YEAR 10

Winter Exams

Revision Guide

How to use this guide

Each subject has a checklist of the topics set by your teachers. Use the traffic-light columns to rate your confidence as you revise:

Red	Not secure yet – prioritise this.
Amber	Partly secure – needs more practice.
Green	Secure – you can answer exam questions on it without notes.

Re-rate topics as you go. Aim to move every Red to Green before the exams.

> **Start with your Knowledge Organisers.** Your Knowledge Organisers are the core of your revision. They hold the essential facts and Tier 3 vocabulary for each topic. Build your Flash Cards and Concept Maps from them, and use them to check your Blurting.

Planning your revision

- Plan in Pomodoros and prioritise Red topics.
- Space each topic across several sessions to beat the Forgetting Curve.
- Mix Retrieval Practice with Concept Maps and Elaboration for deeper understanding.
- Plan your week on the planner at the back.

My Understanding Toolkit

The techniques from your My Understanding Toolkit sessions. Each subject in this guide has a Toolkit tip suggesting which to use.

Forgetting Curve	Memory fades fast unless it's refreshed. Reviewing at spaced intervals flattens the curve, so plan to come back to every topic.
Retrieval Practice	Recalling information from memory without notes. The harder you have to think, the stronger the memory becomes.
Flash Cards	One question or term per card, answer on the back. Build them from your Knowledge Organiser.
Spaced Practice & the Leitner System	Space your revision across days and weeks. In the Leitner System, cards you know move up a box and are reviewed less often; mistakes go back to Box 1.
Pomodoro Technique	25 minutes of focused work, then a 5-minute break. After four Pomodoros, take a longer break. Phone out of the room.
Tier 2 & Tier 3 words	Tier 2: precise academic vocabulary for any subject. Tier 3: subject-specific terminology – examiners reward using it accurately.
Concept Map	Put a big idea in the middle and draw links out to related ideas. Label each link to show how the ideas connect.
Elaboration	Ask yourself "how?" and "why?" about what you've learned, and link it to things you already know.
Teach One Another	Explain a topic to a friend, then swap. If you can't explain it clearly, that's a gap to work on.
Blurting	Write everything you can recall on a topic, check it against your Knowledge Organiser, and add the gaps in a different colour. Re-blurt a few days later.

How the Leitner System works

Box 1	Box 2	Box 3
Review daily New cards and cards you got wrong	**Review every 3 days** Cards you got right once	**Review weekly** Cards you know well

✔ **Correct: move the card up a box.** ✘ **Incorrect: return it to Box 1.**

Wellbeing Your wellbeing comes first. Protect your sleep, take real breaks and keep doing things you enjoy. If you're stuck on content, speak to your subject teacher. If stress is getting on top of you, talk to your form tutor, Head of Year or someone you trust.

English

Section A – Reading to infer and deduce from a poem, including recall of poetry we have studied. Spend 30 minutes on this section.

Section B – Writing to describe and entertain.

Topic	Red	Amber	Green
Topics to revise			
Sentence openers (use adverbs to open sentences)	☐	☐	☐
Show, don't tell – e.g. instead of 'The man was angry', write 'Stomping into the room, the man slammed the door.'	☐	☐	☐
Language techniques – simile, metaphor, alliteration, onomatopoeia, personification and rhetorical questions	☐	☐	☐
Vocabulary – carefully selected adjectives; use the Tier 2 vocabulary studied in lessons	☐	☐	☐
Punctuation – use a variety accurately: ( ) ! … " " ? capital letters : ; .	☐	☐	☐
Plan your work	☐	☐	☐
Spell words accurately	☐	☐	☐

Toolkit tip: Use Elaboration: for each language technique, ask why a writer would choose it. Practise Tier 2 vocabulary in timed descriptive pieces.

Modern Foreign Languages

Spanish

Reading paper (30 minutes): read in Spanish and answer questions, including translation into English.

Writing paper (30 minutes): short one-word answers (e.g. gap fill), finishing sentences in Spanish, translating sentences into Spanish, and a longer piece of writing.

Topic	Red	Amber	Green
Topics to revise			
Describing your town or village	☐	☐	☐
Saying what there is/isn't in your town	☐	☐	☐
Telling the time	☐	☐	☐
Ordering in a café	☐	☐	☐
Saying what you are going to do at the weekend	☐	☐	☐
Near future tense	☐	☐	☐

See the specific revision list from your teacher on Google Classroom.

French

Reading paper (30 minutes): read in French and answer questions, including translation into English.

Writing paper (30 minutes): short one-word answers (e.g. gap fill), finishing sentences in French, translating sentences into French, and a longer piece of writing.

Topic	Red	Amber	Green
Topics to revise			
Telling the time	☐	☐	☐
School subjects	☐	☐	☐
Opinions	☐	☐	☐
School uniform	☐	☐	☐
Talking about the school day	☐	☐	☐

See the specific revision list from your teacher on Google Classroom.

> **Toolkit tip:** Build vocabulary Flash Cards and run them through the Leitner System. Teach One Another: test a partner on translation sentences.

Geography

Your exam lasts **1 hour** and is worth **100 marks.**
Exam tip: Write in full sentences and use Tier 3 vocabulary.

> **Bring:** a black pen, pencil, ruler, rubber and calculator. You will not be able to borrow equipment, and you will lose marks without it.

