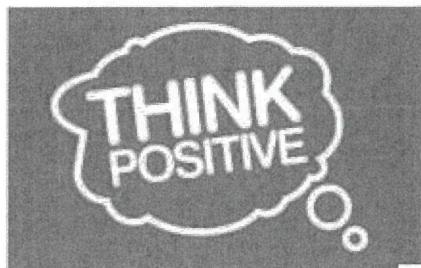
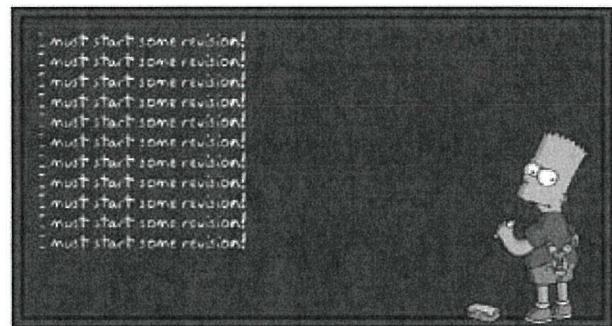
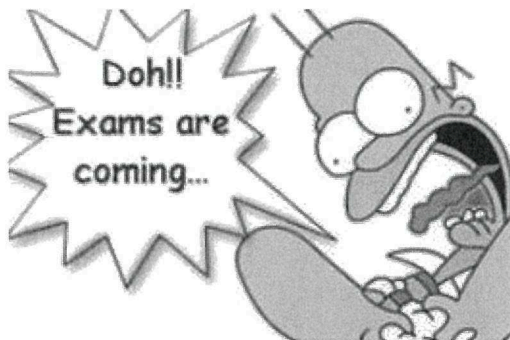


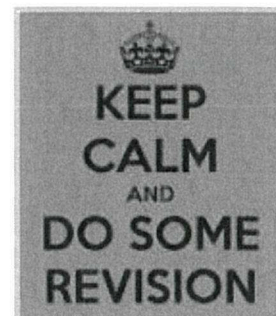


NESTON
HIGH SCHOOL

Year 7 Exam Revision Guide



**I ♥
REVISION**



MON	TUE	WED	THU
Maths	English	Science	History
Art	PE	Music	Religion
French	Spanish	German	Italian
Latin	Greek	Latin	Greek

High Expectations lead to High Achievers

Year 7 Assessment Information – Summer Term 2026

Assessment Window: Monday 18th May- Friday 19th June

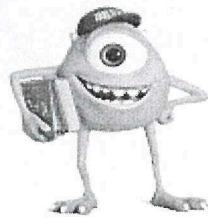
Subject	Date: (or Week commencing)	Assessment Information	Time Allowed
English	w/c 18 th May	Written assessment Reading skills: comprehension and analysis of an extract from a Dystopian text Writing skills: creative writing based on an image tynans@nestonhigh.com Mr Tynan (Deputy Leader of English)	45 minutes x 2
Maths	w/c 18 th May	Written assessment Algebra, Fractions, Percentages, Probability Non-calculator assessment. Total 50 marks coombse@nestonhigh.com Miss E Coombs (Curriculum Leader of Maths)	45 minutes
Science	w/c 1 st June	Written assessment Section A Scientific skills question Section B Application Questions Section C Recall Questions Questions based on the content covered so far - Matter, Organisms, Reactions, Electricity, Energy, Waves westobys@nestonhigh.com Mrs S Westoby (Curriculum Leader of Science)	45 minutes
Spanish	w/c 1 st June	Written assessment Reading comprehension assessment - answers in English and multiple choice across all content covered Writing assessment - response to a question in the target language with bullet points covering all content so far westona@nestonhigh.com Mr A Weston (Curriculum Leader of Languages)	45 minutes
Religious Education	w/c 8 th June	Written assessment Section 1: Knowledge recall, Section 2: Application (Explanation and Evaluation) Topic Areas: Three Abrahamic Faiths beliefs and practices (Christianity, Judaism, Islam) Revision checklists, knowledge organisers and revision sheets printed for students and on teams. 50 marks total HarrisL@nestonhigh.com Miss L Harris (Curriculum Leader of RE)	45 minutes

