

# Y11 March

## Mock Preparation & NEA

## Deadlines

**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

<b>Equipment you will need</b>	<b>Lessons during mock exam weeks</b>
<ul style="list-style-type: none"><li>• Two black pens</li><li>• Highlighter</li><li>• Pencil</li><li>• Rubber</li><li>• Ruler</li><li>• Protractor</li><li>• Compass</li><li>• Scientific calculator</li></ul> <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. <b>You will not be allowed to borrow equipment</b> 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>
<b>Exam guidance</b>	<b>These are your contingency exams</b>
<ul style="list-style-type: none"><li>• Arrive on time</li><li>• Know your seat number</li><li>• No notes on your person</li><li>• No phones or watches</li><li>• Listen to the invigilators</li><li>• Silence as soon as you enter the exam hall until you leave it</li><li>• Face the front of the exam hall while seated</li><li>• Do not take exam materials with you</li></ul>	<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](http://youngminds.org.uk) [thecalmzone.net](http://thecalmzone.net) [childline.org.uk](http://childline.org.uk) [here4you.co.uk/broadcast](http://here4you.co.uk/broadcast) [nhs.uk/every-mind-matters](http://nhs.uk/every-mind-matters) [mind.org.uk/for-young-people/](http://mind.org.uk/for-young-people/)  
[annafreud.org/resources/children-and-young-peoples-wellbeing](http://annafreud.org/resources/children-and-young-peoples-wellbeing) [fitzharrys.oxon.sch.uk/students/revision/](http://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>We are working on your exam portfolio. Final deadline is the first exam day (30th April). At this time you will have to hand in all boards for assessment; you are not allowed to take them home again or work on them following the exam days.</p> <p>The exam is worth 40% of the final grade.</p> <p>By the end of Term 4 you should have completed the majority of work for your exam and have a good idea of what your outcome will be.</p> <p>Use the checklist you were given at the start of the exam project to ensure you are up to date.</p>	<p>Make sure that you are keeping on top of your exam portfolio work, especially the idea exploration and development.</p> <p>The art rooms are open for GCSE students to complete work at lunchtime and by prior arrangement after school.</p> <p>Look back at old boards and ensure they are complete and make clear connections to your ideas.</p> <p>Useful resources can be found here:</p> <p><a href="#">GCSE Exam 2026 - Found</a></p>
Biology	<p>The mock exam will be a Biology paper 2. This will include the topics of Homeostasis and response, Inheritance, variation and evolution and Ecology (B10 to B18).</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"> <li>• BBC Bitesize revision resources <a href="#">GCSE Biology (Single Science) - AQA - BBC Bitesize</a></li> <li>• Educake quizzes</li> <li>• Past paper resources <a href="#">AQA   GCSE   Biology   Assessment resources</a></li> </ul>
Business Studies	<p>You will be sitting a paper 2 mock exam which will be 105 minutes long and will assess everything you have studied from the start of year 11. In Essence units 2.1, 2.2, 1.3 and 2.4. As you are aware unit 2 is worth 50% of the whole qualification.</p> <p>You will only be tested on the units that you have studied. Your teacher will advise you if anything is to be</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><b>Video</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.bbc.co.uk/bitesize/examspecs/z98snbk">https://www.bbc.co.uk/bitesize/examspecs/z98snbk</a></li> <li>• <a href="https://erevision.uk/auth">https://erevision.uk/auth</a></li> <li>• <a href="https://www.youtube.com/@TwoTeachers">https://www.youtube.com/@TwoTeachers</a></li> <li>• <a href="https://www.tutor2u.net/search?q=gcse">https://www.tutor2u.net/search?q=gcse</a></li> </ul>

	precluded if not you should expect to sit the whole paper.	<b>Book / Reference revision</b> <ul style="list-style-type: none"> <li>• Past exam papers (Edexcel website)</li> <li>• Calculation booklet</li> <li>• Pink books</li> <li>• Yellow vocabulary books</li> <li>• <a href="#">Year 11-PLC</a></li> <li>• <a href="#">Revision Resources</a></li> </ul>
Chemistry	The mock exam will be a Chemistry paper 2. This will include the topics of Rates of chemical change, Organic chemistry, Chemical analysis, Chemistry of the atmosphere and Using Earth's resources. (C8 to C15). You will need to have a calculator for this paper. The Periodic table will be provided for you.	You should make use of <ul style="list-style-type: none"> <li>• BBC Bitesize revision resources <a href="#">GCSE Chemistry (Single Science) - AQA - BBC Bitesize</a></li> <li>• Cognito videos: <a href="#">The Cognito Platform</a></li> <li>• Educake and Seneca quizzes</li> <li>• Past paper resources <a href="#">AQA   GCSE   Chemistry   Assessment resources</a></li> </ul>
Combined Science	For the mock exams you will sit three papers, one for each science. This will be a Biology paper 2, Chemistry paper 2 and a Physics paper 2. The topics for Biology will be Homeostasis and response, Inheritance, variation and evolution and Ecology. The topics for Chemistry will be Rates of chemical change, Organic chemistry, Chemical analysis, Chemistry of the atmosphere and Using Earth's resources. The topics for Physics will be Forces, Waves and Magnetism and electromagnetism. 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.	You should make use of <ul style="list-style-type: none"> <li>• BBC Bitesize revision resources <a href="#">GCSE Combined Science - AQA Trilogy - BBC Bitesize</a></li> <li>• Cognito videos: <a href="#">The Cognito Platform</a></li> <li>• Educake and Seneca quizzes</li> <li>• Past paper resources <a href="#">AQA   GCSE   Combined Science: Trilogy   Assessment resources</a></li> </ul>
Computer Science	The mock exam will be for 90 mins and is a combination of Paper 1 (50%) and Paper 2 (50%).	See this GCSE revision resources leaflet <a href="#">GCSE REVISION Comp Science.docx</a>

