



Prepare

To

PERFORM



A guide to help support
your Year 11 child through
their GCSE exams



YEAR 11

Prepare to Perform

Dear Parent/Carer, Welcome to our Year 11 prepare to perform evening. We hope this event and booklet will provide you with the knowledge and tools to support your child through the GCSE examination period.

Some of the ways in which you can support your child are as follows:

1. Encourage a balanced approach: It's important for parents to remind their child about the importance of maintaining a healthy balance during exam preparation. Encourage them to take regular breaks, get enough sleep, eat nutritious meals, and engage in physical activity. This will help them stay focused and reduce stress levels.
2. Create a conducive study environment: Help your child create a quiet and organised study space at home. Minimise distractions and provide the necessary resources like textbooks, revision guides, and stationery. Ensure they have access to a reliable internet connection for online research and study materials. The library is a good free space to be able to do this as well.
3. Support their revision routine: Help your child establish a revision routine that works for them. Encourage them to create a study timetable, breaking down their subjects into manageable chunks. Offer support by discussing their revision plan, helping them set goals, and providing gentle reminders to stick to the schedule.

4. Provide emotional support: The exam period can be stressful for students. Be there for your child emotionally, offering reassurance and encouragement. Remind them that their worth is not solely determined by their exam results and that you are proud of their efforts regardless of the outcome.
5. Help with exam preparation: Familiarise yourself with the exam timetable and ensure your child is aware of the dates and times of each exam. Offer to help them with practical preparations, such as ensuring they have all the necessary equipment, packing a healthy snack, and making sure they arrive on time for their exam or pre-exam revision at school.
6. Communicate with teachers: Maintain open lines of communication with your child's teachers. Attend parent-teacher meetings and stay informed about their progress. If you have any concerns or questions, don't hesitate to reach out to the school for guidance and support.

7. Celebrate milestones: Celebrate your child's achievements throughout their exam journey. Whether it's completing a difficult topic or finishing a mock exam, acknowledge their hard work and dedication. Small rewards or gestures of appreciation can go a long way in boosting their motivation and confidence.

Remember, every child is unique, and what works for one may not work for another. Tailor your support to your child's individual needs and preferences.

Ultimately, the key is to provide a supportive and nurturing environment that allows them to do their best.

We are looking forward to seeing lots of smiling faces on GCSE results day (Thursday 22nd August 2024). Good luck – we are right here with you!

Mr M Birrell
Deputy Headteacher



SUMMER EXAM Timetable

Board	Subject	Exam Date	Time	Duration	Paper
Edexcel	BTEC Digital Technology	02/05/2024	PM	1hr 30min	Effective Digital Working Practices
Edexcel	BTEC Business	08/05/2024	AM	2hrs	Marketing & Finance for Enterprise
AQA	Religious Studies	09/05/2024	AM	1hr 45min	P1 Christianity & Islam
Edexcel	Italian	09/05/2024	PM	35/45mins 45/60mins	Listening & reading
Edexcel	Urdu	09/05/2024	PM	35/45mins 50/65mins	Listening & reading
Edexcel	Combined Science	10/05/2024	AM	1hr 10min	P1 Combined Science Biology
AQA	Sociology	10/05/2024	PM	1hr 45min	P1 Sociology of families and education
AQA	English Literature	13/05/2024	AM	1hr 45min	P1 Shakespeare and the 19th century novel
OCR	CNAT Sport	13/05/2024	PM	1hr 15min	Contemporary issues in Sport
Edexcel	Turkish	13/05/2024	PM	35/45mins 50/65mins	Listening & reading
Edexcel	French	14/05/2024	AM	35/45mins 45/60mins	Listening & reading
WJEC	Film Studies	14/05/2024	PM	1hr 30min	Paper 1
Edexcel	Chinese	14/05/2024	PM	35/45mins 50/65mins	Listening & reading
Edexcel	History	15/05/2024	AM	1hr 15min	Crime & Punishment
OCR	Computer Science	15/05/2024	PM	1hr 30min	P1 Computer Systems
Edexcel	Arabic	15/05/2024	PM	35/45mins 50/65mins	Listening & reading
Edexcel (H) OCR (F)	Maths	16/05/2024	AM	1hr 30min	P1 Non-Calculator (H) P1 Calculator (F)
AQA	Religious Studies	16/05/2024	PM	1hr 45min	P2 Thematic studies
Edexcel	Combined Science	17/05/2024	AM	1hr 10min	P2 Combined Science Chemistry
AQA	Geography	17/05/2024	PM	1hr 30min	P1 Living with the physical environment
AQA	English Literature	20/05/2024	AM	2hrs 15min	P2 Modern texts and poetry
Edexcel	Italian	20/05/2024	PM	1hr 15/20min	Writing
Edexcel	Turkish	20/05/2024	PM	1hr 20/25min	Writing
Edexcel	German	21/05/2024	AM	1hr 15/20min	Writing
OCR	CNAT Child Development	21/05/2024	PM	1hr 15min	Health & well-being for child development
OCR	Computer Science	21/05/2024	PM	1hr 30min	P2 Computational thinking, algorithms & programming
AQA	Sociology	21/05/2025	PM	1hr 45min	P2 The Sociology of Crime & Deviance & Social Stratification
Edexcel	Urdu	21/05/2024	PM	1hr 20/25min	Writing