History	After May half-term. Exact date to be posted on each class Team.	Written assessment covering all enquiries studied this academic year. Section 1: Knowledge recall. Section 2: Sources and interpretations. Section 3: Application/extended writing (based around the Y7 'big questions'). Revision list and tasks will be posted on Teams. 50 marks total williamsg@nestonhigh.com Mr G Williams (Curriculum Leader of History)	45 minutes
Geography	After May half-term. Exact date to be posted on each class Team.	Written Assessment Knowledge recall section & Application section Revision list on TEAMS- Map Skills, Local Settlement, Global Settlement (Mumbai), Water Cycle and Rivers. 50 marks total Traynorl@nestonhigh.com Miss L Traynor (Curriculum Leader of Geography)	45 minutes
Physical Education		Practical assessment on the sports your child has been taught on the rotation of activities within the summer PE programme. This will be combined with previous assessments completed throughout the winter programme to formulate an overall PE grade. The overall grade takes into consideration knowledge of each activity and performance level. wallacek@nestonhigh.com Miss K Wallace (Key Stage 3 Leader of PE)	N/A
Drama	W/C 1 st June	Practical assessment Group task: exploring characterisation, using physical and vocal skills. Assessment on performing. hickeyc@nestonhigh.com Mrs C. Hickey (Head of Performing Arts)	1 Hour
Art	W/C 18 th May	Practical assessment. Recalling colour theory knowledge and portraiture. Applying knowledge to practical task. Written analysis of a portrait painting. Revision knowledge organisers on TEAMS. thomash@nestonhigh.com Miss H Thomas (Curriculum Leader of Art)	45 minutes
Computing	W/C 1 st June	Computer online Teams assessment covering topics covered in year 7: Recall and Application sections. E-Safety, Basic Office Skills, Computer Hardware, HTML, Scratch & computational thinking. clarec@nestonhigh.com (Curriculum Leader of Computing & Business)	45 minutes
Music	W/C 1 st June	Practical Assessment Group task: Students will use singing, keyboard, and ukulele skills to form a band and perform a pop song, focusing on construction, expression, and technique. mcaleern@nestonhigh.com Miss N McAleer (Curriculum Leader of Music)	45 minutes

Food Technology	W/C 1 st June	Theory assessment. Knowledge & Application. Recalling the skills taught across the year and applying knowledge of using practical skills, tools, and equipment, health and safety, food storage and weighing and measuring. Knowledge organiser will be provided digitally on Teams. jonesh@nestonhigh.com Mrs J Jones (Curriculum leader of Food & Health)	45 minutes
Design Studies	W/C 18 th May	Written assessment. Knowledge recall and application of Health and Safety within the workshop and workshop tools, problem solving of practical situations, basic math calculations and conversions. Perspective drawing task. Revision notes on TEAMS. storeyj@nestonhigh.com Mr J Storey (Curriculum Leader of DT)	45 minutes

How to Study

To do well, aim high.



Start revising early, the more you prepare the more confidence you will have in the exam.
Do not leave the difficult topics until the end of your revision time.

Check you know what topics to revise. You want to learn the correct information.

Ask teachers for help if you need it as you get ready for your exam.
Find a quiet place to study.

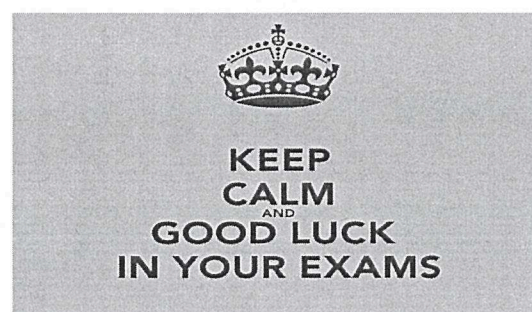
Don't distract yourself with Facebook or texts.



Keep calm. Exams are not there to trick you; they are to see how much you have learnt.