Topic	Red	Amber	Green
Rivers			
The drainage basin and the water cycle	☐	☐	☐
How a river changes from source to mouth	☐	☐	☐
Erosion, transportation and deposition	☐	☐	☐
River landforms and how they are formed	☐	☐	☐
Flooding			
Causes of flooding	☐	☐	☐
Managing flooding	☐	☐	☐
Population			
Population density	☐	☐	☐
Birth rates, death rates and natural increase	☐	☐	☐
Population pyramids	☐	☐	☐
The Demographic Transition Model	☐	☐	☐
Population policies	☐	☐	☐
Migration			
Reasons for migration	☐	☐	☐
Migration case study: Mexico to the USA	☐	☐	☐
Tier 3 vocabulary			
Rivers and population words from your Knowledge Organiser	☐	☐	☐
Retrieval from Years 8 and 9			
Plate tectonics and volcanoes	☐	☐	☐
Map skills	☐	☐	☐

> **Toolkit tip:** Make a Concept Map linking erosion, transportation and deposition to river landforms. Put your Tier 3 words on Flash Cards for the Leitner System.

Home Economics

Topic	Red	Amber	Green
Eatwell Guide	☐	☐	☐
8 healthy eating tips	☐	☐	☐
Functions and sources of macronutrients	☐	☐	☐
Functions and sources of micronutrients	☐	☐	☐
Reducing fat in the diet	☐	☐	☐
Personal and kitchen hygiene	☐	☐	☐
Food poisoning (bacteria, high-risk foods, symptoms)	☐	☐	☐
Fibre	☐	☐	☐

Toolkit tip: Make a Concept Map of nutrients, their functions and sources using your Knowledge Organiser, then blurt it from memory.

History

Topic	Red	Amber	Green
Causes of WWI	☐	☐	☐
The Alliances	☐	☐	☐
The assassination of Franz Ferdinand	☐	☐	☐
Trench warfare – label a diagram of a trench, trench conditions	☐	☐	☐

Toolkit tip: Make a Concept Map showing how the causes of WWI link together. Use Elaboration to explain how each one led to war.

Maths

Maths revision guides are on the Parkhall Integrated College website: sites.google.com/c2ken.net/parkhall-mathematics/ks3-yr8-10

You must be signed into Google with your c2ken email.

1. Go to the Winter Exam section.
2. Click on the paper you want to revise for.
3. Click on a topic in the spreadsheet – this opens the worksheet.
4. Try the questions suggested in column C of the spreadsheet.
5. Mark your answers by selecting the tick at the bottom of the worksheet.
6. Need more help? Click the YouTube logo at the top of the worksheet.

Write in the topics for your paper as you work through them:

Topic	Red	Amber	Green
	☐	☐	☐
	☐	☐	☐
	☐	☐	☐
	☐	☐	☐
	☐	☐	☐
	☐	☐	☐

Toolkit tip: Work one worksheet per Pomodoro. Revisit Red topics after a few days to beat the Forgetting Curve.

Religious Education

Topic	Red	Amber	Green
Section 1 – The Parables of Jesus			
What are parables?	☐	☐	☐
Why did Jesus teach using parables?	☐	☐	☐
The Lost Son	☐	☐	☐
The Good Samaritan	☐	☐	☐
The Parable of the Sower	☐	☐	☐
The Lost Sheep	☐	☐	☐
Section 2 – Miracles			
What is a miracle?	☐	☐	☐
Jesus turns water into wine			

Topic	Red	Amber	Green
Jesus feeds the 5000			
Jesus calms the storm			

Toolkit tip: Teach One Another: explain a parable and its meaning to a partner, then swap.

Science

Exam questions will be taken from the 'Hospital' booklet.

Topic	Red	Amber	Green
Reproduction			
Puberty	☐	☐	☐
Male and female reproductive system	☐	☐	☐
Menstruation	☐	☐	☐
Contraception	☐	☐	☐
Pregnancy	☐	☐	☐
Circulation			
The heart	☐	☐	☐
Blood vessels	☐	☐	☐
Exercise	☐	☐	☐
Body systems			
Lungs	☐	☐	☐
Nervous system	☐	☐	☐

Toolkit tip: Make a Concept Map linking the heart, blood vessels and lungs. Use Elaboration to explain how exercise affects each one.

Technology and Design

Topic	Red	Amber	Green
Health and safety			
Workshop rules	☐	☐	☐
Machine safety	☐	☐	☐
Tools safety	☐	☐	☐
Health and Safety at Work Act – Aims and objectives – Responsibilities – PPE – Signage	☐	☐	☐
Timber			
Types of wood	☐	☐	☐
Wood grains	☐	☐	☐
General timber knowledge	☐	☐	☐
Timber properties	☐	☐	☐
Design question			
Design question based on your project	☐	☐	☐

Toolkit tip: Make Flash Cards for types of wood and their properties. Teach One Another the Health and Safety at Work Act responsibilities.

Revision planner

Plan one topic per Pomodoro, spacing each topic across the fortnight. Tick them off when complete.

Week 1

Day	Pomodoro 1	Pomodoro 2	Pomodoro 3
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Reward for completing this week's plan: _____

Week 2

Day	Pomodoro 1	Pomodoro 2	Pomodoro 3
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Reward for completing this week's plan: _____

Exam-day checklist

In my bag

☐	Black pen (and a spare)
☐	Pencil, ruler and rubber
☐	Colour pencils (for Geography)
☐	Calculator
☐	Clear pencil case and water bottle

Before the exam

☐	I have checked my exam timetable for today
☐	I had a good night’s sleep and ate breakfast
☐	I’ve done a short Retrieval Practice session – no last-minute cramming
☐	My phone is switched off and in my bag

In the exam

☐	Read each question carefully and underline the command words (describe, explain, label…)
☐	Check the marks available and plan your time
☐	Attempt every question – a reasoned answer can still earn marks
☐	Use any remaining time to check your answers

Good luck – you’ve got this.