

Y10 March

Mock Preparation

Name:

Form:

Access the online version of this booklet on the revision page of the school website. Go to **'Students'** on the main menu and then **'Revision'** then look under the heading of **'KS4 EXAM PREPARATION'**

Exam expectations

Equipment you will need	Lessons during mock exam weeks
<ul style="list-style-type: none">• Two black pens• Highlighter• Pencil• Rubber• Ruler• Protractor• Compass• Scientific calculator <p>We do not insist on clear pencil cases or water bottles for mock exams, but you will need these for the GCSE exams.</p> <p>Protractors and compasses can be hired for 50p each from student services at any time. You will not be allowed to borrow equipment for the exams. If there are any issues providing equipment, please contact tutors, who will be able to support.</p>	<p>During mock exam weeks your lessons will be different as they will be disrupted by exams, and you may not have a full class of students.</p> <p>You are required to have paper revision resources with you at all times during these weeks. You will not be allowed to use Edtech when in lessons.</p> <p>Teachers will tell you if you are doing guided revision with them or revising independently.</p>
Exam guidance	These are your contingency exams
<ul style="list-style-type: none">• Arrive on time• Know your seat number• No notes on your person• No phones or watches• Listen to the invigilators• Silence as soon as you enter the exam hall until you leave it• Face the front of the exam hall while seated• Do not take exam materials with you	<p>Much like any performance, your exams need to be prepared for, and mocks are, undeniably, the best way for you to do that.</p> <p>Not only is it great practice to sit down and take a timed paper, in exam conditions, but also, the process of preparing for mocks really allows students to get themselves into a focused and prepared mindset, which will help them a huge amount when it comes to taking the real thing.</p> <p>Learning how to create and follow a structured revision plan are essential skills. Mock exams allow you to learn and prepare for your final GCSE exams. If the GCSEs do not go ahead in 2026 these results will be used to determine your grades.</p>

Looking after yourself around exams

Techniques to help

Some techniques to help you if you are worried. You should practice these BEFORE you start worrying so that you are familiar with them and can use them in the moment

- Breathing: In & Out Breathing, Deep Breathing, Belly Breathing, Visual Breathing, Colour Breathing, Square Breathing.
- Grounding techniques: 5-4-3-2-1, Mental Stimulation, Physical Grounding
- Positive Self-Talk
- Categorising your worries
- Interrogating your worries
- Please see the 'wellbeing' video on the Fitzharrys Revision page for instructions around the above techniques

Before exams

Some ideas of things to do before your exams to help manage any worries you are feeling

- Create a revision timetable
- SMART, targeted revision
- Schedule in easier activities and relaxation time
- Reduce cognitive load (how much you're having to think) by creating easy to use revision resources
- Practice self-care and calming techniques

During exams

Some ideas of things to help you cope *while* your exams are happening

- Eat a healthy, balanced diet. Do not restrict foods, but enjoy things in moderation. Drink plenty of water (not fizzy drinks!). Stay hydrated!
- Get enough sleep. Don't cram revision in the night before - make sure that you get a good sleep before the exams.
- Do a bit of exercise every day, ideally outside. Getting out in nature really helps you to relax, even if it's just a walk around the block.
- Connect with other people, but in moderation. Make sure you spend time with friends and family, but give yourself limits so that you don't get too distracted!
- Do something you enjoy!! Make sure you schedule in time for hobbies.
- Be prepared to be tired. You will be - exams are difficult and can be very tiring. Be kind to yourself and give your body the physical rest it needs.

Help!

Some places to go for help

- Your tutors, teachers and Head of Year, Deputy Head of Year and SWMs are all here to help you. Mrs Hale, the exams officer, can also help answer questions you have around exams.
- Talk to your parents and older siblings or family members who have been through this. They know what it's like and can help you!
- Talk to any trusted adults in your community, such as Youth Leaders, counsellor (if you have one), sports coach, etc
- If you feel you are in real trouble, speak to the school but also you can contact your GP or the School Health Nurse ChatHealth text line to help. This is 07312 263084
- Websites to help are here: youngminds.org.uk thecalmzone.net childline.org.uk here4you.co.uk/broadcast nhs.uk/every-mind-matters mind.org.uk/for-young-people/
annafreud.org/resources/children-and-young-peoples-wellbeing fitzharrys.oxon.sch.uk/students/revision/

General revision reminders

- Target your revision: identify your weaknesses and work on them. The exam planner you prepared should help you with this.
- Make sure to have some revision resources for the day's exams and the next day's exams so that you always have something you can do if given the opportunity to revise during the day.
- Vary your revision activities: exam questions, retrieval (Educake, Seneca, Flash cards), mind mapping; etc.
- Talk to your teachers if you need revision resources.
- Attend grade booster sessions in the different subjects offering them.
- Turn off distractions during your revision but take regular short breaks.
- Don't wait for the last minute to start your revision.