High Expectations lead to High Achievers

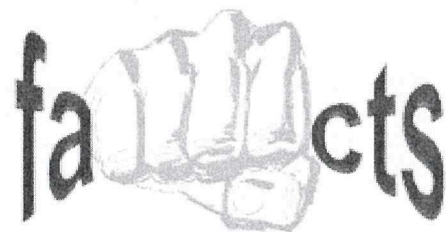


Study Methods



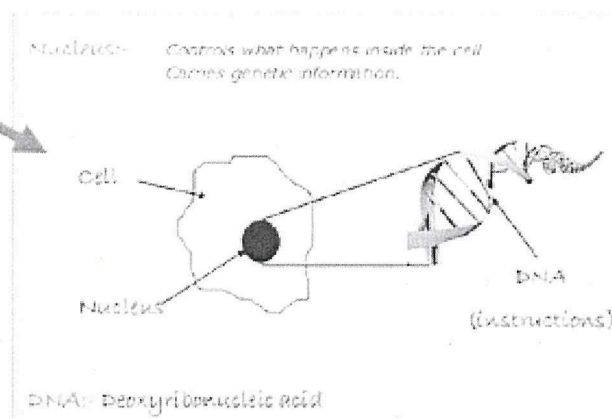
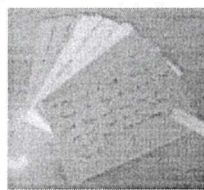
Revision is not just reading your notes or text books. There is no 'right way' to revise – different methods suit different people.

Choose a way that will help you gain a solid grasp of the facts and strengthen your knowledge.



You may want to mix methods as variety will help you concentrate for longer.

You could read your notes and make diagrams or revision cards of main points.



Use colour, a highlighter and lots of pictures to help you remember. Write the main points only as you will want to recall all of the important things.

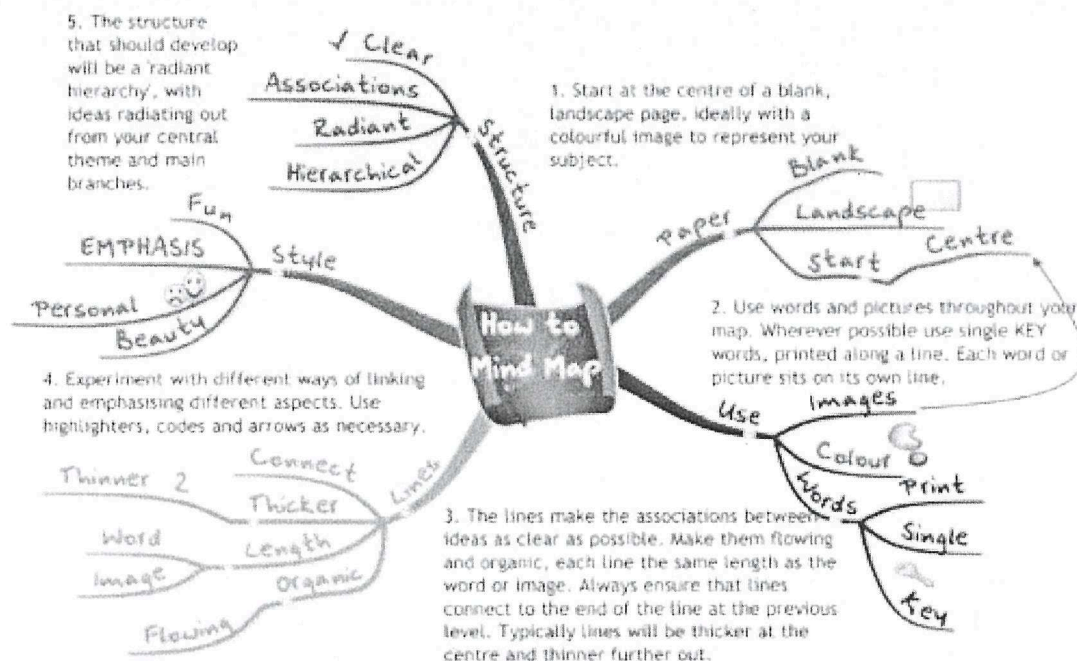


If your notes are not clear, recheck your text book, do not copy incorrect details.

