



CHESSINGTON
SCHOOL

Flight Paths - 2019/20



Everyone valued • Every day an opportunity • Every moment focused on success

What is a flight path ?

Flight paths are a way of communicating your progress towards target grades.

You will get used to talking about your journey along each individual subject flight path and whether you are above or below the line, and importantly setting learning goals on how to improve



ACTIVITY:

Plot your Autumn Current working grade (CWG)
on your flight path

- Looking at your data sheet complete the following:

Plot on the graph your CWG for
Catering & Art





AUTUMN TERM MY PROGRESS REPORT for

Name: _____ Year: _____ Reg. Group: _____
 Attendance 04-Sept-18 to 19-Oct-18 100.0% Number of Lates: 9

Subject	End of Year Chessington Target Grade	Current Working Grade				End of Year Exam Result	Attitude to Learning	Attitude to Learning Personal Target for Spring
		Autumn	Spring Personal Target	Spring	Summer			
Art	3+	3=					2	
Catering	3+	2+					3	
Cit/RE	3+	2-					1	
Drama	3+	2=					4	
English	3+	2=					4	
Geography	2+	2+					2	
Maths	2+	2-					3	
Science	2+	1+					3	
Spanish	1+	1=					2	



ACTIVITY:

Results and feedback

What subject would you prioritise:

Raising your *Attitude to learning?*

Revising and attending intervention?

WHY? How would this have an impact?



Why do we need them ?

Increased ownership for you !

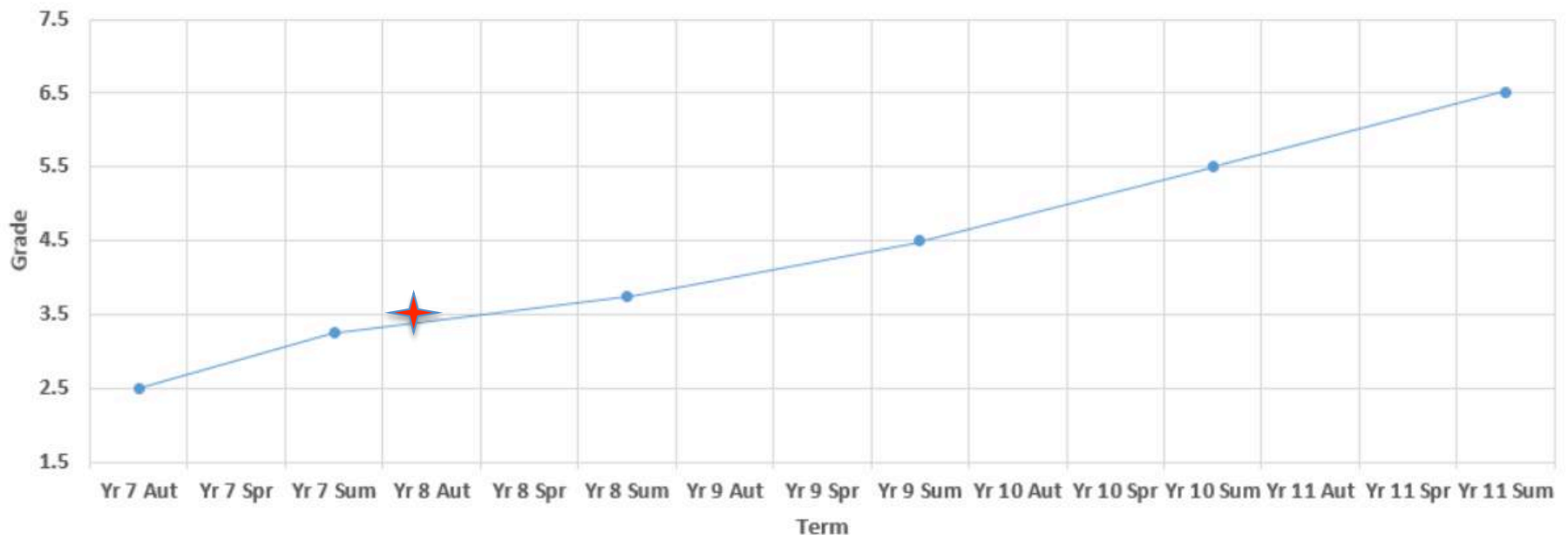
Which will include:

- Dedicated reflection time
- Goal setting – with review opportunities

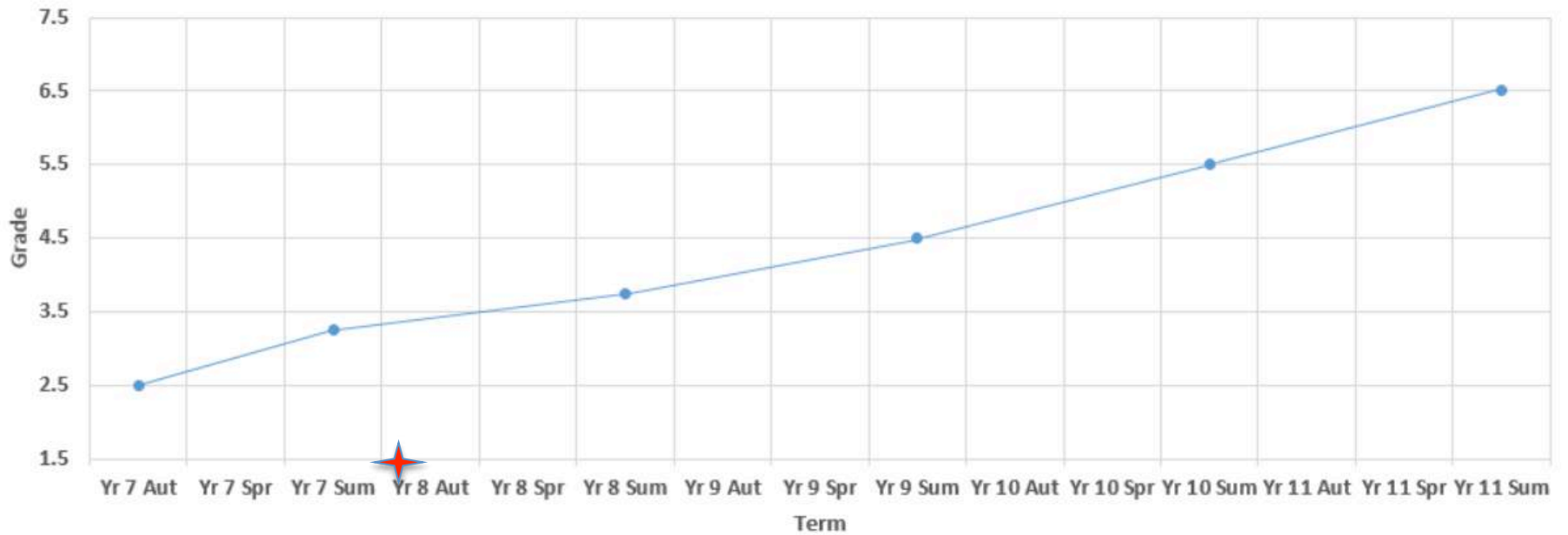


How? you can see where you are in your progress journey in each subject

My Flight Path for Art



My Flight Path for Catering



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What Went Well	Even Better If	
Grades * *	Grades * *	
Attitude to Learning * *	Attitude to Learning * *	
My key learning goals for the next term to help me reach my personal target	Review 1 (Date)	Review 2 (Date)
1.		
2.		
3.		



**Study skills =
steps to success!**



Set yourself up:

Snack and drink water. While you work make sure that you have snacks while you work and stay hydrated.

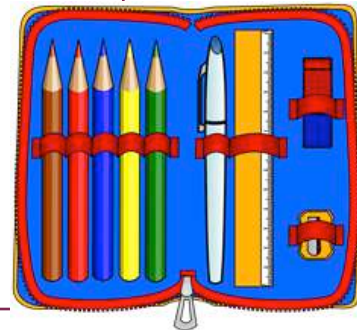


Find a good place to revise.
Best suggestion: dining table.
Worst suggestion: your bed

Revise in chunks. Set a timer on your phone to work in chunks of time with scheduled breaks. Work 30 minutes, 5 minute break. Work 1 hour, 10 min break.



Organise yourself. Make sure you've got all the equipment you need to focus on revision. (pens, pencils, calculator, highlighters, ruler, paper, revision notes)



I wish I
had...