English	<p>There will be two mocks:</p> <ul style="list-style-type: none"> <li>• English Language Paper 1, (1 hour 45 minutes)</li> <li>• English Literature Paper 1: Romeo and Juliet and The Strange Case of Dr Jekyll and Mr Hyde, (1 hour 45 minutes)</li> </ul>	<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: <a href="https://www.google.com">English Revision Site (google.com)</a></p> <p>Students are encouraged to attend Mrs Taylor's revision club on a Tuesday if they would like support with revision or feedback on practice papers completed at home.</p>
Food Preparation and Nutrition	<p>This will be a full mock exam (1 hr 45 mins) comprising of all areas studied throughout the 2 years. This will be marked out of 100. Please ensure all equipment is with you for the exam:</p> <ul style="list-style-type: none"> <li>• normal writing equipment.</li> </ul> <p>Subject specification for the exam:</p> <ul style="list-style-type: none"> <li>• Food preparation skills</li> <li>• Food, nutrition and health</li> <li>• Food science</li> <li>• Food safety</li> <li>• Food choice</li> <li>• Food provenance</li> <li>• Food preparation and cooking techniques</li> </ul>	<p>During class time you are working on NEA, you will therefore need to ensure you are revising fully as part of the homework's. Please use SENECA for all aspects of the revision. Plus, you have access to the question book if you purchased one and the revision guide. If you require essay style questions to practice, please see your teacher.</p> <p>You can access past papers from the AQA website <a href="https://www.aqa.org.uk/subjects/food-nutrition-and-health/gcse/food-preparation-and-nutrition">AQA   Food preparation and Nutrition   GCSE   GCSE Food preparation and nutrition</a></p> <p>Do not forget there are resources also available on:</p> <ul style="list-style-type: none"> <li>- Exam sections of the school website</li> <li>- Bitesize revision (ensure you choose Home Economics) <a href="https://www.bbc.com/education/revision/gcse-home-economics-food-and-nutrition">GCSE Home Economics: Food and Nutrition (CCEA) - BBC Bitesize</a></li> </ul>
French & Spanish	<p>The mock exam will be 1 mock – 25% each</p> <p>1- Listening paper</p>	<p>For revision, you have access to:</p> <ol style="list-style-type: none"> <li>1. Resources given by your teachers (Listening transcripts for Kerboodle)</li> <li>2. Seneca – Vocabulary and grammar specific to AQA</li> <li>3. Kerboodle – Listening exercises</li> </ol>

		<p>4. AQA website- past papers – French – 8658 / Spanish – 8698</p> <p><a href="#">AQA   GCSE   French   Assessment resources</a>  <a href="#">AQA   GCSE   Spanish   Assessment resources</a></p>
Geography	<p>Your exam will be Paper 3 which is the skills section of the exam. This is where the exam picks one or two areas from across the course and presents you with a range of questions linked to different maps, graphs and numeracy questions.</p> <p>This exam also contains two 12 mark questions which get you to assess and evaluate the different figures of information, as well as bring in your own knowledge.</p> <p>The exam is 1 hour and 30 minutes long.</p>	<p>Use appropriate <b>Bitesize</b> pages on human topics <a href="#">GCSE Geography - OCR - BBC Bitesize</a> and <b>Seneca</b> assignments which will be sent by your teacher. Refer to past papers that are available via <a href="#">GCSE - Geography B (Geography for Enquiring Minds) (9-1) - J384</a> Also, revision materials are available via the <b>Learning Resources</b> area <a href="#">Mr Clelland's Resources</a>.</p>
History	<p>The Mock exam will be on <b>Migration through time</b> and will be <b>1hr 20 minutes long</b></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 Migration exercise books and revision materials</p> <p>You can also find past papers and mark schemes at <a href="#">Edexcel GCSE History (2016)   Pearson qualifications</a></p>
Maths	<p>You will take 3 full Maths GCSE exam papers that cover all the content taught since year 9 and some content from KS3. For some of you there will be <u>very limited</u> number of questions on content which has not yet been fully covered, particularly if you are taking a higher tier</p>	<ul style="list-style-type: none"> <li>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.</li> </ul>

