



Vyners School

Striving for  
Excellence

# **Year 10 Assembly - Exam Period**

Wednesday 24th April



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# Over 100 prefect applications!

We will now read through all of these applications and will email you by the end of next week to inform people who have and haven't been successful.

Thank you to all of those who have applied, but unfortunately there will be some of you who will be disappointed and do not get an interview.



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1. Year 10 Assessment Window
2. RE GCSE Exam



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“What do I prioritise to revise?”

“How do I revise?”



## ***What do I prioritise to revise?***

Your RE exam is a formal GCSE exam, therefore it is probably wise to spend slightly more time revising for this, over your other subjects assessments.

However, these other assessments are still important and therefore you do need to prepare for these too!

One way that you can ensure you are preparing for all of your exams is to use a revision timetable. This will help you to manage your time and balance your preparation for your assessments.

This is something that will really help you next year, so using it now will help you get into good habits.



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[illegible]



## ***How much should I revise?***

Keep your revision periods short and do not sit down for long periods of time to revise.

Keep these periods to a maximum of 30 minutes at a time, before you take a short break. This will help keep you fresh and engaged.

Only aim for between 2 and 3 periods of 30 minutes per day, no more.

You can do more at the weekends, but do not sit there and try to work all day!





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## WEEKLY REVISION PLANNER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
3:45-4:15		RE				12:00-12:30	RE	Sci
4:30-5:00	RE	Sci		RE	Hist	12:45-13:15	Eng	Geog
5:15-5:45	Maths	Geog		Eng	Psych	13:30-14:00	Maths	
6:00-6:30						14:15-14:45		
						15:00-15:30		
						15:45-16:15		





## ***How can I revise?***

There are many ways that you can revise and I am sure that you have been taught many before.

However, we will have a quick look at 2 of these methods this morning:

1. Revision Clock
2. Flashcards

There are plenty of others such as mind maps, blurting, past papers and more, but we do not have time to go through all of these today!



## ***Revision Clocks***

Step 1 - Decide on 8 topics for your subject.

Step 2 - Write the 8 topics on each segment of the revision clock.

Step 3 - Write down everything you can remember for topic 1 in black pen.

Step 4 - Go back and read your notes for this topic.

Step 5 - In a green pen, write down everything you forgot.

Step 6 - Repeat step 3 to 6 for the other topics.

*The more green pen, the more you forgot for that topic and therefore the more you need to revise that individual topic.*



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Bones

Muscles

CV system

Respiratory system

Drugs

Diet

Benefits of PA

Levers

Step 1 and 2



# Vyners School

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Bones

Muscles

Femur,  
Humerus,  
Cranium

CV system

Levers

## Step 3

Benefits of PA

Respiratory system

Diet

Drugs



Bones

Muscles

CV system

Respiratory system

Drugs

Diet

Benefits of PA

Femur,  
Humerus,  
Cranium

Levers

Step 4 - Read notes on bones



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## Bones

Femur,  
Humerus,  
Cranium

Radius  
Ulna

Muscles

CV system

Respiratory system

Drugs

Diet

Benefits of PA

## Step 5

Levers



## Bones

Femur,  
Humerus,  
Cranium

Radius

## Muscles

Bicep

Tricep  
Quadriceps  
Hamstring

CV system

Respiratory system

Drugs

Diet

Benefits of PA

Step 6

Levers





## ***Flash Cards***

Step 1 - Write a topic name, question, or key word on one side of the flash card.

Step 2 - Write the answer to the question, or all of the information on the topic on the other side of the flash card.

Step 3 - Do this for as many topics as you need to.

Step 4 - Turn the flash cards face down, so that you can only see the topic names. Pick them up in turns and try to repeat what is on the back of the flash card.

Step 5 - Turn over to see if you are right.



## *Flash Cards*

# Components of Fitness

- Cardiovascular Fitness
- Muscular Strength
- Muscular Endurance
- Flexibility
- Power - Balance
- Speed - Agility
- Body Composition - Co-ordination
- Reaction Time



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*Thank you for listening Year 10 and let's have a  
fantastic day!*