CHESSINGTON SCHOOL

THE CLIMB

YEAR 11 REVISION & EXAM PREPARATION



Name:



CHESSINGTON

SCHOOL

The Climb

Welcome to The Climb. We think this is a good metaphor for describing the Year 11 journey you are about to go on. For the next few months it will be an uphill climb to reach the top, and there will be times when this is really difficult. But the end result is absolutely worth it.

You would never climb a mountain without fully preparing yourself beforehand. Without training and the proper equipment to support you, it is likely you would fail. Sitting your GCSEs requires a similar approach. There is a lot of intense preparation, hard work and commitment needed to succeed.

In order to guide you through Year 11 and help you to reach the top, we have created The Climb journal. Here you will find the key milestones known as 'Acclimatisation Challenges' which you need to pass throughout the year before reaching "The Summit"; our Year 11 Prom.

The Acclimatisation Challenges are all about ensuring you prioritise the right things in Year 11 to help make this year the success we want it to be for you. For this reason, we need you to complete at least 9 of the Acclimatisation Challenges in order to receive your invite to the Year 11 Prom (or to be able to evidence that you have tried your absolute best).

Good luck, and we will be with you the whole way.

The Year 11 Team



Navigating The Climb

Throughout this journal you will find different 'Acclimatisation Challenges' to help you prepare for the final Climb.

Successful completion of each of the Acclimatisation Challenges will result in you getting a ticket with your name placed in the reward box, and you being one step closer to the Year 11 Prom.

It is your responsibility to inform your tutor as soon as you have successfully completed an Acclimatisation Challenge, so they can sign off the task in this journal and add your tickets into the reward box...



The Climb reward box

We will reward you each week for your efforts with The Climb. Tickets with your name on will be placed in The Climb box, and each week in assembly we will draw four names from the box to receive a prize.

You will receive Climb Tickets for:

- ❏ Attending after school booster sessions
- ❏ Excellent attendance and punctuality
- ❏ Completing Acclimatisation Challenges
- ❏ Completing independent study tasks (found at the back of this journal)

The prizes vary from smaller weekly rewards, to Amazon vouchers, leavers hoodies and Prom tickets.



Preparing for The Climb

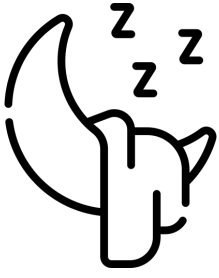
Just like you would never climb a mountain without sufficient preparation, you need to ensure the right preparation is in place well before you sit your GCSEs.

Dealing with stress



Stress is a normal part of everyone's life, and something we all experience. A healthy lifestyle can help you deal with stress much better - that includes a healthy diet, enough sleep and ensuring you plan in some down time.

Sleep



Getting enough sleep and rest is crucial to being able to tackle any challenge head on. Experts recommend at least 8 hours sleep a night in order to feel fully recharged and rested.

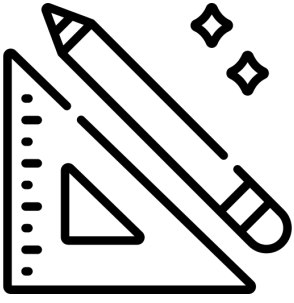
The right mindset



Feelings of doubt will inevitably creep into your mind at times during this climb. That's normal! Embrace a Growth Mindset - you are capable of great things when you put your mind to it.

Take a deep breath and keep going!

Resources



To revise well you will need to make sure you have the right equipment. Create a dedicated and quiet work space in your home where you can have access to paper, revision guides, writing equipment and highlighters, and a set of cue cards to create your revision material

Being a Year 11 student means being:

Resilient We keep going, even when things are hard	**Mature** Now is the time to show we are young adults
Aspirational We aim high, we want the best for ourselves	**Hard-working** We put in the effort and we always try

There will be many challenges this year, but if you keep coming back to these 4 core values you will succeed.