I must do my revision
I must do my revision
I must do my revision
I must do my revision
I must do my revision

Started this earlier.... Its never to early to
start studying for your exams

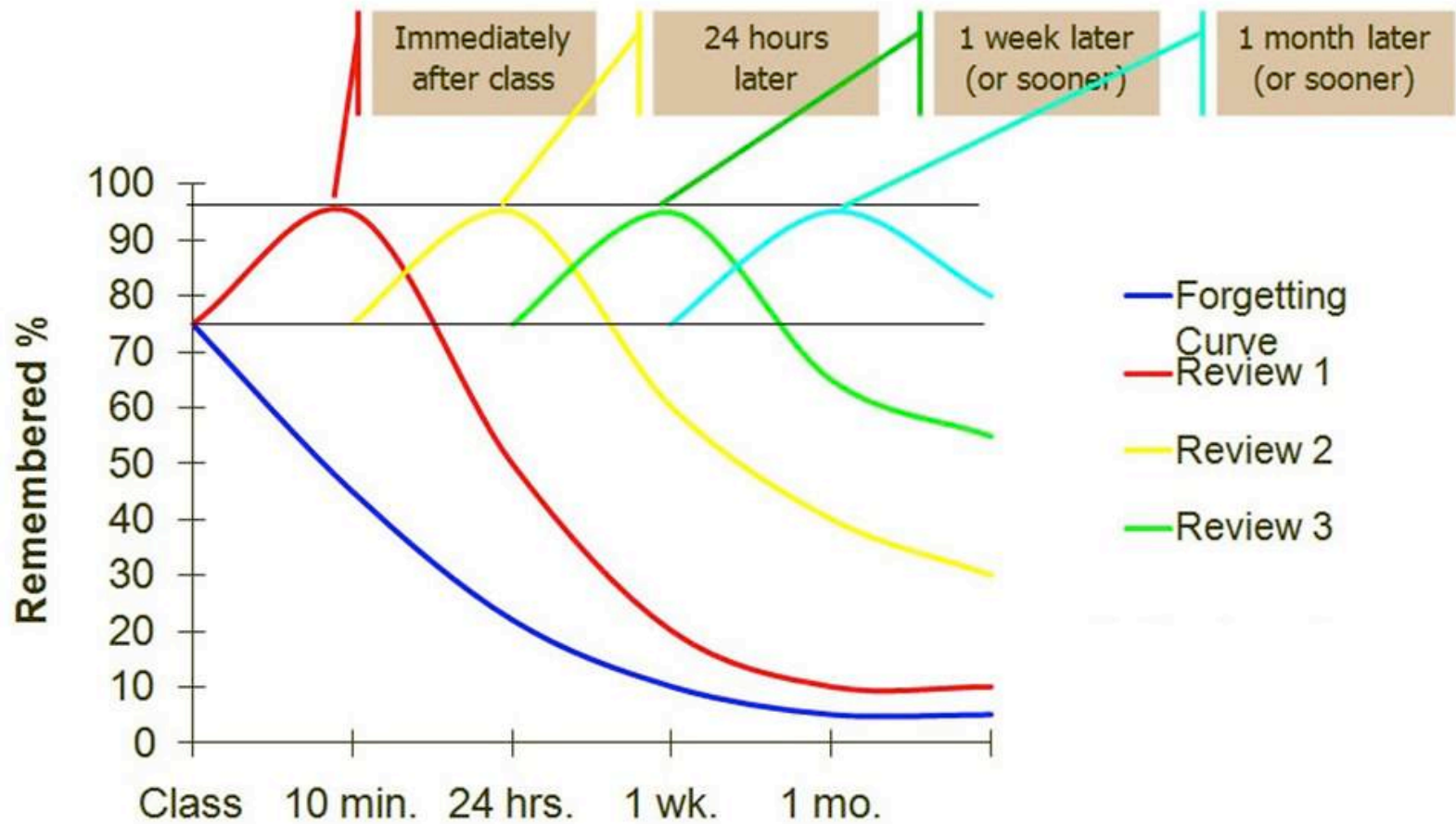


HIIT REVISION SESSIONS:

HIIT Sessions build muscles

- ✓ Experts seem to think that, as a rough rule, our concentration span is our age plus or minus two minutes.
- ✓ So revise for chunks of around twenty minutes.
- ✓ In on hour, revise for 20 minutes and take a 10 minute break.
- ✓ So...in every hour, you should aim to revise for 40 minutes.
- ✓ At the end of the hour have a 10-20 minute break...and then...start again.
- ✓ Revision for more than 45 minutes = epic fail.