Board	Subject	Exam Date	Time	Duration	Paper
Edexcel	Combined Science	22/05/2024	AM	1hr 10min	P3 Combined science Physics
Edexcel	Chinese	22/05/2024	PM	1hr 20/25min	Writing
AQA	English Language	23/05/2024	AM	1hr 45min	P1 Exploration in creative reading & writing
Edexcel	Arabic	23/05/2024	PM	1hr 20/25min	Writing
WJEC	Film Studies	23/05/2024	PM	1hr 30min	Paper 2
Edexcel	French	24/05/2024	AM	1hr 15/20min	Writing
Edexcel (H) OCR (F)	Maths	03/06/2024	AM	1hr 30min	P2 Calculator (H) P2 Non-Calculator (F)
Edexcel	Spanish	04/06/2024	AM	35/45mins 45/60mins	Listening & Reading
Edexcel	History	04/06/2024	PM	1hr 45min	American West & Anglo Saxon Norman
AQA	Geography	05/06/2024	AM	1hr 30min	P2 Challenges in the human environment
OCR	CNAT Health & Social Care	05/06/2024	PM	1hr 15min	Principles of care in health & social care settings
AQA	English Language	06/06/2024	AM	1hr 45min	P2 Writers viewpoints & Perspectives
Edexl	Combined Science	07/06/2024	PM	1hr 10min	P4 Combined Science Biology
Edexcel (H) OCR (F)	Maths	10/06/2024	AM	1hr 30min	P3 Calculator
Edexcel	Spanish	10/06/2024	PM	1hr 15/20min	Writing
Edexcel	German	10/05/2024	PM	35/45mins 45/60mins	Listening & reading
Edexcel	Combined Science	11/06/2024	AM	1hr 10min	P5 Combined Science Chemistry
Edexcel	History	11/06/2024	PM	1hr 20min	Weimar & Nazi Germany
Edexcel	Japanese	12/06/2024	AM	35/45 50/65	Listening & reading
AQA	Panajabi	12/06/2024	PM	35/45mins 45/60mins	Listening & reading
AQA	Polish	12/06/2024	PM	35/45mins 45/60mins	Listening & reading
Edexcel	Persian	12/06/2024	PM	35/45mins 50/65mins	Listening & reading
Edexcel	Portuguese	12/06/2024	PM	35/45mins 45/60mins	Listening & reading
AQA	Geography	14/06/2024	AM	1hr 30min	P3 Geographical applications
Edexcel	Combined Science	14/06/2024	PM	1hr 10min	P6 Combined Science Physics
AQA	Panajabi	18/06/2024	PM	1hr/1hr 15min	Writing
Edexcel	Portuguese	18/06/2024	PM	1hr 15/20min	Writing
Edexcel	Persian	18/06/2024	PM	1hr 20/25min	Writing
AQA	Polish	18/06/2024	PM	1hr/1hr 15min	Writing
Edexcel	Japanese	19/06/2024	AM	1hr 20/25min	Writing
WJEC	Hospitality & Catering	20/06/2024	AM	1hr 20min	P1 Food Preparation & Nutrition

IMPORTANT INFORMATION

Reminders



Equipment

We recommend your child packs their bag the night before, so they are fully prepared for learning

They should have:

- Pencil case
- Knowledge organiser
- TEMA Read
- Academy planner
- Any other equipment such as a calculator

Exam Malpractice

Being in possession of a mobile phone, ipod, MP3/4 player, watch or any device with data storage/digital facilities is considered malpractice.

If they are found to be in possession of an unauthorised item during an exam, even if they have not looked at it or used it, the Exams Officer will have to report this to the Exam Board, and they may be disqualified from their exams. All possessions will be locked in a room while students are in the exam hall.

Attendance and Punctuality

Students who attend school regularly have been shown to achieve at higher levels than students who do not have regular attendance.

90% of pupils with attendance rates lower than 85% fail to achieve five or more good. GCSE grades and around a third achieve no GCSEs at all.

Lessons begin at 8.35 and if a student arrives late, they miss out on vital learning. As you can see from the subject pages' revision sessions can sometimes take place before school so students should arrive at school prior to these advertised sessions.

Class Charts

Class Charts is a great way of staying on top of your child's progress, behaviour and attendance. Download the app and get the access code from school to enable you to gain an insight into their daily progress.



Key School Contacts

Miss Bowen
Academy Headteacher

Mr Birrell
Deputy Headteacher Standards and Outcomes

Miss Neukom
Deputy Headteacher Curriculum, Assessment and Learning

Miss Houghton
Deputy Headteacher Behaviour and Culture for Learning

Miss Lonsdale
Assistant Headteacher Student Support & Community Partnerships

Mrs Ingram
Associate Assistant Headteacher Inclusion

Mrs Bamber
Associate Assistant Headteacher Attendance

Miss Buckley
Safeguarding Lead

Miss Farrar
School Counsellor

Mrs Manton-Pickering
Exams and Assessment Officer

Mr Moroney
Director of Y11

Mr Elms
Assistant Director of Y11

Miss Dearden
Assistant Director of Y11



SUBJECT: English Language and English Literature

Exam Board:

AQA

Exam Dates:

English Language Paper One: 23rd May 2024

English Language Paper Two: 6th June 2024

English Literature Paper One: 13th May 2024

English Literature Paper Two: 20th May 2024

What should students be using to revise for this subject?

- Students will be given revision guides.
- Students have logins for Seneca Learning and GCSE Pod
- Practice Papers are on the KS4 English website on FROG
- Knowledge Organisers and Home learning

How can you help?

- Guide students to read the revision guides and complete the questions and activities in them.
- Guide students to use Seneca for quizzing, assessments and feedback.
- Encourage students to complete practice papers and share with their English teacher.
- Quiz students on their knowledge organisers
- Use flashcards that have a question on the front and an answer on the back.

www.theeastmanchesteracademy.co.uk

When are the revision sessions for this course?

Thursday 2:40–3:30

Who is teaching which group? Who can we contact and how?

Any questions regarding English can be directed to:
j.england@temac.co.uk • k.maneely@temac.co.uk

If there is a website or an app how do you login?

- Students have logins for Seneca Learning and GCSE Pod
- Practice Papers are on the KS4 English website on FROG

Course content

The Language GCSE

- **Language Paper 1** – 1 hour 45 – Explorations in Creative Reading and Writing. Students read an extract and answer 4 reading questions. Students then write a story or description. 40 marks reading section (Q1–4) and 40 marks creative writing (Q5)
- **Language Paper 2** – 1 hour 45 – Writer's Viewpoints and Perspectives. Students read two non-fiction extracts (Modern autobiography and 19th Century essay) and answer 4 reading questions. Students then write an article. 40 marks reading section (Q1–4) and 40 marks writing (Q5)

The Literature GCSE

- **Literature Paper 1** – 1 hour 45 – Macbeth by William Shakespeare and A Christmas Carol, by Charles Dickens. (64 marks)
- **Literature Paper 2** – 2 hours 15 – An Inspector Calls, by J.B Priestley; AQA Power & Conflict anthology and Unseen Poetry. (96 marks)

Anything else that is relevant:

Common Questions:

"There's too much to revise...."