Hard work and a positive focus does pay off - trust us, we do this every year, and we are good at what we do!



Acclimatisation Challenges

Challenge 1
Create a revision timetable

Signed: Date:

Challenge 2
Apply to at least two post-16 providers

Signed: Date:

Challenge 3
Achieve an ATL score of 1-2 in at least 5 subjects in your January report

Signed: Date:

Acclimatisation Challenges

Challenge 4
Achieve 100 positive points

Signed: Date:

Challenge 5
Achieve six Star Learner points

Signed: Date:

Challenge 6
A minimum of 95% attendance

Signed: Date:

Acclimatisation Challenges

Challenge 7
Attend school on Alternative Learning Day

Signed: Date:

Challenge 8
Have all of the booster session boxes signed off for attendance to boosters

Signed: Date:

Challenge 9
Zero homework detentions since January

Signed: Date:

Acclimatisation Challenges

Challenge 10
Attend at least one revision session in the school holidays this year

Signed: Date:

Challenge 11
Minimum of 98% punctuality to school

Signed: Date:

Challenge 12
No more than 10 negative uniform points since November

Signed: Date:

BOOSTER SESSIONS

BOOSTER SESSIONS

BOOSTER SESSIONS

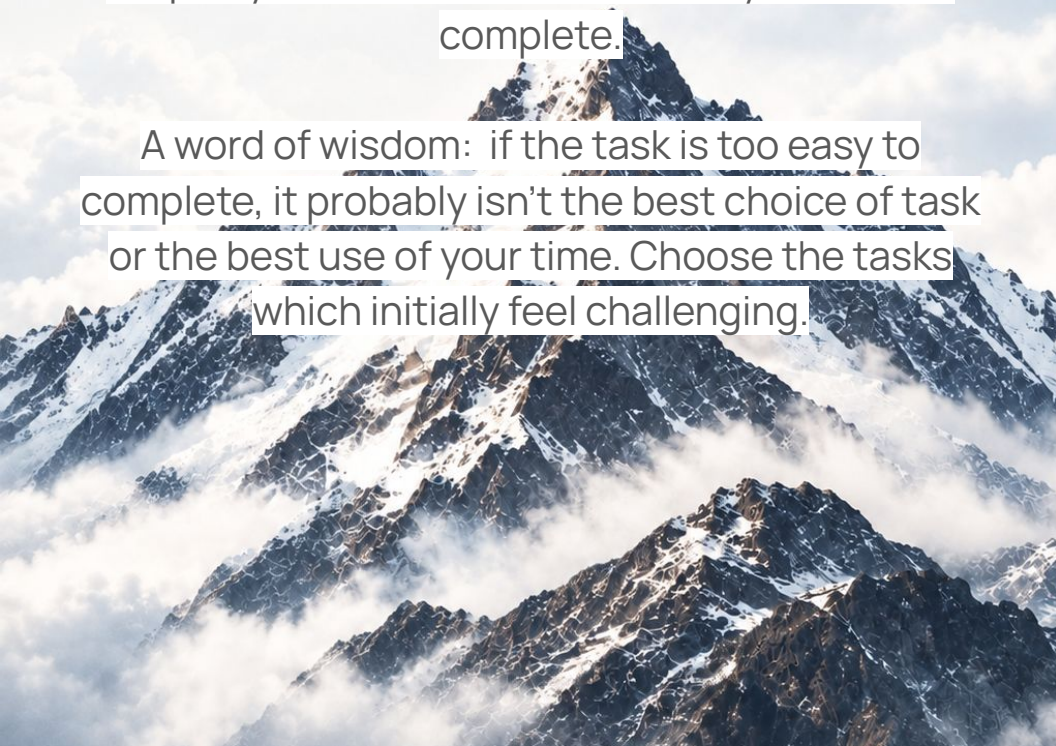
BOOSTER SESSIONS

INDEPENDENT STUDY TASKS

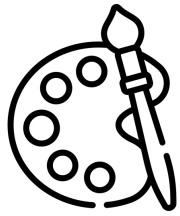
Here you will find a range of activities you can complete at home, in addition to your homework, to help prepare for your Summer exams. Each task has been recommended by your teachers.

