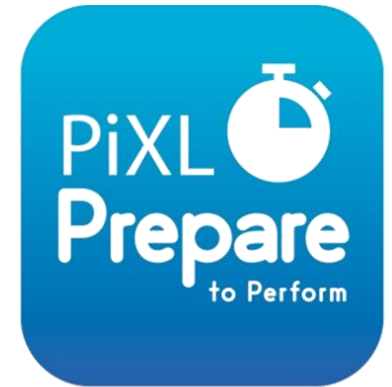




Ark Acton  
Academy



Welcome to our  
Prepare to Perform  
Evening

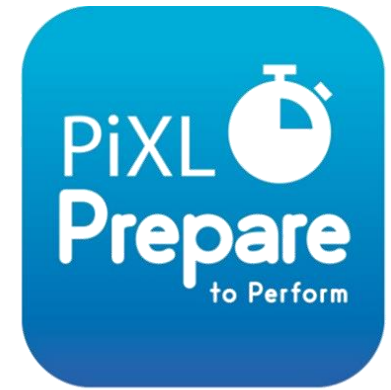
What is this evening about?



Performance

for a purpose

# What we will cover:



- 1. The purpose of achieving GCSEs** – what performing well leads to?
- 2. How performance connects** with the end goal
- 3. HOW TO perform well**

# Which universities have our students attended and what did they study?



**Imperial College  
London**

Mathematics  
Medicine  
Chemical Engineering



Theoretical Physics  
Computer Science



Economics  
Mathematics & Physics  
Accounting and Finance



THE LONDON SCHOOL  
OF ECONOMICS AND  
POLITICAL SCIENCE ■

Economics  
Accounting and  
Finance



Dentistry  
Biochemistry



Ark Acton  
Academy

# Which universities have our students attended and what did they study?



Queen Mary  
University of London

Mathematics  
Computer Science  
Accounting

UNIVERSITY OF  
Southampton

Aerospace Engineering  
Psychology  
History



Durham  
University

Law



UNIVERSITY OF  
**BATH**

Chemistry  
Mathematics



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University may not be the  
route that all students  
choose to follow



# Three levels of Apprenticeship available for those aged 16 and over:

## **Intermediate Apprenticeships (level 2)**

- An Intermediate Apprenticeship is equivalent to five good GCSE passes. This level provides the skills required for the apprentice's chosen career and allow entry to an Advanced Apprenticeship.

# Three levels of Apprenticeship available for those aged 16 and over:

## **Advanced Apprenticeships (level 3)**

- An Advanced Apprenticeship is equivalent to two A-level passes. Advanced apprentices work towards work-based learning qualifications To start this programme, the applicant should ideally have five GCSEs at grade C or above or have completed an Intermediate Apprenticeship.



# Three levels of Apprenticeship available for those aged 16 and over:

## Higher Apprenticeships (level 4-6)

- Higher apprentices work towards work-based learning qualifications such as a Foundation degree. New Higher Apprenticeship frameworks were developed as part of the Higher Apprenticeship Development Fund. Apprentices can also progress to higher education, including university degrees.

# LOOK HOW YOUR FAVOURITE SUBJECTS COULD LEAD TO AN APPRENTICESHIP!



## ENJOY ENGLISH?

WE'VE GOT THE APPRENTICESHIP FOR YOU!

### JUNIOR JOURNALISTS

create quality stories that are accurate, clear, fair and balanced. For those who enjoy research, writing and tight deadlines!

### DIGITAL MARKETERS

use online and social media platforms to design, build and implement campaigns and drive customer sales.

### CHARTERED MANAGERS

work with different forms of communication (written, verbal and digital). This role would suit good listeners with skills for presenting and negotiating.

### RECRUITMENT CONSULTANTS

attract candidates and match them to temporary or permanent job positions with client companies.

**PUBLIC RELATIONS (PR) ASSISTANTS**  
build, protect and maintain a positive reputation for brands, organisations and individuals.

There are many other apprenticeships you might be interested in: Teacher, Events Assistant, Solicitor and many more!

## ENJOY MATHEMATICS?

WE'VE GOT THE APPRENTICESHIP FOR YOU!

### ASSISTANT ACCOUNTANTS

analyse data, identify processes and apply problem solving techniques.

### INVESTMENT OPERATIONS SPECIALISTS

sit within stock exchanges, stockbrokers, investment managers, banks, financial advice and wealth management firms carrying out investment transactions on behalf of individuals or organisations.

### AEROSPACE ENGINEERS

use algebra, differentiation, function, geometry, trigonometry and statistics in order to keep our planes flying.

### PROFESSIONAL ECONOMISTS

work in a wide range of industries and sectors producing rigorous, relevant and impactful economic analysis to drive decision-making at all levels.

### RELATIONSHIP MANAGERS (BANKING)

provide financial products and services to customers, helping them achieve their business goals.

There are many other apprenticeships you might be interested in: Software Developer, Telecoms Technician, Civil Engineering and many more!

## ENJOY SCIENCE?

WE'VE GOT THE APPRENTICESHIP FOR YOU!

### NUCLEAR SCIENTIST AND ENGINEERS

observe, record and draw conclusions from data to provide suitable solutions to nuclear applications.

### LABORATORY SCIENTISTS

carry out laboratory based experiments in their specialist field in order to find new solutions to problems.

### FOOD INDUSTRY TECHNICAL PROFESSIONALS

ensure the smooth transition of food and drink products from farm to fork, including improving existing products and launching new products.

### HEALTH CARE SCIENCE PRACTITIONERS

analyse diagnostic tests to help with the assessment of patients in the diagnosis, monitoring or treatment stage.

### NURSES

assess patients in order to plan, carry out and evaluate their care in a variety of environments, from hospitals, to in-house to community care.

There are many other apprenticeships you might be interested in: Biomimetics Scientist, Animal Technologist, Clinical Trials Specialist, Dental Technician, Diagnostic Radiographer, Podiatrist, Sonographer and many more!

## ENJOY ICT?

WE'VE GOT THE APPRENTICESHIP FOR YOU!

### AEROSPACE SOFTWARE DEVELOPMENT ENGINEERS

help to design and implement software, as well as research, develop, build and maintain aircraft or their systems to make them quicker and safer.

### SOFTWARE DEVELOPERS

build and test code across front end, logic and database layers.

### CYBER SECURITY TECHNOLOGISTS

apply an understanding of cyber threats, hazards and risks in order to protect organisations and the people who use them.

### INFRASTRUCTURE TECHNICIANS

provide support to external and internal customers, helping them to be more productive when using technology.

**DIGITAL AND TECHNOLOGY SOLUTIONS PROFESSIONALS**  
implement technology solutions that enable businesses to develop new products and services, as well as to help increase an organisations productivity.

There are many other apprenticeships you might be interested in: Aerospace Engineer, Cyber Intrusion Analyst, Electronic Systems Principals Engineer, Information Systems (IS) Business Analyst and many more!

## ENJOY FOOD TECHNOLOGY?

WE'VE GOT THE APPRENTICESHIP FOR YOU!

### BAKERS

use a range of traditional craft and mechanical processes to make and sell bread, cakes, pies, pastries and biscuits.

### CHEF DE PARTIES

run a specific section of the kitchen, creating a high quality of food whilst minimising waste of ingredients.

### SUPPLY CHAIN PRACTITIONERS

forecast customer demand and liaise with factories to schedule production.

### FOOD TECHNOLOGISTS

ensure all products from food manufacturers are safe to eat and of consistent appearance, taste and texture.

### ADVANCED DAIRY TECHNICIANS

develop, produce and oversee the production of dairy products, including milk, cheese, ice cream, powder, yoghurt, butter and more.

There are many other apprenticeships you might be interested in:

## ENJOY LANGUAGES?

WE'VE GOT THE APPRENTICESHIP FOR YOU!

### AVIATION OPERATIONS MANAGERS

are responsible for safety and security within their areas and must effectively plan the use of resources.

**INTERNATIONAL TRADE AND LOGISTICS OPERATIONS APPRENTICES**  
coordinate the logistics of goods being imported and exported to the UK from other countries.

### NURSES

work with and care for people from different backgrounds using a skillset that is desired across the world.

### EVENT ASSISTANTS

arrange a broad range of activities including cultural events, conferences, trade shows and sporting and music events all over the world.

### HM FORCES (PUBLIC SERVICES)

need good communication skills and the ability to understand other cultures and languages.

There are many other apprenticeships you might be interested in:

## ENJOY PHYSICAL EDUCATION?

WE'VE GOT THE APPRENTICESHIP FOR YOU!