Subject	What will be in the exam?	How can I revise?
Art	<p>The mock exam will be a full assessment of the coursework portfolio to date.</p> <p>For the 5 hour exam day you will be asked to work on a piece of work relating to our coursework portfolio. This will be related to what we will be doing in class and you will be notified of any preparation needed nearer the time.</p>	<p>Make sure that you are keeping on top of your portfolio work.</p> <p>The art rooms are open for GCSE students to complete work at lunchtime.</p>
Biology	<p>The mock exam will be a Biology paper 1. This will include the topics of Cells and organisation, and Disease and bioenergetics (B1 to B9).</p> <p>You will need to have a calculator for this paper.</p>	<p>You should make use of</p> <ul style="list-style-type: none"> • BBC Bitesize revision resources GCSE Biology (Single Science) - AQA - BBC Bitesize • Educake quizzes • Past paper resources AQA GCSE Biology Assessment resources
Business Studies	<p>You will be sitting a paper 1 mock exam which will be 105 minutes long and will assess everything you have studied from the start of year 10. In Essence units 1.1 through to and including 1.3. As you are aware unit 1 is worth 50% of the whole qualification.</p> <p>The content of the exam will only include units you have studied. Normally paper 1 would also include units 1.4 and 1.5.</p>	<p>There are several ways I would like you to revise, please select the ones that suit your learning style the best.</p> <p>Video</p> <ul style="list-style-type: none"> • https://www.bbc.co.uk/bitesize/examspecs/z98snbk • https://erevision.uk/auth • https://www.youtube.com/@TwoTeachers • https://www.tutor2u.net/search?q=gcse <p>Book / Reference revision</p> <ul style="list-style-type: none"> • Past exam papers (Edexcel website) • Calculation booklet • Pink books • Yellow vocabulary books • Year 10-Knowledge Organisers

		<ul style="list-style-type: none"> • Revision Resources
Chemistry	<p>The mock exam will be a Chemistry paper 1. This will include the topics of Atomic structure, The periodic table, Structure and bonding, Chemical calculations, Chemical changes, Electrolysis and Energy changes (C1 to C7).</p> <p>You will need to have a calculator for this paper. The Periodic table will be provided for you.</p>	<p>You should make use of</p> <ul style="list-style-type: none"> • BBC Bitesize revision resources GCSE Chemistry (Single Science) - AQA - BBC Bitesize • Cognito videos: The Cognito Platform • Educake and Seneca quizzes • Past paper resources AQA GCSE Chemistry Assessment resources
Combined Science	<p>For the mock exams you will sit three papers, one for each science. This will be a Biology paper 1, Chemistry paper 1 and a Physics paper 1. The topics for Biology will be Cells and organisation, and Disease and bioenergetics (B1 to B9). The topics for Chemistry will be Atomic structure, The periodic table, Structure and bonding, Chemical calculations, Chemical changes, Electrolysis and Energy changes (C1 to C7). The topics for Physics will be Energy, Electrical circuits, Particle model of matter and Atomic structure (P1 to P7).</p> <p>You will need to have a ruler and a calculator for these papers. The periodic table will be provided for you in Chemistry and the equation sheet will be provided for you in Physics.</p>	<p>You should make use of</p> <ul style="list-style-type: none"> • BBC Bitesize revision resources GCSE Combined Science - AQA Trilogy - BBC Bitesize • Cognito videos: The Cognito Platform • Educake and Seneca quizzes • Past paper resources AQA GCSE Combined Science: Trilogy Assessment resources
Computer Science	<p>The mock exam will be for 90 mins and is a combination of Paper 1 and Paper 2 topics covered so far this year..</p>	<p>See this GCSE revision resources leaflet GCSE REVISION Comp Science.docx in addition to your class notes and the class topic powerpoint slides available on learning resources (or click here.)</p>
English	<p>There will be two mocks for English:</p> <ul style="list-style-type: none"> • English Literature Paper 1: <i>Romeo and Juliet</i> only • English Language Paper 2: section A only 	<p>Students will be given a booklet with full details of what is in each paper and how to revise. This is also available on the English Revision Website: English Revision Site (google.com)</p>

<p>Food Preparation and Nutrition</p>	<p>There will be one mock paper covering all aspects. Food preparation skills – these are intended to be integrated into the five sections:</p> <ol style="list-style-type: none"> 1. <u>Food, nutrition and health</u> 2. <u>Food safety</u> 3. <u>Food science</u> 4. <u>Food choice</u> 5. <u>Food provenance</u> 	<p>All topics will be covered as we have nearly finished the course. Section 4 and 5 will be selected from areas students should already know. We will finish these sections off after the mocks.</p> <p>Revision guides available please speak to student services if you do not have access to buy one.</p> <p>SENECCA all the course is set up – please ensure you are looking at AQA Food</p> <p>The exam board, has a wide range of information available including knowledge organisers, videos and past papers</p> <p>GCSE Food preparation and Nutrition 8585 Specification AQA</p>
<p>French & Spanish</p>	<p>The mock exam will be 4 mocks – 25% each</p> <ol style="list-style-type: none"> 1- Listening paper 2- Speaking paper 3- Reading paper 4- Writing paper 	<p>For revision, you have access to:</p> <ol style="list-style-type: none"> 1. Resources given by your teachers (speaking / vocabulary booklets) 2. Seneca – Vocabulary and grammar specific to AQA 3. Kerboodle – Listening and reading exercises / vocabulary builders / Revision tips – videos for photocard and role plays 4. AQA website- past papers – French – 8658 / Spanish – 8698 <p>AQA GCSE French Assessment resources AQA GCSE Spanish Assessment resources</p>
<p>Geography</p>	<p>Your exam will be on a mixture of the physical and the human paper.</p>	<p>Use appropriate Bitesize GCSE Geography - OCR - BBC Bitesize (the topics mentioned on the left) and Seneca assignments which will be sent by your teacher.</p>

	<p>1. Global Hazards (taught between Sep 25 and late Nov 25 – Weather, Tectonics)</p> <p>2. Climate Change (taught between Dec 25 and Jan 26.)</p> <p>3. Urban Futures (taught between Jan and Feb)</p> <p>4. Dynamic development (taught in March)</p>	<p>Also, revision materials are available via the Learning Resources area Fitzharrys School – Learning Resources – Revision – All Documents (sharepoint.com)</p>
History	<p>The Mock exam will be on Weimar & Nazi Germany & will be 1hr 30 minutes long</p> <p>Apart from 10B (Miss Kitto’s class) who will be completing a mock on American West & Elizabethan England. This will be 1hr 50 minutes long</p>	<p>Make use of Seneca Premium, you have access to the whole course, hyper learning, past questions, revision cards and night before revision.</p> <p>Also use your exercise books and revision materials provided by your teacher</p> <p>You can also find past papers and mark schemes at Edexcel GCSE History (2016) Pearson qualifications</p>
Maths	<p>You will take 3 full Maths GCSE exam papers, that cover all the content taught since the start of year 9 and some content from KS3. There will be questions on content which has not yet been fully covered yet, particularly if you are taking a higher tier paper. This is normal and will be accounted for in your predicted grade. As with any exam paper, it will be important to not spend too long on questions you feel unable to attempt, move on and come back to these later in the exam. However, remember you can still score some marks even if you cannot reach a final answer.</p>	<ul style="list-style-type: none"> • Your blue book revision guides you have been creating since the start of Y9 are a great place to start revising and revisiting what you have covered. • Many groups have started using “Maths Memory” or will in the days ahead. Revise these key Maths facts and processes regularly to keep your skills strong. • It is important that you are <u>active</u> in your revision, so Sparx Maths independent learning is a great place to revise topics that you haven’t covered for a while. There are help videos on every single question and

	<ul style="list-style-type: none"> • Paper 1 – non calculator • Paper 2 – calculator • Paper 3 – calculator <p>Each paper will be 1hr30 long and be worth 80 marks. Please ensure you have your full exam pencil case for this exam including a calculator, protractor and compass.</p>	<p>you can use the emailed Minitest feedback to find codes on topics which you found trickier.</p> <ul style="list-style-type: none"> • Corbett Maths 5 a day practice questions, these can be used to revise old content and assess which topics you still have to target. If a topic feels completely alien to you, then check it against you Maths Memory booklet as you may not have learned this yet. Remember to choose the right tier that will challenge you! Any revision that you are doing should be “little and often” to keep your skills strong or fill in gaps you may have.
Performing Arts	<p>Your mock exam in Performing Arts will be a “dry run” of Component Three: Set Task Responding to a Brief. This will take place immediately after you complete your Drama Logs for Component Two in the beginning of November and will finish before the Christmas holidays.</p> <p>You will receive feedback and suggestions for improvement on this Mock run of Component Three in preparation for the real exam window, which begins in January.</p>	<p>Use your class time efficiently to develop, rehearse and perform a workshop performance based on the exam brief set by Pearson. Make arrangements with your group members to rehearse your performance after school.</p> <p>This performance should last around six minutes and needs to communicate ideas and creative intentions to a specific target audience. Your group may be between three and seven performers.</p> <p>In addition to your workshop performance, you will also complete three pieces of Controlled Assessment detailing how you developed your initial ideas, the drama skills you used during your rehearsal process and your evaluation of the final workshop performance. You will be able to prepare notes in advance for these three pieces of Controlled Assessment.</p>