We recommend completing as many as you can. It is up to you to choose which tasks you want to complete.

A word of wisdom: if the task is too easy to complete, it probably isn't the best choice of task or the best use of your time. Choose the tasks which initially feel challenging.



ART



Final piece ideas
- Draw and explain 4 ideas on a double page spread
- Add annotation for the final piece ideas
- Take original source photos to work from
- Create a statement of intent

Artist study
- Choose an artist that inspires you and relates to your final piece idea. Complete the artist study to include - title/copy/written text/RESPONSE
- Visit an exhibition ot place of inspiration

Experimentation
- Create different compositions for your idea to experiment with scale, proportion, layout
- Once you have chosen your final composition, try it in different media.
- Create different backgrounds
- Explore texture and techniques

Sketchbook updates
- Action all the feedback given in your Independent Learning Log
- Self reflect on your work and add any refinements you can think of. EG add deeper shader to emphasise form.
- Check you have written concise and meaningful annotations and are linking analysis to your own work.

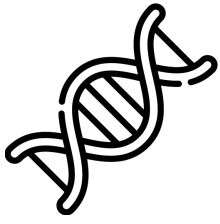
BIOLOGY

Create an A3 sized revision mind map for the B3 unit: Infection and Response. You can use a revision book (if purchased) or the revision notes posted in google classroom.

Create a set of flashcards for the unit B2: Organisation (including required practicals) that they they are not confident with. Revise these using the Lietner system (search YouTube for a tutorial)

Complete your independent learning challenges on Sparx Science. You must demonstrate that your achievement level has increased by one level within a week.

Exam practice: Download papers on the AQA website or mmerevise.co.uk and practice under timed conditions. The paper needs to be marked using the mark scheme and errors corrected in a different coloured pen.



BUSINESS STUDIES

Research and produce a comparison table of the four main ownership types (sole trader, partnership, LTD, PLC). Include features, advantages, disadvantages, and suitable examples. Extend into how aims and objectives (profit, growth, survival, ethics) differ depending on ownership type.

Create survey/interview questions for a product idea, identify whether each question is qualitative/ quantitative and primary/secondary, then evaluate strengths/limitations.

Pick a current product (e.g. a branded trainer, chocolate bar, or phone). Analyse how the product is marketed using the 4Ps, with at least one point of evidence for each.

Create a one-page mind map of external factors (economic, legal, technological, environmental, competition). For each, write a short example of how it might impact a business.



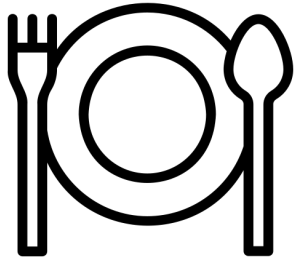
CATERING

Research a local chosen restaurant and read the EHO report. Write a statement about how they can improve .
Use the Food Standards Agency (FSA) website or a similar online tool to search for a specific business to view its published Food Hygiene Rating. The rating, a number from 0 (urgent improvement needed) to 5 (very good), indicates the business's hygiene standards at the time of the inspection.

Nutritional research task. Produce a document on the 5 different nutrients, what food source they come from and what they do for the body. Discuss macro and micronutrients and link in fibre also. You could also discuss the different age groups and how this affects the amount of nutrients needed

Plan and produce a 3 course meal from a chosen country. Include a photo presentation of the skills and final plates.

Complete 2 high practical skills at home and photograph your work. make fresh pasta, make a type of pastry, debone a whole chicken, fillet a fish, use an egg function.



