



The Rudheath  
Senior Academy

“Opening Children’s Eyes to the Wonderful World of Possibility”

Year 11  
PPE 2 Guidance  
2025 - 26

## Introduction

It is our aim to make the examination experience as stress free and successful as possible for all candidates.

Assessment is a key part of education as it helps students to demonstrate their learning, provide feedback on the errors they've been making and help provide opportunities to improve their performance with each assessment. It also helps teachers to guide their teaching to assist with student learning.

Sitting formal examinations also contributes to vital and relevant attributes that all students need to be successful in later life. Punctuality, resilience, independence, ambition and confidence.

As a school we will do everything we can to support your son/daughter through these stressful and busy times. Please do make contact with their subject teachers, form tutors and Mrs Rive if you need anything.

Please encourage your son/daughter to attend relevant period 6 sessions.

		Monday	Tuesday	Wednesday	Thursday	Friday
w/c 12th Jan	Core	Science		Maths	English	Hist/Geog
w/c 19th Jan	Core	Science		Maths	English	Hist/Geog
w/c 26th Jan	Non Core	Art		D&T	Spanish Music Drama	
w/c 2nd Feb	Core	Science		Maths	English	Hist/Geog
w/c 9th Feb	Core	Science		Maths	English	Hist/Geog
w/c 16th Feb				Feb Half Term		
w/c 23rd Feb				PPE Exams		
w/c 2nd Mar						



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## Course Information – Exam Boards

Subject	Qualification	Exam Board
English Language	GCSE	AQA
English Literature	GCSE	AQA
Mathematics	GCSE	Pearson
Art & Design	GCSE	AQA
Business Studies		
Biology	GCSE	AQA
Chemistry	GCSE	AQA
Combined Science: Trilogy	GCSE	AQA
Design Technology	GCSE	AQA
Drama	GCSE	WJEC
Food preparation & Nutrition	GCSE	AQA
Geography	GCSE	AQA
Health & Social Care	BTEC	Pearson
History	GCSE	Pearson
Music	GCSE	WJEC
Physics	GCSE	AQA
Spanish	GCSE	AQA
Sport	BTEC	Pearson



## Pre-Public Examinations 2

	P1 and 2		P 3 and 4		P5
Mon 23rd February	Maths Paper 1		Combined Science - Biology Triple – Biology		
Tues 24th February	English Literature				Geography Paper 1
Weds 25th February	History Paper 1		Combined Science - Chemistry Triple – Chemistry		
Thurs 26th February	Maths Paper 2		Drama Health and Social		Spanish (listening & reading)
Friday 27th February	Food and Nutrition		Music		
			Art		

	P1 and 2		P 3 and 4		P5
Mon 2nd March	Business		History Paper 2		
Tues 3rd March	English Language				Geography Paper 2
Weds 4th March	Maths Paper 3		Design and Technology		
Thurs 5th March	Combined Science – Physics Triple Science – Physics		Sport		Spanish (Writing)
Fri 6th March	Business		History Paper 3		



## Pre-Public Examinations 2

Students will receive a personalised examination timetable with their seat numbers nearer to the start of the examinations.

Attendance and punctuality to these examinations is crucial.

These are very important because:

- They help students establish the routines of examinations
- They support teachers in identifying strengths and weaknesses in student’s skills and knowledge so that schemes of learning can be adapted accordingly and interventions can be targeted
- Students will be provided their grades and a comprehensive question level analysis (QLA) so that they can plan their revision to fill gaps in skills and knowledge

**Results will be issued 14<sup>th</sup> March** and performance can be discussed at the **Performance Review Evening on 26<sup>th</sup> March.**

On the following pages you will find information regarding the JCQ guidelines for conduct in an examination. It is important that you read through this.



## Examinations Expectation and Conduct

It is our aim to make the exam experience as stress free and successful as possible for all candidates. The exam boards set down strict criteria that must be followed for the conduct of examinations, and the Academy is required to follow them precisely:

- Full uniform must be worn by all students attending examinations.
- Pens must be BLACK ink or ballpoint. No correction pens allowed.
- Do not attempt to communicate with or distract other candidates.
- **Mobile phones, iPods, Watches (all types), MP3/4 players** (or any other type of electronic communication or storage device) **must not be brought into the examination room**. If a mobile phone (or any other type of electronic communication or storage device) or a wristwatch is found in your possession during an examination (even if it is turned off) it will be taken from you and a report made to the appropriate examination board. No exceptions can be made.

**The penalties will vary according to the type of offence and whether it is a wristwatch or a mobile phone, iPod, MP3/4 player or any other type of electronic communication or storage device but can range from a loss of marks, disqualification from a unit(s), disqualification from a whole/all qualifications to being barred from examination entries for a set period of time.**

- Water brought into the exam room must be in a clear plastic bottle with all labels removed. Only water is permitted in the exam room – no other drinks ie. fizzy/juice drinks unless there is a medical reason.
- Do not draw graffiti or write offensive comments on examination papers – if you do the exam board may refuse to accept your paper.
- Listen carefully to instructions and notices read out by the invigilators.
- Candidates must stay in the exam room until the end of the examination. You are not allowed to leave early.
- At the end of the exam all work must be handed in – remember to cross out rough work.
- Question papers, answer booklets and additional paper must not be taken from the exam room.
- If the fire alarm sounds during an examination, the exam invigilators will tell you what to do. Do not panic. If you have to evacuate the room, you will be asked to leave in silence and in the order in which you are sitting. You will be escorted to a designated assembly point. Leave everything on your desk. You must not attempt to communicate with anyone else during the evacuation. When you return to the exam room do not start writing until the invigilator tells you to. You will be allowed the full working time for the examination and a report will be sent to the awarding body detailing the incident.
- **Absence from Examinations**
- If you experience difficulties during the examination period (e.g. illness, injury, personal problems) please inform the school at the earliest possible point so we can help or advise you.
- Only in ‘exceptional circumstances’ are candidates allowed special consideration for absence from any part of an exam. It is essential that medical or other appropriate evidence is obtained on the day by the candidate/parent and given to the Examinations Officer without delay in all cases where an application can be made for special consideration.

## Why is revision important?

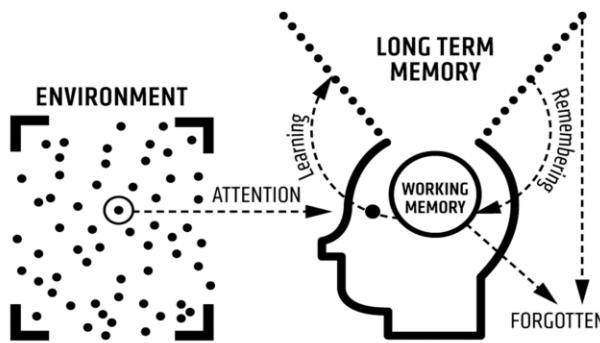
Evidence says that, on average, revision can add **five months' additional progress** to student learning.

Students need to be aware of what constitutes effective revision.

Effective revision will ensure that knowledge can be secure in their long-term memory.

