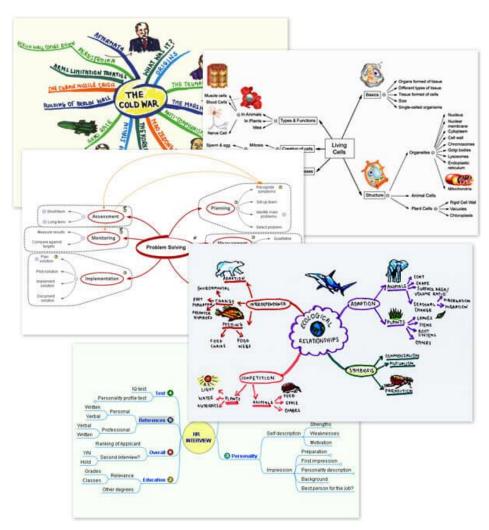
These techniques could be applied to:

- Key Information for an Essay
- Character names and profiles
- Formula
- Translations
- Case Studies
- Experiment processes
- Arguments or Quotations
- And many more!

2. Mind Mapping

Mind Mapping is a highly effective way of getting information in and out of your brain. Mind Mapping is a creative and logical means of note-taking and notemaking that literally "maps out" your ideas.

All Mind Maps have some things in common. They have a natural organisational structure that radiates from the centre and use lines, symbols, words, colour and images according to simple, brain-friendly concepts. Mind Mapping converts a long list of monotonous information into a colourful, memorable and highly organised diagram that works in line with your brain's natural way of doing things.



• Think of your general main theme and write that down in the centre of the page. i.e. Food

- Figure out sub-themes of your main concept and draw branches to them from the centre, beginning to look like a spider web i.e. Meats, Dairy, Breads
- Make sure to use very short phrases or even single words
- Add images to invoke thought or get the message across better
- Try to think of at least two main points for each sub-theme you created and create branches out to those

3. Revision Cards

Revision cards are small handheld cards that contain key information. The cards should have a title at the top with 5 or 6 key words, formula or sentences. Try and keep the colour consistent for each topic e.g. green cards for the Environment.

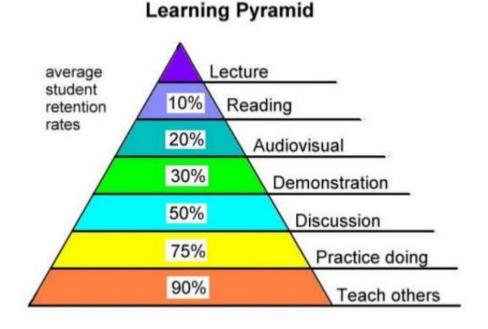
TIP: On the back of the revision card, write the title from the front. Then, after you have read through your cards a number of times, turn them over. Look at the title and self-test yourself on the information. Once you have recalled all you can, turn the card back over and check your answers.

4. Complete the Sentence

If you have a large number of facts to learn for an essay, write out ten key sentences you wish to memorise for the essay. Then, on a separate piece of paper, write out the first half of the sentence and leave the other half blank. Take a break, make a cup of tea, then come back and try to complete the sentences from memory.

If you managed to complete all ten, try and add more sentences and repeat the exercise.

TIP: Once you can complete the sentences with ease, test yourself further by trying to write out all the key sentences from memory without the sentence starters!



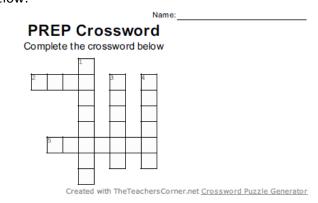
Fun Ways to PREP

1. Key Words Crossword Puzzle

Choose a subject and write down all the key words you need to learn. Find an online Crossword creator, there are a huge number of web sites that can do this for you.

For the clues, write the definition of the key word.

Once the crossword has been created, leave it for a few days/weeks. Then, try and complete it. Don't forget to print out the answer sheet so you can self-check the answers! Here is an example below:



DOWN
1. In what year group do you take A Level exams?
3. What is the surname of our Headteacher?
1 In what Vaar group do vou taka GCCF avam?

2. Key Word Pictionary

For this game you will need at least one other person. With a friend or group of friends, decide which subject and set of Key Words you wish to learn or revise. Write them down on individual cards. Try to have a large number so they are not too obvious.

Take it in turns to draw (without using words, symbols or speaking) something that represents the key word you wish to learn.

Want to Make the Game Harder?

The other player who is trying to guess the key word can't say the key word, but must give the correct definition of it!

Here is an example below:



The Easy Answer: An Atom

*The Definition Answer: The smallest particle of a chemical element that can exist.

3. Write a Short Story

If you have a large number of facts, figures or key words to remember, write a short story that you can recite to yourself in the exam. The more interesting and funny your story is, the more likely you are to remember the facts.