### COMMUNITY SPORT AND HEALTH OFFICERS

engage people in sport and physical activity across local communities.

### LIVE EVENT RIGGERS

work in a physically demanding, high-pressure environment in a diverse range of locations.

### ASSOCIATE AMBULANCE PRACTITIONERS

put knowledge of physiology and a calm demeanor to good use everyday.

### PHYSIOTHERAPISTS

help patients with physical difficulties to improve their movement by devising and reviewing treatment programmes using a variety of methods including manual therapy, therapeutic exercise and electrotherapy.

### PERSONAL TRAINERS

create fitness programmes for clients, motivating them to achieve their goals by teaching them to exercise properly using workouts and specific plans.

### TEAM LEADERS / SUPERVISORS

lead teams and motivate and support individuals towards a focused goal or objective.

There are many other apprenticeships you might be interested in:

## ENJOY ART AND DESIGN?

WE'VE GOT THE APPRENTICESHIP FOR YOU!

### BROADCAST PRODUCTION ASSISTANTS

support and assist editorial or technical colleagues for the smooth delivery of content for TV or radio productions.

### JUNIOR 2D ARTIST (VISUAL EFFECTS)

Assist senior visual effects (VFX) artists with the integration of live action footage and computer generated imagery to create images for TV and film.

### DIGITAL MARKETERS

define, design, build and implement digital campaigns across a variety of online and social media platforms to drive customer engagement.

### ART THERAPISTS

use visual art media to help people who may struggle to communicate verbally to express their feelings and confront difficult emotional issues.

### PRODUCT DESIGN AND DEVELOPMENT ENGINEERS

work on all stages of product creation, product modification and product competency.

There are many other apprenticeships you might be interested in: Dental Technician, Bespoke Tailor and Cutter, Creative Digital Designer, Fashion Studio Assistant, Jewellery Maker, Photographic Assistant, Pottery Maker

# The Benefits of Apprenticeship

- The Institute of Fiscal Studies has revealed that students in the UK accumulate an average debt of £50,000.
- **DEBT FREE**
- **EARN WHILE YOU LEARN**
- **EMPLOYABILITY**
- **RELEVANT SKILLS**

# What Degree Apprenticeships are Available?

## Business and Administration (Level 6/7)



## Childcare and Education (Level 7)



## Construction (Level 6)



# What Degree Apprenticeships are Available?

## Creative and Design Outside broadcasting engineer (Level 7)



## Digital Technology Solutions (Level 6)



## Engineering and Manufacturing (Level 6)



## Health and Science (Level 6)



## Legal, Finance, and Accounting (Level 6/7)



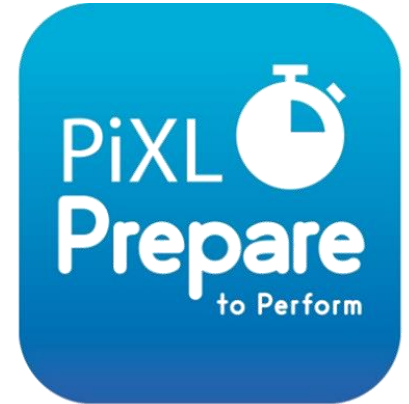


# Degree apprenticeships expand into the Russell Group

## Degree apprenticeships currently offered at Russell group universities

University	Year started	Standards running	2018/19 starts so far
Queen Mary University London	2015/16	Level 6 Digital and technology solutions professional	31
University of Exeter	2016/17	Level 6 Digital technology solutions professional; Level 6 Civil engineering; Level 6 Chartered manager; Level 7 Senior leader	260
University of Sheffield	2017/18	Level 5 Nursing associate; Level 6 Manufacturing engineer; Level 6 Control/ technical support engineer; Level 7 Postgraduate engineer	93
University of Warwick	2017/18	Level 6 Civil engineer; Level 6 Embedded electronic systems design and development engineer; Level 6 Manufacturing engineer; Level 7 Postgraduate engineer; Level 7 Senior leader; Level 7 Systems engineering	100
University of Birmingham	2018/19	Level 6 Digital and technology solutions professional	39
University of Leeds	2018/19	Level 6 Digital and technology solutions professional	38
University of Nottingham	2018/19	Level 7 Advanced clinical practitioner	8
University of Edinburgh	2018/19	Level 6 Data scientist	11
<b>Total</b>			<b>580</b>

# Post 16 courses at Ark Acton



## **Level 3 courses**

- A Levels
- Professional Pathway

## **Level 2 course**

- BTEC Business, English and/or Maths, work experience

# Post 16 courses at Ark Acton

**A level**

- Need to achieve **minimum of 6 GCSEs at Grade 5+**
- Need to achieve **English and Maths at grade 5+**
- meet the subject requirement eg. if you want to study A level Maths you need to achieve Grade 6 +



# Post 16 courses at Ark Acton

**BTEC**

- Need to achieve **minimum of 5 GCSEs at Grade 4+**
- **Need to achieve English and Maths at grade 4+**

In the exams your child and their “car”  
(preparation) have to be  
**the best they can be.**



# Preparing to Perform



Backup Rear Jack

Rear Jack

Rear Tyre On

Rear Tyre On

maximuscle

Rear Tyre Off

Rear Tyre Off

Tyre Gunner

Stabaliser

Stabaliser

Tyre Gunner

Front Tyre On

Front Tyre On

Driver

Tyre Gunner

Front Tyre Off/  
Stop Marker

Front Tyre Off/  
Stop Marker

Tyre Gunner

Lollipop Man

Front Jack  
Mobil 1

Front Wing Adjuster

Front Wing Adjuster

Backup Front Jack



**Low Effort**

High Progress

**High Effort**

High Progress

**Low Effort**

Low Progress

**High Effort**

Low Progress

# Post mortem's are too late

A pre mortem is working out what is going on before something dies!

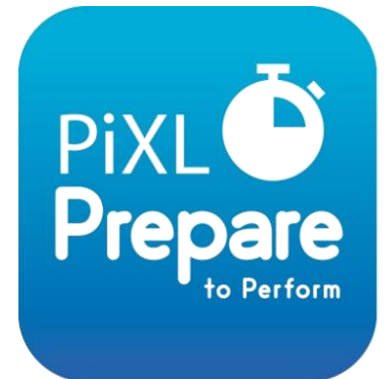
What are the gaps in each students' knowledge?

Now is the time for pre mortem

# What does 'high effort' look like?

- Do you know the gaps in your knowledge?  
Use of question level analysis
- Close the gaps in your knowledge
  - use Seneca, Mathswatch, MyGCSE **everyday**
  - after school interventions **everyday**
  - revision materials given by your teachers, use these **everyday** -----**practise exam questions**
- Keep thinking about your future and what you want that to look like (motivation is key)

# How to perform in English GCSE



# How can I support my child in their preparation for English Language and Literature?

## Language:

- Ensure they are clear on what each question is about and the strategy to approach it successfully. Test them daily.
- Ensure they are aware of timings.
- Encourage them to attempt questions under timed conditions at home to practise their strategy.

## Literature:

- Ensure they are clear on what each question is about and the strategy to approach it successfully.
- Test their knowledge daily: SNAP revision, Seneca, poetry anthologies
- Encourage them to practise planning responses to questions and then talking you through them.



All students have a class code from their teachers.

- Completely free
- Teachers are able to track students' progress.
- Students will be given assignments to complete over the holidays to support their literature revision.

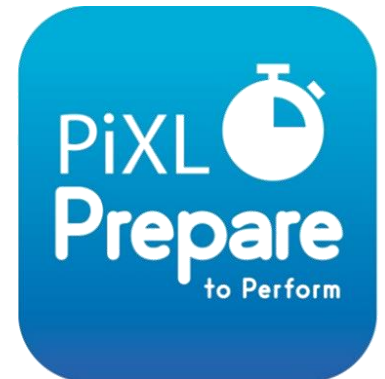
[www.senecalearning.com/](https://www.senecalearning.com/)

The screenshot displays the Seneca Learning app interface. The top navigation bar shows the Seneca logo and a menu icon. The main header identifies the course as 'English Lit: AQA GCSE A Christmas Carol'. A sidebar on the left lists the course structure, with '2.1.1 Outline & Stave 1' selected and highlighted in green. The main content area features a large illustration of Scrooge with a text box titled 'Protagonist and antagonist' containing a bullet point: 'Scrooge is an interesting character because, although he is the main character of the text – a protagonist – he also exhibits features of an antagonist (villain) at the start of the story.' Below this is a yellow interactive section titled 'Which of these are true of Scrooge?' with five buttons: 'Exhibits features of an antagonist at the start of the story', 'Exhibits features of a hero at the start of the story', 'Main role is to show how it is possible to change one's ways', 'Main role is to show how it is impossible to change one's ways', 'Minor character', and 'Protagonist'. A feedback message at the bottom states 'The answer is incorrect' and a 'Switch the toggles' button is visible.