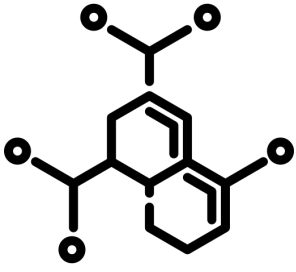
CHEMISTRY

Create an A3 sized revision mind map for C2: Structure and Bonding. You can use a revision book (if purchased) or the revision notes posted in google classroom.

Create a set of flashcards for the unit C4: Chemical changes (including required practicals) that they they are not confident with. Revise these using the Lietner system (search YouTube for a tutorial)

Complete your independent learning challenges on Sparx Science. You must demonstrate that your achievement level has increased by one level within a week.

Exam practice: Download papers on the AQA website or mmerevise.co.uk and practice under timed conditions. The paper needs to be marked using the mark scheme and errors corrected in a different coloured pen.



CHILD DEVELOPMENT

Using the EYFS document - summarise how an EYP should be using emerging mathematics within a setting. And create session plan for a 4 year old for mathematics skills.

Create a mind map of each of the content areas 1-5 from year 10 covering keywords and phrases.

Watch some YouTube educational clips on attachment theory (Mary Ainsworth and Jonathan Bowlby) summarise the theory and its effect on children's ability to learn in a 0-5 setting. Create a poster resource for the theory.

Watch the tv show 'my dyslexic mind' by Jamie Oliver. Summarise his points and the purpose of the show. What have you learned and what should teachers / educators take from this to support 0-7 year olds with a diagnosis of dyslexia.



COMPUTER SCIENCE

Write a flowcharts/pseudocode for a simple everyday task, then practise coding them in Python.

Make a revision sheet or flashcards on each of the following topics:
- CPU architecture
- networks
- ethical/legal/environmental issues

Pick one of the following topics and complete 5 past paper questions on this topic (you can get the questions from Mr Cosgrave):

- Binary
- Logic gates
- Networks

Collect a past paper from Mr Cosgrave and complete it in timed conditions. Then, collect the mark scheme and check through your answers. Spend time revising any topics you did not get correct.

0110
1001
1010

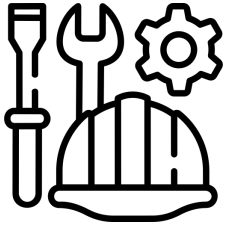
CONSTRUCTION

Use a website such as Screwfix and find all of the parts you would need to install a kitchen in your home. Add everything to the basket and estimate how much you would charge someone to do the job.

Go on to the planning portal for Kingston council, search for your road and find a planning application. Look through the documents, plans etc and make a list of all of the information you can find about the planned build.

Go to Google Classroom and do a past paper, then self mark against the mark scheme. Anything you aren't sure on, look up and create a revision card to cover that topic.

Use the National Careers service to find a construction related job or apprenticeship and make a revision card with the tasks that person would be expected to do.



DANCE



Look at the six professional dance works and create a mind map as you watch detailing the: set, costume, lighting, number and gender of dancers, dance style/specific movement examples, choreographic intent and stimulus/starting points for each work.

Complete a past paper that have been provided to you. Then, use the mark schemes also provided to gain a better understanding for what type of response is needed for each question.

Using the link go over all definitions to make sure you have an understanding of each and can write out a version of the definition.
https://www.aqa.org.uk/resources/dance/gcse/dance/teach/subject-specific-vocabulary

Practice your 6 and 12 mark responses by creating your own essay questions and then answering them. You can look at the mock papers as a guide to help you think of new questions. Try to create questions on topic areas you feel you need to develop your knowledge further.

