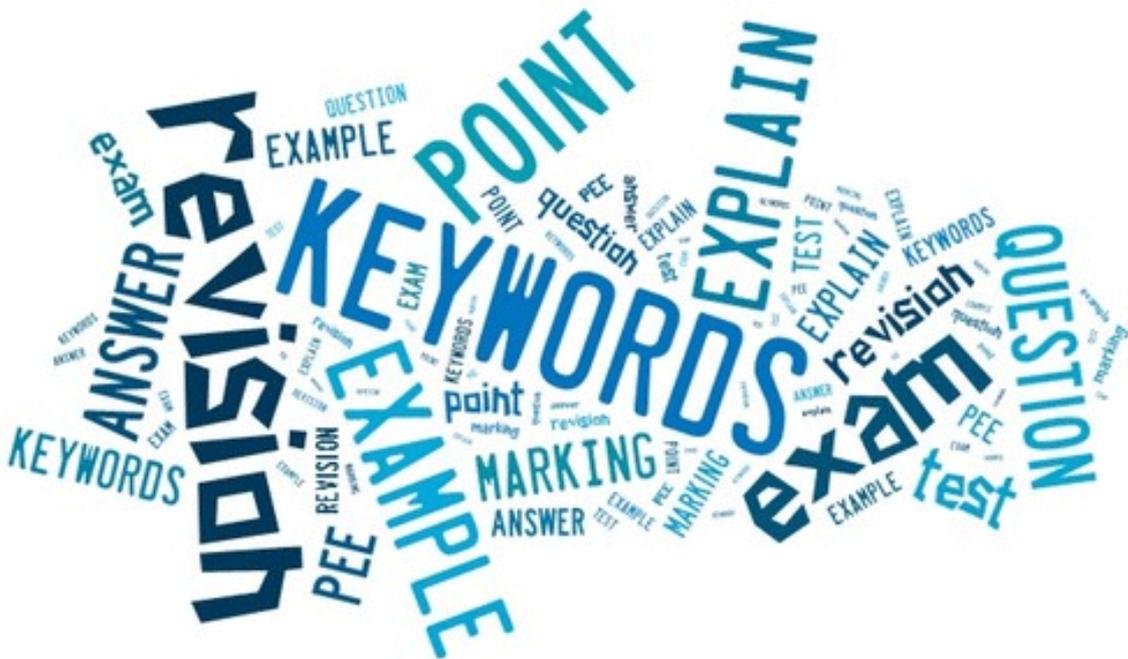


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Year 7 Revision Guidance



Name:

Form:

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WELCOME

Welcome to revision guide for Year 7 students.



Unfortunately, there is no easy way to pass tests, but we can give you tips on how to revise more effectively. Many of the learning and revision strategies in this booklet are applicable to a vocabulary test in Year 7 and to the final examination of a degree level course.

Although this booklet contains great advice, super tips and fantastic study skills, the guide isn't as important as the person reading it – YOU! It is you who have to put them into practice and apply them to your work. If you do, we're sure that you will improve your performance and your study skills. But to get better at something, you have to practise!



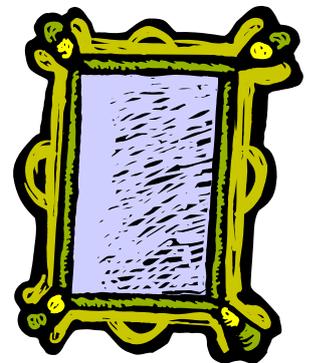
So, over to you – happy studying and good luck!

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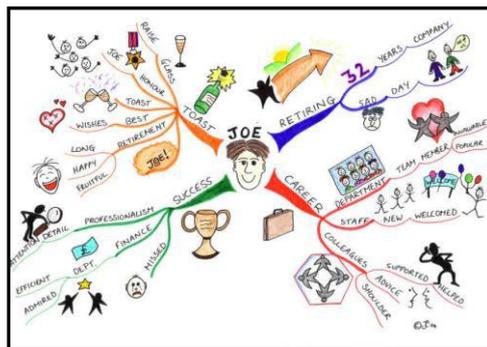


Revision means “to look at again”. You need to look at things again as part of learning as well as in preparation for exams. But we need **active** ways to do this “looking again”.

Revision gives time for reflection and learning. You can start to see the big picture, you can add in more details and examples. You may discover something you still don’t understand and you can ask your teacher about it again.



The idea is to “revise” each major section of your work shortly after you have finished it. For instance, you could draw a Mind Map of each major topic you cover. Keep the Mind Maps because they will be very useful for revising before tests.



HOT TIP: be active and change the way you think

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WHY?



1. Revision helps learning
2. Revision increases your achievement in tests
3. Achievement in tests give you wider choices later on
4. Achievement will make everyone proud of you!
5. You will feel great!



It is important to be positive about yourself because people who think they can do well find it easier to learn. Think about five things which you felt good about doing – scoring a goal, asking someone out ... think about how you felt when you did those things...and get yourself into a positive frame of mind.

HOT TIP: get yourself a vision of success

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WHEN?



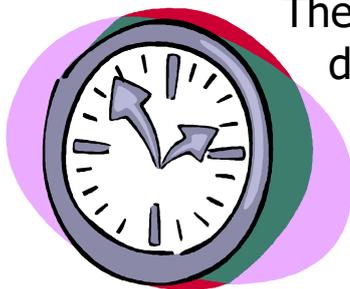
Make sure you know when your tests are. Teachers will revise with you and give you advice about how much revision to do, what you should revise and many will give you special notes to help with revising.



Make yourself a **revision timetable**.

- ★ Fill in leisure, relaxation and family commitments
- ★ Put in some sessions that you can devote to revision
- ★ Share out the available revision sessions between your subjects
- ★ Allow extra sessions if you know some subjects will take longer than others
- ★ Vary the subjects – don't do all your Maths revision on day one!
- ★ Here's an example for *one* weekend:

	Morning	Morning	Afternoon	Evening
Saturday	Football	Maths; geography	Science; RE	Video
Sunday	English; tech	Lunch at gran's	Still at gran's	French; history



The ideal length to revise one topic is **25 to 45 minutes**, depending on the subject and method of revision. You remember more at the beginnings and the ends of sessions, so create more beginnings and ends by stopping for a brief break.

HOT TIP: stop and start – create brief breaks

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WHERE?



The ideal study room is light, airy, quiet, with shelves and a desk. Some people are lucky enough to have this and enjoy working in it. Don't worry if you haven't got this. You can still try to get some of the elements. It's a good idea to put up posters, lists and post-it notes in other places in the house.



Some students find they revise well with friends and it is a good idea to do this sometimes as a bit of variety and fun.



Avoid distractions! Ban the television and ask someone at home to look after your mobile phone while you revise. Remember to keep a space in your revision timetable for your favourite programmes.



Lots of students find that some background music helps the revision process. Classical music such as Mozart can help to stimulate your brain waves. Avoid music with lyrics as you are likely to concentrate on these rather than your work!

HOT TIP: Learning self-discipline will help all through your life

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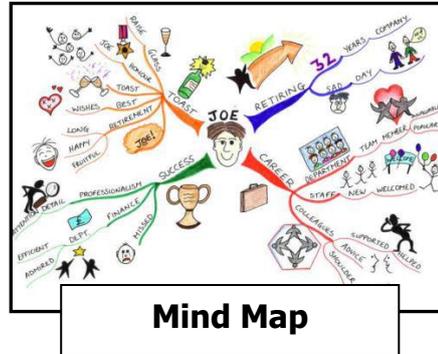


HOW?



There are three easy steps to doing revision well:

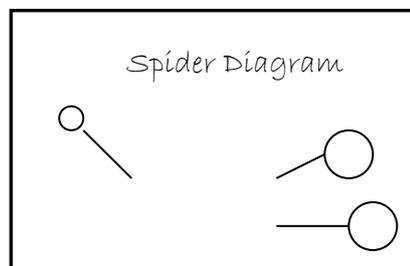
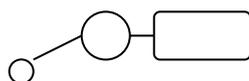
- ★ Change
- ★ Challenge
- ★ Treats



The first step is to try **change**. By changing what is in our exercise books or textbooks into a different form, we kick start our brains into action – we start thinking about new ways of presenting and digesting the information and start learning.

Ways to change things:

- Make diagrams
- Labelled drawings
- Time-lines (for history)
- Mind maps
- Charts and flowcharts (for processes)
- Audio tapes (great for languages)
- Outline cards
- Mnemonics
- Use colours and highlighters



HOT TIP: Flick through outline cards before the test

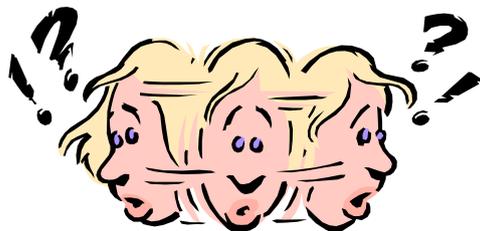
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We work best when we are faced with a **challenge**. A challenge is something that is difficult, but not impossible.

Challenge yourself to really sort out a topic that you have found difficult.

- Will taking a new approach and turning it into a chart, diagram or Mind Map help?
- Get someone to test you after you have learned something new.
- We learn extremely well when we have to **teach** someone else – why not try teaching one of your parents, a brother or sister, your grandparents or even your friends?
- Get them to ask you questions about what you have just taught them – can you answer their questions?



HOT TIP: Believe in yourself – you CAN do it!

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Don't forget to allow yourself some **treats**. Break up your revision sessions and plan some treats to look forward to: fruit, chocolate, a drink, ten minutes in the garden, glancing at a magazine, going for a walk...whatever will motivate you.

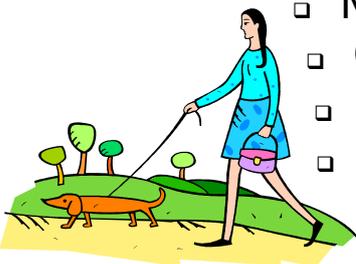


Remember, breaking up your revision gives you more stops and starts and more stops and starts increase your learning.



Relaxation is important to help you stop feeling the pressure of tests and getting stressed. Find a simple technique that works for you and practice using it when you are stressed or can't sleep. Have you tried:

- A warm bath
- Visualising yourself passing the test
- Stroking a pet
- Deep breathing
- Meditating
- Going for a walk
- Asking someone to give you a head massage
- Yoga
- Losing yourself in some soft music?



HOT TIP: Feed your brain! Fresh fruit, water, fish and vegetables give you brain power!

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Week 1 – Monday 2nd April - Example

	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm
Monday	NETFLIX	TEA	Maths	Swimming	Relax
Tuesday	Tennis	TEA	English	Science	TV
Weds	walk the dog	Relax	Tea at friend's house	Revise maths with friend	TV
Thurs					
Friday					
	9-11am	11am-1pm	1pm-3pm	3pm-5pm	5pm-7pm
Sat	Swimming	Maths (30 mins)	Shopping	English (2* 20 mins)	Going out
Sunday	Science - 20 Maths - 20			Swimming	Relax

Week 2 – Monday 9th April - Example

	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm
Monday					
Tuesday					
Weds					
Thurs					
Friday					
	9-11am	11am-1pm	1pm-3pm	3pm-5pm	5pm-7pm
Sat					
Sunday					

SMART REVISION

Week 1 – Monday 1st April – your go!

	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm
Monday					
Tuesday					
Weds					
Thurs					
Friday					
	9-11am	11am-1pm	1pm-3pm	3pm-5pm	5pm-7pm
Sat					
Sunday					

Week 2 – Monday 8th April

	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm
Monday					
Tuesday					
Weds					
Thurs					
Friday					
	9-11am	11am-1pm	1pm-3pm	3pm-5pm	5pm-7pm
Sat					
Sunday					

SMART REVISION

Week 1 – Monday 15th April – your go!

	9-11am	11am-1pm	1-3pm	3-5pm	5-7pm
Monday					
Tuesday					
Weds					
Thurs					
Friday					
Sat					
Sunday					

Week 2 – Monday 22nd April

	9-11am	11am-1pm	1-3pm	3-5pm	5-7pm
Monday					
Tuesday					
Weds					
Thurs					
Friday					
Sat					
Sunday					

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Year 7 Maths Revision List

Year 7 Module 1 : Algebraic Thinking

- Sequences (term-to-term, not nth term)
- Understanding and using algebraic notation
- Equality and Equivalence

Year 7 Module 2 : Place Value and Proportion

- Place Value
- Ordering Integers
- Ordering Decimals
- Fraction, Decimal and Percentage Equivalence

Year 7 Module 3 : Applications of Number

- Solving Problems with Addition and Subtraction
- Solving Problems with Multiplication and Division
- Areas of Triangles, Rectangles and Parallelograms
- Solving Two-Step Equations

Year 7 Module 4 : Directed Number

- Using all four operations with directed number (negative numbers) - BIDMAS

Year 7 Module 5 : Fractional Thinking

- Addition and Subtractions of Fractions
- Multiplication and Division of Fractions

Year 7 Module 6 : Lines and Angles

- Constructing, Measuring and using Geometric Notation – Pie Charts
- Developing Geometric Reasoning – Angle Facts – Angles in Triangles

Year 7 Module 7 : Reasoning with Number

- Developing Number Sense – Mental Arithmetic – Algebraic Expressions
- Sets and Probability – Venn Diagrams
- Prime Numbers and Proof – Factorisation – Powers and Roots

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English Department - Year 7 Summer Exam Revision Guide

Hello year 7!

In this year's summer exam, you will be doing 2 things: firstly, showing how well you can read, understand and answer questions on a non-fiction text linked to one of the topics you have studied this year, and you will also be writing either a story or a speech (you need to revise and be prepared for both). Your exam will be 1 hour 30 minutes long.

In preparation for this, you will need to do some revision at home. For this to be successful, you will need to know certain things:

- What should I revise?
- How can I revise?
- What are my teachers looking for?

What should I revise for the reading section?

- How to use quotes and how to explain what they mean
- Subject terminology (e.g. verbs, adjectives, similes etc)

What should I revise for the story writing?

- Re-read your marked story from your fantasy texts unit. Remember the one you wrote just before Easter? Also, read over your speech you wrote at the start of year 7. It might be in your exercise book or in your folder – see what target or targets your teacher has given you for your transactional and creative writing
- Read some short stories from the library – Anthony Horowitz or Chris Priestley are both good short story writers, even your Accelerated Reader books will help!
- Story structure (see below)

Story structure (recap)

- Remember, your story needs 5 main sections:
 1. The **opening**, where you set the scene and introduce your main characters
 2. The **complication**, where an issue causes problems for the characters
 3. The problem reaches its **worst point**
 4. The characters put their minds to **solving the problem**
 5. The **resolution**, where the problem is either solved or not

How can I revise?

- Read as much as you can – non fiction and fiction texts
- Write a short story / speech in 45 minutes – your teacher will look at it and give you some feedback
- Plan a short story using the 5-point story plan you have studied in lessons
- Practise experimenting with engaging vocabulary and persuasive techniques

What are my teachers looking for?

- Good understanding of the text you have read, with effective quotes and subject terminology if necessary
- A well structured story including the 5 story sections / A well structured speech using paragraphs and connectives
- Interesting characters, but not too many (3 is appropriate for a short story) and a plot that makes sense
- Use of persuasive techniques if a speech
- ... and of course, accurate spelling, punctuation and grammar throughout your writing

Good luck!

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Science

Questions can come from any of the first four units studied this year up to and including Shipwrecked.

Scientific skills will also be assessed through the exam paper e.g. graph skills, interpreting data, identifying variables.

There will also be “Applying Your Knowledge” questions which require longer explanations.

Main topics
Acids/alkalis and neutralisation
Particle model of solids, liquids, gases, changes of state, dissolving
Series/parallel circuits, symbols, voltage
Forces
Energy-kinetic and potential
Separation techniques-filtration, evaporation, distillation
Body organs and skeleton including heart, circulation and respiratory system
Speed – interpreting distance -time graphs
Density
Combustion and the fire triangle

HOT TIP: Work out your strengths and weaknesses for each subject and topic and prioritise filling in the gaps in your knowledge!

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My Exam dates and times	
Maths	
English	
Science	