- Start small and start now.
- Create a timetable and stick to it.
- Focus on your 'weakest' area.

"I can't write enough...."

- Although you do need to write a lot for your English exams compared to others, it is a myth that you must write pages and pages. A well-considered and well written 2–3-page essay is much better than a rushed 5 page essay.
- You can **practice pace** by practicing mock papers at home with a timer.



SUBJECT: Maths



Exam Board:

Pearson Edexcel for Higher and OCR for Foundation

Exam Dates (Higher Tier):

- Thursday 16th May 2024 – Paper 1 (non-calculator)
- Monday 3rd June 2024 – Paper 2 (calculator)
- Monday 10th June 2024 – Paper 3 (calculator)

Exam Dates (Foundation Tier):

- Thursday 16th May 2024 – Paper 1 (calculator)
- Monday 3rd June 2024 – Paper 2 (non-calculator)
- Monday 10th June 2024 – Paper 3 (calculator)

What should students be using to revise for this subject?

- Complete all nightly homework set by your teacher.
- Mathswatch
- Use your Pupil Progress QLA document to fill your gaps
- Make use of flashcards and revision mats
- Gather past exam questions focusing on specific topics
- Complete practice papers

When are the revision sessions for this course?

- Every Thursday morning from 08:00 – 08:30

Who is teaching which group? Who can we contact and how?

Class	Teacher	Email
11x1	Miss Reeve	m.reeve@temac.co.uk
11x2	Miss Richardson	k.richardson@temac.co.uk
11x3	Mr Mountain	i.mountain@temac.co.uk
11x4	Mr Birrell	m.birrell@temac.co.uk
11x5	Mr Johnston	w.johnston@temac.co.uk
11x6	Miss Williams	s.williams@temac.co.uk
11x7	Miss Campbell	n.campbell@temac.co.uk
11x8	Mr Dawodu	r.dawodu@temac.co.uk

If there is a website or an app how do you login?

- Mathswatch (students should know their log in and password) <https://vle.mathswatch.co.uk/vle/>
- <https://www.mathsgenie.co.uk/gcse.html>
- <https://thegcsemathstutor.co.uk/>

Course content

At The East Manchester Academy, our higher tier students follow the Edexcel GCSE (9–1) specification in Mathematics. The qualification is assessed by three equally weighted, externally examined papers, each being 1 hour and 30 minutes duration. All papers are worth 80 marks each. Paper 1 is a non-calculator assessment, and a calculator is allowed for Paper 2 and Paper 3.

Our foundation tier students follow the OCR GCSE (9–1) specification in Mathematics. The qualification is assessed by three equally weighted, externally examined papers, each being 1 hour and 30 minutes duration. All papers are worth 100 marks each. Paper 2 is a calculator assessment, and a calculator is allowed for Paper 1 and Paper 3.

Students sitting the higher paper can achieve grades 3–9 whilst foundation tier students can achieve grades 1–5. Students on both tiers are supplied with a formula sheet to support during the exams.

Students study a range of topics covering number, algebra, ratio and proportion, geometry and statistics.

SUBJECT:

Combined Science

Exam Board:

Pearson Edexcel

Exam Dates:

Biology paper 1: Friday 10th May
Chemistry paper 1: Friday 17th May
Physics paper 1: Wednesday 22nd May
Biology paper 2: Friday 7th June
Chemistry paper 2: Tuesday 11th June
Physics paper 2: Friday 14th June

What should students be using to revise for this subject?

- Combined science revision guide (Higher or Foundation Tier)
- Year 11 Revision plan
- Seneca home learning (set weekly)
- Google classroom resources (set by teachers)

When are the revision sessions for this course?

- Monday morning 8am – 8.30am

www.theeastmanchesteracademy.co.uk

Who is teaching which group? Who can we contact and how?

Class	Teacher	Email
11x1	Mr H Patel	h.patel@temac.co.uk
11x2	Dr M Dewhurst	m.dewhurst@temac.co.uk
11x3	Mrs S Mountain	s.mountain@temac.co.uk
11x4	Ms N Watts	n.watts@temac.co.uk
11x5	Miss E Maingi	e.maingi@temac.co.uk
11x6	Miss C Ross	c.ross@temac.co.uk
11x7	Mr P Foster	p.foster@temac.co.uk

Course content

Biology Paper 1

Topic 1 Key concepts in biology
Topic 2 Cells and control
Topic 3 Genetics
Topic 4 Natural selection and genetic modification
Topic 5 Health, disease, and the development of medicine

Chemistry paper 1

Topic 1 Key concepts in chemistry
Topic 2 States of matter and mixtures
Topic 3 Chemical changes
Topic 4 Extracting metals and equilibria

Physics paper 1

Topic 1 Key concepts in physics
Topic 2 Motion and forces
Topic 3 Conservation of energy
Topic 4 Waves
Topic 5 Light and the electromagnetic spectrum
Topic 6 Radioactivity

Biology paper 2

Topic 1 Key concepts in biology
Topic 6 Plant structures and functions
Topic 7 Animal coordination, control, and homeostasis
Topic 8 Exchange and transport in animals
Topic 9 Ecosystems and material cycles

Chemistry paper 2

Topic 1 Key concepts in chemistry
Topic 6 Groups in the periodic table
Topic 7 Rates of reaction and energy changes
Topic 8 Fuels and Earth science

Physics paper 2

Topic 1 Key concepts in physics
Topic 8 Energy – forces doing work
Topic 9 Forces and their effects
Topic 10 Electricity and circuits
Topic 12 Magnetism and the motor effect
Topic 13 Electromagnetic induction
Topic 14 Particle model
Topic 15 Forces and matter

Useful websites

Most important knowledge

- <https://www.freesciencelessons.co.uk/>
- <https://www.scienceshorts.net/>
- <https://www.primrosekitten.com/> (free videos)

Combined science core practicals

- <https://www.youtube.com/playlist?list=PLJl5rFr3KefCFKjBumJGDtZHicK3ZOaQ>
- https://www.youtube.com/playlist?list=PLAd0MSIZBSsF3vV_uxzbcNHuDrQ6Hc-UI

Past papers and mark schemes

- <https://www.physicsandmathstutor.com/>

SUBJECT:

Spanish

Exam Board:

Edexcel

Exam Dates:

Speaking (25%): Monday 29th April to Friday 3rd May

Listening (25%): Tuesday 04 June AM

Reading (25%): Tuesday 04 June AM

Writing (25%): Monday 10 June PM

What should students be using to revise for this subject?