The only way to guarantee this happens is through various forms of retrieval practice.

Cognitive science is the study of how people learn. This model explains how the working memory has a finite capacity- meaning it can become easily overloaded with information. The most effective means of revision is to retrieve information to store in your long-term memory. This is detailed below:



We encourage students to use the following 4 core revision strategies:

- Brain dumps [Click here for a video guide](#)
- Self-quizzing [Click here for a video guide](#)
- Flash cards [Click here for a video guide](#)
- Past papers – you can find these on the exam board websites or by asking your teachers for them

We also encourage students to complete a revision timetable (a calendar).

Here are some tips for doing this:

1. **Start early** – give yourself enough time to revise so you can avoid cramming
2. **Set realistic goals** – make sure your goals are specific, measurable and achievable
3. **Plan for breaks** – regular breaks help you stay alert and focused
4. **Consider your concentration** – think about when you concentrate best and schedule more difficult topics for this time
5. **Allocate time for each topic** – consider how much time you need for each topic
6. **Track your progress** – keep track of what you have revised
7. **Eat well** – a healthy diet can help you feel more energetic and focused
8. **Exercise** – regular exercise can help you stay focused and sleep better
9. **Be flexible** – it's ok if you don't stick to your timetable perfectly

You will find revision lists in this booklet to help you plan your revision to ensure you cover everything.

## Year 11 English Language

<b>Length of assessment</b>	1hr 45 mins
<b>Title of assessment</b>	Paper 1: Explorations in Creative Reading and Writing
<b><u>Success Criteria</u></b>	<p><b>Section A Reading:</b></p> <p><b>5 minutes reading and annotating the extract</b></p> <p><b>Q1: List four pieces of specific information from the text</b> <b>5 minutes</b></p> <p><b>Q2: Comment on the effect of language in a section of the extract</b> <b>10 minutes</b></p> <p><b>Q3: Comment on the effect of structure</b> <b>10 minutes</b></p> <p><b>Q4: Explain why you agree with the given statement about the text</b> <b>25 minutes</b></p> <p><b>Section B Writing:</b></p> <p><b>Choose from either a narrative or a description based on the image</b></p> <ul style="list-style-type: none"> <li>- at least one page of writing</li> <li>- range of language features for effect</li> <li>- range of punctuation</li> <li>- ambitious vocabulary</li> <li>- cyclical structure</li> <li>- varied paragraph lengths for effect</li> <li>- sensory description</li> </ul>

### Resources required to revise

Seneca

Practise papers [AQA | GCSE | English Language | Assessment resources](#)

Padlet link with a range of resources from videos, past papers, flash cards etc

<https://padlet.com/glycett/gcse-english-revision-l8ekhozmr8b8o0ze>



## Year 11 English Literature

<b>Length of assessment</b>	2hr 15mins
<b>Title of assessment</b>	Paper 2: Modern Text and Poetry
<b>Success Criteria</b>  <i>Literal and inferential comprehension:</i> understanding a word, phrase or sentence in context; exploring aspects of plot, characterisation, events and settings; distinguishing between what is stated explicitly and what is implied; explaining motivation, sequence of events, and the relationship between actions or events  <i>Critical reading:</i> identifying the theme and distinguishing between themes; supporting a point of view by referring to evidence in the text; recognising the possibility of and evaluating different responses to a text; using understanding of writers' social, historical and cultural contexts to inform evaluation; making an informed personal response that derives from analysis and evaluation of the text  <i>Evaluation of a writer's choice of vocabulary, grammatical and structural features:</i> analysing and evaluating how language, structure, form and presentation contribute to quality and impact; using linguistic and literary terminology for such evaluation  <i>Comparing texts:</i> comparing and contrasting texts studied, referring where relevant to theme, characterisation, context (where known), style and literary quality; comparing two texts critically with respect to the above	<b>Section A Modern texts:</b> Students will answer one essay question from a choice of two on <i>An Inspector Calls</i>  <b>Section B Poetry:</b> Students will answer one comparative question on one named poem printed on the paper and one other poem from the <i>Power and Conflict</i> poetry anthology cluster  <b>Section C Unseen poetry:</b> Students will answer one question on one unseen poem and one question comparing this poem with a second unseen poem.

### Resources required to revise

Seneca

Flash cards- key quotes on the front and details on the back

Revision resources in the back of your paper poetry booklets

Stacey Raey on YouTube and Instagram (higher-level)

Mr Bruff on YouTube

Practice papers [AQA | GCSE | English Literature | Assessment resources](#)

Padlet link with a range of resources from videos, past papers, flash cards etc

<https://padlet.com/glycett/gcse-english-revision-l8ekhozmr8b8o0ze>



## Year 11 Subject Mathematics

<b>Length of assessment</b>	90 minutes
<b>Title of assessment</b>	Edexcel Mathematics Foundation Paper 1 (Non-Calculator)
<b>Success Criteria</b>  The exams will measure how students have achieved the following assessment objectives.  AO1 Use and apply standard techniques  AO2 Reason, interpret and communicate mathematically  AO3 Solve problems within mathematics and in other contexts  The available marks for each question are shown next to the answer line and students should ensure they show all calculations and processes to secure as many marks as possible are awarded.  The paper progresses in difficulty throughout and contains a range of single and multi mark questions typically 1-4 marks for each question.  To be successful revise the content listed using the Sparx codes alongside your exercise book and revision guides.	<ul style="list-style-type: none"><li>Finding fractions of amounts without a calculator U881</li><li>Converting between fractions, decimals and percentages U888</li><li>Calculating with roots and powers U851</li><li>Finding the lowest common multiple U751</li><li>Probabilities of mutually exclusive events U683</li><li>Drawing and interpreting scale diagrams U257</li><li>Writing probabilities as fractions U408</li><li>Adding and subtracting decimals, Using a written method to divide with decimals U478,U868</li><li>Identifying parts of circles U767</li><li>Line and shape properties U121</li><li>Using a written method to multiply integers U127</li><li>Using a written method to divide integers U453</li><li>Function machines with numbers M175</li><li>Function machines with numbers, Adding and subtracting with negative numbers M175,U742</li><li>Function machines with numbers M175</li><li>Drawing bar charts U363</li><li>Adding and subtracting fractions U736</li><li>Multiplying fractions U475</li><li>Solving equations with two or more steps U325</li><li>Constructing and solving equations U599</li><li>Calculating bearings U107</li><li>Drawing stem-and-leaf diagrams U200</li><li>Finding averages from diagrams U854</li><li>Solving direct proportion word problems U721</li><li>Expanding single brackets U179</li><li>Factorising into one bracket U365</li><li>Calculating with roots and powers U851</li><li>Calculating with speed U151</li><li>Using lines of best fit U128</li><li>Sketch graphs of water flows U896</li><li>Area of compound shapes, Using equivalent ratios to find unknown amounts U970,U753</li><li>Using equivalent ratios to find unknown amounts U753</li><li>Finding the area of circles U950</li><li>Finding equations of straight-line graphs U315</li><li>Using the exact values of trigonometric ratios U627</li><li>Combining ratios U921</li></ul>

### Resources required to revise

The revision list above includes the codes for Sparx independent practice which will take students to quizzes on those topics. We recommend this as the main tool for revision. All students have their own log in for Sparx and passwords can be reset by their maths teacher.