# How to perform in Maths GCSE

Head of Maths : Mr B Zramalval  
E-mail: bzramalval@arkacton.org  
Tel: 02031102470



# GCSE Maths

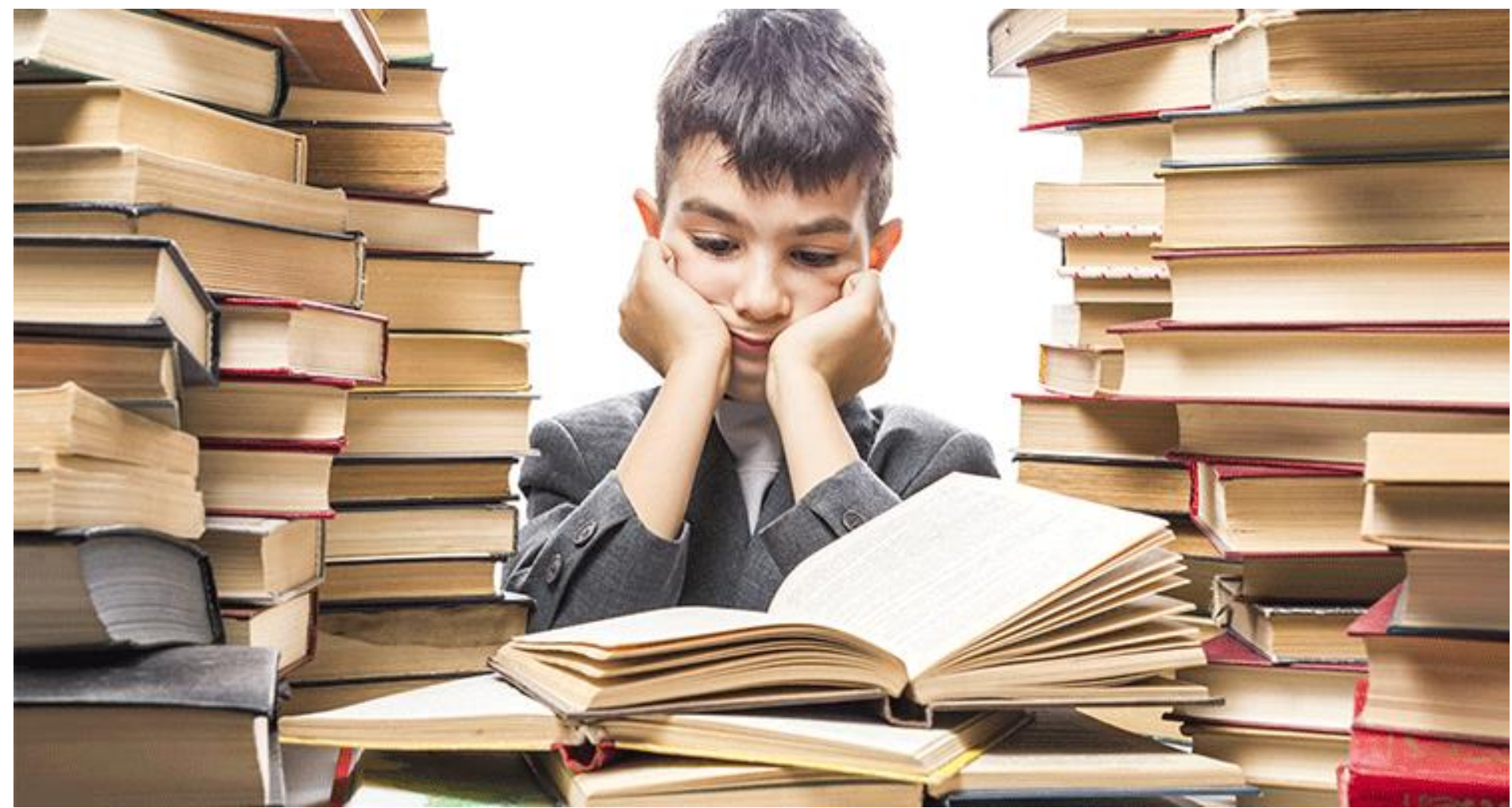
- THREE Exam Papers – 1 Non-Calculator and 2 Calculator
- Grade 9 for most able – higher than an A\*
- Greater emphasis on **problem solving and reasoning**
- New topics brought from the A-Level

# Maths Exam Dates

Paper 1: 21<sup>st</sup> May

Paper 2: 6<sup>th</sup> June

Paper 3: 11<sup>th</sup> June

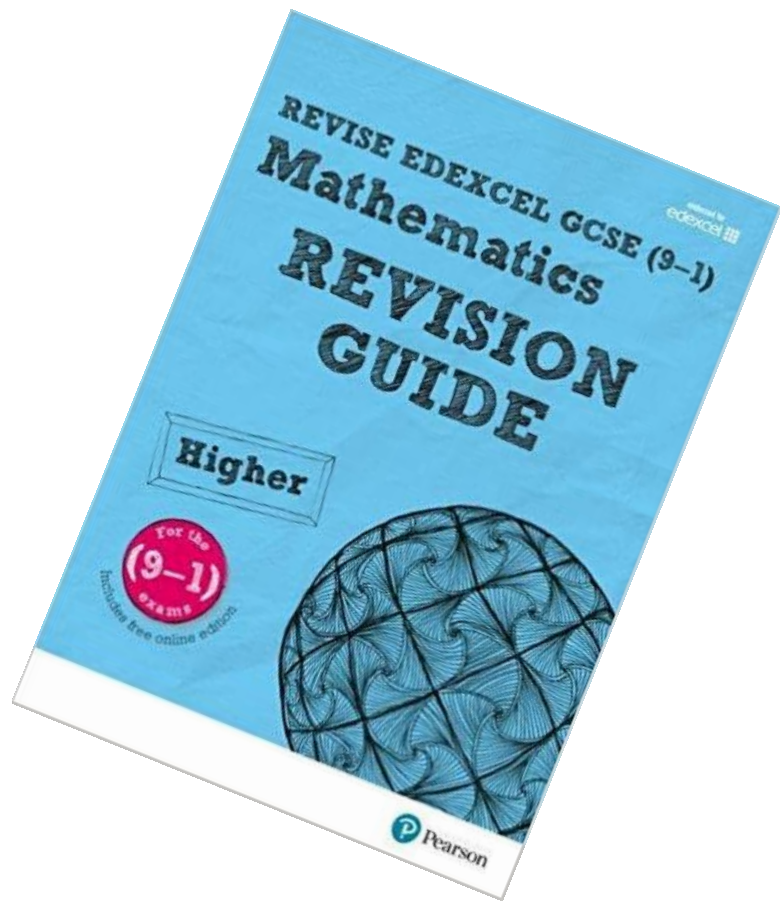
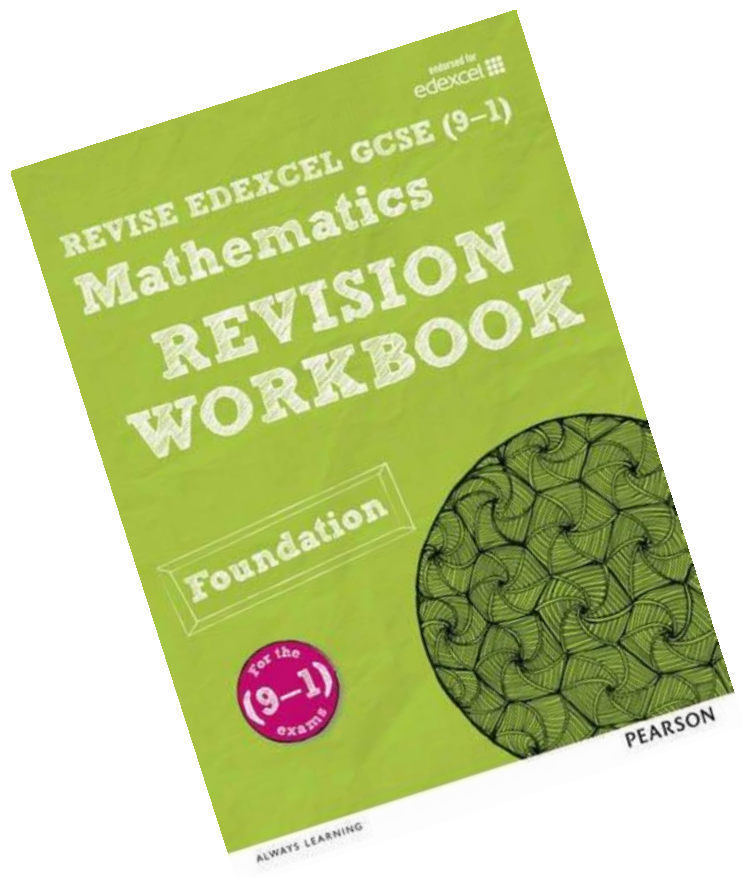