High Expectations lead to High Achievers

Make posters with key facts then display these in your house where you will see them.

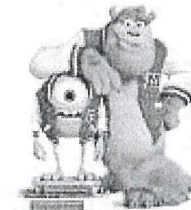
Create Mind Maps with the subject in the centre and key words/pictures linking it.



Record yourself reading notes to listen to on the move. Include questions, a pause and then the answers so you can test yourself as you listen.



Study with a friend and test each other's knowledge, but remember you are meeting to revise rather than to chat!



Work through past question papers – use a watch so that you can practise timing your answers.

Don't forget to reward your hard work with things you enjoy. Take breaks. Short blocks may be better for you than a solid three hours if nothing goes in!

High Expectations lead to High Achievers

Making revision effective

Before you do any revision

Tip one: Eat properly

- Have breakfast every day – your brain needs energy
- Have healthy snacks – fresh fruit, dried fruit, carrot sticks
- Eat lunch and dinner
- Treat yourself occasionally



Tip two: Drink well

- Keep hydrated by drinking water or squash regularly
- Don't drink too much tea or coffee or sweet or fizzy drinks as these can give you headaches
- Avoid energy drinks

Tip three: Put your phone away

- Phones can be distracting
- Evidence shows that students who spend more time texting and using social media get lower grades
- A recent study revealed that the mere sight of a phone was enough to reduce a person's ability to focus

During revision sessions

Tip four: Start early and spread it out

- To commit something to memory takes time
- Spreading out your revision sessions on a particular topic (eg one-hour sessions over 10 days) is more effective than spending the same amount of time in one go (ie 10 hours in one day).

Tip five: Test yourself

- Testing yourself is one of the most effective ways to improve your ability to recall information
- Testing yourself also helps you check for any gaps in your knowledge
- Practice papers provide a good starting point, as well as quizzing yourself at the end of your revision session.

Tip six: Teach someone

- After you have tested yourself, teach the material to someone else. This helps aid memory and recall.
- Teaching someone else requires you to learn and organise your knowledge in a clear and structured manner.

TOP 5 Revision Techniques

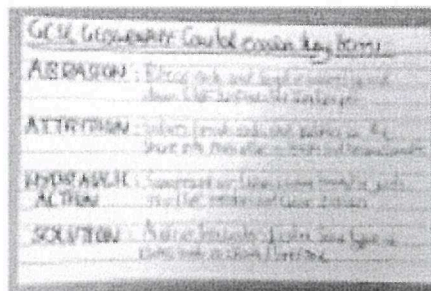
1. Flashcards

Flashcards are made using index cards which you can buy from any good stationery shop or Amazon. The beauty of flashcards is that they force you to break information down into bite-sized chunks. It makes you think about how to chunk down the information, which helps them to chunk your knowledge and, in the process, makes the information easier to remember.

We highly recommend you use flashcards as it is one of the best revision methods.