Other websites we recommend include:

<https://www.1stclassmaths.com/>

[www.corbettmaths.com](http://www.corbettmaths.com)

[www.mathsgenie.co.uk](http://www.mathsgenie.co.uk)

## Year 11 Subject Mathematics

<b>Length of assessment</b>	90 minutes
<b>Title of assessment</b>	Edexcel Mathematics Foundation Paper 2 (Calculator)
<b>Success Criteria</b>  The exams will measure how students have achieved the following assessment objectives.  AO1 Use and apply standard techniques  AO2 Reason, interpret and communicate mathematically  AO3 Solve problems within mathematics and in other contexts  The available marks for each question are shown next to the answer line and students should ensure they show all calculations and processes to secure as many marks as possible are awarded.  The paper progresses in difficulty throughout and contains a range of single and multi mark questions typically 1-4 marks for each question.  To be successful revise the content listed using the Sparx codes alongside your exercise book and revision guides.	<ul style="list-style-type: none"> <li>Ordering negative numbers U947</li> <li>Reading, converting and calculating with time U902</li> <li>Calculating with roots and powers U851</li> <li>Finding factors and using divisibility tests U211</li> <li>Understanding and ordering decimals U435</li> <li>Calculating the median U456</li> <li>Writing probabilities as fractions U408</li> <li>Interpreting bar charts U557</li> <li>Finding percentages of amounts with a calculator U349</li> <li>Constructing fractions U163</li> <li>Reading and plotting coordinates U789</li> <li>Plotting horizontal, vertical and diagonal lines M797</li> <li>Converting between mixed numbers and improper fractions U692</li> <li>Rounding decimals U298</li> <li>Ordering fractions, decimals and percentages U594</li> <li>Using a calculator U926</li> <li>Simplifying expressions by collecting like terms U105</li> <li>Constructing and solving equations U599</li> <li>Frequency trees U280</li> <li>Drawing and interpreting scale diagrams U257</li> <li>Calculating midpoints U933</li> <li>Angles on parallel lines U826</li> <li>Rotation U696</li> <li>Enlargement by a positive scale factor U519</li> <li>Using standard form with negative indices U534</li> <li>Prime factor decomposition U739</li> <li>Mutually exclusive events, Using equivalent ratios U683 U753</li> <li>Problem solving: Finding the HCF and LCM U125</li> <li>Area and perimeter, Constructing and solving equations U226 U599</li> <li>Finding original values in percentage calculations U286</li> <li>Calculating with density U910</li> <li>Finding the surface area of cones U523</li> <li>Factorising the difference of two squares U963</li> <li>Expanding double brackets U768</li> <li>Factorising quadratic expressions of the form <math>x^2+bx+c</math> U178</li> <li>Factorising to solve quadratic equations of the form <math>x^2+bx+c=0</math> U228</li> </ul>

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## Year 11 Subject Mathematics

<b>Length of assessment</b>	90 minutes
<b>Title of assessment</b>	Edexcel Mathematics Foundation Paper 3 (Calculator)
<b>Success Criteria</b>	<p>The exams will measure how students have achieved the following assessment objectives.</p> <p>AO1 Use and apply standard techniques</p> <p>AO2 Reason, interpret and communicate mathematically</p> <p>AO3 Solve problems within mathematics and in other contexts</p> <p>The available marks for each question are shown next to the answer line and students should ensure they show all calculations and processes to secure as many marks as possible are awarded.</p> <p>The paper progresses in difficulty throughout and contains a range of single and multi mark questions typically 1-4 marks for each question.</p> <p>To be successful revise the content listed using the Sparx codes alongside your exercise book and revision guides.</p> <ul style="list-style-type: none"> <li>Understanding and ordering integers U600</li> <li>Converting between fractions, decimals and percentages U888</li> <li>Using algebraic notation U613</li> <li>Rounding integers U480</li> <li>Converting units of length, mass and capacity U388</li> <li>Interpreting pie charts U172</li> <li>Understanding, measuring and drawing angles U447</li> <li>Drawing pie charts U508</li> <li>Divide integers U453</li> <li>Interpreting frequency tables and two-way tables U981</li> <li>Term-to-term rules U213</li> <li>Interpreting distance-time graphs U914</li> <li>Plotting distance-time graphs U403</li> <li>Using probability phrases U803</li> <li>Writing probabilities as fractions U408</li> <li>Expected results from repeated experiments U166</li> <li>Combining angle facts U655</li> <li>Finding the area of compound shapes U970</li> <li>Finding original values in percentage calculations U286</li> <li>Percentage change with a calculator U671</li> <li>Substituting into expressions U201</li> <li>Solving equations, Substituting into expressions, Writing and simplifying ratios U325, U201, U687</li> <li>Choosing suitable averages and solving problems U717</li> <li>Finding the volume of prisms U174</li> <li>Using a calculator U926</li> <li>Rounding decimals using significant figures U965</li> <li>Reciprocals M216</li> <li>Using equivalent ratios to find unknown amounts U753</li> <li>Plotting graphs of quadratic functions U989</li> <li>Solving quadratic equations graphically U601</li> <li>Standard form with a calculator U161</li> <li>Finding error intervals U657</li> <li>Growth and decay U988</li> <li>Venn diagrams with set notation U748</li> </ul>

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## Year 11 Subject Mathematics

<b>Length of assessment</b>	90 minutes
<b>Title of assessment</b>	Edexcel Mathematics Higher Paper 1 (Non-Calculator)
<b>Success Criteria</b>  The exams will measure how students have achieved the following assessment objectives.  AO1 Use and apply standard techniques  AO2 Reason, interpret and communicate mathematically  AO3 Solve problems within mathematics and in other contexts  The available marks for each question are shown next to the answer line and students should ensure they show all calculations and processes to secure as many marks as possible are awarded.  The paper progresses in difficulty throughout and contains a range of single and multi mark questions typically 1-4 marks for each question.  To be successful revise the content listed using the Sparx codes alongside your exercise book and revision guides.	<ul style="list-style-type: none"><li>Factorising into one bracket U365</li><li>Calculating with roots and powers U851</li><li>Calculating with speed U151</li><li>Interpreting scatter graphs U277</li><li>Using lines of best fit U128</li><li>Sketch graphs of water flows U896</li><li>Area of compound shapes, Using equivalent ratios to find unknown amounts U970,U753</li><li>Using equivalent ratios to find unknown amounts U753</li><li>Finding the area of circles U950</li><li>Finding equations of straight line graphs U315</li><li>Percentage change without a calculator U773</li><li>Drawing box plots U879</li><li>Adding and subtracting column vectors, Multiplying column vectors by a scalar U903,U564</li><li>Combining transformations U766</li><li>Converting recurring decimals to fractions U689</li><li>Using the product rule for counting U369</li><li>Factorising to solve quadratic equations of the form <math>ax^2+bx+c=0</math> U960</li><li>The sine rule, Using the exact values of trigonometric ratios (Higher) U952,U319</li><li>Solving equations with the unknown on both sides U870</li><li>Finding the turning point of a quadratic graph by completing the square U769</li><li>Tree diagrams for dependent events U729</li><li>Simplifying expressions using index laws U662</li><li>Geometric proofs with congruence and similarity U887</li><li>Transforming graphs U455</li><li>Rationalising denominators containing two terms U281</li></ul>

