Effective Revision and ‘The Climb’
Mr Lucas

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

Aim of the session

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To inform you of what we have done and what we will be doing this year to support your child in their GCSE year.

To recommend ways in which you can support your child from.

Reducing Cognitive Overload

Cognitive load theory places an emphasis on our **working memory**.

This is where we hold and process new information, such as skills and instructions. If learning is to take place, this information needs to be passed from our working memory to our **long-term memory**.

Our working memory has a small capacity, so it cannot hold large amounts of information. This means a student can only process so much new information at once. Too much can lead to **cognitive overload**, which hinders how much learning can take place.

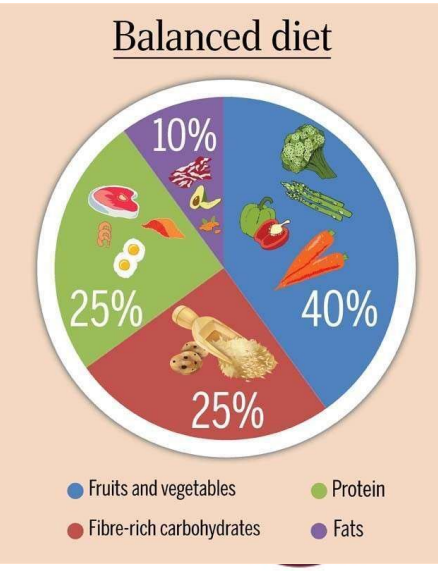
How can cognitive overload be managed at home?











Tools for becoming an independent learner



Focus Friend is a brand new free app to help you focus in short bursts.

It rewards you for not using your phone and setting timers to complete some work.

The timer can be as short as 5 minutes or as long as 2 hours.

Using it successfully



Used for around 20-30 minutes and then have a 5 minute break.

Free from distractions allowing focus on revision or homework.

Little bean will make things that can be sold

Last Year

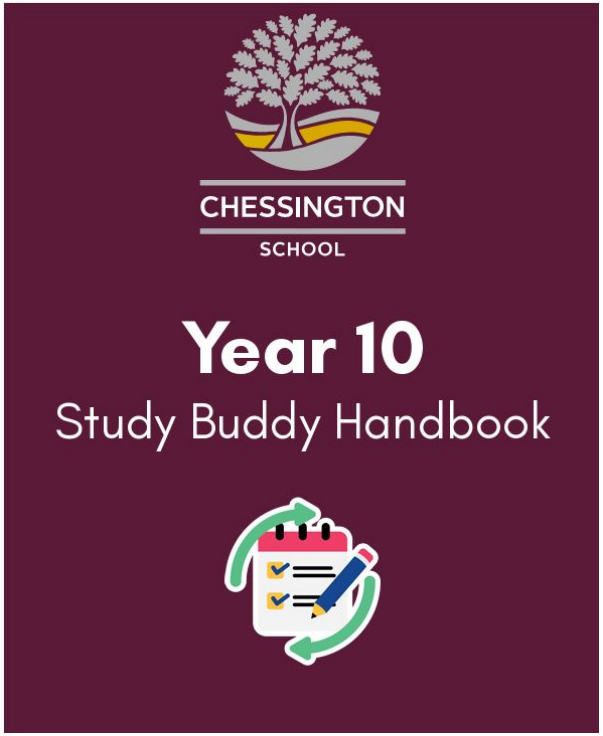
I introduced the Year 10 ‘How to Revise Programme’ in the lead up to the end of year exams.

This involved 6 weeks of tutor time sessions in half term 4.

Then the students were each given a Year 10 ‘Study Buddy’ to take away during the Easter holidays.

Sessions focused on specific revision strategies such as **Mind Maps**, **Flow Charts** and **Flash cards**.

We also discussed motivation/procrastination, making effective use of past exam papers and strategies to manage stress and look after yourself.



There was also a large focus on Revision Timetables!









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Revision Timetables

- Support them in putting it together. There is a fine balance between ‘not enough’ and ‘too much’.
- Can be done digitally (Google Calendar) or on paper.
- Subjects should be broken down into sub-topics.
- Utilise the ‘Pomodoro technique’.
- The sooner this is set up the better.

The Pomodoro Technique

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What is the Pomodoro Technique?

- A time management method to help you stay focused and productive.
- You work in short bursts, followed by breaks.

How does it work?

- 1. Choose a task
- 2. Set a timer for 25 minutes
- 3. Work with full focus
- 4. Take a 5-minute break
- 5. Repeat 4 times, then take a longer break (15–30 mins)



Why does it work?

- Helps you avoid distractions
- Makes revision feel manageable
- Builds concentration
- Prevents burnout

Top Tips

- Put your phone away
- Be realistic with tasks
- Use a timer
- Stick to the breaks!
- Reward yourself after sessions

Example Revision Session

- 4 Pomodoros = 2 hours

- English revision- Macbeth workbook (from Mrs Elmas)
- Maths practice- 2 skills from the revision list- mathswatch video and mathsgenie questions
- Science revision- Mind maps or flashcards on two/three topics from your revision list.
- Review & test yourself- exam question practice and self marking.

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THE CLIMB

YEAR 11 REVISION & EXAM PREPARATION



Name:

The Climb | Together, we climb

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Launching with Year 11 in October

Year 11 is a journey towards the GCSEs. The Climb gives students a clear way to prepare, stay motivated and recognise their progress.

The journal

A practical guide to preparation, revision and independent study.

The challenges

Milestones that encourage the habits and commitment needed throughout Year 11.

What does The Climb involve?

Students build evidence of their effort throughout the year.

Preparation

Create a revision timetable and apply to at least two post-16 providers.

Learning and revision

Engage with booster sessions, holiday revision and independent study tasks.

Everyday habits

Work towards attendance, punctuality and positive behaviour milestones.

Recognition

Tutors sign off completed challenges in students' journals.

Recognising effort | The Climb rewards

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Tickets can be awarded by tutors and teachers throughout the year.

How to earn tickets

Challenges, revision sessions, excellent work, attendance and additional revision.

Every Friday

Four tickets drawn in assembly: two chocolate prizes and two £5 Amazon vouchers.

End-of-term draws

At Christmas and Easter: two draws for a free Prom ticket or a leavers' hoodie. Drawn tickets are discarded, not returned to the box.

The Climb and the Year 11 Prom

Our expectation is that students engage and give their best account of themselves.

Students are asked to complete at least 9 of the 12 Acclimatisation Challenges, or evidence that they have tried their absolute best.

What this means in practice

The Climb helps students demonstrate their commitment. We will consider individual circumstances and the evidence of effort when reviewing Prom invitations.

The message: engage, keep trying and make the most of the support available.

How parents can support The Climb

Small, regular conversations will make a difference.

At home

Ask to see the journal and review progress.

Help plan manageable revision sessions.

Encourage attendance at boosters and independent study.

When things get difficult

Celebrate effort and small steps.

Encourage your child to speak to their tutor.

Contact the Year 11 team if circumstances affect their progress.

Together, we can help students prepare for the GCSEs and enjoy their final year.