Memory recall curve:

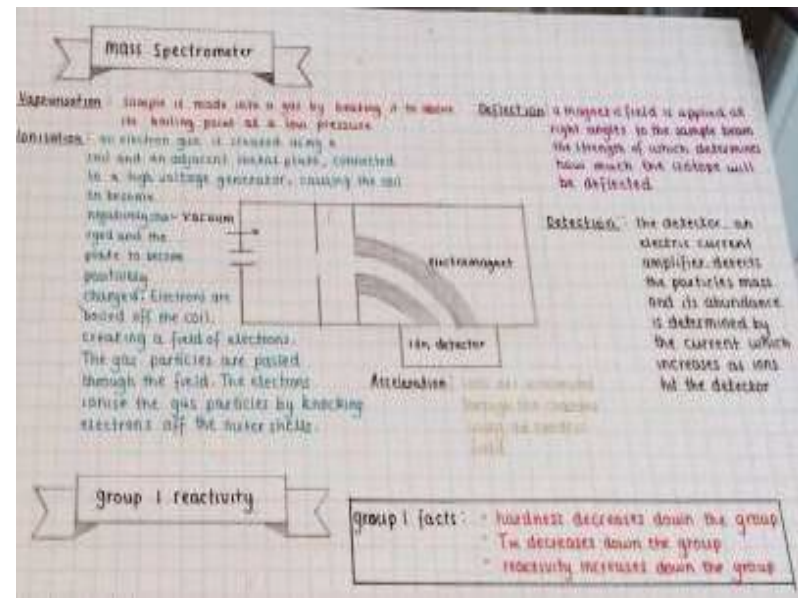
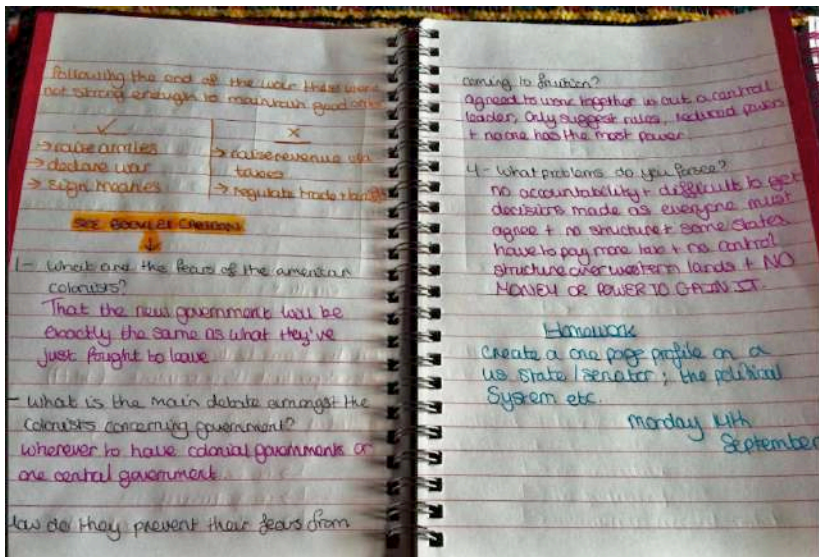


So recalling facts, information, quotes and practicing formulas is key to success for exams and long term memory.

Ways to revise:

Colour coding

– use coloured pens, paper or highlighters to link related common ideas. **Go over and test yourself daily!**



Poster

- organise information into pictures and information.
Hang on your wall and look it over daily!

Never forget, CAPITAL LETTERS

are used to start any sentence as well as for Proper Nouns (people's names, titles, days, months and places).
E.g. Sir Richard Branson
The United Kingdom

HYPHENS

Used in lists
Break down complex sentences into clauses and phrases.
In speech, they show the speaker has been interrupted suddenly.
E.g. The waitress said, "Excuse me, he has drunk on the menu!"

Single inverted commas

These are used in places where you might use double inverted commas (quotation marks).
For example: I bought the "Sunday Mirror".
- Don't forget to 'look before you leap'.
- He said that it was 'dead good'.