Here is an example:

1. To begin our adventure into storytelling, start by reading the paragraph below, which recounts a brief and chaotic story. Your task is simply to understand what happens:

"A man called Nigel is sat next to his enormous, 300lb pet squid as they travel around in the back of his lime-green limo. They're arguing over what to watch on the limo's TV: Coronation Street, or Sesame Street. It soon turns into a fight, which the squid wins by using its eight limbs to empty eight pepper-grinders on to Nigel's head. Nigel leaps from the car in terror and runs away towards the sea, cleverly heading through a thick yellow field of rapeseed to stop the squid from following. On reaching the beach, he meets Prince Harry, who is celebrating his 25th birthday. Prince Harry persuades Nigel to help him confront two Gallic dancers who have eaten a beautiful "she-swan" (without the Queen's permission). After the attack, Nigel jumps into the sea and swims out towards, as luck would have it, the Lady of Shalott, who is bobbing up and down in a boat made from a giant orange pepper. She invites him on board and they fall in love."

It will have taken you perhaps a minute to read through this. This should demonstrate just how quickly and effortlessly your mind can imagine elaborate scenes it has never encountered before.

Your next step is to see how much of the story you recall. First, close your eyes and repeat the story as well as you can in your head. When you're done, open your eyes and write down all the items you have successfully recalled. This will give you a sense of how many useful memories you can store in around a minute or so. Hopefully you'll have impressed yourself again.

Now, you'll perhaps be wondering what the point of remembering a random list of objects like this might be. But here we can reveal that the story you've learned is not at all random, but in fact encodes the ingredients for a Nigel Slater recipe. Hooray! The 300lb squid represents 300g of squid; the lime-green limo is a lime; Coronation Street stands for coriander; Sesame Street for sesame oil; eight pepper grinders for eight crushed peppercorns; the rapeseed field for rapeseed oil; Prince Harry celebrating his birthday for 25g ginger; two Gallic dancers for two cloves of garlic; the "she-swan" for Szechuan pepper; the sea for salt; the Lady of Shalott for shallots; the orange pepper boat for one large orange pepper.

Have a look over these connections. Your last task is to try to remember the ingredients that correspond to each element in the story. Once you've done that, you're ready to make your squid and pepper stir-fry ...

1. https://www.theguardian.com/lifeandstyle/2012/jan/15/story-lines-facts

4. Key Term Word Search

Choose a subject and write down all the key words you need to learn. Find an online Word Search creator, there are a huge number of web sites that can do this for you.

For the clues, write the definition of the key word.

Once the word search has been created, leave it for a few days/weeks. Then, try and complete it. Don't forget to print out the answer sheet so you can self-check the answers!

Here is an example below:

PREP WORDSERACH										
Use the definitions to find the key words!										
С	в	U	Т	D	Р	В	G	Р	w	
н	Н	w	Т	В	A	K	N	М	G	
0	Ι	М	Т	N	L	Е	0	С	х	
Ι	G	s	U	Ε	v	U	х	Ι	s	
v	Н	М	н	Ε	R	М	Α	N	I	
н	В	R	L	Т	L	Y	N	z	G	
w	S	Е	Р	R	Е	Р	Α	R	Е	
С	J	Е	v	I	K	С	Т	U	z	
М	S	М	G	Н	Т	L	С	z	N	
к	G	s	в	Т	в	N	D	D	Е	
PREPARE			HERMAN			ELEVEN				
THIRTEEN		HI	HIGH							

1. What is 'PREP' short for?

- 2. What is the surname of our Headteacher?
- 3. What year group take their GCSE exams?
- 4. What year group take their A Level exams?
- 5. What does the 'H' in SHS stand for?

5. Write a poem

If you have a large number of facts, figures or key words to remember, write a poem that you can re-cite to yourself in the exam. Try and make it rhyme on the key words and throw in their definitions if you can.

6. Card Matching Game

Use revision cards. They must all be the same size and colour. On half the cards, write a key word on each. On the other half of the cards, write their definitions on each.

With a friend, turn all the cards so they face down on the table. Each person takes it in turns to turn over two cards. If they turn over the key word and the correct definition, they get to keep them. If the two cards do not match, they must be turned back and it is the next persons turn. The winner is the person with the most cards at the end.

You not only have to remember where the key words and the definitions are, but match them as well! Here is an example:



A Musical Scale containing only 5 notes.

7. Name That Tune!

Choose a song from the charts that you know really well and enjoy singing along to.

Now, re-write the lyrics so they contain all the facts and key words you need to remember. Try to keep to the same number of syllables for each line! Then, sing the words out loud as many times as you need to remember the lyrics.

TIP: Go to youtube or karaoke site and use the backing track/instrumental so you can sing your lyrics along to the beat!

8. Alphabet Prep

Challenge yourself to write a key fact, definition or key word for each letter of the alphabet. It works best with a single topic or area. Once you have completed it, memorise it using some of the techniques in this book.

Finally, challenge yourself to recall all the information using the alphabet as your guide and prompt!