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## Year 11 Subject Mathematics

<b>Length of assessment</b>	90 minutes
<b>Title of assessment</b>	Edexcel Mathematics Higher Paper 3 (Calculator)
<b>Success Criteria</b>  The exams will measure how students have achieved the following assessment objectives.  AO1 Use and apply standard techniques  AO2 Reason, interpret and communicate mathematically  AO3 Solve problems within mathematics and in other contexts  The available marks for each question are shown next to the answer line and students should ensure they show all calculations and processes to secure as many marks as possible are awarded.  The paper progresses in difficulty throughout and contains a range of single and multi mark questions typically 1-4 marks for each question.  To be successful revise the content listed using the Sparx codes alongside your exercise book and revision guides.	<ul style="list-style-type: none"> <li>Using a calculator U926</li> <li>Rounding decimals using significant figures U965</li> <li>Reciprocals M216</li> <li>Using equivalent ratios to find unknown amounts U753</li> <li>Plotting graphs of quadratic functions U989</li> <li>Solving quadratic equations graphically U601</li> <li>Standard form with a calculator U161</li> <li>Finding error intervals U657</li> <li>Growth and decay U988</li> <li>Reading and drawing inequalities on number lines U509</li> <li>Finding the arc length of sectors U221</li> <li>Using Pythagoras' theorem in 2D U385</li> <li>Drawing box plots U879</li> <li>Comparing populations using box plots and cumulative frequency graphs U507</li> <li>Graphs of cubic functions, Graphs of reciprocal functions U980, U593</li> <li>Enlargement by a positive or negative scale factor U134</li> <li>Writing algebraic proofs U582</li> <li>Writing algebraic proofs U582</li> <li>Mixed problems: Circle theorems U808</li> <li>Finding bounds for calculations U587</li> <li>Tree diagrams for independent events U558</li> <li>Finding approximate solutions to equations using iteration U168</li> <li>Calculating with ratios and algebra, Solving simultaneous equations involving quadratics U676, U547</li> <li>Venn diagrams U476</li> <li>Conditional probabilities from Venn diagrams U699</li> <li>The area rule, Finding unknown sides in right-angled triangles, Rationalising denominators U592, U283, U707</li> <li>Finding inverse functions U996</li> <li>Finding composite functions, Adding and subtracting algebraic fractions U448, U685</li> </ul>

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[www.mathsgenie.co.uk](http://www.mathsgenie.co.uk)

## Year 11 Subject Biology

<b>Length of assessment</b>	75 minutes (Trilogy) / 105 minutes (Triple)
<b>Title of assessment</b>	GCSE Trilogy: Combined science Biology Paper 2 GCSE Triple Biology Paper 2
<b>Success Criteria</b>  This paper will contain a combination of multiple choice, structured, closed short answer, and open response questions.  Marks for each question range from 1-6.  The exams will measure how students have achieved the following assessment objectives. <ul style="list-style-type: none"><li>• AO1: Demonstrate knowledge and understanding of: scientific ideas; scientific techniques and procedures.</li><li>• AO2: Apply knowledge and understanding of: scientific ideas; scientific enquiry, techniques and procedures.</li><li>• AO3: Analyse information and ideas to: interpret and evaluate; make judgments and draw conclusions; develop and improve experimental procedures.</li></ul>	<p><b>Homeostasis and Response Topics</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Structure and function of the human nervous system</li> <li><input type="checkbox"/> The brain (Triple Only)</li> <li><input type="checkbox"/> The eye (Triple Only)</li> <li><input type="checkbox"/> Body temperature control (Triple Only)</li> <li><input type="checkbox"/> Hormonal coordination in humans</li> <li><input type="checkbox"/> Maintaining water and nitrogen balance in the body (Triple Only)</li> <li><input type="checkbox"/> Hormones in human reproduction</li> <li><input type="checkbox"/> Contraception</li> <li><input type="checkbox"/> Infertility (HT Only)</li> <li><input type="checkbox"/> Negative Feedback (HT Only)</li> <li><input type="checkbox"/> Plant hormones (Triple Only)</li> </ul> <p><b>Inheritance, Variation and Evolution Topics</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Sexual and asexual reproduction</li> <li><input type="checkbox"/> Meiosis cell division</li> <li><input type="checkbox"/> DNA and genome definition</li> <li><input type="checkbox"/> DNA Structure (Triple Only)</li> <li><input type="checkbox"/> Genetic inheritance</li> <li><input type="checkbox"/> Inherited disorders</li> <li><input type="checkbox"/> Sex determination</li> <li><input type="checkbox"/> Variation and evolution</li> <li><input type="checkbox"/> Selective breeding</li> <li><input type="checkbox"/> Genetic engineering</li> <li><input type="checkbox"/> Cloning (Triple Only)</li> <li><input type="checkbox"/> Understanding genetics (Triple Only)</li> <li><input type="checkbox"/> Theory of evolution (Triple only)</li> <li><input type="checkbox"/> Speciation (Triple only)</li> <li><input type="checkbox"/> Fossils</li> <li><input type="checkbox"/> Extinction</li> <li><input type="checkbox"/> Resistant bacteria</li> <li><input type="checkbox"/> Living organism classification</li> </ul> <p><b>Ecology Topics</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Communities within ecosystems</li> <li><input type="checkbox"/> Changes in ecosystems</li> <li><input type="checkbox"/> Ecosystem adaptations</li> <li><input type="checkbox"/> Organisation within ecosystems</li> <li><input type="checkbox"/> How materials are cycled</li> <li><input type="checkbox"/> Decomposition (Triple Only)</li> <li><input type="checkbox"/> Impact of environmental change (Triple Only)</li> <li><input type="checkbox"/> Biodiversity</li> <li><input type="checkbox"/> Waste management</li> <li><input type="checkbox"/> Land use</li> <li><input type="checkbox"/> Deforestation</li> <li><input type="checkbox"/> Global warming</li> <li><input type="checkbox"/> Trophic Levels (Triple Only)</li> <li><input type="checkbox"/> Maintaining biodiversity</li> <li><input type="checkbox"/> Pyramids of biomass</li> <li><input type="checkbox"/> Food Production (Triple Only)</li> </ul>

### Resources required to revise

Revision guides, knowledge organiser books, Seneca quizzes, Revision booklets, past paper questions. Revision timetable.