DRAMA

Watch the video on costume design on GCSE bitesize and create a costume design for Inspector Goole.
https://www.bbc.co.uk/bitesize/examspecs/zkvm2sg

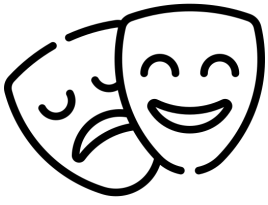
Watch the video on lighting design on GCSE bitesize and create a 9 mark paragraph for An Inspector Calls.
https://www.bbc.co.uk/bitesize/examspecs/zkvm2sg

Based on the production of 'Three Men and a Boat' use your resource pack to create the perfect answer for this question:

Evaluate how the costume was used to create contrast for the audience (6 marks)

Based on the production of 'Three Men and a Boat', use your resource pack to create the perfect answer for this question:

Evaluate how stage space was used by performers to create impact for the audience (9 marks)



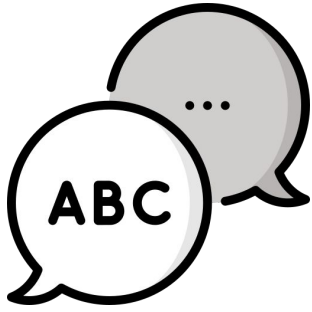
ENGLISH LANGUAGE

Watch a YouTube video on any element of the two papers. The most popular and useful are videos made by Mr Salles, Mr Bruff and The Lightup Hub. Make notes as you watch.

Download papers on the AQA website and practise under timed conditions. Submit your paper to your English teacher for marks and feedback.

To practise persuasive writing, watch a Ted Talk on any subject. As you watch the speaker, note down the language techniques that they use to persuade the audience. Then use these techniques to complete a practice question of your own.

Follow three Blogs that interest you and read an article each day. The more you read, the more you will learn and get used to reading. This will help you when dealing with unseen extracts. Make a diary of what you read to share with your teacher. This should include the name of the Blog, the title of the article and three things that you learn from each article that you read.



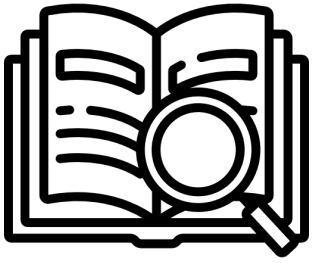
ENGLISH LITERATURE

Watch a YouTube video on any element of the two papers. The most popular and useful are videos made by Mr Salles, Mr Bruff and The Lightup Hub. Make notes as you watch.

Download papers on the AQA website and practise under timed conditions. Submit your paper to your English teacher for marks and feedback.

Create flashcards on your top twenty quotes for each of your texts. Have the full quote on one side and the same quote with words missing on the other side. Test yourself, or get friends or family to test you. If you would rather make these flashcards on your phone, then try the Quizlet app.

Create an A3 sized mind map for the context of each of your texts: Macbeth is Jacobean; Jekyll and Hyde is Victorian; An Inspector Calls is Edwardian: and for Conflict Poetry your could do a branch of your mind map for each poem. Use bright colours, symbols and images to help your ideas stand out. Put these up on the wall at home.



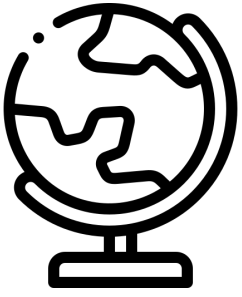
GEOGRAPHY

Research 3 megacities. Find one which is slow-growing and one which is rapid-growing. Explain why slow-growing megacities are usually found in LICs and NEEs while rapid growing megacities are usually found in HICs. Refer to natural increase and rural-urban migration in your answer.

Use your Rio case study to evaluate the success of urban planning in Rio. Research the Favela Bairro Daycare scheme, make a list of advantages and disadvantages. Research the Complexo Do Alemo cable car scheme, make a list of the advantages and disadvantages.

Watch the coast videos on the Time For Geography website. After watching them, create an A3 revision guide on coasts, including processes (erosion, deposition, transportation and weathering), landforms and coastal management.

Create a list of all of the case studies for Paper 2 (Human Geography). Using your notes, google classroom and a revision guide, write down 5 key facts about each case study.