PE	<p>The mock will be produced from Paper 1 on Physical training and Applied anatomy and physiology. Questions will be a mixture of multiple choice, short answer questions and those requiring extended responses.</p> <p>We are also working on our written coursework. You should have completed and submitted section 1. During the mock period we will be drafting section 2.</p> <p>Practical evidence collection: Some of you will need to start planning when you will film any summer sport performances.</p>	<p>Paper 1 mock,(without movement analysis content). Revise by using:</p> <ul style="list-style-type: none"> • SENECA learning • Past papers on the AQA website: - GCSE Physical Education 8582 Assessment Resources AQA • Watch this video on paper 1 preparation: - AQA GCSE PE Paper 1 Revision (Summer 2024) • Use your own revision resources or use mind-maps or “essential guides” provided by your teacher.
Physics	<p>The mock exam will be a Physics paper 1. This will include the topics of Energy, Electrical circuits, Particle model of matter and Atomic structure (P1 to P7). You will need to have a ruler and a calculator for this paper. The equation sheet will be provided for you.</p>	<p>You should make use of</p> <ul style="list-style-type: none"> • BBC Bitesize revision resources GCSE Physics (Single Science) - AQA - BBC Bitesize • Educake quizzes • Past paper resources AQA GCSE Physics Assessment resources
Technology	<p>Please ensure all equipment is with you for the exam:</p> <ul style="list-style-type: none"> • normal writing and drawing instruments • a calculator • a protractor <p>You will be completing a full AQA Product Design past paper. This will be the same structure as you will have for your final GCSE exam. This may contain any element of the full curriculum.</p>	<p>You can access past papers from the AQA website AQA GCSE Design and Technology Assessment resources</p> <p>Do not forget there are resources also available on:</p> <ul style="list-style-type: none"> - Learning resources KS4 product design - Exam sections of the school website <p>Bitesize revision (ensure you choose AQA) GCSE Design and Technology - AQA - BBC Bitesize</p>
Sociology	<p>The mock exam will be on Family & Research methods & will be 1hr long</p>	<p>Make use of Seneca Premium, you have access to the whole course, hyper learning, past questions, revision cards and night before revision.</p>

		<p>Also use your Family book and your sociology revision resources that will be provided in class ahead of the mock</p> <p>You can find past papers and mark schemes at AQA GCSE Sociology Assessment resources</p>
Statistics	<p>The mock exam will be one, 90-minute paper on Topics 1, 2 and 3: Collecting data, Processing & representing data and Summarising data.</p> <p>Please make sure you have all the equipment for the exams, a calculator, pens, pencils and a rubber, a ruler and a protractor.</p>	<p>Read through your yellow book notes, make mind maps and revision cards for each topic.</p> <p>Go to Edexcel GCSE Statistics Past Papers - Revision Maths to look at past papers and mark schemes.</p>
Music	<p>Your coursework deadline will be in April. We have been completing coursework since January. Once coursework is completed and handed in, we will run a mock exam in term 5.</p> <p>The mock exam will be a condensed form of the actual exam. We will complete the written work and then prepare for a performance in line with the real full exam which is explained below.</p> <p>The actual exam for Music Practice consists of 2x written exams (totalling 3 hours) and 18 hours of preparation, rehearsing/ music production, and performance/ finishing productions. This will include a day off timetable. In the exam they will be creating a performance or production of an existing piece of music and changing the genre.</p> <p>The mock exam will consist of a condensed form of the above that will take place during lesson times.</p>	<p>For pupils taking the performance route: Practice their instrument(s). Pupils can book rehearsal rooms at lunchtimes, priority booking for Key Stage 4 (years 10 and 11) is on Tuesdays, Wednesdays and Fridays. Pupils can also stay behind after school on Tuesdays to practice and rehearse.</p> <p>For pupils taking the production route: Continue with any existing projects using Soundtrap. Alternatively, pupils may create a production of a piece of their own choosing. Pupils can book music tech during lunchtimes, priority booking for Key Stage 4 (years 10 and 11) is on Tuesdays, Wednesdays and Fridays. The studio is only for Key Stage 4 and 5. Pupils can also stay behind after school on Tuesdays to record and produce</p>