Maths Made Easy  
[www.mathsmadeeasy.co.uk](http://www.mathsmadeeasy.co.uk)

MathsWatch  
[vle.mathswatch.co.uk](http://vle.mathswatch.co.uk)  
login:"davidbeckham@arkacton"  
password:acton123

Google: Justmaths Foundation (Higher)  
Login Details: ActonStudent  
Password: Acton







# Easter Holidays



Ark Acton  
Academy

## Easter Holiday Homework Booklet

*Higher Tier Maths*

Please complete all three papers fully.

You should highlight key words in each question.

Show all working out, including on the calculator papers & indicate your final answer clearly.

The **deadline** for the completed booklet is **Thursday 25<sup>th</sup> April**. The pack will be collected during your maths lesson.

Name:

Teacher:

## GCSE Mathematics Practice Tests: Set 7

### Paper 1H (Non-calculator)

Time: 1 hour 30 minutes

You should have: Ruler graduated in centimetres and millimetres, protractor, pair of compasses, pen, HB pencil, eraser, calculator. Tracing paper may be used.

#### 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.
- **Calculators may be used.**
- Diagrams are **NOT** accurately drawn, unless otherwise indicated.
- You must **show all your working out.**



#### Information

- The total mark for this paper is 80
- 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.
- Keep an eye on the time.
- Try to answer every question.
- Check your answers if you have time at the end.

3 exam papers to complete  
Deadline: Thursday 25<sup>th</sup> April

# Easter Holidays

## Challenge yourself:

How many can you do at the beginning of the holiday?  
You can do all of them by the end of the holiday

# REVISION CHALLENGE (H)

HOW MANY CAN YOU DO? ... HOW MANY WILL YOU DO?

<p>There are 30 grams of fibre in every 100 grams of bread. A loaf of bread has a weight of 400 g.</p> <p>There are 10 slices of bread in a loaf. Each slice of bread has the same weight.</p> <p>Work out the weight of fibre in <b>ONE SLICE</b> of bread.</p>	<p>What is <math>\frac{3}{20}</math> written as a <b>PERCENTAGE</b>?</p> <p>What is 22.5% of 80?</p> <p>Find the <b>PRESSURE</b> exerted by a force of 80 newtons on an area of <math>120 \text{ cm}^2</math>.</p> <p>Give your answer in <math>\text{newtons/m}^2</math>.</p>	<p>Mel invests 18 000 rupees for 3 years at a rate of 4% per year compound interest. Work out the total amount of interest Mel has received by the end of 3 years.</p> <p>Calculate <math>(-1)^3</math></p>	<p>WORK OUT THE AREA OF THE TRIANGLE</p>	<p>Simplify <math>(27a^{12})^{\frac{2}{3}}</math></p> <p>Show that <math>1.324 = \frac{107}{330}</math></p> <p>Simplify <math>x^2 + x^5</math></p> <p><b>A, B and C are three circles.</b> The bearing of C from A is <math>230^\circ</math>. The bearing of C from B is <math>180^\circ</math>. The distance of C from A is 180 km. Calculate the distance of B from A. Give your answer correct to 3 significant figures.</p>	<p>Prove algebraically that the difference between the squares of any two consecutive odd numbers is always a multiple of 8</p> <p>Calculate: <math>\frac{2}{9} - \frac{4}{5}</math></p> <p>A cone has a volume of <math>562.5 \text{ cm}^3</math></p> <p>The radius of the base of the cone is equal to twice the height of the cone.</p> <p>Work out the <b>curved surface area</b> of the cone.</p>	<p>A solid metal cube has sides of length 125 mm, correct to 3 significant figures.</p> <p>The cube is melted down and the metal used to make solid spheres. The volume of each sphere is to be <math>140 \text{ cm}^3</math>, correct to the nearest <math>10 \text{ cm}^3</math>.</p> <p>What is the greatest number of spheres that could be made from the metal?</p>
<p>What is "three eighths" written as a <b>DECIMAL</b>?</p> <p>James, A, B and Clara share sweets in the ratio 1:3:4. How many sweets does B have if there are 200 sweets altogether?</p>	<p>Calculate <math>1.5 \times 45</math></p> <p>I share some money in the ratio 4:5:1. The largest amount is £44 more than the smallest amount. How much was shared?</p> <p>The points <math>(1, -1)</math> and <math>(4, 7)</math> lie on the straight line L.</p> <p>Find an equation for L.</p>	<p>Jon plays 7 games of basketball. His mean score per game for these 7 games is 42 points. Jon is going to play one more game. He wants his mean score per game for the 8 games to be exactly 50 points.</p> <p><b>HOW MANY POINTS</b> must he score in his 8th game?</p> <p>At the end of 2 years the value of the investment was £2652.25. Work out the amount of money invested.</p> <p>Factorise fully <math>6y^2 + 15y</math></p> <p>What is the <b>LOWEST COMMON MULTIPLE</b> of 8 and 10?</p> <p>The 3rd term of an arithmetic series, A, is 19. The sum of the first 10 terms of A is 290. Find the 10th term of A.</p>	<p>An amount of money was invested at 3% per annum compound interest.</p> <p>At the end of 2 years the value of the investment was £2652.25. Work out the amount of money invested.</p> <p>The width of a rectangle is 8 cm less than the length of the rectangle. The perimeter of the rectangle is 54 cm.</p> <p>Find the area of the rectangle.</p> <p>A bank pays 2.25% simple interest. £8000 is invested. How much will be in the account after 2 years?</p> <p>The 3rd term of an arithmetic series, A, is 19. The sum of the first 10 terms of A is 290. Find the 10th term of A.</p>	<p>Solve: <math>7x + 3y = 20</math> <math>3x + 5y = 3</math></p> <p>List the <b>PRIME</b> numbers between 20 and 30</p> <p>The nth term of a sequence is given by <math>8n - 2n</math></p> <p>Write down the first 3 terms of this sequence.</p> <p>Find the Highest Common Factor of 140 and 245</p>	<p>Solve: <math>7x + 3y = 20</math> <math>3x + 5y = 3</math></p> <p>List the <b>PRIME</b> numbers between 20 and 30</p> <p>The nth term of a sequence is given by <math>8n - 2n</math></p> <p>Write down the first 3 terms of this sequence.</p> <p>Find the Highest Common Factor of 140 and 245</p>	<p>A solid metal cube has sides of length 125 mm, correct to 3 significant figures.</p> <p>The cube is melted down and the metal used to make solid spheres. The volume of each sphere is to be <math>140 \text{ cm}^3</math>, correct to the nearest <math>10 \text{ cm}^3</math>.</p> <p>What is the greatest number of spheres that could be made from the metal?</p>
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# TWO-WEEK HOLIDAY CHALLENGE (H)

HOW MANY CAN YOU DO? ... HOW MANY WILL YOU DO?

