## Sybil Andrews Academy



# Year 11 Preparation for GCSE's Booklet 2025-2026

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#### Introduction

This booklet has been created to help both students and parents in the build up to the summer GCSE examinations in 2026.

The booklet contains key information from subject areas including what content will be included in exams. It also contains revision strategies, example revision timetables, as well as other links and support that will help students as we go through Year 11 and approach the GCSE window.

As well as the summer exams, this booklet will also provide support and structure for the next set of mock exams, which will take place after October half term.

We hope this booklet will be one aspect of the support that students are offered by the school throughout their journey in Year 11.

Should students (or parents) have any questions/concerns, they should contact the Year 11 team of Mr Mason, Mrs Rose, or their tutor. Subject teachers and Heads of Department can also be contacted with any subject specific queries that may arise.

Finally, we hope this booklet provides help and support to everyone and allows students an easier step into their revision for the year ahead.

Remember, "success doesn't come to you, you go get it".

#### The Year 11 Team

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#### **Exam/Exam Hall reminders**

This page has been designed to include key points to remember about the exam process and being in the exam hall. It would be useful for parents as well as students to be aware of the below:

- Students must enter the exam hall, spend the entirety of their time in the exam hall and leave the exam hall in absolute silence.
- You must only take equipment, and a sealed, clear, see through plastic bottle of water into the exam hall with you. Note: Equipment includes multiple pens (black ink only), pencils, ruler, and rubber. You will also need a calculator for certain exams.
- Many items are prohibited from the exam hall, these include but are not limited to mobile phones and electronic devices, headphones, exercise, or textbooks and non-transparent pencil cases.
- Exam rules are strict on cheating or communicating with others. To be clear, cheating could be any of the following:
  - Being in possession of a mobile phone.
  - Communicating or attempting to communicate with other candidates (this could be looking around, making eye contact etc). As well as copying another candidate.

PLEASE NOTE BREACH OF THE ABOVE SUCH AS CHEATING OR FINDING AN ELECTRONIC DEVICE IN THE EXAM HALL COULD RESULT IN STUDENTS BEING DISQUALIFIED FROM TAKING EXAMS.

For more on exam regulations or information you can visit the GCSE Examinations page on the school website (linked below), which has several exam related documents, as well as the contact information for the school's examination officer, Mrs Chamberlain.

https://www.sybilandrewsacademy.co.uk/examinations/

#### Making sure you look after yourself.

Exams can be an incredibly stressful time. A combination of expectations and nerves are understandably not always easy to manage. This page outlines the signs of stress, as well as how to try and manage the situation.

#### Signs of stress (can include but are not limited to):

- A loss of appetite
- Sudden weight loss or gain
- Feeling anxious
- Difficulty concentrating
- Feeling emotional
- Struggling to sleep

#### How can we manage our stress?

- Ensure you give yourself time to relax and unwind (this includes getting away from technology and screens). Go for a walk or run, play some sport or listen to some music. Exercise is a great way to reduce stress.
- Reward yourself for studying as a motivation have a drink or meal you enjoy, watch some TV or meet up with some friends.
- Be flexible having a revision schedule is great, but don't beat yourself up if things change or you must make adaptations.
- Practice mindfulness this could be things like meditation, breathing exercises or could be as simple as sitting outside and chilling out.
- Eat and drink well (ensure you are eating a balanced diet and drinking plenty of water.
- Make sure you prioritise sleep!

#### What do GCSE qualifications look like in each subject?

Subject	Exam Board	What is the makeup of qualification?	Details about examinations	What content is assessed?
English Literature	AQA	100% examination	Paper 1: Shakespeare and the 19 <sup>th</sup> century novel (1 hr 45 mins)  Paper 2: Modern texts and poetry (2 hrs 15 mins).  Paper 1 is worth 64 marks (40% of qualification) and Paper 2 is worth 96 marks (60%).	Paper 1: Shakespeare's Macbeth and either R.L Stevenson's The Strange Case of Dr Jekyll and Mr Hyde or Shelley's Frankenstein  Paper 2: J.B Priestley's An Inspector Calls and a range of poetry connected through the themes of 'Power and Conflict'.
English Language	AQA	100% examination	Paper 1: Explorations in Creative Reading and Writing (1 hr 45 mins)  Paper 2: Writers' Viewpoints and Perspectives (1 hr 45 mins).  Both papers are worth 80 marks (50% of qualification each).	Paper 1: Comprehension and analysis of a fiction test. Students also must produce their own piece of creative writing using key techniques.  Paper 2: Two non- fiction texts (one modern and one from the 19 <sup>th</sup> or 20 <sup>th</sup> century). Students must also produce a