HISTORY

Create a mind map for Elizabeth (Paper 2). Start in one colour by adding everything you remember, in a second colour add any additional information using your workbook or revision guide. Use the mind map to then create three topic lists: Red, Orange and Green. Green are the topics you remember well, orange are the topics you remember but have gaps in your knowledge, and red are the topics you are not at all confident on. Select one of the red tasks and create a seperate A4 revision page to cover this topic in detail. Pin up your mind map and your 'red topic revision page' somewhere visible in house and keep revisiting them.

Watch the videos on BBC Bitesize for each time period covered in the Medicine unit (Paper 1). After watching the videos create a revision page for each time period which covers understanding on cause, prevention, treatment, public health and key individuals/breakthroughs at the time. You should then end up with 4 revision pages for medieval, Renaissance, industrial and modern medicine.
https://www.bbc.co.uk/bitesize/topics/zjd8p9q/watch/ztf6rmn

Collect a past paper question from your history teacher and complete it in timed conditions

Create a timeline covering the key events for the American West. RAG each event to show your understanding: Green are events you remember well, orange are events you remember but have gaps in your knowledge, and red are events you are not confident on. For red events, create a cue card which summarises the event, giving details on the date, who was involved, what happened and the consequences.

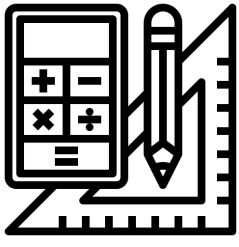
MATHS

Complete the 3 full weeks of the mathswatch revision schedule. Answer all the questions that go along with the videos in your books or on paper, to show your teacher.

Complete your sparx revision list, doing independent learning on sparx for the topics you are struggling with. Show all your workings on paper, to show your teacher.

Collect an exam paper from your teacher and complete it in timed conditions. Mark the paper using the mark scheme (so you can see where marks are awarded), and give yourself 3 topics of EBI.

Use your EBIs from task 3 (exam paper) to work through some independent learning of these topics. These can be from an online medium, or a textbook. Create a revision resource for each topic, and show evidence of these to your teacher.



MEDIA



PRINT RESEARCH - Choose an existing poster, magazine cover or other print product and investigate how it uses layout, colour, typography and imagery to communicate its message and appeal to its target audience.

AUDIO-VISUAL RESEARCH - Research three videos aimed at a similar audience and identify the filming and editing techniques that they use successfully. Provide evidence of this.

AUDIO-VISUAL EXPERIMENTATION - Take the same piece of footage and create three different edits. In the first version, use quick cuts to create an energetic, exciting pace. In the second, use longer shots and slower editing to create a calm or serious mood. In the third, experiment with transitions, sound effects and music to create a completely different atmosphere.

PRINT EXPERIMENTATION - Create three different poster designs to target completely different audiences. Version one should be energetic, version two should be minimalist and serious. Whilst version three should be stylised. Vary the fonts, colours and layouts so they are suitable for each audience.

MUSIC



Sight reading practise - find a piece of music or tabs that you have heard before and try reading the music live - start slow. This will help you start to develop your live reading skills.

Style change - take a song that you can play chords or melody for and figure out a way of doing a cover or rearrangement in a different style - either punk, reggae or dance. Or choose another style if you feel there is a better one. This will help prep for component 3.

Rehearsal in a group - practise your ensemble skills by working on a piece for the winter concert - so one with a christmas theme (you can still complete this option in the Spring Term, but change the focus to a Spring or Summer event).

Sample assessment component 3 - see the link for a sample version of the component 3 assignment. Read through it and think about how to do it - better yet - try completing the three tasks using bandlab or any other music software at home.
https://drive.google.com/file/d/1lc5Vo0Tj16gy7hplw55VlrVvSlD36nDJ/view?usp=sharing

SPORT BTEC

Choose a team sport and review the 11 components of fitness, in terms of their impact on the sport, with examples.