How to organise your flashcards

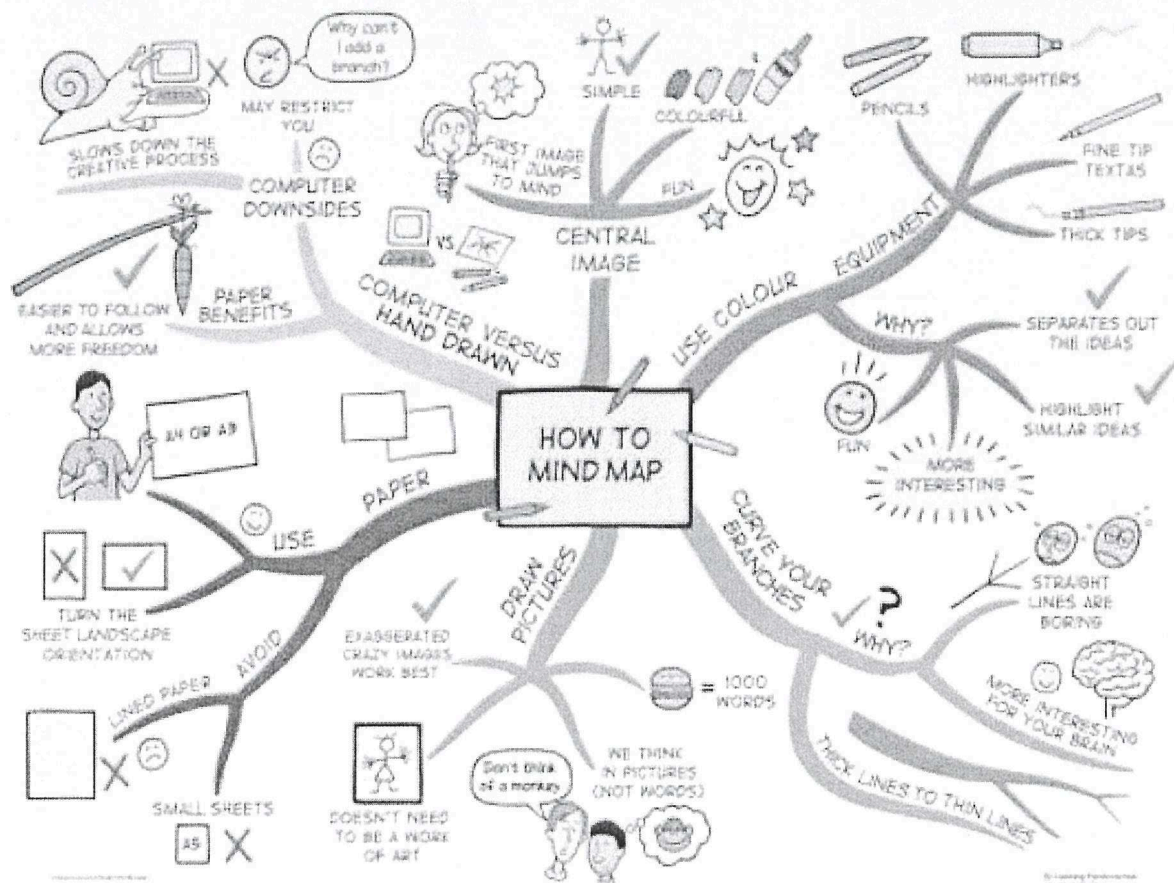
1. Use an envelope.
2. Write the topic title on the envelope.
3. Write the title of each flashcard on the outside.
4. Add tick boxes.
5. File your flashcards in the envelope.
6. Tick off each time you revise the flashcard.



2. Revision posters and mind-maps

Revision posters are great for visual learners. If you are artistic these are a great way to enjoy and enhance your revision. Posters aren't suitable for all topics, but if there is a diagram, a map of a case study or something that can be illustrated with images then they're ideal.