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
If $A=2^3 \times 3^2$ and $B=2^2 \times 3^3$ What is the <b>LCM</b> and <b>HCF</b> of A and B?	A car <b>accelerates</b> 0 to 60 per second. If it can <b>£2000</b> how much is it worth in 3 years time?	$f(x) = 5x - 1$ Calculate $f(5)$	Calculate: $2\frac{1}{2} - 1\frac{1}{4}$	What is 15% of 84?	Write $66 \times 10^4$ in standard form	Write in the form $a : 1$ $£3 : 60p$
Find the value of x $4^3 \times 4^4 = 4^9$	convert 8 m/s to km/hour	What is the <b>gradient</b> of the line between $(-3, 5)$ and $(7, 2)$ ?	<b>WITHOUT</b> a calculator $12,002 - 897$	Calculate: $3 = \frac{9}{10}$	<b>CALCULATE</b> $2.5\%$ of 84	Calculate: $(5 \times 10^3) \times (7 \times 10^7)$
What is the midpoint of $(0, 1)$ and $(3, 10)$ ?	Calculate $\frac{8^3 \times 8^4}{8^6}$	What is 12.5% of £90?	If a "thing" travels at 11 m/s for 40 minutes, how far does it travel?	100% of job has cost of £133. 100% of pension has cost of 21,000. which total is correct?	Calculate: $2\frac{1}{2} + 1\frac{1}{4}$	<b>A "thing"</b> costs £6500 + 20% VAT. What is the cost including VAT?
<b>SIMPLIFY</b> $\sqrt{150}$	What is 5000 <b>LESS</b> than 5 million?	Calculate $(\frac{3}{4})^{-2}$	What is the overall percentage change of a 40% increase followed by a 40% decrease?	What is $\frac{3}{8}$ written as a <b>PERCENTAGE</b> ?	y is directly proportional to x When $y = 52$ , $x = 8$ Find x when $y = 145$	Calculate $2\frac{1}{2} + 1\frac{1}{4}$
Simplify $a \times a + b + b + b$	Simplify $\frac{6\sqrt{56}}{6\sqrt{56}}$	<b>Round</b> 233,178 to 1 significant figure	Work out: $25 \times \frac{1}{2}$	Convert $250 \text{ mm}^2$ to $\text{cm}^2$	Expand and simplify $2(3x - 1) - 3(x - 2)$	Share £39 in the ratio 9:3
Share £180 in the ratio 4:5	A circle has an area of $50\pi \text{ cm}^2$ . What is its radius to the nearest cm?	Work out: $25 \times \frac{1}{2}$	Work out: $f(x) = 2x - 9$ Find $f^{-1}(x)$	Work out: $(\frac{1}{2})^2 \times (\frac{3}{4})^3$	What would you <b>PREFER</b> ? 40% of £50 or 50% of £40	Expand and simplify $(x - 1)(x + 1)$
Calculate: $3.4 \times 10^3 + 67 \times 10^4$	<b>Calculate</b> $8.3 \times 10^{-2} \times 7 \times 10^4$	<b>Simplify</b> $4x^2y^2 - x^3z^2y^3$	<b>WORK OUT</b> $5.3 \times 125.8$	Round 765.66 to 1 significant figure	Work out: $8\sqrt{12} \times 3\sqrt{3}$	What is the gradient of the line $2y = 3x + 6$ ?
I buy a "thing" for £52.26 which includes 20% VAT. What is the cost before VAT is added?	Factorise $200b^3 - 15a^2b^3$	There are 7 blue pens and 2 red pens. What <b>fraction</b> of the pens are not blue?	What is the length of the line between $(-3, 2)$ and $(0, -2)$ ?	What is $1.2 \times 0.4$ ?	x is 10 times to 6000 which is 1 kg. Fig. what is the <b>PERCENTAGE INCREASE</b> ?	Simplify: $(x^2)^3$
What is the <b>RECIPROCAL</b> of 8?	Factorise $4(9p^2 + 28p + 1)$	What is the <b>exact value</b> of $\sin 60^\circ$ ?	When using a <b>EGGIE ROBE</b> ... what is the probability of rolling a value greater than 2?	<b>Solve</b> $9(3x - 1) + 5(x + 3) = 24$	Without a calculator $216.3 \times 43.7$	The equation of a <b>CIRCLE</b> is given as $x^2 + y^2 = 50$ What is the <b>radius</b> of the circle?
Write as a fraction 0.52	If 3 people can build a wall in 5 days, how long will it take 2 men?	Factorise $4(9p^2 + 28p + 1)$	A bank pays 6% compound interest. £2000 is invested. How much interest is earned over 2 years?	First 2 numbers with a range of 10, a mode of 4, a median of 6 and a mean of 7.	Solve: $9x - 2(3x - 5) = 6$	What is the <b>AREA</b> of a square with side length 2.5cm?
Expand and <b>SIMPLIFY</b> $(3x + 2)(2x - 2)$	The ratio of pencils is 3:3 The ratio of pencils is 8:1 What is the ratio of pencils: rulers?	Make "y" the <b>SUBJECT</b> of $5y + 3x = 9.5y$	Factorise $3a^2b - 9ab^2 + 6$	Prove that $n^2 + n$ is always a multiple of 2	What is the value of $54^0$ ?	Make "a" the subject: $v^2 - a^2 = 2ab$
True or False? $-4 - 3 = -7$	Expand and simplify $(x^2 - 3)(x + 2)^2$	What is the <b>GREATER</b> value?	What is the <b>LOWEST COMMON MULTIPLE</b> of 12, 20 and 24?	<b>FACTORISE</b> $x^2 - 25$	Find the 4th term rule: 8, 23, 48, 83, 128	Write 0.9 million in standard form?

5 questions every day for 14 days

# What can you do to support? What can the students do?

- Revision Guide
- Revision Timetable
- 1-to-1 Feedback/conversation with class teacher
- Use their JustMaths R.A.G analysis to help them
- Revision and Intervention classes – NO EXCUSES
  - Mondays
- Online Resources

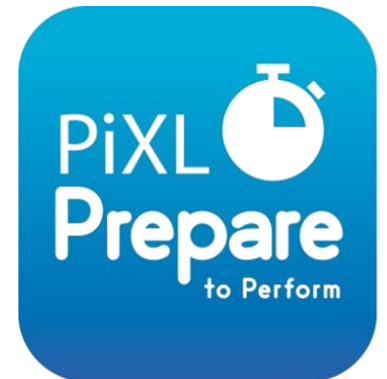
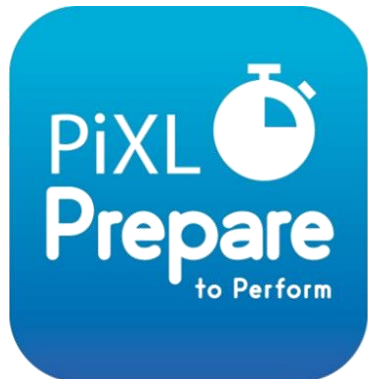
# Maths Exam Dates

Paper 1: 21<sup>st</sup> May

Paper 2: 6<sup>th</sup> June

Paper 3: 11<sup>th</sup> June

# Supporting your child with revision



# How to close the gap in knowledge



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Learning  
Platforms**



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## Learn 2x Faster

Want to replace boring revision guides with a fun way to study? Join over **1,000,000** students improving their KS3, GCSE & A Level grades.


Get Started Free

A screenshot of the Seneca Learning website interface. The browser address bar shows "senecalearning.com". The page title is "Maths: Edexcel GCSE Higher". A sidebar on the left lists navigation options: "1 Number", "2 Algebra", "3 Ratio", "3.1 Ratios in Practice", "3.2 Manipulating Ratios", and "3.3 Percentage & Interest". The main content area displays a math lesson on "Percent to fraction" with the equation  $45\% = \frac{45}{100} = \frac{9}{20}$ . Below the equation, there is a bullet point explaining the conversion process: "To convert between a percentage and a fraction write the number before the percent sign on the top and 100 on the bottom." and an example: "45% is 45 parts per 100 so is equivalent to the fraction  $\frac{45}{100} = \frac{9}{20}$ ". The bottom right corner of the interface shows "Typing Speed: OFF".

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

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# http://www.linguascope.com/



Thousands of Interactive Activities

1 Bonjour Clément !  
Ça va ?

2 Comme ci, comme ça.  
Et toi ?

3 Ça va !  
Au revoir, Clément.

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# studentartguide.com



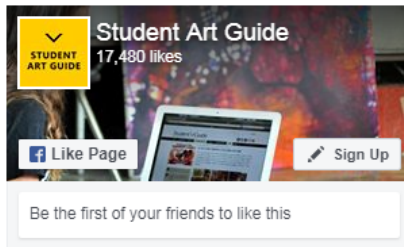
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# PIXL Apps



MATHS



GEOGRAPHY



HISTORY

# Pixl Independence

Step 1: Log in: <https://students.pixl.org.uk>

PiXL School Number: 202108

Password: Indep76

Step 2:

Then you will see below interface on your computer screen.

Click on Year 10 & 11 GCSE (left hand side)

Sign out

Student-led DTT Templates Booklet.pdf Student Credits Log.pdf Student DTT Template .pdf

Please select your year group

Years 10 & 11	Years 12 & 13
GCSE	A-Level

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# Pixl Independence

Step 3: You are now on the GCSE home page with all the subjects, now choose the subjects you want to study and click on the button.