COMMAS

Used in lists
Break down complex sentences into clauses and phrases.
Introduce quotations, separate clauses and when 'yes' or 'no' form part of the sentence.
E.g. The waitress said, "Excuse me, he has drunk on the menu!"

APOSTROPHES

Show Ownership
For example: The boy's book.
Show OMISSION (shorten words/replace letters)
For example: I don't want to go home.
The 's' is replaced.
's' is replaced.

PRONOUNS

FIRST PERSON → I / me / we / us
SECOND PERSON → you
THIRD PERSON → he / she / it / him / her / them.
"He/she/it/they" refer to nouns in a sentence.
E.g. "I" refers to "me".

PUNCTUATION + GRAMMAR

COLONS

Introduces lists, speech and quotations.
Use when you want to explain, formalise, the colon instead of "as follows".
E.g. "The best way to check the list and copy it: 1) have three bottles, 2) Matthew, Mark and John, 3) go visited several places: New Zealand, Australia and Japan."

SEMI-COLONS

Halves between a comma and a full stop.
Takes the place of conjunctions (joining words).
E.g. The night was clear; there was a full moon.
Hundreds of people cross the border from Mexico into the U.S.A every day; it is not possible to search every one.

DOUBLE INVERTED COMMAS

Used in lists
Break down complex sentences into clauses and phrases.

PLURALS

Show there is more than one of an item or object; usually by simply adding 's'.
E.g. book → books.
Plurals become tricky when you have to make it obvious who owns the item.
If the object belongs to one person you would write the plural first, then add the possessive (owner), apostrophe before the 's'.
E.g. The boy's books.
However, if you need to show the object belongs to more than one person, you would put the possessive apostrophe after the 's'.
E.g. The boys' books.

Biology Unit 3

Transport in Plants

Water moves from the roots to the leaves, up the xylem via the **TRANSPIRATION STREAM**.
The plant absorbs water and minerals up the phloem to the rest of the plant from the leaves.
E.g. Eat Quorn (mycoprotein) and stop over fishing (overseas stocks, change fishing methods, set catch quotas).
Sustainable Food
"producing food in a way that can continue for many years"
- Using up resources
- Fertiliser
- Pesticides
- Irrigation
- Genetically Modified Crops
- Energy lost as heat
- Water loss from soil
- Soil erosion
- Loss of biodiversity
- Acid rain
- Air pollution
- Global warming
- Climate change
- Extreme weather
- Sea level rise
- Desertification
- Ozone depletion
- Acidification of the oceans
- Ocean acidification
- Loss of coral reefs
- Loss of fish stocks
- Loss of marine life
- Loss of marine biodiversity
- Loss of marine ecosystems
- Loss of marine services
- Loss of marine resources
- Loss of marine heritage
- Loss of marine culture
- Loss of marine identity
- Loss of marine pride
- Loss of marine spirit
- Loss of marine soul
- Loss of marine heart
- Loss of marine mind
- Loss of marine body
- Loss of marine bones
- Loss of marine marrow
- Loss of marine blood
- Loss of marine nerves
- Loss of marine muscles
- Loss of marine tendons
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- Loss of marine contentment
- Loss of marine satisfaction
- Loss of marine fulfillment
- Loss of marine meaning
- Loss of marine purpose
- Loss of marine direction
- Loss of marine guidance
- Loss of marine support
- Loss of marine assistance
- Loss of marine help
- Loss of marine aid
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Sustainable Food

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Efficient Food

Less fuel used and less pollution
"Good blood supply" for low standard proteins of digestion - using efficient and active transport to get a massive amount to the blood
"Large surface area" - Short diffusion pathway (only one cell between blood and air in lungs)
"Good blood supply" - Good blood supply for low standard proteins of digestion - using efficient and active transport to get a massive amount to the blood

Adaptations for exchange in the intestines (absorbing your food)

Large surface area
Short diffusion pathway
Good blood supply
Efficient transport

Energy Drinks - For when you're DEHYDRATED

Contains Water, sugar and mineral ions
Water - to rehydrate
Sugar - for energy
Minerals - to replace those lost during sweating

Artificial breathing

Positive pressure - pushing the air in
Benefits: Not invasive (not a trachea), can aid the paralysed for years and can be used during surgery.
Can be used at home!
Negative pressure - a vacuum is created outside the body moving the chest up and causing air to be drawn in.
The Iron Lung
Benefits: Will keep you alive.
Drawbacks: Very restricting and outdated. Must stay in hospital.
Tracheostomy

Breathing in (inhalation)

Diaphragm contracts/flattens
Intercostal muscles contract
Volume of lungs increases - air moves in

Breathing out (exhalation)

Diaphragm relaxes/curves up
Intercostal muscles relax
Volume of lungs decreases - air moves out

Active Transport

This is when something moves against the concentration gradient.
Low to High!
It needs energy to happen! But molecules can be absorbed from oil and sugars and salts can move into cells.