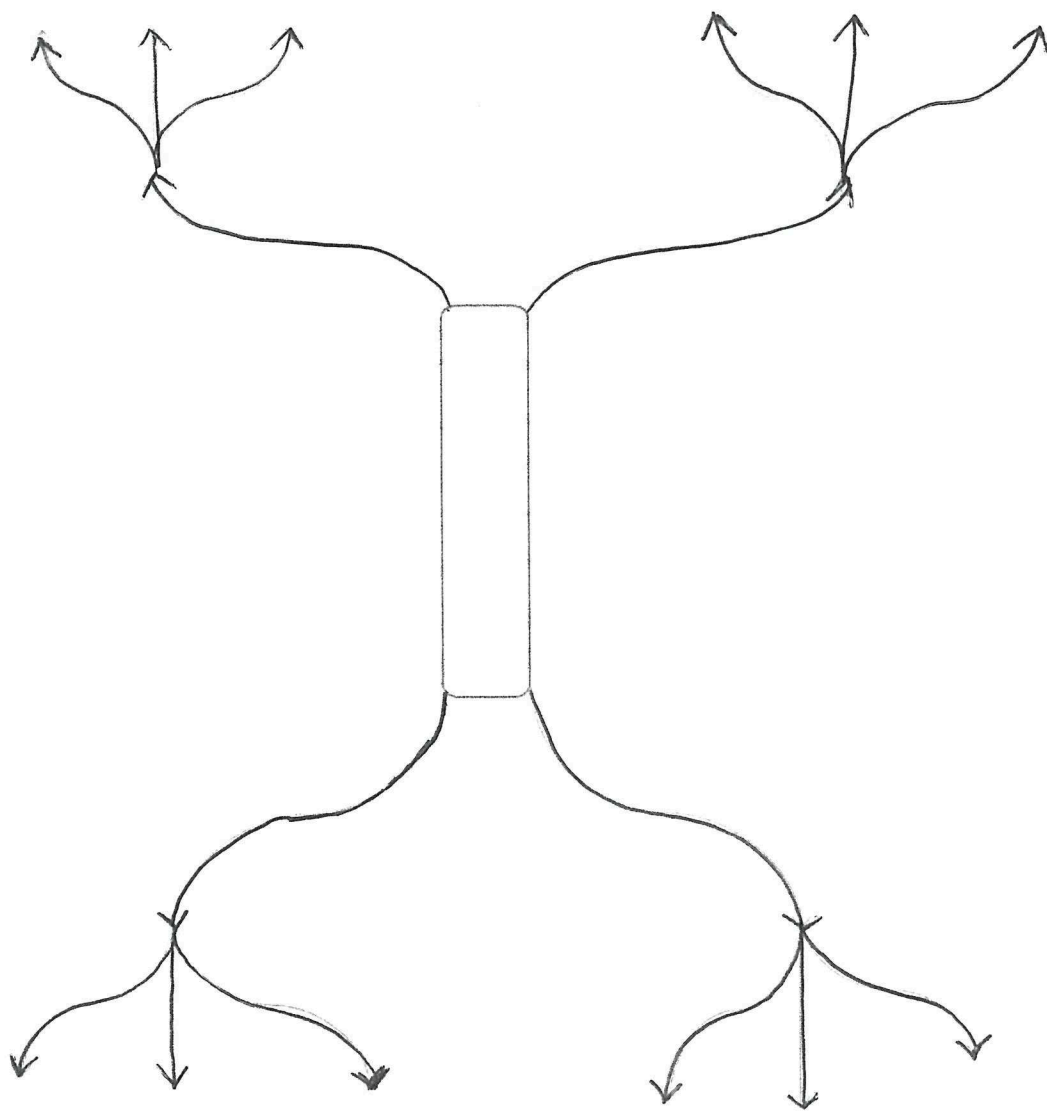
How to create mindmaps



Steps to success

1. Create a **central idea**. The central idea is the starting point of your mindmap and represents the topic you are going to explore.
2. Add **branches** to your map – write along the branches (the mind map should flow).
3. Add **keywords** and key information (but keep it brief).
4. **Colour code** your branches.
5. Include **images and sketches** (nothing too difficult).

Still not sure? Try the SimpleMind app



3. Post-its and sticky notes

Post-it notes provide a fun, interactive and flexible way to revise. You can go so far beyond just sticking them around the bathroom mirror to look at while you're cleaning your teeth! Use Post-it notes to test yourself, stick them up in your bedroom or use them to mark pages in your class books to come back to.

Revising with Post-it notes

The humble Post-it Note has multiple uses...

- They are an essential study tool and prove especially useful when it comes to revision.
- In this session we will look at ten ways in which you can use Post-it Notes for revision (some of which we have already touched on).

10 Uses for Post-it notes

1: Stick them on your walls and doors

- Movable revision!
- Keywords will catch your eye and pretty soon you'll internalise definitions
- HOWEVER – don't cover every wall in your bedroom. It should be a sanctuary of sleep!

2: Stick them around the house

- One former student used to stick Post-it notes around her house.
- When asked a question she would mentally search the house.
- She would then say something along the lines of 'Fridge ... milk ... 1969!'
- This might help you make mental maps.