The screenshot shows a web interface for 'Pixl Independence'. At the top center is a logo with 'PIXL' in large letters, a graduation cap, and a banner that says 'Independence'. In the top right corner, there is a 'Sign out' button. Below the logo, there are three document icons with the following labels: 'Student-led DTT Templates Booklet.pdf', 'Student Credits Log.pdf', and 'Student DTT Template .pdf'. A breadcrumb trail shows 'Home > GCSE'. The main content area features a grid of subject icons: '1. PiXL 6 Gateway', 'Art', 'Business Studies', 'Computer Science', 'Drama', 'English Language', and 'English Literature' in the first row; and 'French', 'Geography', 'Games', 'Health and Wellbeing', 'History', 'Maths', and 'Media Studies' in the second row. At the bottom, there is a copyright notice: 'Copyright The PiXL Club Ltd, 2010-2018'.

# Pixl Independence

Step 4: Below it's an example of what the interface would look like if you click on History.

[-> Sign out]

Student-led DTT Templates Booklet.pdf Student Credits Log.pdf Student DTT Template .pdf

Home > GCSE > History

PiXL Independence - History - GCSE - Anglo Saxon and Norman England - STUDENT BOOKLET.pdf

PiXL Independence - History - GCSE - Cold War - STUDENT BOOKLET.pdf

PiXL Independence - History - GCSE - Elizabethan England - STUDENT BOOKLET.pdf

PiXL Independence - History - GCSE - Medicine - STUDENT BOOKLET.pdf

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**Statistics**

- The stem and leaf diagram shows the ages, in years, of 15 members of a club.  
(i) How many members are over 40? (ii) What is the median age of members?



- Calculate an estimate of the mean weight

Weight (w kg)	Frequency
800 ≤ w < 900	1
900 ≤ w < 1000	2
1000 ≤ w < 1100	4
1100 ≤ w < 1200	3
1200 ≤ w < 1300	7
1300 ≤ w < 1400	3
1400 ≤ w < 1500	5

- A restaurant manager wants to find out how often local people eat in a restaurant. Design a suitable question for her to use on a questionnaire.
- Find the mode and median of the following eleven numbers:  
8 5 4 5 7 10 9 5 11 5 6
- This cumulative frequency table gives information about the amount spent by 120 people on holiday. draw a cumulative frequency curve, and use it to estimate the median.

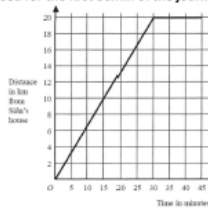
Amount (£k) spent	Cumulative frequency
0 ≤ A < 100	13
0 ≤ A < 150	25
0 ≤ A < 200	42
0 ≤ A < 250	64
0 ≤ A < 300	93
0 ≤ A < 350	110
0 ≤ A < 400	120

**Graphs**

- Complete this table for  $y = x^2 + x - 3$ , then draw the graph of  $y = x^2 + x - 3$  for these values

x	-4	-3	-2	-1	0	1	2
y							

- This is part of a travel graph. What is the speed for the first 30min of the journey?



- Sketch the curve  $y = \sin x^\circ$  over the domain  $0^\circ \leq x^\circ \leq 360^\circ$ .

**Problem solving**

- Which of these 3 shops gives the best deal?

Sports '4' All Trainers	Edexcel Sports Trainers	Keef's Sports Trainers
£5 plus 12 payments of £4.50	£7 off usual price of £70	£50 plus VAT at 20%

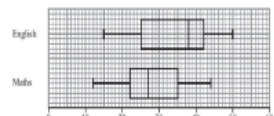
- What is the cost of covering the garden below with grass seed.



Grass seed is sold in bags at £4.99. Each bag covers 20m<sup>2</sup>.

**Statistics & Probability**

- These boxplots compare marks in an English test and marks in a Maths test for the same bunch of students. Compare the distribution of the marks in these 2 tests.



- The number of students in a school is shown in the table. How many female students in Y10 would you need to survey in a stratified sample of 50 students?

	Y7	Y8	Y9	Y10	Y11	Total
Male	47	51	62	28	55	243
Female	33	44	56	53	51	237
Total	80	95	118	81	106	480

- This shows the probabilities that a spinner will land on 1, 2, 3, 4 or 5. The spinner is spun 200 times. Estimate the number of times the spinner will land on a 5.

Number	1	2	3	4	5
Probability	0.15	0.20	0.10	0.25	0.30

- This frequency table shows how long cars spent in a car park. Draw a histogram to show this information.

Time (minutes)	Number of vehicles
0 < t ≤ 20	25
20 < t ≤ 50	45
50 < t ≤ 100	100
100 < t ≤ 120	80
120 < t ≤ 180	30

- (a) Complete this two-way table. (b) One person is chosen at random. What is the probability that this person does not wear glasses?

	Wear glasses	Not wear glasses	Total
Male			60
Female			40
Total	43		100

- (a) Complete the diagram. (b) what is the probability that both will arrive late.



**Number**

- (i) Work out 45% of 800 (ii) Write 176 as a percentage of 800
- £250 is invested for 5 years at compound interest of 3.5%. How much is it worth in the end.
- 36 is split between 3 people in the ratio 2 : 3 : 4. How much is the biggest share?
- Express 252 as a product of its prime factors
- The Highest Common Factor of two numbers is 3. The Lowest Common Multiple is 45. What are the two numbers?

- (a) Work out  $\frac{7}{8} \times \frac{1}{5}$   
(b) Work out  $\frac{3\frac{1}{2}}{2} \div \frac{2\frac{4}{5}}{5}$
- Is 285 kilometres per hour about the same as 80 metres per second?
- Write  $27\frac{2}{3}$  as a fraction.
- The length of a rectangle is 30cm, the width 15cm, both correct to 2 sig fig. (a) Write down the upper bound of the length (b) Calculate the upper bound of the area
- Express  $(3 + \sqrt{2})^2$  in the form  $a + b\sqrt{2}$  where a and b are integers.

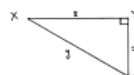
**Are you exam ready?**

- Have you got all the necessary equipment?
- Is your calculator set in degree mode? You should be able to see a D on your screen. Test it  $\sin 30^\circ = 0.5$
- Do you know that answers have to be written in black ink (no pencil, except for diagrams and graphs)?
- The exams are on Thursday 4<sup>th</sup> and Monday 8<sup>th</sup> June. Do you know what time you have to arrive at the examination hall?
- Do you know the formulae for the Area and Perimeter of a circle?

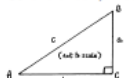
$A = \pi r^2$     $P = 2\pi r$

**Trigonometry, Area & Volume**

- XY = 12cm and YZ = 5cm. What is XZ?



- If A° = 50° and c = 5cm, what is side a?



- If A° = 60°, a = 6cm and C° = 55°, what is side c?



- A circular dinner plate has a radius of 13 cm. Calculate the area of the plate.

- Write down expressions for the area and perimeter of this sector



- Work out angle BAD and give a reason

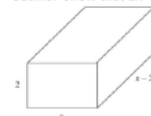


- M is the midpoint of QR and N the midpoint of RS. Find in terms of a and b (i) QS (ii) MN



**Equations**

- The equation  $x^3 - 2x = 67$  has a solution between 4 and 5. Use trial and improvement to solve this to 2 decimal places.
- Solve the inequality  $3x + 2 > -7$
- Solve  $7r + 2 = 5(r - 4)$
- The diagram shows a cuboid with volume 51cm<sup>3</sup>. Show that  $2x^2 - 4x - 51 = 0$  for  $x > 2$

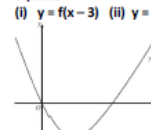


- Make s the subject of the formula  $v^2 = u^2 + 2as$
- Solve by factorising the quadratic equation  $x^2 - 2x - 8 = 0$ .
- Solve the quadratic equation  $2x^2 + 10x + 1 = 0$  giving your solutions correct to 2dp.
- Solve the following simultaneous equations:  
 $2x + 3y = 13$   
 $3x + 4y = 18$
- Solve the following simultaneous equations:  
 $x^2 + y^2 - 25 = 0$   
 $y - x - 1 = 0$

**Algebra**

- Simplify  $2(2n + 3) + 3(n + 1)$
- $s = 0.5at^2$   
Find the value of s when  $t = 3$  and  $a = \frac{1}{4}$
- 5 8 11 14 are the first four terms of an arithmetic sequence. Find an expression in terms of n for the nth term.
- Expand  $x(3x - 5y)$
- Factorise  $9x^2 - 4y^2$
- y is proportional to the square of x. If y = 18 when x = 3, what is the value of y when x = 4?
- Solve the equation  $\frac{2x+15}{5} = \frac{7x-5}{6}$

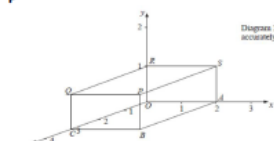
- This is a sketch of  $y = f(x)$ . Write down the coordinates of A on the curve with equation (i)  $y = f(x-3)$  (ii)  $y = f(x) - 5$



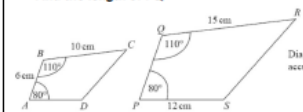
- Write the expressions  $x^2 + 8x$  in the form  $(x + a)^2 - b$  where a and b are integers.