				non-fiction text putting forth a particular viewpoint (arguing or persuading the reader of a particular viewpoint).
Maths	Edexcel	100% examination	Paper 1: Non-Calculator (1 hr 30 mins)  Paper 2: Calculator Paper (1 hr 30 mins)  Paper 3: Calculator Paper (1 hr 30 mins)  All papers are worth 80 marks (33.33% of qualification each).	Each of the three papers covers a combination of the following content:  Number  Algebra  Ratio, proportion, and rates of change  Geometry and measures  Probability  Statistics
Combined Science	AQA Trilogy	100% examination	Biology Paper 1 (1 hr 15 mins)  Biology Paper 2 (1 hr 15 mins)  Chemistry Paper 1 (1 hr 15 mins)  Chemistry Paper 2 (1 hr 15 mins)  Physics Paper 1 (1 hr 15 mins)	Biology Paper 1: Topics 1–4: Cell Biology; Organisation; Infection and response; and Bioenergetics.  Biology Paper 2: Topics 5–7: Homeostasis and response; Inheritance, variation, and

				evolution; and
			Physics Paper 2	Ecology.
			(1 hr 15 mins)	Leology.
			,	Chemistry Paper
			All papers are	1: Topics 8–12:
			worth 70 marks	Atomic structure
			(16.7% of	and the periodic
			qualification	table; Bonding,
			each).	structure, and the
				properties of
				matter;
				Quantitative
				chemistry;
				Chemical changes;
				and Energy
				changes.
				Chemistry Paper
				2: Topics 13–17:
				The rate and
				extent of chemical
				change; Organic
				chemistry;
				Chemical analysis; Chemistry of the
				atmosphere; and
				Using resources.
				Physics Paper 1:
				Topics 18–21:
				Energy; Electricity;
				Particle model of
				matter; and atomic structure.
				atomic structure.
				Physics Paper 2:
				Topics 22–24:
				Forces; Waves;
				and Magnetism
				and
Trinle	A C A	1000/	CCCC Diala	electromagnetism.
Triple	AQA	100%	GCSE Biology	Biology Paper 1:
Science/Separate Sciences		examination	Paper 1 (1 hr 45	Topics 1–4: Cell
Sciences			mins)	.36.00 1 11 0011

(Biology,	Paper 2 (1 hr 45	Biology;
Chemistry and	mins)	Organisation;
Physics)	Each paper is	Infection and
i ilysics)	worth 100 marks	response; and
	(50% of	· ·
	'	Bioenergetics.
	qualification	Biology Paper 2:
	each)	Topics 5–7:
		Homeostasis and
	GCSE Chemistry	
	Paper 1 (1 hr 45	response;
	mins)	Inheritance,
	Paper 2 (1 hr 45	variation, and
	mins)	evolution; and
	Each paper is	Ecology.
	worth 100 marks	Chamistus Davis
	(50% of	Chemistry Paper
	qualification	1: Topics 8–12:
	each)	Atomic structure
	,	and the periodic
	GCSE Physics	table; Bonding,
	Paper 1 (1 hr 45	structure, and the
	mins)	properties of
	Paper 2 (1 hr 45	matter;
	mins)	Quantitative
	Each paper is	chemistry;
	worth 100 marks	Chemical changes;
	(50% of	and Energy
	qualification	changes.
	each)	
	each	Chemistry Paper
		2: Topics 13–17:
		The rate and
		extent of chemical
		change; Organic
		chemistry;
		Chemical analysis;
		Chemistry of the
		atmosphere; and
		Using resources.
		Physics Paper 1:
		Topics 18–21:
		· ·
		Energy; Electricity;
		Particle model of