	<p>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"> <li>• Paper 1 – non calculator</li> <li>• Paper 2 – calculator</li> <li>• Paper 3 – calculator</li> </ul> <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 protractor and compass.</p>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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 you can use the emailed Minitest feedback to find codes on topics which you found trickier.</li> <li>• <a href="#">Corbett Maths 5 a day practice questions</a>, these can be used to revise old content, which is especially powerful now you are close to finishing the course. 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.</li> </ul>
Performing Arts	<p>Your mock exam in Performing Arts was a “dry run” of <b>Component Three: Set Task Responding to a Brief</b>. This took place immediately after you completed your Drama Logs for Component Two in the beginning of November and finished 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 between 7-15 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</p>

		<p>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 exam will be a GCSE Paper 1, (75 minutes). Topics in this will be Applied anatomy and physiology, Movement analysis and Physical training.</p> <p>You are also preparing for your practical and written coursework assessments.</p> <p>Your practical assessments take place from the 26<sup>th</sup> of January until half term.</p> <p>All video evidence should be handed in to your teacher on a USB stick by half term,(13<sup>th</sup> of February).</p> <p>You are also spending time this half term completing your written coursework which is worth 10% of your final grade.</p>	<p>Revise for the paper 1 mock by using:</p> <ul style="list-style-type: none"> <li>• SENECA learning</li> <li>• Past papers on the AQA website: - <a href="#">GCSE Physical Education 8582   Assessment Resources   AQA</a></li> <li>• Watch this video on paper 1 preparation: - <a href="#">AQA GCSE PE Paper 1 Revision (Summer 2024)</a></li> <li>• Use your own revision resources or use mind-maps or “essential guides” provided by your teacher.</li> </ul> <p>Practical assessments: Ensure that you know the dates of your practice and graded assessments and that you have all the necessary kit ready.</p> <p>If handing in video evidence, check that your USB is clearly labelled and that you are identified at the start of the video.</p> <p>Use time at home to polish your written coursework. Compare to your model answer. Ask friends and family to read and suggest improvements.</p>
Physics	<p>The mock exam will be a Physics paper 2. This will include the topics of Forces, Waves, Magnetism and electromagnetism and Space physics (P8 to P16). You will need to have a ruler and a calculator for this paper. The equation sheet will be provided for you, as it will be in the summer exams.</p>	<p>You should make use of</p> <ul style="list-style-type: none"> <li>• BBC Bitesize revision resources <a href="#">GCSE Physics (Single Science) - AQA - BBC Bitesize</a></li> <li>• Educake quizzes</li> <li>• Past paper resources <a href="#">AQA   GCSE   Physics   Assessment resources</a></li> </ul>

<p>Technology</p>	<p>There will be a full mock exam (2 hours) comprising of all areas studied throughout the 2 years. This will be marked out of 100. Please ensure all equipment is with you for the exam:</p> <ul style="list-style-type: none"> <li>• normal writing and drawing instruments</li> <li>• a calculator</li> <li>• a protractor</li> </ul>	<p>During class time you are working on NEA, you will therefore need to ensure you are revising fully as part of your homework. This has been set on SENECA for all aspects of the exam. Plus, you have access to the (Homework revision question book) and revision guide. This has been set on EPraise to remind you.</p> <p>You can access past papers from the AQA website <a href="#">AQA   GCSE   Design and Technology   Assessment resources</a></p> <p>Do not forget there are resources also available on:</p> <ul style="list-style-type: none"> <li>- Learning resources KS4 product design</li> <li>- Exam sections of the school website</li> </ul> <p>Bitesize revision (ensure you choose AQA) <a href="#">GCSE Design and Technology - AQA - BBC Bitesize</a></p>
<p>Sociology</p>	<p>The mock exam will be on <b>Crime &amp; Deviance and Social Stratification</b> and will be 1 hour and 45 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 Crime&amp; Social Stratification book and your sociology revision book</p> <p>Also use your research methods booklets to revise strengths &amp; weaknesses</p> <p>You can find past paper questions and mark schemes at the following <a href="#">AQA   GCSE   Sociology   Assessment resources</a></p>
<p>Music</p>	<p>You completed your mock exam in February. In March you will be taking your actual exam. The actual exam for Music Practice consists of 2x written exams (totalling 3 hours) and 18 hours of preparation,</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</p>

	<p>rehearsing/ music production, and performance/ finishing productions. This will include a day off timetable. In the exam you will be creating a performance or production of an existing piece of music and changing the genre.</p> <p>All coursework has been submitted already.</p>	<p>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>
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