**Shape & Space**

- Work out the size of an exterior angle of a regular pentagon.
- (a) Write down the letter with coordinates (2, 1, 0) (b) Write down the coordinates of P



- Find the equation of the straight line passing through the points (2, 10) and (5, 22).
- ABCD and PQRS are mathematically similar. Find the length of PQ



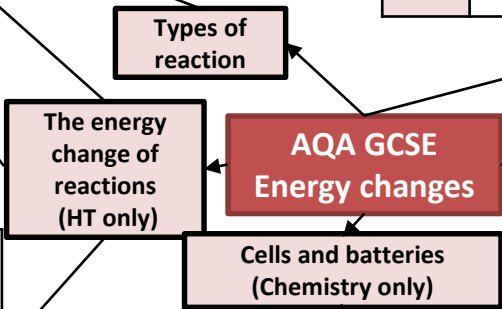
Endothermic	<i>Energy is taken in from the surroundings so the temperature of the surroundings decreases</i>	<ul style="list-style-type: none"> <li>Thermal decomposition</li> <li>Sports injury packs</li> </ul>
Exothermic	<i>Energy is transferred to the surroundings so the temperature of the surroundings increases</i>	<ul style="list-style-type: none"> <li>Combustion</li> <li>Hand warmers</li> <li>Neutralisation</li> </ul>

Ionic half equations	Negative electrode: $2\text{H}_2(\text{g}) + 4\text{OH}^-(\text{aq}) \rightarrow 4\text{H}_2\text{O}(\text{l}) + 4\text{e}^-$	Positive electrode: $\text{O}_2(\text{g}) + 2\text{H}_2\text{O}(\text{l}) + 4\text{e}^- \rightarrow 4\text{OH}^-(\text{aq})$
Hydrogen fuel cells	Word equation: <i>hydrogen + oxygen → water</i>	Symbol equation: $2\text{H}_2 + \text{O}_2 \rightarrow 2\text{H}_2\text{O}$
	Advantages: <ul style="list-style-type: none"> <li>No pollutants produced</li> <li>Can be a range of sizes</li> </ul>	Disadvantages: <ul style="list-style-type: none"> <li>Hydrogen is highly flammable</li> <li>Hydrogen is difficult to store</li> </ul>

Reaction profiles	<i>Show the overall energy change of a reaction</i>
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Breaking bonds in reactants	<i>Endothermic process</i>
Making bonds in products	<i>Exothermic process</i>

Overall energy change of a reaction	<i>Exothermic</i>	Energy released making new bonds is greater than the energy taken in breaking existing bonds.
	<i>Endothermic</i>	Energy needed to break existing bonds is greater than the energy released making new bonds.



Activation energy	<i>Chemical reactions only happen when particles collide with sufficient energy</i>	The minimum amount of energy that colliding particles must have in order to react is called the activation energy.
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Simple cell	<i>Make a simple cell by connecting two different metals in contact with an electrolyte</i>	Increase the voltage by increasing the reactivity difference between the two metals.
Batteries	<i>Consist of two or more cells connected together in series to provide a greater voltage.</i>	
Non-rechargeable cells	<i>Stop when one of the reactants has been used up</i>	Alkaline batteries
Rechargeable cells	<i>Can be recharged because the chemical reactions are reversed when an external electrical current is supplied</i>	Rechargeable batteries

Endothermic		Products are at a higher energy level than the reactants. As the reactants form products, energy is transferred from the surroundings to the reaction mixture. The temperature of the surroundings decreases because energy is taken in during the reaction.
Exothermic		Products are at a lower energy level than the reactants. When the reactants form products, energy is transferred to the surroundings. The temperature of the surroundings increases because energy is released during the reaction.

Calculate the overall energy change for the forward reaction $\text{N}_2 + 3\text{H}_2 \rightleftharpoons 2\text{NH}_3$
--

A) Put a “√” (tick) if this is an environmentally-friendly thing to do and a “X” (cross) if it isn't.

- Je recycle les journaux. \_\_\_\_\_
- J'utilise les sacs plastiques. \_\_\_\_\_
- J'achète des produits locaux. \_\_\_\_\_

Total: /3

B) Read the text and answer: True (T) / False (F) / Not Mentioned (NM)

Je suis Pierre et le réchauffement climatique m'inquiète beaucoup. Donc je suis membre d'un groupe écologique. C'est important réduire la pollution de l'air.

- Pierre is not concerned about global warming.
- He is in an eco group. \_\_\_\_\_
- He thinks it is important to stop air pollution.

Total: /3

C) Circle the verb in each sentence which gives the best environmentally-friendly advice:

- Il faut éteindre/allumer la télévision.
- On devrait réutiliser/jeter les sacs plastiques.
- C'est mieux prendre un bain/une douche.

Total: /3

D) Read the text and answer the questions in English:

À Paris il y a beaucoup de problèmes écologiques. Beaucoup de gens qui vivent au centre-ville se plaignent du bruit des voitures et de l'air pollué.

- Which kind of problems exist in Paris?  
\_\_\_\_\_
- Who complains?  
\_\_\_\_\_
- Choose one of the things they complain about.  
\_\_\_\_\_

Total: /3

E) Read the text and answer the questions in English:

Il y a beaucoup d'enfants pauvres dans le monde entier qui ont faim. Ils sont malades parce qu'il n'y a pas d'eau potable et le manque de médicaments est un problème aussi. Il faut résoudre ces problèmes.

- Choose 2 of the things which many poor children have to face. (2)
- What do we need to do? \_\_\_\_\_

Total: /3

F) Read the text and fill in the table below in English:

Problèmes français:  
22% des français n'ont pas d'emploi.  
18% des enfants habitent en pauvreté.  
38.000 personnes habitent dans les rues.

Fill in the correct information		
	Who	Number
1. Unemployed		
2. Living in poverty		
3. On the streets		

Total: /3

G) Read the text and answer the questions in English:

Bonjour je m'appelle David et j'habite dans le sud de la France. À mon avis il y a beaucoup de problèmes dans le monde. Le pire problème dans mon quartier c'est le racisme. Un problème régional est la sécheresse donc il faut économiser l'eau. En plus c'est important de protéger les espèces en voie d'extinction.

- What does David think is the worst problem in his area?  
\_\_\_\_\_
- Where is drought a big problem? \_\_\_\_\_
- What does he think should be done to threatened species?  
\_\_\_\_\_

Total: /3

H) Read the text and fill in the gaps in English:

Aller à pied pour consommer moins d'essence.  
Se doucher pour économiser l'eau.  
Fermer les robinets pour préserver l'eau.

- \_\_\_\_\_ in order to use less petrol.
- Shower in order to \_\_\_\_\_ water.
- Turn off the \_\_\_\_\_ to save water.

Total: /3

I) ONLY tick “√” the environmentally-friendly advice.

- J'achète toujours les produits de commerce équitable. \_\_\_\_\_
- Quelquefois je gaspille l'eau. \_\_\_\_\_
- J'achète l'essence sans plomb. \_\_\_\_\_

Total: /3

# Seinfeld Strategy

Developed by Jerry Seinfeld, who created the hit US comedy show 'Seinfeld'.

When asked 'how do you become a great comedian?', this is what he said:

*"The way to **be a better comic** was to **create better jokes** and the way to create better jokes was to write every day."*



# Seinfeld Strategy

Don't break the chain strategy

- 
- **Every day** he had to create 3 ideas for his show.
  - He said, *“After a few days you'll have a chain. Just **keep at it and the chain will grow longer every day.** Your only job is to not break the chain.”*



How could this help even if you don't want to write a hit TV series?

S	M	T	W	R	F	S
Hatched	Green X	Green X	Green X	Red	Green X	Green X
Green X	Green X	Green X	Green X	Green X	Green X	Green X
Green X	Red	Green X	Red	Green X	Green X	Green X
Green X	Green X	Green X	Green X	Red	Hatched	Hatched

Simple:  
Complete a **PiXL**  
place mat each  
and every day.