French	AQA	100% examination	Paper 1: Listening (35 mins [F] 45 mins [H]) Paper 2: Speaking (7-9 mins [F] 10-12 mins [H]) Paper 3: Reading (45 mins [F] 1 hr	matter; and atomic structure. Physics Paper 2: Topics 22–24: Forces; Waves; and Magnetism and electromagnetism  Paper 1: Understanding and responding to different types of spoken language.  Paper 2: Communicating and interacting effectively in
			[H])  Paper 4: Writing (1 hr [F] 1 hr 15 mins [H])  Paper 1 is worth 40 marks [F] and 50 marks [H] (25% of qualification).  Paper 2 is worth 60 marks for both tiers (25%).  Paper 3 is worth 60 marks for both tiers (25%) and Paper 4 is worth 50 marks [F] and 60 marks [H] (25%).	speech for a variety of purposes.  Paper 3: Understanding and responding to different types of written language.  Paper 4: Communicating effectively in writing for a variety of purposes
History	Edexcel	100% examination	Paper 1: Medicine in Britain 1250-	Paper 1: Medicine in Britain 1250- present and the

			present and the British Sector of the Western Front 1914-1918 (1 hr 15 mins)  Paper 2: Anglo Saxon and Norman England and Cold War and Superpower Relations (1 hr 45 mins)  Paper 3: Weimar and Nazi Germany (1 hr 20 mins)  Paper 1 is worth 52 marks (30% of qualification).  Paper 2 is worth 64 marks (40% of qualification) and Paper 3 is worth 52 marks (30% of qualification).	British Sector of the Western Front 1914-1918  Paper 2: Anglo Saxon and Norman England and Cold War and Superpower Relations  Paper 3: Weimar and Nazi Germany
Citizenship	Edexcel	100% examination	Paper 1 (1 hr 45 mins)  Paper 2 (1 hr 45 mins)  Both papers are worth 80 marks (50% of qualification each).	Paper 1: Theme A: Living Together in the UK, Theme B: Democracy at work in the UK and Theme C: Law and Justice  Paper 2: Theme D: Power and Influence, Theme E: Taking Citizenship Action, and one question

				on either Theme
Geography	AQA	100% examination	Paper 1: Living with the physical environment (1 hr 30 mins)  Paper 2: Challenges in the human environment (1 hr 30 mins)	A, B or C.  Paper 1: 3.1.1 The challenge of natural hazards, 3.1.2 The living world, 3.1.3  Physical landscapes in the UK, 3.4  Geographical skills
			Paper 3: Geographical applications (1 hr 15 mins)  Paper 1 and 2 are worth 88 marks including 3 for SPaG (35% each of qualification) and Paper 3 is worth 76 marks including 6 for SPaG (30%).	Paper 2: 3.2.1 Urban issues and challenges, 3.2.2 The changing economic world, 3.2.3 The challenge of resource management, 3.4 Geographical skills  Paper 3: 3.3.1 Issue evaluation, 3.3.2 Fieldwork, 3.4 Geographical skills
RPE	Eduqas A	100% examination	Paper 1: Religious, Philosophical and Ethical Studies in the Modern World (2 hrs)  Paper 2: Study of Christianity (1 hr)  Paper 3: Study of a World Faith (Islam) (1 hr)	Paper 1: Relationships, Life and Death, Good and Evil and Human Rights.  Paper 2: The beliefs, teachings, and practices of Christianity.  Paper 3: The beliefs, teachings,

			Paper 1 is worth marks (50% of qualification). Papers 2 and 3 are worth marks (25% of qualification each).	and practices of Islam.
GCSE PE	AQA	40% practical assessment 60% examination	Paper 1: The human body and movement in physical activity and sport (1 hr 15 mins)  Paper 2: Sociocultural influences and well-being in physical activity and sport (1 hr 15 mins)  Non-exam assessment: Practical performance in physical activity and sport  Papers 1 and 2 are both worth 76 marks (30% of qualification each). The practical nonexam assessment is worth 100 marks (40% of qualification).	Paper 1: Applied anatomy and physiology, movement analysis, physical training, and use of data.  Paper 2: Sports psychology, socio-cultural influences, health, fitness and wellbeing and use of data.  Non-exam assessment (practical): Practical performance in three different physical activities as player/performer (one team activity, one individual and one team or individual). Analysis and evaluation of performance to bring about