<https://continuityoak.org.uk/lessons>

<https://www.bbc.co.uk/bitesize/examspecs/z8r997h> AQA Combined science

<https://www.bbc.co.uk/bitesize/subjects/z9ddmp3> Biology Triple

<https://www.physicsandmathstutor.com/chemistry-revision/gcse-aqa/>



## Year 11 Subject Chemistry

<b>Length of assessment</b>	75 minutes (Trilogy) / 105 minutes (Triple)
<b>Title of assessment</b>	GCSE Trilogy: Combined science Chemistry Paper 2 GCSE Triple Chemistry Paper 2
<b>Success Criteria</b>  This paper will contain a combination of multiple choice, structured, closed short answer, and open response questions.  Marks for each question range from 1-6.  The exams will measure how students have achieved the following assessment objectives. <ul style="list-style-type: none"><li>• AO1: Demonstrate knowledge and understanding of: scientific ideas; scientific techniques and procedures.</li><li>• AO2: Apply knowledge and understanding of: scientific ideas; scientific enquiry, techniques and procedures.</li><li>• AO3: Analyse information and ideas to: interpret and evaluate; make judgments and draw conclusions; develop and improve experimental procedures.</li></ul>	<b>The Rate and Extent of Chemical Change Topics</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Calculating rates of reactions</li><li><input type="checkbox"/> Factors which affect the rates of chemical reactions</li><li><input type="checkbox"/> Collision theory and activation energy</li><li><input type="checkbox"/> Catalysts</li><li><input type="checkbox"/> Reversible reactions and dynamic equilibrium</li><li><input type="checkbox"/> The effect of changing conditions on equilibrium (HT only)</li></ul> <b>Organic Chemistry Topics</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Crude oil, hydrocarbons and alkanes</li><li><input type="checkbox"/> Fractional distillation</li><li><input type="checkbox"/> Properties of hydrocarbons</li><li><input type="checkbox"/> Cracking and alkenes</li><li><input type="checkbox"/> Structure and formulae of alkenes</li><li><input type="checkbox"/> Reactions of alkenes (Triple Only)</li><li><input type="checkbox"/> Alcohols (Triple Only)</li><li><input type="checkbox"/> Carboxylic acids</li><li><input type="checkbox"/> Synthetic and naturally occurring polymers (Triple Only)</li></ul> <b>Chemical Analysis Topics</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Pure substances</li><li><input type="checkbox"/> Formulations</li><li><input type="checkbox"/> Chromatography</li><li><input type="checkbox"/> Identification of common gases</li><li><input type="checkbox"/> Identification of ions (Triple Only)</li></ul> <b>Chemistry of the Atmosphere Topics</b> <ul style="list-style-type: none"><li><input type="checkbox"/> The composition and evolution of the Earth's atmosphere</li><li><input type="checkbox"/> Greenhouse gases and global climate change</li><li><input type="checkbox"/> Carbon footprint</li><li><input type="checkbox"/> Atmospheric pollutants</li></ul> <b>Using Resources</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Sustainable development</li><li><input type="checkbox"/> Potable water</li><li><input type="checkbox"/> Wastewater treatment</li><li><input type="checkbox"/> Life cycle assessment</li><li><input type="checkbox"/> Recycling</li><li><input type="checkbox"/> Using materials (Triple Only)</li><li><input type="checkbox"/> The Haber process (Triple Only)</li></ul>

### Resources required to revise

Revision guides, knowledge organiser books, Seneca quizzes, Revision booklets, past paper questions. Revision timetable.

<https://continuityoak.org.uk/lessons>

<https://www.bbc.co.uk/bitesize/examspecs/z8r997h> AQA Combined science

<https://www.bbc.co.uk/bitesize/subjects/zs6hvcw> Chemistry Triple

<https://www.physicsandmathstutor.com/chemistry-revision/gcse-aqa/>



## Year 11 Subject Physics

<b>Length of assessment</b>	75 minutes (Trilogy) / 105 minutes (Triple)
<b>Title of assessment</b>	GCSE Trilogy: Combined science Physics Paper 2 GCSE Triple Physics Paper 2
<b>Success Criteria</b>  This paper will contain a combination of multiple choice, structured, closed short answer, and open response questions.  Marks for each question range from 1-6.  The exams will measure how students have achieved the following assessment objectives. <ul style="list-style-type: none"><li>• AO1: Demonstrate knowledge and understanding of: scientific ideas; scientific techniques and procedures.</li><li>• AO2: Apply knowledge and understanding of: scientific ideas; scientific enquiry, techniques and procedures.</li><li>• AO3: Analyse information and ideas to: interpret and evaluate; make judgments and draw conclusions; develop and improve experimental procedures.</li></ul>	<b>Forces Topics</b>  <input type="checkbox"/> Black body radiation (Triple Only) <input type="checkbox"/> Contact and non-contact forces <input type="checkbox"/> Describing motion <input type="checkbox"/> Forces, acceleration and Newton's Laws <input type="checkbox"/> Forces and elasticity <input type="checkbox"/> Gravity <input type="checkbox"/> EM Waves <input type="checkbox"/> Lenses (Triple Only) <input type="checkbox"/> Moments, levers and gears (Triple Only) <input type="checkbox"/> Momentum (HT Only) <input type="checkbox"/> Properties of waves <input type="checkbox"/> Pressure in fluids (Triple Only) <input type="checkbox"/> Reflection and refraction (Triple Only) <input type="checkbox"/> Scalar and vector quantities <input type="checkbox"/> Sound and ultrasound (Triple Only) <input type="checkbox"/> Transverse and longitudinal waves <input type="checkbox"/> Waves Topics  <b>Magnetism and Electromagnetism</b>  <input type="checkbox"/> Electromagnetic induction <input type="checkbox"/> Electromagnets <input type="checkbox"/> Magnetic fields <input type="checkbox"/> Loudspeakers (Triple Only) <input type="checkbox"/> Transformers (Triple Only)  <b>Space Physics (Triple Only)</b>  <input type="checkbox"/> The expanding Universe <input type="checkbox"/> The life cycle of a star <input type="checkbox"/> The Solar System <input type="checkbox"/> Satellites

### Resources required to revise

Revision guides, knowledge organiser books, Seneca quizzes, Revision booklets, past paper questions. Revision timetable.

<https://continuityoak.org.uk/lessons>

<https://www.bbc.co.uk/bitesize/examspecs/z8r997h> AQA Combined science

<https://www.bbc.co.uk/bitesize/subjects/zpm6fg8> Physics Triple

<https://www.physicsandmathstutor.com/chemistry-revision/gcse-aqa/>

## Year 11 History

### Success Criteria

Students will be assessed on the content they have covered since September 2023

Students will be assessed on Assessment Objectives 1,2,3 &4

AO1: Demonstrate knowledge and understanding of the key features and characteristics of the periods studied.

AO2: Explain and analyse historical events and periods studied using second-order historical concepts eg causation, change and continuity.

AO3: Analyse, evaluate and use sources (contemporary to the period) to make judgements, in the context of historical events studied.

AO4: Analyse, evaluate and make judgements about interpretations (including how and why interpretations may differ) in the context of historical events studied.