Adaptations for gaseous exchange (in your lungs)

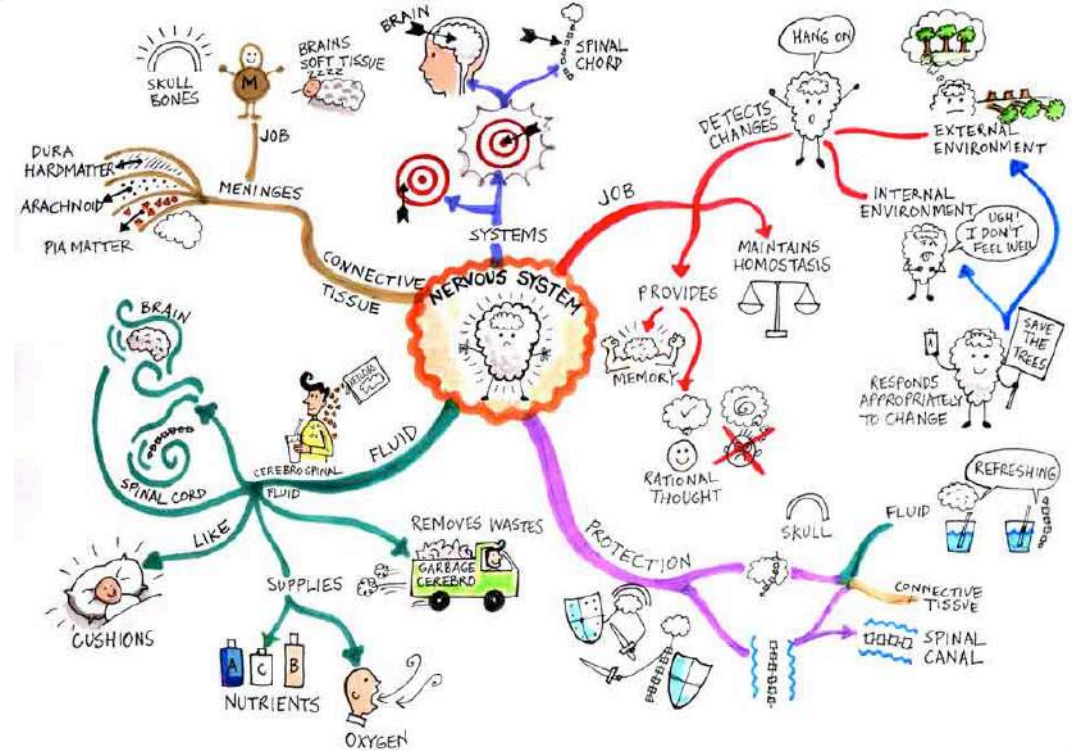
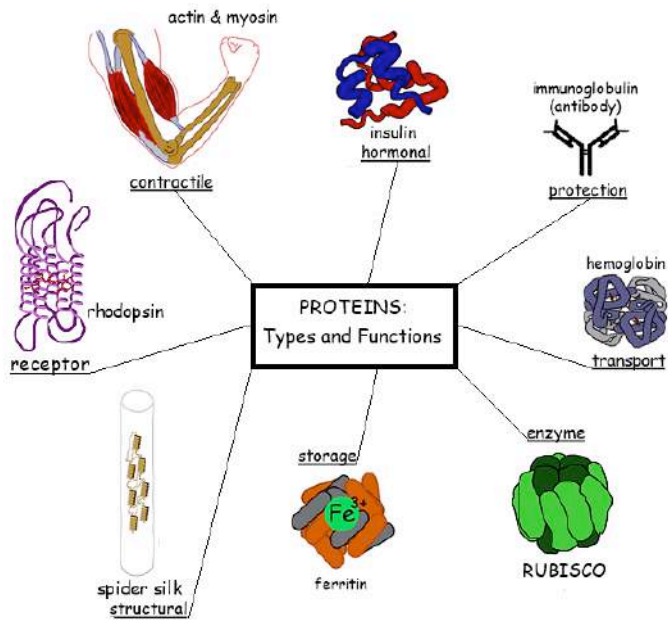
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Short diffusion pathway
Good blood supply
Efficient transport

Osmosis

WATER diffusing from where there is a lot of it to where there is less of it.
Water moves in/out of cell depending on the concentration of the solution surrounding them.
Through a partially permeable membrane.

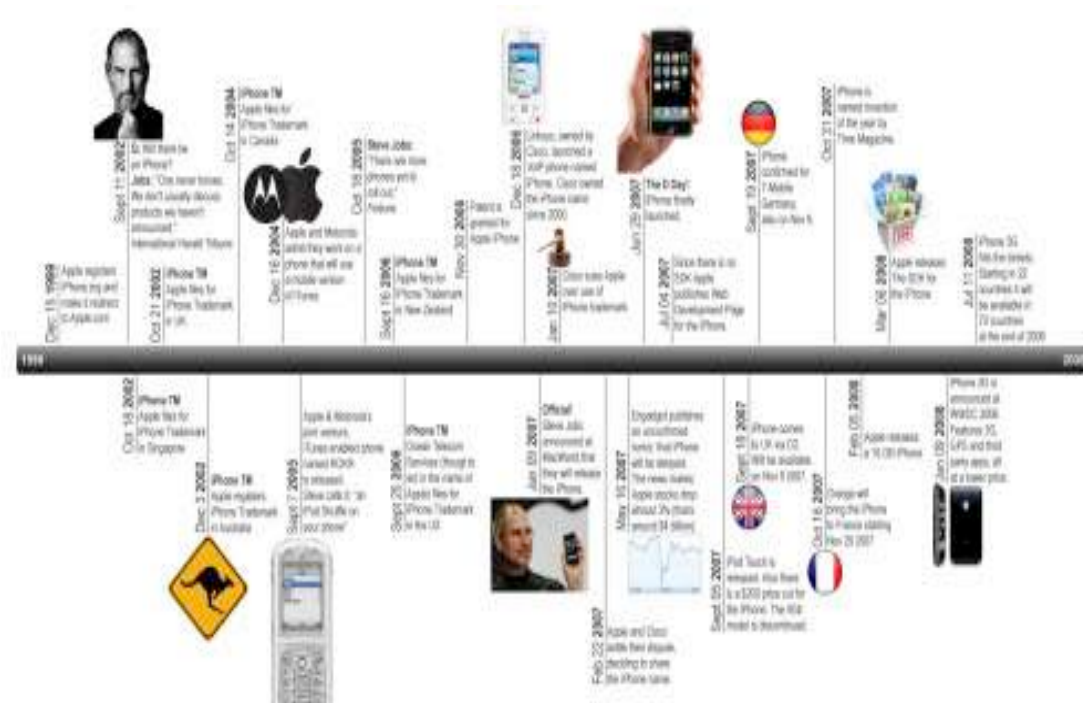
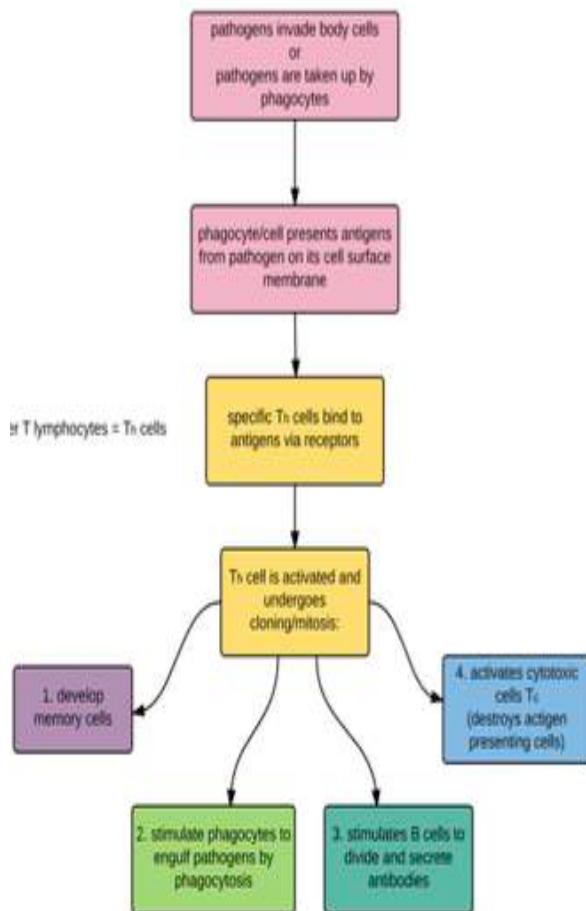
Spider diagrams