Mark it on a  
calendar.

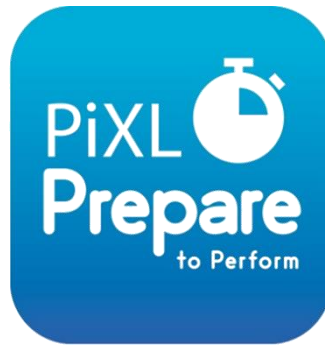
Don't break the  
chain!

What else can you do to help your child to perform well ?



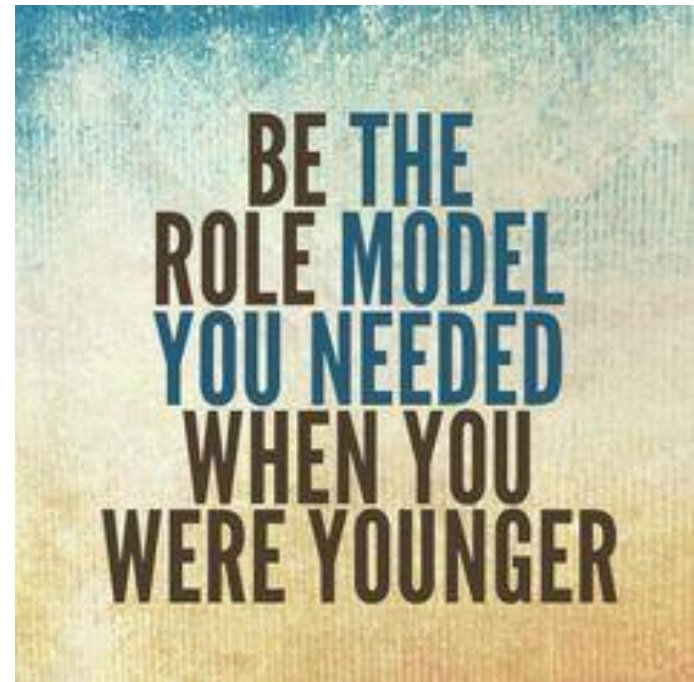


# 1. Be a strong role model

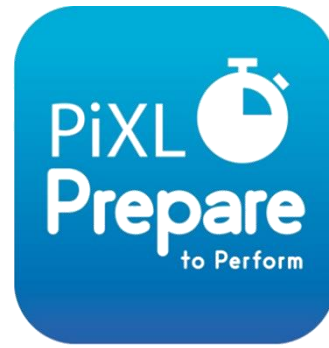


**Set a good example by modelling the behaviour you want your child to adopt...**

- Be overt about **your** planning for the week
- Model **being organised**
- Make sure that **you** eat healthily
- **Be active** together with your child
- Model **good sleep** habits



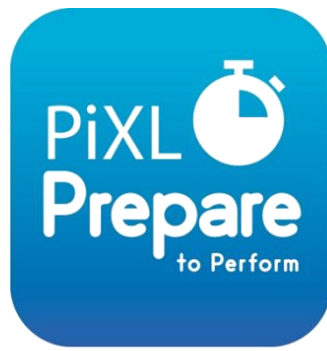
## 2. Goal Setting



- **Encourage** them to keep their goals visible – have some fun together and make a picture/poster to display in a room
- **Keep the goals ‘live’** - talk about their goals regularly
- Give **positive reinforcement** – no matter what your child says, it is never too late!



# 3. Keeping Active



60  
minutes  
per day

- Plan to do active things together on a **weekend**
- Encourage them to **keep active every day: go out together** and get some fresh air
- After exercise your brain functions well, so encourage a **revision session afterwards**



# 4. Healthy Eating

## A BALANCING ACT

Keep your sugar levels under control.

Eating the right food can *energise* your system, improve *alertness* and *sustain* your child through the long exams

### Carbohydrates

Breads  
Rice  
Couscous  
Cereals  
Bran  
Potatoes  
Pasta  
Oats  
Cream of Wheat  
Corn  
English Muffins  
Pancakes  
Whole Wheat/  
Whole Grains  
Vegetables  
Squash  
Pumpkin  
Berries  
Fruits  
Sugars

Beans  
Sprouted  
Grains  
Quinoa  
Most Yogurts  
Skim Milk  
Peas

### Macro Cheat Sheet

## MIGHTY MAGNESIUM

### Proteins

Magnesium is vitally important in providing our cells with energy:

Chicken  
Turkey  
Egg Whites  
Fish  
Buffalo  
Bison  
Whey Protein  
Turkey Bacon  
Lean Beef  
Low/Non-fat cottage cheese  
Low/Non-fat greek yogurt

Green vegetables

Nuts

Pulses

Fish

Bananas

### Fats

Eggs  
Salmon  
Bacon  
Chia Seeds  
Cottage Cheese  
Whole Fat Milk  
Duck  
Whole-Fat Yogurt  
Flaxseed

Nut Butters

Nuts

Oils

Olives

## UP THE B'S & OMEGA 3'S

B vitamins create energy and will give an energy boost:

Green vegetables

Asparagus / Spinach

Broccoli

Yoghurt

Chicken / Salmon

Whole Grains / Brown rice

Almonds / Pecans

Eggs



# 4. Healthy Eating

- Oats, fruit, yoghurt
- Hydration is key to brain functioning so make sure your child carries a bottle of water with them
- Snacks for school - avoid high sugary and fatty foods or drinks

Eat  
Breakfast



# 5. Time Out

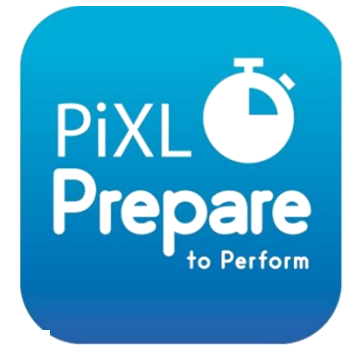


- **Seeing friends**
- **Listening to music**
- **Doing a hobby**
- **Going shopping**
- **Going to the cinema**
- **Reading a book**

**Taking time out  
is as important as  
putting time in**

# 6. Sleep Patterns

- Young people need between 8 – 9 hours sleep per night
- Work backwards from 7.00am = 10.00pm
- After 10.00pm = **sleep deficit**
- Prepare for sleep:
  - **don't** eat too late at night or drink fizzy drinks with sugar/caffeine
  - **don't** work or revise before going to bed
  - **switch off** from social media / technology at least an hour before bedtime





# What else can you do to help your child to perform well ?



**Support your child to follow JCQ exam board rules.**

Prevent your child from **being disqualified** from gaining a grade in one or even ALL subjects.

# 10. Be Supportive

DREAM  
BELIEVE  
ACHIEVE

- Help with their emotions & feelings – name them
- Be approachable and ready to listen
- Be relentlessly positive
- Just be there for them!





CHAMPIONS LEAGUE  
Istanbul  
The Final 2005

43:56  
3-0

MALDINI 1'  
CRESPO 39' 44'

CRIPATI

[https://www.youtube.com/watch?v=r\\_yO2\\_mjP34](https://www.youtube.com/watch?v=r_yO2_mjP34)

A background image showing Liverpool players celebrating with a trophy and red confetti. The players are wearing red jerseys with the Carlsberg logo and the Liverpool crest. One player's jersey has "CHAMPIONS WINNERS ISTANBUL 2005" printed on it. The trophy is a large silver cup with a red ribbon.

2-0 “this final is over”

3-0 “it’s going from bad to worse”

3-1 “there’s still time, here we go”

3-2 “oh my goodness, do we have a game now”

“step up Alonso”

**3-3 “mission impossible is accomplished”**

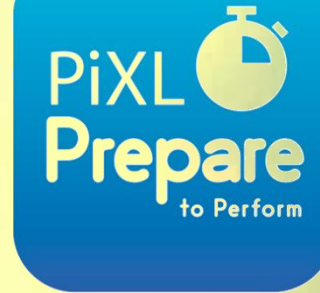


# 9. Belief



BELIEVE  
YOU CAN  
& YOU'RE  
HALFWAY  
THERE.

# 9. Belief



**Give positive reinforcement as much as possible to boost your child's confidence**

**Give them the belief in themselves. Highlight things to make them feel good**

**Celebrate any successes e.g. if they have achieved their mini-goals. Show them how proud of them you are**

**Try not to set your expectations too high**

# Your motivational message



<https://www.youtube.com/watch?v=9IFPMZrYLHQ>