The assessment will consist of a range questions 2/4/8/12 & 16 mark questions

Paper 1 1hour 20 mins  
 Paper 2 1 hour 50 mins  
 Paper 3 1 hour 30 mins

### Paper 1: Medicine in Britain c1250-present and the British sector of the Western Front 1914-18

- WW1 – Injuries caused from fighting
- Blood transfusions
- Problems of caring for the wounded on the Western Front
- Great Plague 1665 & Cholera 1854
- Pasteur's Germ Theory – changes
- Medieval and Renaissance Medicine linked to 4 Humours
- Improvement of Hospitals from 1800

### Paper 2: Early Elizabethan England

- Elizabethan Society
- Elizabethan exploration
- Worsening relations between England and Spain
- Elizabeth's Religious Settlement
- Reasons for the Increase in poverty in Elizabethan England

### Paper 2: Superpower relations and the Cold War

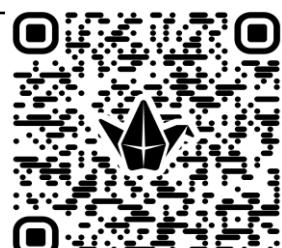
- Yalta and Potsdam Conferences
- Berlin Airlift
- Formation of NATO
- Marshall Plan
- Truman Doctrine

### Paper 3 Weimar and Nazi Germany

- Hyperinflation in Weimar Germany
- Reasons for Growth in support of the Nazis
- Young people's opposition towards the Nazis
- Living Standards in Nazi Germany

### Resources required to revise

Scan the QR code for all revision resources  
 Including textbooks, revision guides and exam walk throughs.



## Year 11 Geography

<b>Length of assessment</b>	Paper 1 90mins Paper 2 90mins
<b>Title of assessment</b>	PPE2
<p><b>Success Criteria</b></p> <p>Students will be assessed on the content they have covered since September 2023.</p> <p>Students will be assessed on Assessment Objectives 1,2,3 &amp; 4</p> <p>AO1: Demonstrate knowledge of locations, places, processes, environments and different scales.</p> <p>AO2: Demonstrate geographical understanding of: concepts and how they are used in relation to places, environments and processes; the interrelationships between places, environments and processes.</p> <p>AO3: Apply knowledge and understanding to interpret, analyse and evaluate geographical information and issues to make judgements.</p> <p>AO4: Select, adapt and use a variety of skills and techniques to investigate questions and issues and communicate findings.</p> <p>The number of marks for each question will be shown on the exam paper.</p>	<p><b><u>Paper 1 Living with the Physical Environment</u></b></p> <p><b>The Challenge of Natural Hazards:</b></p> <ul style="list-style-type: none"> <li>• Tectonic Hazards</li> <li>• Weather Hazards</li> <li>• Climate Change</li> </ul> <p><b>The living world:</b></p> <ul style="list-style-type: none"> <li>• Ecosystems</li> <li>• Tropical Rainforests</li> <li>• Hot Deserts</li> </ul> <p><b>Physical Landscapes in the UK</b></p> <ul style="list-style-type: none"> <li>• Coasts</li> <li>• Coastal formations</li> <li>• Hard and Soft engineering</li> <li>• Rivers</li> <li>• How Rivers shape the land</li> <li>• Impacts of flood management</li> </ul> <p><b><u>Paper 2 Challenges in the Human Environment</u></b></p> <p><b>Urban issues and challenges</b></p> <ul style="list-style-type: none"> <li>• Urban world</li> <li>• Rio de Janeiro</li> <li>• Sustainable urban development</li> </ul> <p><b>The changing economic world</b></p> <ul style="list-style-type: none"> <li>• The Development Gap</li> <li>• Nigeria</li> <li>• Reducing development gaps</li> <li>• Changing rural landscapes in the UK</li> </ul> <p><b>The challenge of resource management</b></p> <ul style="list-style-type: none"> <li>• Resource</li> <li>• Food insecurity</li> </ul>

### Resources required to revise

All pupils should use their green CGP revision guides

Every student has access to SENECA learning and can independently complete the set tasks linked to the topics above.

## Year 11 Spanish

<b>Length of assessment</b>	35 mins listening, 45 mins Reading
<b>Title of assessment</b>	Year 11 Spanish Assessment Reading and Listening
<u>Success Criteria</u>  To be successful revise the content listed using your exercise book, revision guides and Seneca. You must ensure you answer every question to gain each mark available.  <u>Listening</u> Section A – questions in English, to be answered in English or non-verbally Section B – questions in Spanish, to be answered in Spanish or non-verbally  <u>Reading</u> Section A – questions in English, to be answered in English or non-verbally Section B – questions in Spanish, to be answered in Spanish or non-verbally Section C – translation from Spanish into English	<u>Theme 1: Identity and culture</u> <ul style="list-style-type: none"> <li>Topic 1: Me, my family and friends</li> <li>Relationships with family and friends</li> <li>Marriage/partnership</li> <li>Topic 2: Technology in everyday life, Social media</li> <li>Mobile technology</li> <li>Topic 3: Free-time activities: Music, Cinema and TV</li> <li>Food and eating out, Sport</li> <li>Topic 4: Customs and festivals in Spanish-speaking countries/communities</li> </ul> <u>Theme 2: Local, national, international and global areas of interest</u> <ul style="list-style-type: none"> <li>Topic 1: Home, town, neighbourhood and region</li> <li>Topic 2: Social issues: Charity/voluntary work</li> <li>Healthy/unhealthy living</li> <li>Topic 3: Global issues: The environment, Poverty/homelessness</li> <li>Topic 4: Travel and tourism</li> </ul> <u>Theme 3: Current and future study and employment</u> <ul style="list-style-type: none"> <li>Topic 1: My studies</li> <li>Topic 2: Life at school/college</li> <li>Topic 3: Education post-16</li> <li>Topic 4: Jobs, career choices and ambitions</li> </ul>

### Resources required to revise

- Recap core vocabulary and grammar on the PowerPoints (TEAMS)
- Knowledge Organisers for both topics
- Exercise books with core vocabulary
- Seneca
- BBC Bitesize – Spanish AQA <https://www.bbc.co.uk/bitesize/examspecs/z4yyjhv>

## Year 11 Subject Business Studies

<b>Length of assessment</b>	Exam – 1 hour 45 minutes
<b>Title of assessment</b>	<b>Theme 2: Building a Business</b>
<b>Success Criteria</b>  To be successful revise the content using the resources listed below  The number of marks for each question will be shown on the exam paper, you must ensure you show full working and detail to each response to gain the marks available.	<b>Content overview</b> <ul style="list-style-type: none"><li>Topic 2.1 Growing the business</li><li>Topic 2.2 Making Marketing Decisions</li><li>Topic 2.3 Making Operational Decisions</li><li>Topic 2.4 Making Financial Decisions</li><li>Topic 2.5 Making Human Resource Decisions</li></ul> The paper will consist of calculations, multiple-choice, short-answer and extended-writing questions. Questions in Sections B and C will be based on business contexts given in the paper. Calculators may be used in the examination.
<b>Resources required to revision</b> <ul style="list-style-type: none"><li>Using Seneca to revise the key knowledge for each area.</li><li>Practice exam papers and individual questions (provided by your teacher)</li><li>Create revision cards with key vocabulary and facts- use these to quiz yourself on the knowledge.</li><li>Revision guides, work-books and exercise books.</li></ul>	