3: Use them as keyword match up

- Write a series of keywords on one set of Post-its and the definitions on another set.
- Jumble them and then use a wall space to check your understanding by matching them up.

4: Use them to write paragraph summaries

- Post-its encourage you to be brief yet concise.

5: Use them to keep track of what you have and have not revised

- Stick these notes to your exercise book, text books or revision books as a handy reminder of what you still need to cover

6: Use them as page markers in your exercise books

- Use Post-it to mark out different topics and chapters.

7: Use them to create a flowchart

- You can even mix up the order and rearrange as a method testing yourself

8: Use them as a past paper question planner

- If you don't want to waste a past paper with so-so responses, you can use a Post-it to jot down your answer in rough.

9: Use them as a past paper prompter

- You can use a Post-it to remind yourself of how to answer specific questions.
- This is useful because of the movable nature of Post-it notes.

10: Download Post-it plus

- This app allows you to turn physical Post-it notes into digital ones
- You simply take a picture in the free app and it converts the Post-it into a digital version which you can move around and scroll through

4. Teach someone

This is an all-time favourite revision technique. You can't teach someone else effectively unless you understand it yourself. Teach someone else what you are learning and you will benefit from having to come up with a good explanation. Share your knowledge with a family member and teach them what you know!

5. Test Yourself!

Throughout your revision you must test yourself to see what you can remember! If you are struggling with a topic go back over that topic again using your class book. Make another poster or flash card and then test yourself again! Once you are confident you can tick this topic off and move onto the next one!

Reading is just a part of revising – you need to **rehearse**

Here are the steps:

- | | |
|----------|------------------------------|
| • Read | <i>...your notes</i> |
| • Write | <i>...what you remember</i> |
| • Recite | <i>...what you remember</i> |
| • Review | <i>...your understanding</i> |

- Get someone to test you.
- Cover up sections and test yourself.
- Review what you missed, read over it and start the cycle again.
- You need to look over your notes and identify what doesn't stick.
- Evaluate your performance and spend more time going over that section.
- Relying on reciting won't prove the most effective method of revision
... **it's just one part of a cycle.**
- Read-Write-Recite-Review offers an enhancement that works.
- Simply reading the information is never enough, but this active addition can prove more effective. A little reciting, and a little checking, go a long way.

TIP: Saying complicated or hard-to-remember information out loud and with a funny accent might help remember it!

MEMORY PAD

Subject

Unit:

Topic:

Key Point 1

Key Point 2

Key Point 3

Conclusions/Evaluations/Links

Key vocabulary

How do I remember this?

PROPERTY OF C. STIMP

How to make a Revision Timetable

It's so obvious, but so important

- Manage your time!
- Either make a time-based plan or a subject-based plan, or combine the two

1

2

Time-based plan	Subject-based plan
• Plan out how much time you have and allocate subjects to the time periods/slots • This method is good for long and short term planning • You may choose to make a daily plan, or a weekly plan	• This involves breaking down each subject into topics and working through them • This method is especially good for ensuring you revise ALL information

10 top tips:

1. **Be realistic** – you won't/don't have to work all day, every day
2. **Make a list of subject topics** that you need to revise between now and your exams
3. Concentrate particularly on those specific topics or modules **that you are weaker on**.
4. **Break down** major revision subjects into smaller parts
5. Ensure that you **include break times** during the day
6. **Work out when you 'study best'** – morning, afternoon or early evening
7. Do not leave your most difficult **or hardest subjects** until the end of the day
8. At the end of each week **assess your performance** and change your plans accordingly
9. **Keep your timetable flexible** and be ready to change it if circumstances change

10. Experts suggest studying in slots of 30 minutes and then taking a short break before you switch subjects.

Revision top tips from students • <https://www.bbc.co.uk/bitesize/articles/zw8qpbk>

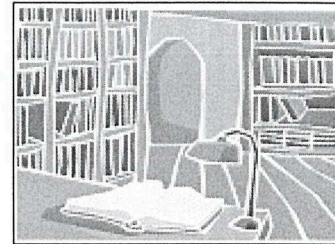
Revision Timetable Template

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00							
9:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
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19:00							
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22:00							

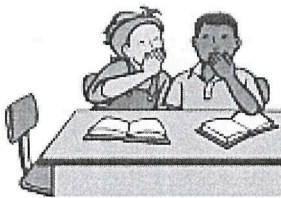
How to Revise...

② WHERE? ②

The ideal study room is light, airy, quiet, with shelves and a desk. Some people are lucky enough to have this and enjoy working in it. Don't worry if you haven't got this. You can still try to get some of the elements.



Vary your revision place. It's a good idea to put up posters, lists and post-it notes in other places in the house.



Some students find they revise well with friends and it is a good idea to do this sometimes as a bit of variety and fun.

Ban the television! Television is too distracting, so make sure it is turned off when you are working. Remember to keep a space in your revision timetable for your favourite programmes.



Lots of students find that some background music helps the revision process. Classical music such as Mozart can help to stimulate your brain waves. Avoid music with lyrics as you are likely to concentrate on these rather than your work!

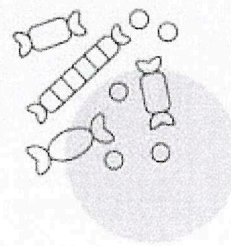
KS3 Exam Preparation Checklist

(TICK WHEN COMPLETE)

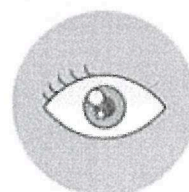
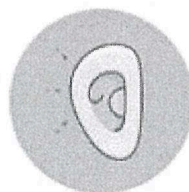
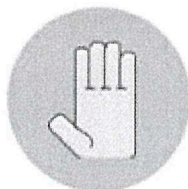
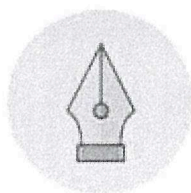
	Yes	Nearly there!	Comments
Find out when each of your exams will take place. Record your exam dates in your planner and in your phone calendar.			
Know the content and structure of the exam paper.			
Separate your revision into folders for each subject. Organise all your worksheets and notes using subject dividers or something similar.			
List all the topics and sub-topics you will need to revise using your learning checklists.			
Create a revision timetable that suits you. Break it down into evening slots during the school term and day and evening slots during the weekends and holidays.			
Plan specific, clear and realistic revision objectives for EVERY session, e.g. Kahoot quiz on Spanish vocabulary linked to hobbies.			
Access additional revision books and subject workbooks.			
Have the right equipment and materials to revise effectively such as plain and lined paper, flashcards and coloured pens.			
Chat with other students about the revision strategies they have found most useful.			
Schedule regular study sessions to recap the week's lesson/revision content.			

Ways to **treat** yourself (though I'm sure you don't need any ideas here):

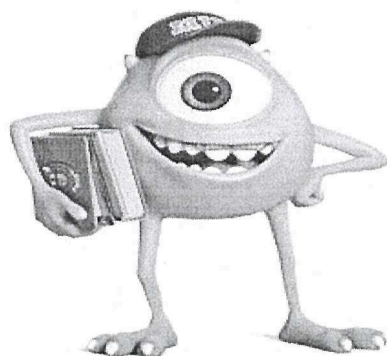
- ★ Watch a film or series
- ★ Relax and listen to your favourite music
- ★ Meet up with a friend and have a picnic
- ★ Go for a bike ride
- ★ Play a sport in the park, such as basketball or frisbee
- ★ Enjoy some chocolate



HOT TIP: Vary your revision. You can learn by writing, doing, watching, listening etc.



You know what you need to do:



- Set a goal
- Work hard
- Practice
- Don't be afraid
- Get good grades
- Then you succeed....

You have **BRAINS** in your **HEAD**.
You have **FEET** in your **SHOES**.
You can **STEER** yourself any
DIRECTION you **CHOOSE**.
~ Dr. Seuss



My Notes