				improvement in
				one activity.
Statistics	AQA	100% examination	Paper 1 (1 hr 45 mins)  Paper 2 (1 hr 45 mins)	Both papers cover all specification content that is taught during the course.
			Both papers are worth 80 marks (50% of qualification each)	
Art	AQA	40% examination 60% coursework	Coursework: Portfolio  Examination: Externally set assignment (prep period followed by 10 hours of supervised time)  Portfolio is worth 96 marks (60% of qualification). The assignment/exam is worth 96 marks (40% of the qualification).	Coursework: A portfolio that in total shows explicit coverage of the four assessment objectives. It must include a sustained project evidencing the journey from initial engagement to the realisation of intentions and a selection of further work undertaken during the student's course of study.  Examination: Students respond to their chosen starting point from an externally set assignment paper relating to

				their subject title, evidencing coverage of all four assessment objectives.
DT	AQA	50% examination 50% coursework	Paper 1: Written Exam (2 hrs)  Coursework: NEA (non-exam assessment)  Paper 1 and coursework (NEA) are both worth 100 marks (50% of qualification each).	Paper 1 and Coursework: Core technical principles, specialist technical principles, designing and making principles.
Hospitality and Catering	WJEC	60% examination 40% coursework	Exam: The hospitality and catering industry (1 hr 20 mins)  Coursework: Hospitality and catering in action (written assignment and four hours assessed practical)	Exam: Food providers, legislation, food safety and different roles and responsibilities within the industry.  Coursework: Practical skills for planning, preparing, cooking, and presenting dishes to meet specific client's needs.
Health and Social Care	Edexcel	60% coursework 40% external assessment	Component 1: Internal Assessment	Component 1: Human Lifespan Development

Component 2: Internal Assessment Component 3:	Component 2: Health and Social Care Services and Values
External	Component 3:
Assessment	Health and
(synoptic project)	Wellbeing

You can find out more about the content and examination details of each course by visiting the exam board website. For example, if you search Edexcel History Specification, this will bring up a more detailed summary. A link to this as an example if included below:

https://qualifications.pearson.com/content/dam/pdf/GCSE/History/2016/specification-and-sample-assessments/gcse-9-1-history-specification.pdf

#### **Planning for revision (Revision timetable)**

Good quality revision takes time and planning. You cannot expect to pick up a revision guide the night before and ace your exams.

This page contains some advice and tips for planning quality revision (including a revision timetable template), that should put you on the right path!

Firstly, the link below takes you to a BBC Bitesize article (including a video) that covers planning and revision timetables.

#### https://www.bbc.co.uk/bitesize/articles/zn3497h

Below are some key tips/things to consider when planning your revision:

- Ensure you have a plan/timetable. You may choose to do this on paper (see below) or using a revision/timetable app (such as Adapt which is available on the App Store and Google Play store).
- Identify subjects that may be a priority. Although you will of course revise all subjects, it may be that certain subjects need more revision time as you struggle more in certain areas.
- Be realistic! Most good advice says you should revise for around 30-45 minutes at a time. Ensure you build in breaks within the timetable.
- Make sure you timetable things that will support your wellbeing and mental health. Revision is important, but so are you, go out for a walk or run, play some sport, watch a film, or meet up with friends.
- Ensure you have your timetable somewhere that is visible and easy to follow. You want to make the process as easy and supportive as you can!
- Tick your sessions off as you complete them. There is nothing more motivating that seeing your progress as you go!

#### **Revision timetable example**

Below is an example of a revision timetable. You could print this as many times as you wanted and use this for your own revision. Equally, you can adjust the formatting or make your own version. There are lots of templates online.

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
8:30- 16:00	School	School	School	School	School	9:00- 11:00		
16:00-						11:00-		
17:00						13:00		
17:00-						13:00-		
18:00						15:00		
18:00- 19:00						15:00- 17:00		
19:00- 20:00						17:00- 19:00		
20:00- 21:00						19:00- 21:00		
21:00- 22:00								



### **Ten Top Tips**

#### For Revision Success!



#### Before you start, plan

We've all done it, spent so long revising the really tough stuff leaving no time for the remaining 90% of our revision. Plan, stick to it and don't panic!