## Year 11 Music

<b>Length of assessment</b>	Component 3 40% (Appraising Exam) - 1h 15mins
<b>Title of assessment</b>	Performance, Composition and Appraising
<b>Success Criteria</b>	<ul style="list-style-type: none"><li><b><i>Area of study 1: Musical Forms and Devices</i></b> Forms and devices are of fundamental importance in musical composition, and many of the common musical forms and devices used by composers today have their origin in the Western Classical Tradition. The music of the Baroque, Classical and Romantic eras provides the context for a study of binary, ternary, minuet and trio rondo, variation and strophic forms. Learners are encouraged to engage with a variety of music from the prescribed eras, through a range of performing, composing and appraising activities. They are also encouraged to make links between music they listen to, pieces they perform and their own compositions, as well as music by composers from the twentieth and twenty-first centuries who use these forms and devices.</li><li><b><i>Area of study 2: Music for Ensemble</i></b> Music for ensemble forms the basis for a study of texture and sonority. Through a study of diverse musical styles composed for ensemble, such as jazz and blues, musical theatre and chamber music, learners will consider how music is composed for small groups of instruments and voices. Learners will also consider how texture is manipulated and they are encouraged to use small instrumental/vocal groupings in their own music. Learners are required to perform as part of an ensemble, and through this to actively engage with ensemble music, understanding the relationship between performers on the stage and the audience.</li><li><b><i>Area of study 3: Film Music</i></b> The film industry is of considerable commercial and cultural interest in both the UK and abroad. There are many areas of specialism for musicians within this industry such as composer, orchestrator, arranger, performer, music editor, producer and more. A film composer scores music to accompany a motion picture for film or television. This includes dramatic underscore and thematic music as well as popular songwriting. Through this area of study learners are encouraged to consider how music for film is created, developed and performed, and the impact this has on the audience. Learners will have the opportunity to compose and perform film music and are encouraged to use musical technology to create mood and atmosphere through engaging with the story of the film.</li><li><b><i>Area of study 4: Popular Music</i></b> Popular music is a wide-ranging and diverse art form encompassing several distinct genres. The popular music industry offers a wide range of opportunities for both composers and performers, including singer, song-writer, music producer, arranger and more. Through this area of study learners are encouraged to explore the musical idioms associated with a variety of popular music, and they will have the opportunity to perform popular music as well as compose music associated with a popular music genre. Learners are also encouraged to use music technology, understanding the impact this has on the way music is developed and performed in popular music.</li></ul>

### Resources required to revise

Revision booklet provided by Music dept.

Exercise Books

Teams Knowledge Organisers

Eduqas GCSE Music Revision Guide

## Year 11 AQA GCSE Food Preparation and Nutrition

Length of assessment	1 Hour 45 Minutes
Title of assessment	GCSE Food Technology UNIT 1 Written Paper
<u>Success Criteria</u>  This paper will contain a combination of multiple choice, structured, closed short answer, and open response questions. Marks for each question range from 1-12	<p>Food preparation skills – these are intended to be integrated into the five sections:</p> <p><b><u>Nutrition</u></b> – Healthy eating, balanced diet, Eatwell guide, nutrients, minerals, vitamins A B C D E</p> <p><b><u>Food Science</u></b> – Coagulation, dextrinization, gelatinization, shortening, protein denaturization, plasticity.</p> <p><b><u>Safety</u></b> – Using the 4C's in the preparation of food, key temperatures, temperature probe, cross contamination.</p> <p><b><u>Food Choice</u></b> – Different age groups and needs, dietary needs, medical conditions, allergies and tolerances, religion.</p> <p><b><u>Provence</u></b> – Where does our food come from, food miles.</p> <ul style="list-style-type: none"> <li>• Yellow chopping board</li> <li>• Vitamins in citrus fruit</li> <li>• Key temperatures</li> <li>• Enzymic browning</li> <li>• Listeria</li> <li>• Recommended amount of fat</li> <li>• BMR</li> <li>• Vitamin K</li> <li>• Fairtrade</li> <li>• Polysaccharide</li> <li>• Vegetarian and vegan diet</li> <li>• Controlled conditions for sensory testing</li> <li>• Cheesemaking</li> <li>• Moulds in cheese production</li> <li>• Seasonal foods – advantages and disadvantages</li> <li>• Food and packaging - concerns about waste</li> <li>• Gluten – formation and function in making bread</li> <li>• Problems when making bread</li> <li>• Emulsification</li> <li>• Key temperatures and chicken</li> </ul>

## Year 11 AQA GCSE Design and Technology

<b>Length of assessment</b>	2 Hours (Year 11 - 2hours)
<b>Title of assessment</b>	GCSE DESIGN AND TECHNOLOGY UNIT 1 Written Paper
<b>Success Criteria</b>  This paper will contain a combination of multiple choice, structured, closed short answer, and open response questions.  Marks for each question range from 1-6.  The exams will measure how students have achieved the following assessment objectives. <ul style="list-style-type: none"><li>• Section A – Core technical principles (16 marks). A mixture of multiple choice and short answer questions assessing a breadth of technical knowledge and understanding.</li><li>• Section B – Specialist technical principles (22 marks) Several short answer questions (1-4 marks) and one extended response to assess a more in depth knowledge of technical principles.</li><li>• Section C – Designing and making principles (15 marks) A mixture of short answers and extended response questions.</li></ul>	<p><b>3.1 Core Technical Principles</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Input and output systems</li><li><input type="checkbox"/> Forces and stresses</li><li><input type="checkbox"/> Material protective coatings</li><li><input type="checkbox"/> Manufacturing stock control</li><li><input type="checkbox"/> Smart materials</li><li><input type="checkbox"/> Materials and their working properties.</li><li><input type="checkbox"/> Manufactured boards</li><li><input type="checkbox"/> Designing for a limited life span</li><li><input type="checkbox"/> Thermoset and Thermo materials and their properties</li><li><input type="checkbox"/> Movement of a lever</li><li><input type="checkbox"/> Packaging materials</li><li><input type="checkbox"/> Renewable energy sources Ecological and social footprints</li></ul> <p><b>3.2 Specialist Technical Principles</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Stock forms, types and sizes</li><li><input type="checkbox"/> Templates and Jigs</li><li><input type="checkbox"/> Using and working with materials.</li><li><input type="checkbox"/> Scales of production</li><li><input type="checkbox"/> Specialist techniques and processes.</li><li><input type="checkbox"/> Surface treatment and finishes.</li><li><input type="checkbox"/> Production methods</li></ul> <p><b>3.3 Designing and making principles</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Investigation primary and secondary.</li><li><input type="checkbox"/> The work of other designers.</li><li><input type="checkbox"/> Communication of ideas</li><li><input type="checkbox"/> Analysing and evaluating products for use externally</li><li><input type="checkbox"/> Arthrometric and Ergonomics.</li><li><input type="checkbox"/> Prototype development</li><li><input type="checkbox"/> Specialist tools and equipment.</li><li><input type="checkbox"/> Exploded isometric drawings</li><li><input type="checkbox"/> Where and why exploded isometric drawings are used</li><li><input type="checkbox"/> Sketching</li><li><input type="checkbox"/> CAD / CAM /CAT</li><li><input type="checkbox"/> Datum points</li><li><input type="checkbox"/> 3D printing</li><li><input type="checkbox"/> Evaluation of prototypes</li></ul>