Speaking

- Learn speaking answers.
- Students choose one topic that will definitely come up on the conversation.
- Parents can help by testing students.
- Practice picture-based task & role-play

Listening/reading

- Check you know all the words in your knowledge organiser from Spanish to English
- The more words you know, the more you can recognise.
- Practice questions on Seneca and revision workbook

Writing

- Address the question! – Practice manipulating the question so you can include your speaking answers.
- Writing is about showing off your range of language. Use the AVOCADO section of your knowledge organiser.
- Practice using your signature phrases when writing about different topics.

When are the revision sessions for this course?

Students can choose at least one of the following:

- Monday – After school
- Tuesday – Morning from 7:45
- Wednesday – After school (Miss Capuano & Mr Mee-Ross' classes)
- Friday – After school

Who is teaching which group?

Who can we contact and how?

Class	Teacher	Email
11A1	Miss Capuano	s.capuano@temac.co.uk
11B1	Mr Mee-Ross	j.ross@temac.co.uk
11A2/11B2	Mr Eyres	j.eyres@temac.co.uk

Contact Mr Eyres (Head of MFL) if you have any questions about languages j.eyres@temac.co.uk



If there is a website or an app how do you login?

Seneca

Course content

All of the content from Y10 and term 1 Y11 will be on the exams.

Theme 1: Identity & culture

Theme 2: Local Area, Holiday and Travel

Theme 3: School

Theme 4: Future Aspirations, Study and Work

Theme 5: International and Global Dimension

Community languages

• Speaking (25%)

All languages speaking exams will take place in April/ May. These dates will be organised by school.

• Listening (25%)

• Reading (25%)

• Writing (25%)

All languages exams follow the same format as the Spanish exam.

SUBJECT:

GCSE History

Specification:

Edexcel History (9-1) from 2016

<https://qualifications.pearson.com/en/qualifications/edexcel-gcses/history-2016.html>

Paper 1:

Thematic study and historic environment

Date of exam: Wednesday 15th May 2024, AM

Option 10: Crime and punishment in Britain, c1000–present and Whitechapel, c1870–c1900: crime, policing and the inner city.

Assessment overview

30%* of the qualification

Section A: historic environment

Students answer a question that assesses knowledge plus a two-part question based on two provided sources.

Section B: thematic study

Students answer three questions that assess their knowledge and understanding. The first two questions are compulsory. For the third question, students answer one from a choice of two.

Paper 2:

Period study and British depth study

Date of exam: Tuesday 4th June 2024, PM

Option B1: Anglo-Saxon and Norman England, c1060–88 and Option P3: The American West, c1835–c1895

Assessment overview

40%* of the qualification

Booklet P: Period study

Students answer three questions that assess their knowledge and understanding. The first two questions are compulsory. For the third question, students select two out of three parts.

Booklet B British depth study

Students answer a single three-part question that assesses their knowledge and understanding. The first two parts are compulsory. For the third part, students select one from a choice of two.

Paper 3:

Modern depth study

Date of exam: Tuesday 11th June 2024, PM

Option 31: Weimar and Nazi Germany, 1918–1939

Assessment overview

30%* of the qualification

Section A

Students answer a question based on a provided source and a question that assesses their knowledge and understanding.

Section B

Students answer a single four-part question, based on two provided sources and two provided interpretations.

Revision sessions

- Wednesdays at 8am
- Saturday Academy
- There is also study support available in HU3 on Tuesdays after school

Who teaches my child?

Class	Teacher	Email
11aHi1	Mr Jones	g.jones@temac.co.uk
11aHi2	Mr Sweeney	n.sweeney@temac.co.uk
11bHi1	Mr Jones	g.jones@temac.co.uk
11bHi2	Mr Moroney	j.moroney@temac.co.uk
11dHi1	Miss Carr-Brown	h.carr-brown@temac.co.uk

How can I support my child?

1. Ensure that they complete their weekly home learning each Tuesday night on **Seneca Learning**. This is a website that revises key content and tests students on their understanding. It can be downloaded as an app on phones and tablets. Students can also use Seneca to revise independently outside of their set home learning.

<https://app.senecalearning.com/>

Log in details are their school username and password. If they cannot log on they should see Miss Carr-Brown.

2. **Ensure your child completes weekly exam practice.** This is set to be completed on Friday night but they will have the whole weekend to do it. It will be on yellow paper and should take not more than 30 minutes. Encourage them to look over the content before hand but try to complete the question in timed exam conditions with no notes.
3. **Test your child on key dates.** All key dates are included at the back of this booklet. For example 'What happened on 14th October 1066?' or 'What date did the Battle of Hastings happen?' This will really help your child with chronological understanding for their exam.
4. From the timeline, **ask your child to teach you about key events.** Ask probing questions, for example, 'Why did that happen?', 'Why was that event important?', 'How does that link to other events you have studied?'
5. **Encourage your child to engage in wider reading.** There are some suggestions of books below that can be ordered at your local library. Library users can also download the '**BorrowBox**' app and 'Libby' app to access eBooks, audio books and online magazines. It is free to join the library and your child can use their own account.
6. **Watch documentaries and films** linked to your child's learning in History. There are some suggestions below.

Suggested reading and watching:

All topics:

- **BBC History Magazine** (all editions available on the Libby app, can be bought monthly in supermarkets)
- **National Geographic History** (all editions available on the Libby app)
- **History.co.uk** – a range of articles and videos

Option 10: Crime and punishment in Britain, c1000–present and Whitechapel, c1870–c1900: crime, policing and the inner city.