- put the big/main idea in the centre and put all the linked/ related information around it. **Test**



Flow charts/timelines

– put your information in a logical order based on a process or series of events. **Test yourself daily!**



Re-write

– take important and key points and rewrite them over and over. This takes a long time.

Read through them daily!

Subcutaneous tissue is also known as hypodermis - which is also known as adipose tissue (fat)

Fx - Insulated deeper tissue

- Shock absorber
- Anchors skin to underlying tissues

1. **Epidermis**: Composed of 5 layers called strata. From deep to superficial:

1. **Stratum Basale**: Closest to dermis. Epidermal cells receive nourishment via diffusion from the dermis

- **Keratinocyte** - produce the protein keratin (protects)

- is also known as (aka) Stratum germinativum (forming new cells)

* Constantly under cell division

- Merkel cells (tactile) touch sensation

2. **Stratum Spinosum**: Still have some cell division.

a) Contains Langerhans + b) Melanocytes cells

↳ Immunity

↳ Pigmentation + UV Protection

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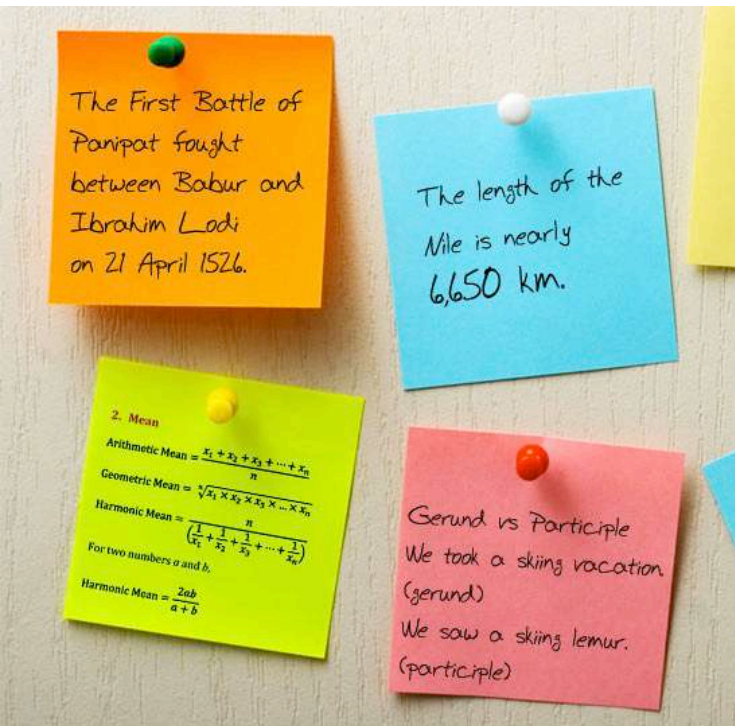
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Post-its

- put main ideas on post-its. One main point per post-it .

Go over post-its and test yourself daily!



Hand print: **ACTIVITY**

- Select 5 key facts about the topic in front of you.
- Write one fact on a post-it note and place it on the hand

**Quick recall activity -
Test yourself daily!**



Keywords

– write your keywords and definitions. Shorten your definitions to only main words. **Test yourself daily!**

Keyword	Definition
Clone	An offspring that is genetically identical to its single parent.
DNA	Deoxyribonucleic acid. This is the molecule that genes are made from.
Gene	The small part of a chromosome that controls a particular inherited characteristic.
Mutation	A change in a gene, causing the genetic code to alter.

Shortened Definition:

DNA – genes are made from

Shortened Definition:

Mutation – change causing genetic code to alter

Revision/question cards

- cut out pieces of paper. On one side write a topic question, on the other side put the answer.
- ## Test yourself daily!