#### Be realistic

We'd all love to be Superman and get our revision done in 5 minutes but it isn't going to happen. Working 24 hours a day won't help either. Make sure your plan is manageable in the real world not Metropolds!



#### The early bird...

Catches the worm, or at least has a sensible revision plan. The earlier you start, the less you'll have to do in



#### A Room of One's Own

Or corner, or desk, or sofa... Find a good place to revise, whatever works for you, be that a quiet library, your desk, or under a tree.



#### Mix it up a bit

There are different ways of revising like there are different ways of memorising information. Rather than just copying out, try drawing diagrams, reading aloud, sticking it on post-its on the wall. Whatever helps!



#### Look to the past

This doesn't involve a time machine, just checking out old exam papers. It can help you plan, revise, and calm you down!



#### Take regular breaks!

Don't head for information overload. We're not designed to work flat-out and work far more efficiently if we take regular breaks. Try to get up and move around, have a dance if you want. Don't just close the book; make the most of that time off!



#### Feed & water regularly

Like a car, if you run out of petrol you're not going to get very far. A fed and watered revision brain, is a happy, efficient revision brain revving its highly tuned engine!



#### Testing times

Don't just input, check what you know. You can do this with friends, family, or on your own. Testing is a great way of combating those nerves by confirming what you know, and filling in the gaps!



#### Early to bed

It's the night before the exam. Now you've done all that work it's time to give your brain a rest, so you're in tip top condition for sitting that exam. Good luck!

#### education.cambridge.org

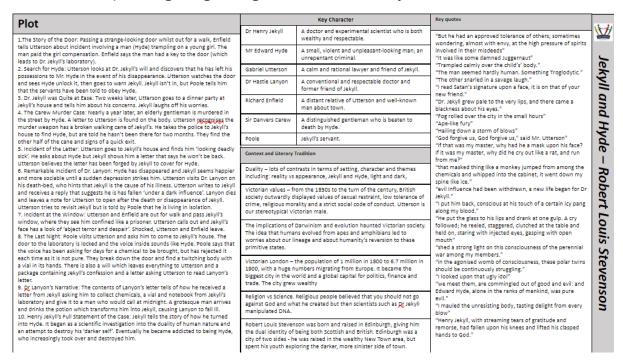
#### **Revision Strategies**

One of the big questions students always have is how to revise? Just sitting and reading an exercise book is not the most active and effective way to revise for exams. This section has been designed to give some different revision strategies that may be worth trying.

Remember, creating the resources is only the beginning, once you have your revision resources, you need be using them actively – this could mean testing yourself, or getting friends and/or family to test you.

#### **Knowledge Organisers**

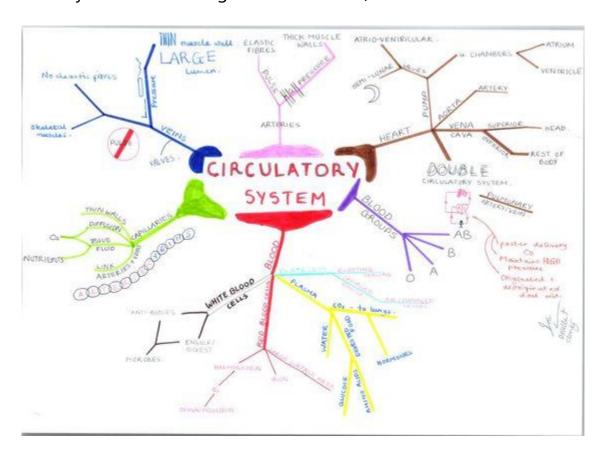
Knowledge Organisers can be used in a variety of ways to aid revision. As explained ahead of mocks in Year 10, lots of the key words and information from each subject can be found in the knowledge organisers provided by departments. These can be used to help produce mind maps and flash cards (which are explained below), or to help quizzing (either self-quizzing or getting a friend or family member to do this).



#### **Mind Maps**

Mind mapping always you to organise your ideas/information in a visual way. You can use a mixture of images, key words, and more detailed information to make a mind map.