- The Five: The untold live of the women killed by Jack the Ripper by Hallie Rubenhold (available in libraries and on BorrowBox)
- London's Shadows: The Dark Side of the Victorian City by Drew D. Gray (available in libraries and on BorrowBox)
- Guy Fawkes and the Gunpowder Plot (BBC)
- Tony Robinson's Crime and Punishment (Channel 4, 2008)
- Let Him Have It (film)

Option B1: Anglo-Saxon and Norman England, c1060–1088

- The Feudal kingdom of England 1042–1216 by Frank Barlow (available in libraries and on BorrowBox)
- The Norman Conquest by Marc Morris (available in libraries and on BorrowBox)
- Simon Schama's a History of Britain Volume 1
- 1066: A Year to Conquer England featuring Dan Snow (BBC)

Option P3: The American West, c1835–c1895

- The Call of the Wild by Jack London (available in libraries and on BorrowBox)
- Bury my Heart at Wounded Knee by Dee Brown (available in libraries and on BorrowBox)
- Stop the train by Geraldine McCaughrean (available in libraries and on BorrowBox)
- The Wild West (BBC Select)

Option 31: Weimar and Nazi Germany, 1918–1939

- The Book Thief by Markus Zusak (available in libraries and on BorrowBox)
- The Nazis: a warning from History (BBC)
- The Third Reich by Michael Burleigh (available in libraries and on BorrowBox)

Key dates

Paper 1 – Crime and Punishment through Time Key Dates

1066	Norman Conquest
1215	Trial by ordeal abandoned by Catholic Church
1285	Introduction of constables
1494	Vagrancy Act
1542	Witchcraft Act
1547	Vagrancy Act
1604	Witchcraft Act
1605	Gunpowder Plot
1642	Civil War
1645–47	Matthew Hopkins witch-hunts
1718	Transportation Act
1749	Bow Street Runners
1774	Gaols Act
1777	The State of Prisons in England and Wales by John Howard published
1815	Death penalty for over 225 offences
1818	Elizabeth Fry tour of prisons
1823	Gaols Act / reduction in Bloody Code by 100 offences
1829	Metropolitan Police Act
1834	Tolpuddle Martyrs
1842	Opening of Pentonville prison
1868	End of public execution and transportation
1878	CID set up
1888	Jack the Ripper murders
1914–18	First World War – conscientious objection
1922	Abolition of separate system started
1933	First open prison
1939–45	Second World War – conscientious objection
1953	Derek Bentley case
1964	Last execution in the UK
1969	Abolition of capital punishment for murder
1982	Neighbourhood Watch

SUBJECT:

GCSE Geography

What Geography specification does my child do?

AQA GCSE Geography

<https://www.aqa.org.uk/subjects/geography/gcse/geography-8035>

What is my child assessed in?

Your child is assessed in four different skills known as 'Assessment Objectives' (AO's).

These differ depending on the exam paper that is being sit, and are listed in the summary of the topics so you know the differences:

- **AO1:** Demonstrate knowledge of locations, places, processes, environments and different scales (15%).
- **AO2:** Demonstrate geographical understanding of: Concepts and how they are used in relation to places, environments and processes; the interrelationships between places, environments and processes (25%).
- **AO3:** Apply knowledge and understanding to interpret, analyse and evaluate geographical information and issues to make judgements (35%, including 10% applied to fieldwork context(s)).
- **AO4:** Select, adapt and use a variety of skills and techniques to investigate questions and issues and communicate findings (25%, including 5% used to respond to fieldwork data and context(s)).

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When are the exams and what will my child need to know?

Paper 1

Living with the Physical Environment

Friday 17th May 2024, PM

1 hour and 30 minute exam.

88 marks. 35% of GCSE.

- The Challenge of Natural Hazards
- The Living World
- The Physical Landscape of the UK – coasts & rivers

Paper 2

The Challenge of Human Environments

Wednesday 5th June 2024, AM

1 hour and 30 minute exam.

88 marks. 35% of GCSE.

- Urban Issues and Challenges
- The Changing Economic World
- The Challenge of Resource Management – energy

Paper 3

Geographical Applications

Friday 14th June 2024, AM

1 hour and 30 minute exam.

76 marks. 30% of GCSE.

A synoptic paper where students draw together knowledge, understanding and skills from the full

course of study. It is an opportunity for students to show their breadth of understanding and an evaluative appreciation of the interrelationships between different aspects of geographical study.

Who teaches my child?

Class	Teacher	Email
11aGg1	Mrs Lloyd	j.lloyd2@temac.co.uk
11bGg1	Ms Osi-Iyere	d.osi-iyere@temac.co.uk
11bGg2	Mrs Lloyd	j.lloyd2@temac.co.uk

Revision sessions

- Wednesdays at 8am
- Saturday Academy
- There is also study support available in HU3 on Tuesdays afterschool

How can I support my child?

1. Ensure that they complete their weekly home learning each Tuesday night on **Seneca Learning**. This is a website that revises key content and tests students on their understanding. It can be downloaded as an app on phones and tablets. Students can also use Seneca to revise independently outside of their set home learning.

<https://app.senecalearning.com/>

Log in details are their school username and password. If they cannot log on they should see Miss Carr-Brown.

2. **Ensure your child completes weekly exam practice.** This is set to be completed on Friday night but they will have the whole weekend to do it. It will be on yellow paper and should take not more than 30 minutes. Encourage them to look over the content before hand but try to complete the question in timed exam conditions with no notes.
3. **Test your child on their knowledge of case studies.**

SUBJECT:

Computer Science



Exam Board:

OCR

Exam Dates:

Paper 1: 15th May

Paper 2: 21st May

What should students be using to revise for this subject?

- **OneNote class resources**
- **SmartRevise** – <https://smartrevise.online/>
- **CSRevise** – PyPuzzles – <https://revisecs.csuk.io/>
- **CSNews** – <https://www.csnews.com/>
- **YouTube** – CraignDave <https://www.youtube.com/@craigndave>

When are the revision sessions for this course?

Saturday School



Who is teaching which group? Who can we contact and how?

Mr Berne – s.berne@temac.co.uk

If there is a website or an app how do you login?

Seneca

Course content

Content Overview

J277 /01: Computer systems

This component will assess:

- 1.1 Systems architecture
- 1.2 Memory and storage
- 1.3 Computer networks, connections and protocols
- 1.4 Network security
- 1.5 Systems software
- 1.6 Ethical, legal, cultural and environmental impacts of digital technology

J277 /02: Computational thinking, algorithms and programming

This component will assess:

- 2.1 Algorithms
- 2.2 Programming fundamentals
- 2.3 Producing robust programs
- 2.4 Boolean logic
- 2.5 Programming languages and Integrated Development Environments

Assessment Overview

Written paper: 1 hour and 30 minutes

50% of total GCSE – 80 marks

- This is a non-calculator paper.
- All questions are mandatory.
- This paper consists of multiple choice questions short response questions and extended response questions.

Written paper: 1 hour and 30 minutes

50% of total GCSE – 80 marks

- This is a non-calculator paper.
- This paper has two sections: Section A and Section B. Students must answer both sections.
- All questions are mandatory.
- In Section B, questions assessing students' ability to write or refine algorithms must be answered using either the OCR Exam Reference Language or the high-level programming language they are familiar with.

HEALTHY BODY, Healthy Mind

DID YOU KNOW?

Physically
active students
have more
active brains

Your brain
functions well
after exercise so
try carrying out
some revision
afterwards

Regular physical activity impacts the brain, it...

BOOSTS YOUR MEMORY

HELPS REDUCE STRESS

IMPROVES YOUR CONCENTRATION

LENGTHENS ATTENTION SPAN

You should be aiming to do 60 minutes of physical activity a day. Ideally focus on these three areas:

- **Cardiovascular** – benefits your heart, circulatory system and lungs.
- **Strength and muscle endurance** – benefits you by making you stronger and/or giving you better endurance, so you can do things longer.
- **Flexibility** – aimed at giving you greater range of motion in joints and more suppleness in your body.

You don't need to complete 60 minutes a day all at once so think about how this could be broken down in smaller chunks such as:

- 10 min walk to school
- 10 min walk at lunch time
- 30 min after school sports club/gym/swim
- 10 min stretching/flexibility

Use the following tips to help you plan out how you can keep active on a daily basis:

FIT TIPS:

1. Plan your weekly workouts
2. Have a morning stretching routine e.g. yoga poses, meditation, seated stretching exercises
3. Walk or be active to or from school
4. Get some fresh air at break and lunch times
5. Carry out some exercises whilst sitting down e.g. arm stretches, leg lifts, shoulder rolls
6. Carry out strength exercise at least twice a week such as bicep curls, squats, press ups, sit ups or lunges etc.
7. Carry out housework or tidy your bedroom
8. Push yourself to work harder each time
9. Plan to do 30 minutes of cardio exercise at least three days a week
10. Do something you enjoy so you will keep doing it and stay motivated

WEEKLY FITNESS SCHEDULE

Plan out your weekly workouts using the table below

Time / Duration	Activity type & details

NUTRITION:

Power Yourself to Perform

You need to fuel your body with the right foods at the right times to energise your system, improve your alertness and sustain you through long exams. The wrong food choices can make you feel sluggish, jittery, burned out and crash your energy levels. Exams are like mental marathons so endurance is the key. Use the following nutrition tips to help you perform at your best on exam day.

P – Preparation

Start the day with a nutritious breakfast. Your brain needs the energy from food to work efficiently. You need to keep your mental focus on your exam and not on your hunger. The best breakfasts should include slow-release carbohydrates, such as porridge oats, whole grain bread or low-sugar muesli, as these provide slow-release energy. Add a protein food, such as milk, 0% fat yoghurt or eggs, to keep you feeling full for longer, you can also add a banana, berries or nuts and seeds. If you really cannot stomach food, then try having a healthy smoothie.

E – Energy Levels

Eat at regular times throughout the day and avoid high sugary foods such as pastries, sweets, caffeine and fizzy drinks. These will give you energy highs and crashes. The aim is to keep your blood sugars and energy levels stable by eating a combination of wholegrain carbohydrates, proteins and healthy fats. Example foods for lunch include wholegrain sandwich, jacket or sweet potatoes with tuna, baked beans or a protein filling. Wholegrain rice or pasta mixed with protein. Wholemeal roll/wrap with cold meat, fish, egg, cheese or peanut butter and salad. Omelette with cheese, ham, mushrooms or tomatoes.

R – Re-hydrate

Drink a glass of water ideally with lemon at the start of the day. Carry a bottle of water around with you and take it into the exam. Limit your caffeine, fizzy or sugary drinks as this will lead to energy highs and lows. Dehydration can cause your brain to shut down, not work effectively and give you headaches. Aim to drink at least 2 litres of water every day to help you think faster, keep focused and give your brain energy to function.

F – Focus Fuels

Snack on brain boosting foods throughout the day such as fresh and dried fruit, nuts and seeds. Snacks such as peanut butter on rice cakes or cottage cheese on celery sticks, cheese and oat cakes or crackers, toast and marmite or peanut butter, non-sugary popcorn, 0% fat yogurt, raw vegetables – carrots, avocado, peppers, tomatoes or a small amount of dark chocolate are all good options.

O – Omega 3s

Omega 3 has been shown to help brain function and increases concentration. It also helps to improve your immune system when your body and mind are stressed. The best source of Omega 3 is oily fish such as mackerel, sardines, salmon and trout. A great lunch would be fish on wholemeal toast. Other foods include walnuts, chia seeds, spinach and eggs. You could even take a supplement of cod liver oil tablets.

R – Re-think brain blockers

On exam day, stay away from foods made of white flour, such as cookies, cereal bars, pastries, cakes and muffins, which require added time and energy to digest

Also avoid foods that are high in refined sugar, such as chocolates, desserts, and sweets as these won't keep you stable during a long exam. Avoid sugary, fizzy or energy drinks and limit your caffeine, as it can increase your nervousness.

Don't have turkey before an exam as it contains L-tryptophan, an essential amino acid which makes you feel sleepy. Avoid heavy carbohydrate meals as these can make you feel sluggish if eaten in large quantities. Eat lighter meals making sure it is enough to feel satisfied but not so much as to feel full and don't try out foods that you haven't had before!

M – Macro-nutrients

Have a combination of protein, fats, and carbs at every meal on exam day. You need protein to provide amino acids that create dopamine and norepinephrine. These brain chemicals make you feel more alert, attentive, and energetic. You need complex carbs that turn into glucose which fuels your brain. Carbs also create serotonin which can help you feel calm and put you in a positive frame of mind about your test. Having some healthy fats can keep you feeling full longer and help stabilize your blood sugar levels.

Pre plan your meals during your exams so that you give your brains and bodies the best possible fuel for maximum efficiency and therefore greatest success.



REST AND Recovery

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Taking a break makes a big difference to our day to day stress management. Without a break, we risk burnout so book things in your diary which are relaxing and time-out from the norm.

We all need something to take our minds off the day to day. Good outlets are activities that completely engage our bodies and minds. These are neurologically important activities that give our brain a chance to get back to neutral, to re boot and re charge.



THE POWER OF REST

- Regeneration of our bodies
- Required for life
- Helps us survive
- Renew and restore cells
- Keeps us functioning well
- Rebuild and revive ourselves
- Productivity and concentration
- Efficiency at school or work
- For growth and development
- To replenish our muscles, bones, tissues and cells

GET YOURSELF IN THE 'FLOW'

Flow experiences can occur in different ways for different people. These are moments in which your mind becomes so entirely absorbed in the activity that you "forget yourself" and begin to act effortlessly.

You must see the activities as voluntary, enjoyable (intrinsically motivating), and it must require skill and be challenging (but not too challenging) with clear goals towards success.



To be more productive, healthy and creative, we need to make break-taking a regular practice.



SLEEP

WHAT HAPPENS IF YOU DON'T GET ENOUGH SLEEP?

Reduced
decision-
making
skills

Reduced
work
efficiency

Reduced
alertness

Slower
than normal
reaction
time

Poorer
memory

Shortened
attention
span

Reduced
concentration

Reduced
awareness of
the environment
and situation

Here are some top tips for getting a better night's sleep. The key is to make some small changes to your sleep routine and give it some time to notice a difference in your sleep habits.

TOP TIPS:

- 1. Consistency:**
Keep a relatively consistent bedtime and wake time. Staying up late and sleeping in on weekends can disrupt your routine during the week.
- 2. Work:**
Complete your revision or work by a certain time.
- 3. Relaxation/Routine:**
Develop a pre-bed routine that is relaxing and familiar. Television, work, computer use, movies and deep/stressful discussions late at night can disrupt sleep.
- 4. Unplug:**
Shut off all electronics at least 30 mins before you go to sleep.
- 5. Stimulants:**
Eliminate stimulants like caffeine and sugar, especially later in the day.
- 6. Exercise:**
Incorporate this daily but not too close to bedtime.
- 7. Fullness:**
Eating a dinner that makes you overly full can disturb sleep.
- 8. Thoughts:**
Write them all down before you go to bed so you have a clear mind.

STRESS

Management

Stress is a state of mental or emotional strain or tension resulting from adverse or Demanding circumstances.

Why should you manage your stress levels?

Everyone gets stressed during exams but it's important not to let it get out of control. Some stress can be a good thing as it motivates us to work hard, can make you feel mentally alert and ready to tackle exam challenges.

However, if stress levels get out of hand, it can stop us from learning and performing at our best, so it's important to address your stress to keep it under control.

You'll be less stressed if you've got an idea of how the lead-up to your exams is going to look, so plan what you're going to study and when, and stick it up on the wall. Break it down into manageable chunks and start working through it at the rate you planned.



IF YOU'RE FINDING THINGS TOUGH, ASK FOR HELP.

MANAGING YOUR STRESS LEVELS

It is completely possible to manage some of the stress that's brought on by exams if you use different strategies. The Four main areas which can contribute to your exam stress/ anxiety are:

1. LIFESTYLE FACTORS

- Inadequate rest
- Poor nutrition
- Too many stimulants
- Insufficient exercise
- Not scheduling available time
- Not prioritising commitments

2. INFORMATION NEEDS

- Strategies for exam-taking
- Exam information, dates and exam locations
- Knowledge of how to apply anxiety reduction techniques

3. PSYCHOLOGICAL FACTORS

- Feeling little or no control
- Negative thinking and self-criticism
- Irrational thinking about exams and outcomes
- Pressuring yourself

4. POOR STUDYING STYLES

- Inefficient: inconsistent content coverage: trying to memorise the textbook: binge studying: all-night studying before exams
- Ineffective: reading without understanding: cannot recall the material: not making revision notes; not revising

WHAT IS EXAM ANXIETY?

- Butterflies in your stomach
- Headaches, tiredness or shakiness
- Excessive worry about upcoming exams
- Exam fear
- Apprehension about the consequences
- Difficulty concentrating
- Inability to recall information
- Panic attacks or rapid breathing

Use the following strategies to help manage your stress levels:

POSITIVE SELF-TALK

It's as simple as A, B, C!

A = Activating Event

While taking a difficult test you begin to feel physically tense.

B = Belief

"I know I can do this, I will do some deep breaths to re-focus myself and feel more relaxed."

C = Consequences

You calm yourself down, feel a lot better and feel able to complete the test.

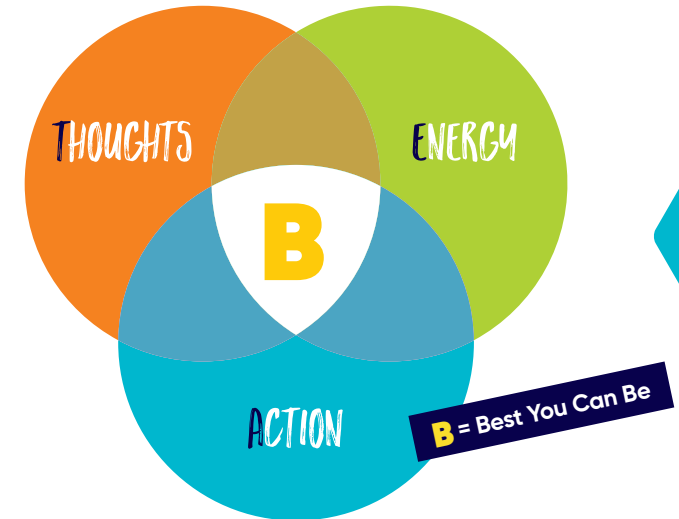
A - Plan in advance what you will do when the activating event occurs.

B - Develop a set of positive or rational self-statements which you can practice.

C - You will help calm yourself down and re-divert your energy to being more positive.

THE MINDFUL UNPLUG

- Try to unplug from technology everyday
- Switch off from technology at least 30 mins to 1 hour before going to sleep
- Appreciate the world around you and what you are doing rather than being governed by your phone
- Put your phone away and on silent while you are concentrating on tasks/ revision/ homework
- Learn to have the control to not be obsessed with your phone!
- Choose some time each day and week to switch off and unplug from technology



HOW TO CALM DOWN IN UNDER A MINUTE

- Breathe in through your nose end on a slow count of three
- Push your stomach out as you breathe in
- Breathe out through your mouth on a slow count of six
- Repeat two more times



S Stop and pause what you are doing



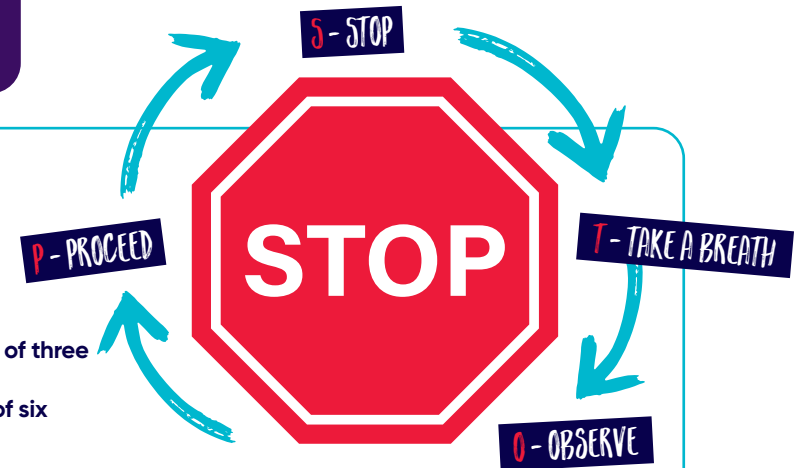
T Take a breath



O Observe your thoughts, feelings & emotions



P Proceed with something that will support & help you in the moment



PREPARE TO PERFORM

Daily planner



You have learned about the importance of eating the right things, sleeping, relaxing, chunking revision and turning off your phone. Now is the time to prepare yourself each day so that you can perform at your best.

Plan your day using the table below. To be 'performance ready' you need to be making the right choices. For each of the activities listed below, give yourself one point - the aim is to get 10 points a day by doing 10 of these things.

EATING AN APPROPRIATE BREAKFAST

EXERCISING

EATING AN APPROPRIATE AND HEALTHY SNACK/S

HAVING TIME TO RELAX

EATING A HEALTHY LUNCH

PLANNING CHUNKED REVISION

TURNING OFF YOUR PHONE

HAVING TIME TO SOCIALISE

HAVING 7-8 HOURS SLEEP

EATING A HEALTHY EVENING MEAL

MAKING A SMOOTHIE

DRINKING PLENTY OF WATER

PLANNING TIME TO CALM YOURSELF DOWN

MY DAILY PRIORITIES:

6am

7am

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

9pm

10pm

11pm

FREQUENTLY Asked Questions

What additional revision sessions are on offer?

- Each department will offer subject specific revision sessions according to the timetable. Saturday Academy runs each week in the period between Christmas and the summer exam season. This is open to all students and operates from 10am until 2.30pm each Saturday during term time.
- We have an English and Maths revision weekend in the Lake District during the weekend of the 10–12 May 2024. This is by invitation only.
- Morning revision sessions will operate for all subjects the morning of the exam in the summer and some staff will run evening sessions via TEAMS the night before. Reminders will be issued via SMS and Class Charts.

What should revision look like?

- Regular 15–20-minute sessions, targeting specific gaps in knowledge or under performance, and revisiting what they know to ensure retention.
- Implementing a variety of revision strategies according to their subject.
- Using a variety of platforms e.g. SENECA, revision guides, exercise books.
- No distractions.

When should they start revising?

- Now! 1 Grade improvement = 10 hours revision. It's a marathon not a sprint.

How much revision should they be doing?

- Homework + Revision
- Homework will vary, depending on when the course content is completed BUT all homework will contribute to what pupils need to know for the exams.
- In addition to 'homework', pupils should be doing between 60–90 minutes of revision in the week and about 4 hours over the weekend.

How can I support my child?

- Be patient. Listen to them when they are grumbling.
- Provide an area for them to work.
- Have food/snacks available.
- Talk to them about a revision timetable – put it together with them.
- Test them on their revision – cue cards with a question on one side and the answers on the other.
- Have incentives.

Should they carry on with their extracurricular activities?

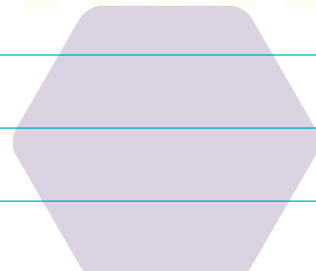
- Yes. In moderation.
- Remember how much revision they should be doing and any homework set is a must to finish.
- Reduce training sessions and be mindful at weekends that the whole weekend is not given over to matches.

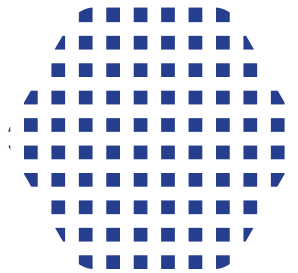
How much free time should they have?

- A tough one
- Extracurricular clubs will count as free time.
- Avoid hanging round the streets.
- Avoid partying
- There is plenty of time post exams for your child to 'have fun'. They are about to have the longest summer of their lives!

NOTES

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Prepare

To

PERFORM



Contact

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