Resources required to revise

[ENGINEERING - DESIGN AND TECHNOLOGY \(technologystudent.com\)](http://technologystudent.com)

[GCSE Design and Technology - BBC Bitesize](http://www.bbc.co.uk/bitesize)

[Free GCSE Design and Technology AQA Revision Content — Study Rocket](http://www.studyrocket.com)

## Btec Sport

Length of assessment	1 hour 30 minutes
Title of assessment	Btec Sport Exam – Component 3
<p><b>Success Criteria</b></p> <p>Read command words "define", "explain", "analyze", or "justify"</p> <p>Use PEEL for extended answers:</p> <ul style="list-style-type: none"> <li>Point – make your point directly answering the question</li> <li>Example – give a specific sporting example</li> <li>Explain – Explain how or why it works</li> <li>Link – link back to scenario/question</li> </ul> <p>Apply your answers to the scenario – never give generic answers – always tailor your training program or fitness test recommendations specific to that person's age, sport, and fitness level.</p>	<p><b>Below is a clear and structured revision list:</b></p> <ul style="list-style-type: none"> <li><b>Principles of Training</b> <ul style="list-style-type: none"> <li>- Specificity</li> <li>- Progression</li> <li>- Individual differences/needs</li> <li>- Overload (FITT principle)</li> <li>- Reversibility</li> <li>- Rest and recover</li> </ul> </li> <li><b>FITT Principle</b> <ul style="list-style-type: none"> <li>- Frequency</li> <li>- Time</li> <li>- Intensity</li> <li>- Type</li> </ul> </li> <li><b>Methods of Training</b> <ul style="list-style-type: none"> <li>- Continuous training</li> <li>- Interval training</li> <li>- Weight/resistance training</li> <li>- Flexibility training</li> <li>- Fartlek training</li> <li>- Circuit training</li> <li>- Plyometric training</li> </ul> </li> <li><b>Fitness Components</b> <ul style="list-style-type: none"> <li>- Health related components: Cardiovascular endurance, Muscular endurance, Strength, Flexibility, Body composition</li> <li>- Skill related components: Agility, Balance, Co-ordination, Power, Reaction time, Speed</li> </ul> </li> <li><b>Fitness Testing</b> <ul style="list-style-type: none"> <li>- Purpose of fitness testing</li> <li>- Examples of tests: <ul style="list-style-type: none"> <li>Multi-stage fitness tests (Aerobic endurance)</li> <li>Sit and reach (flexibility)</li> <li>Grip strength (strength)</li> <li>Illinois agility strength (agility)</li> <li>Vertical jump (power)</li> <li>30m sprint (speed)</li> </ul> </li> <li>- Validity and reliability</li> </ul> </li> <li><b>Training Programme Design</b> <ul style="list-style-type: none"> <li>- Short-term and long-term goals</li> <li>- Application of principles of training</li> <li>- Warm up and cool down</li> <li>- Monitoring progress</li> </ul> </li> <li><b>Health and Safety</b> <ul style="list-style-type: none"> <li>- Risk assessment</li> <li>- Safe use of equipment</li> </ul> </li> <li><b>Lifestyle Factors</b> <ul style="list-style-type: none"> <li>- Diet and nutrition basics</li> <li>- Rest and sleep</li> <li>- Hydration</li> <li>- Impact on performance</li> </ul> </li> </ul>

### Resources required to revise

<https://thepeclassroom.com/btec-revision-resouces/>

## Btec Health and Social

<b>Length of assessment</b>	1 hour and 30 mins
<b>Title of assessment</b>	Btec Health and Social Exam
<b>Success Criteria</b>  Ensure you understand the command words: "identify", "state", "describe", "explain", and "discuss" and what they require in terms of length and depth.  Use case studies effectively – link theoretical concepts (like life stages, care needs) directly to specific scenarios in exam questions  Expand points for longer questions (explain, discuss), develop each point with full explanations, considering different perspectives.  Be specific – link answers closely to the provided case study details.  Use examples – apply your knowledge with relevant examples.	<p><b>Key topic areas to revise:</b></p> <ul style="list-style-type: none"> <li>• <b>Factorise affecting health and wellbeing</b> <ul style="list-style-type: none"> <li>- Physical factors (e.g. genetic inheritance, illness)</li> <li>- Social factors (e.g. family, friends)</li> <li>- Cultural factors (e.g. religion, beliefs)</li> <li>- Economic factors (e.g. income, employment)</li> <li>- Environmental factors (e.g. Housing, pollution)</li> </ul> </li> <li>• <b>Impact of life events</b> <ul style="list-style-type: none"> <li>- Expected life events (e.g. marriage, parenthood)</li> <li>- Unexpected life events (e.g. accidents, illnesses)</li> <li>- How these affect physical, intellectual, emotional, and social development (PIES)</li> </ul> </li> <li>• <b>Health indicators</b> <ul style="list-style-type: none"> <li>- Pulse rate</li> <li>- Blood pressure</li> <li>- Body Mass Index (BMI)</li> <li>- Peak flow</li> <li>- How to interpret these indicators and what they mean for health</li> </ul> </li> <li>• <b>Person-centred approach</b> <ul style="list-style-type: none"> <li>- Importance of individual needs and preferences</li> <li>- Empowerment and involvement in decision-making</li> </ul> </li> <li>• <b>Barriers to healthy lifestyle</b> <ul style="list-style-type: none"> <li>- Physical (e.g. disability)</li> <li>- Psychological (e.g. low self-esteem)</li> <li>- Financial</li> <li>- Social and cultural</li> </ul> </li> <li>• <b>Creating a health and wellbeing improvement plan</b> <ul style="list-style-type: none"> <li>- SMART targets</li> <li>- Short-term and long-term goals</li> <li>- Recommendations for lifestyle changes</li> <li>- Support available</li> </ul> </li> <li>• <b>Interpreting case studies</b> <ul style="list-style-type: none"> <li>- Identify factors affecting health</li> <li>- Suggest realistic improvements</li> <li>- Justify recommendations using evidence</li> </ul> </li> </ul>
Resources required to revise: <a href="https://studyrocket.co.uk/revision/level-2-health-and-social-care-btec">https://studyrocket.co.uk/revision/level-2-health-and-social-care-btec</a>	