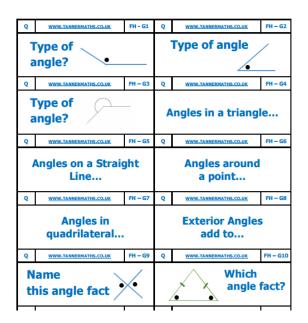
- 1. Start with a piece of A3/A4 paper (preferably landscape) and write a key theme or topic in the middle (e.g., Medieval Medicine for History).
- 2. Create branches of different ideas that link to the theme/topic. You may wish to do these in different colours.
- 3. Add key ideas, dates, events, people etc to these branches (you may wish to use images as well as text).

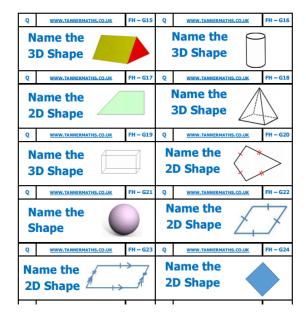


#### **Revision Cards/Flash Cards**

Flash cards are a great self-testing revision technique. Like a revision timetable, these can be created on paper/card, or on a phone app.

- 1. On one side of your card, you can include an image, an equation, a key word, a name, or a key date.
- 2. On the other side, you can then include a definition or summary of whatever is on the reverse.
- 3. Once you have made a set of cards, you can then use this to test yourself, or get others to test you.

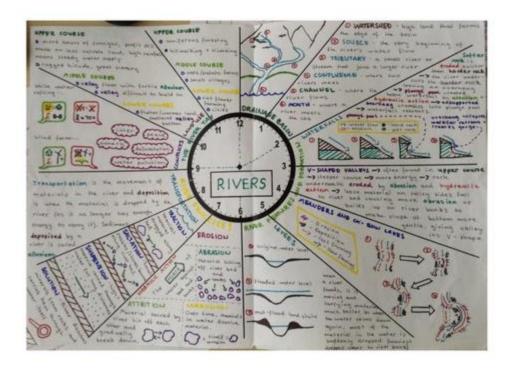




#### **Revision Clock**

Revision clocks (similar to mind maps) give a clear organisation to notes and information.

- 1. Write a key topic in the centre of the clock.
- 2. Break to topic down into 12 subtopics. Each of the subtopics will be given a 5-minute segment on the revision clock.
- 3. In each segment, make brief notes or diagrams for each subtopic.
- 4. You can then use this clock to structure your revision = 5 minutes for each subtopic. This can be used to self-question or get someone to question you.



#### **Past Exam Papers, Mark Schemes and Examiners Reports**

All exam boards publish the previous exam papers and mark schemes on their website. This is great for revision as it allows you to practice past paper questions and look at the mark schemes to mark them/do some self-feedback.

As well as this, you can also access reports written by the chief examiner for each exam board which analyses each question and provides feedback on each exam series.

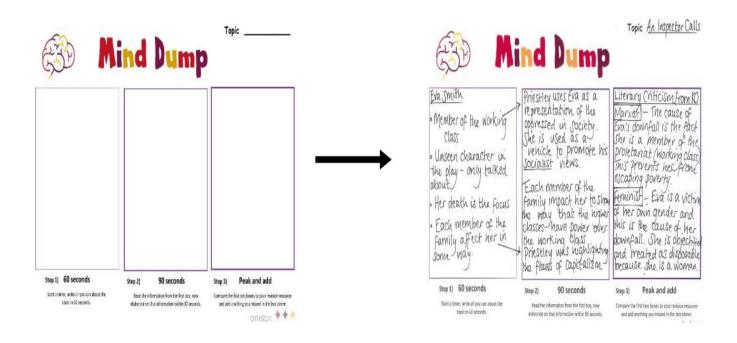
Below is a list of each exam board website:

- Edexcel <a href="https://qualifications.pearson.com/en/home.html">https://qualifications.pearson.com/en/home.html</a>
- AQA <a href="https://www.aga.org.uk/">https://www.aga.org.uk/</a>
- OCR <a href="https://www.ocr.org.uk/">https://www.ocr.org.uk/</a>
- Eduqas <a href="https://www.eduqas.co.uk/">https://www.eduqas.co.uk/</a>
- WJEC <a href="https://www.wjec.co.uk/">https://www.wjec.co.uk/</a>
- NCFE <a href="https://www.ncfe.org.uk/">https://www.ncfe.org.uk/</a>

#### **Knowledge Dumps**

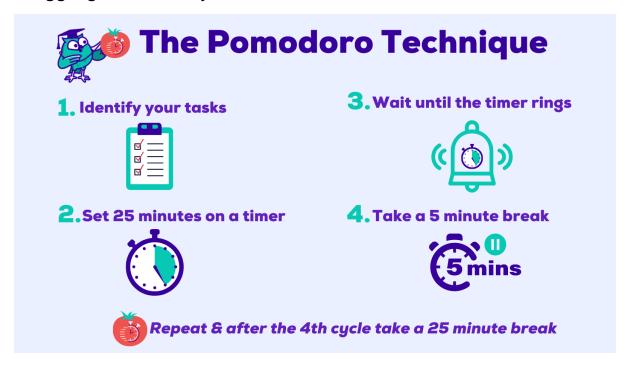
A knowledge dump is an activity where you write down everything you can remember about a topic. This is useful to work out what you already know and what gaps might exist in your knowledge.

- On a plain piece of paper, write down a topic/theme that you want to revise.
- 2. Without any support/notes, write down anything you can remember about the topic (this may be key words or phrases, dates etc).
- 3. You can then connect the facts/information with arrows to show any links.
- 4. Once you have written everything you can remember, grab a different colour pen and a textbook, revision guide or exercise book and fill in any gaps you may have.
- 5. Keep the paper as a useful revision tool.



#### The Pomodoro Revision Technique

Whichever revision techniques and strategies you use, making sure these are productive is incredibly important. Below is an excellent example of the Pomodoro Technique to support your revision. This ensures that you have productive periods of revision, but also the right amount of time to break and look after yourself. Give this a go, especially if you are struggling to focus on your revision!



The following article covers the technique in more detail.

https://www.schoolonline.co.uk/gcse-hacks-using-the-pomodorotechnique/

#### **Useful Websites and Links**

- https://www.123revision.co.uk/
- https://senecalearning.com/en-GB/
- https://www.sybilandrewsacademy.co.uk/curriculum/ks4knowledge-organisers/ - Knowledge Organisers
- https://www.sybilandrewsacademy.co.uk/documents/gcserevision-guides-2/ - Link to revision guide list
- <a href="https://www.bbc.co.uk/bitesize/levels/z98jmp3">https://www.bbc.co.uk/bitesize/levels/z98jmp3</a> BBC Bitesize GCSE revision pages
- <a href="https://www.bbc.co.uk/bitesize/study-support">https://www.bbc.co.uk/bitesize/study-support</a> Tips and advice for revision, exam stress and other related issues.
- <a href="https://www.bbc.co.uk/bitesize/articles/z3hpgdm">https://www.bbc.co.uk/bitesize/articles/z3hpgdm</a> The Mind Set (hacks and advice for revision and exams).
- https://www.youngminds.org.uk/young-person/coping-withlife/examstress/#:~:text=Don't%20put%20so%20much,it's%20affecting%20y our%20mental%20health. – Young Minds Guide to Exam Stress for Young People
- <a href="https://qualifications.pearson.com/en/about-us/qualification-brands/edexcel.html">https://qualifications.pearson.com/en/about-us/qualification-brands/edexcel.html</a> Edexcel Exam Board
- <a href="https://www.aqa.org.uk/">https://www.aqa.org.uk/</a> AQA Exam Board
- <a href="https://www.ocr.org.uk/">https://www.ocr.org.uk/</a> OCR Exam Board
- <a href="https://www.eduqas.co.uk/">https://www.eduqas.co.uk/</a> Eduqas Exam Board
- <a href="https://www.wjec.co.uk/">https://www.wjec.co.uk/</a> WJEC Exam Board
- <a href="https://www.ncfe.org.uk/">https://www.ncfe.org.uk/</a> NCFE Exam Board