Choose 5 fitness tests, each from a different component of fitness, and explain the protocol (step by step guide), including equipment needed and limitations of the test.

In a sporting environment, lead a warm up and cool down, including the 3 main components of each (warm up - pulse raiser, mobilisers, preparation stretches; cool down - light jog, limb shoking and stretches).

Sample assessment of component 3 - Try the following questions on the paper below (ask your teacher to share the link with you via email so you can access it easily).

https://docs.google.com/document/d/1BztwngHUFjDVBufyFJXwm4D5mLAF3Tu3VJEY6qYZbwU/edit?usp=sharing



PE GCSE

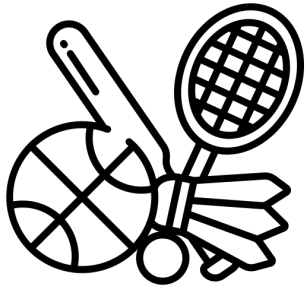
Write out the protocol for the test which tests agility, balance, cardiovascular endurance and coordination.

Create a set of flashcards for Chapter 1, 2 or 3 which will feature in Paper 1. Use class books and Google Classroom to support this. Chose the chapter that you currently feel the least confident on first.

Collect from your teacher, and complete, a full Paper 1. Hand it in when you have finished to get some feedback.

Complete all homework extension questions uploaded onto Google Classroom. This is an online quiz and you have targeted questions available e.g., 5+ or 7+

https://classroom.google.com/c/ODc2NDI0NzI0OTIy



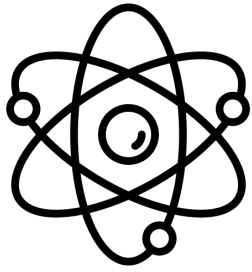
PHYSICS

Create an A3 sized revision mind map for the unit P1: Energy. You can use a revision book (if purchased) or the revision notes posted in google classroom.

Create a set of flashcards for the unit P3: Particle model of matter (including required practicals) that they they are not confident with. Revise these using the Lietner system (search YouTube for a tutorial)

Complete your independent learning challenges on Sparx Science. You must demonstrate that your achievement level has increased by one level within a week.

Exam practice: Download papers on the AQA website or mmerevise.co.uk and practice under timed conditions. The paper needs to be marked using the mark scheme and errors corrected in a different coloured pen.



RS

Take a basic quote you know (e.g., "Love thy neighbour" or "An eye for an eye"). Write a short paragraph explaining its meaning, but upgrade it by linking it to a specific technical term (e.g., Agape, Justice, or Sanctity of Life) and naming two different modern topics where it applies.

Read this argument: "Science proves the Big Bang happened, so God cannot exist." Explain why a liberal religious believer would disagree with this statement, using one piece of religious evidence to prove your point.

Pick any ethical issue (e.g., Abortion, Euthanasia, or The Death Penalty). In one paragraph, contrast a conservative religious view with a liberal or non-religious view. You must name one specific reason or source of authority for each side. Extra: complete this for all the ethical issues we've studied!

Answer a 4-mark or 5-mark question from memory in 5 minutes. Then, use a green pen to underline your key terms and sources of wisdom. If you don't have at least two key terms and one source, write one extra sentence at the bottom to fix it.



SPANISH

Work your way through the Spanish GCSE Knowledge Organisers that have been posted on Google Classroom. Create a mindmap for each topic.

Use the Spanish GCSE section of BBC Bitesize to practice listening, reading and grammar:
https://www.bbc.co.uk/bitesize/examspecs/zwbhb7h

Foundation tier - learn from memory the 'useful phrases'. Get someone at home to test you on these, before asking your teacher to test you.

Higher tier - learn from memory the 'complex phrases'. Get someone at home to test you on these, before asking your teacher to test you.

Visit conjuguemos.com and practice full verb conjugations. Create a revision page to show your revision, and then ask your test to test you.



NOTES:



