

# ST LUKE'S SCIENCE AND SPORTS COLLEGE



'Fit to Succeed'

KEY STAGE 4

LEARNING CHALLENGE.

STUDY SUPPORT BOOKLET (Year 10)

STUDENT NAME: \_\_\_\_\_

T.G.: \_\_\_\_\_

**DEAR STUDENT**, to quote a very famous film..."YOUR MISSION, IF YOU CHOOSE TO ACCEPT IT..." is to use this study support booklet to prepare you for success in your studies during your final two years at St Luke's!

**Why?** Because it will help you to organise yourself and your work, enabling you to get the best out of your final year, by avoiding potential pitfalls like missing coursework deadlines or not focusing your efforts on a particular subject when it is most needed.

**Remember**, there is plenty of help and support around you...all **YOU** need to do is **ASK!**

Within each section there is a **TASK** for you to undertake! Your teacher may introduce you to some of the tasks. You can work ahead or/and go back to them as you wish. **YOU WILL NEED TO USE ACTUAL WORK TO COMPLETE THE TASKS - SO HAVE YOUR WORK TO HAND!!**

**THIS BOOKLET IS NOT JUST SOMETHING FOR YOU TO COMPLETE AT COLLEGE - YOU SHOULD BE APPLYING THESE SKILLS AT HOME AS PART OF YOUR ON GOING REVISION.** Revision little and often as you work through the year will keep your work familiar to you and help you to understand it!

**'FIT TO SUCCEED'** is a theme that by now you should be familiar with. You will be under a lot of pressure this year therefore you **MUST** try to eat healthily, drink plenty of water and exercise regularly to keep you body and mind in good condition!

Look at the numerous activities on offer in and out of College and get involved!  
Good luck, Mr Holt 😊

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## THE PLANNING CHALLENGE: Student Self Assessment

Complete these questionnaire as honestly as possible.(Tick one box)

### CLASSWORK

<u>I always try hard</u> <u>in:</u>	<u>YES</u>	<u>Nearly always</u>	<u>NO</u>
English			
Mathematics			
Science			
ICT			
History			
Geography			
RE			
Design & Tech			
PE			
Music			
Art & Design			
MFL			
MFL			

When you don't try hard in class it is because:


## Student Self Assessment

### HOMEWORK

<u>I always try hard</u> <u>in:</u>	<u>YES</u>	<u>Nearly always</u>	<u>NO</u>
English			
Mathematics			
Science			
ICT			
History			
Geography			
RE			
Design & Tech			
PE			
Music			
Art & Design			
MFL			
MFL			

When I don't do my homework it is because:


## Student Self Assessment

### COURSEWORK

<u>I always try hard</u> <u>in:</u>	<u>YES</u>	<u>Nearly always</u>	<u>NO</u>
English			
Mathematics			
Science			
ICT			
History			
Geography			
RE			
Design & Tech			
PE			
Music			
Art & Design			
MFL			
MFL			

I find coursework difficult because:


## Student Self Assessment

### REVISION

<u>I always try hard</u> <u>in:</u>	<u>YES</u>	<u>Nearly always</u>	<u>NO</u>
English			
Mathematics			
Science			
ICT			
History			
Geography			
RE			
Design & Tech			
PE			
Music			
Art & Design			
MFL			
MFL			

I don't find revision easy because:


## Student Self Assessment

### IN TESTS AND EXAMINATIONS

<u>I always try hard</u> <u>in:</u>	<u>YES</u>	<u>Nearly always</u>	<u>NO</u>
English			
Mathematics			
Science			
ICT			
History			
Geography			
RE			
Design & Tech			
PE			
Music			
Art & Design			
MFL			
MFL			

When I have difficulties in exams it is because:


## What Coursework do I have to do this Year?

**TASK:** In the spaces beneath each subject write in the title of the coursework that you have this year and the deadline date. As you complete them, tick them off!

ENGLISH	MATHEMATICS	SCIENCE	ICT
HISTORY	GEOGRAPHY	HISTORY	RE
ART	D&T:	MUSIC	PE
MEDIA	MFL		

**TASK:** Organise your coursework into the grid below. Write them in according to their completion date, by the month that they have to be given in. See the example in the first box.

<u>Sept</u>	<u>Oct</u>	<u>Nov</u>	<u>Dec</u>	<u>Jan</u>	<u>Feb</u>	<u>Mar</u>	<u>Apr</u>	<u>May</u>	<u>Jun</u>
		Drama	PE PEP	English		Maths D&T			

## Timeline for one piece of coursework.

E.g. Coursework piece about GCSE PE 'Personal Exercise Plan' to be handed in by 5<sup>th</sup> Dec 06.

Title: GCSE PE 'Personal Exercise Plan' (PEP)

1. Personal details PEP
2. Pre-testing measurements
3. 6 week programme - draft / complete
4. Post-testing and conclusions.
5. Hand in date.

Start Date	Date for completion of each section					
19 <sup>th</sup> Sept	1. Personal details PEP 26 <sup>th</sup> Sept	2. Pre-testing measurements 7 <sup>th</sup> Oct	3. 6 week programme - draft 14 <sup>th</sup> Oct	4. 6 week programme completed by 25 <sup>th</sup> Nov	5. Post-testing & conclusions 2 <sup>nd</sup> Dec	6. Hand in 5 <sup>th</sup> Dec

**TASK:** Complete a timeline for a piece of coursework that you currently have and use this as a template for any others you wish to plan in the same way.

Title: \_\_\_\_\_

Subject: \_\_\_\_\_

Main Coursework sections - things to be included:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. Read through and redraft
6. Hand in.

Start Date	Date for completion of each section					
	1.	2.	3.	4.	5. Read through & redraft	6. Hand in by

## Organising your On Going Revision Timetable.

### Daily Revision for one week


**TASK:** Work out for one typical week where you have commitments outside of college and where you can realistically plan in time to revise. Think about when you have meals, when you go to sleep, when you do other stuff like playing sport, seeing mates, etc. Hopefully you may well realise that you do have spare time and ultimately you will have to make some short term sacrifices!

**Include breaks, 25 min revision sessions at a time! Try background music to help you relax if you don't like quiet. Have a drink of water at the ready as it helps you to concentrate!**

Day	Subject	Time	Commitments & Revision Activity
Mon		5:00pm- 6:00pm- 7:00pm- 8:00pm- 9:00pm-	
Tue		5:00pm- 6:00pm- 7:00pm- 8:00pm- 9:00pm-	
Wed		5:00pm- 6:00pm- 7:00pm- 8:00pm- 9:00pm-	
Thur		5:00pm- 6:00pm- 7:00pm- 8:00pm- 9:00pm-	
Fri		5:00pm- 6:00pm- 7:00pm- 8:00pm- 9:00pm-	

Throughout the year, your weekly commitments might change, so again, use this grid as a template or change this one as you go through the year. Now try to do the same thing for the weekend (below). You should have more opportunities to fit in revision! Pin up a copy in your room to remind yourself.

**TASK:** And now for the weekend! Write in your own time slots, subjects that you want to revise, any other commitments including part time jobs and finally exactly what you will revise. Across the whole week, there should be a balance between subjects.

Sat	Subject	Time	Commitments & Revision Activity
			
Sun	Subject	Time	Commitments & Revision Activity

## Revision Challenge

### Remembering things using Mnemonics

Here are some examples of how to remember information using simple mnemonics. If you can remember these off the top of your head, then maybe this technique could work for you...so use it!!

#### Compass

North    **N**ever  
 East     **E**at  
 South    **S**hredded  
 West     **W**heat



#### Colours of the Rainbow

Red        **R**ichard  
 Orange    **O**f  
 Yellow    **Y**ork  
 Green     **G**ave  
 Blue       **B**attle  
 Indigo    **I**n  
 Violet    **V**ain

#### Principles of Training

**S**    Specificity  
**P**    Progression  
**O**    Overload  
**R**    Reversibility  
**T(V)** Tedium ~  
           (Variation)

**TASK:** Try this technique with some information that you have been taught recently and that you need to remember. If you can't think of anything now, ask a friend or look through one of your books. A list of words, an order of events...

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# My Mind Map

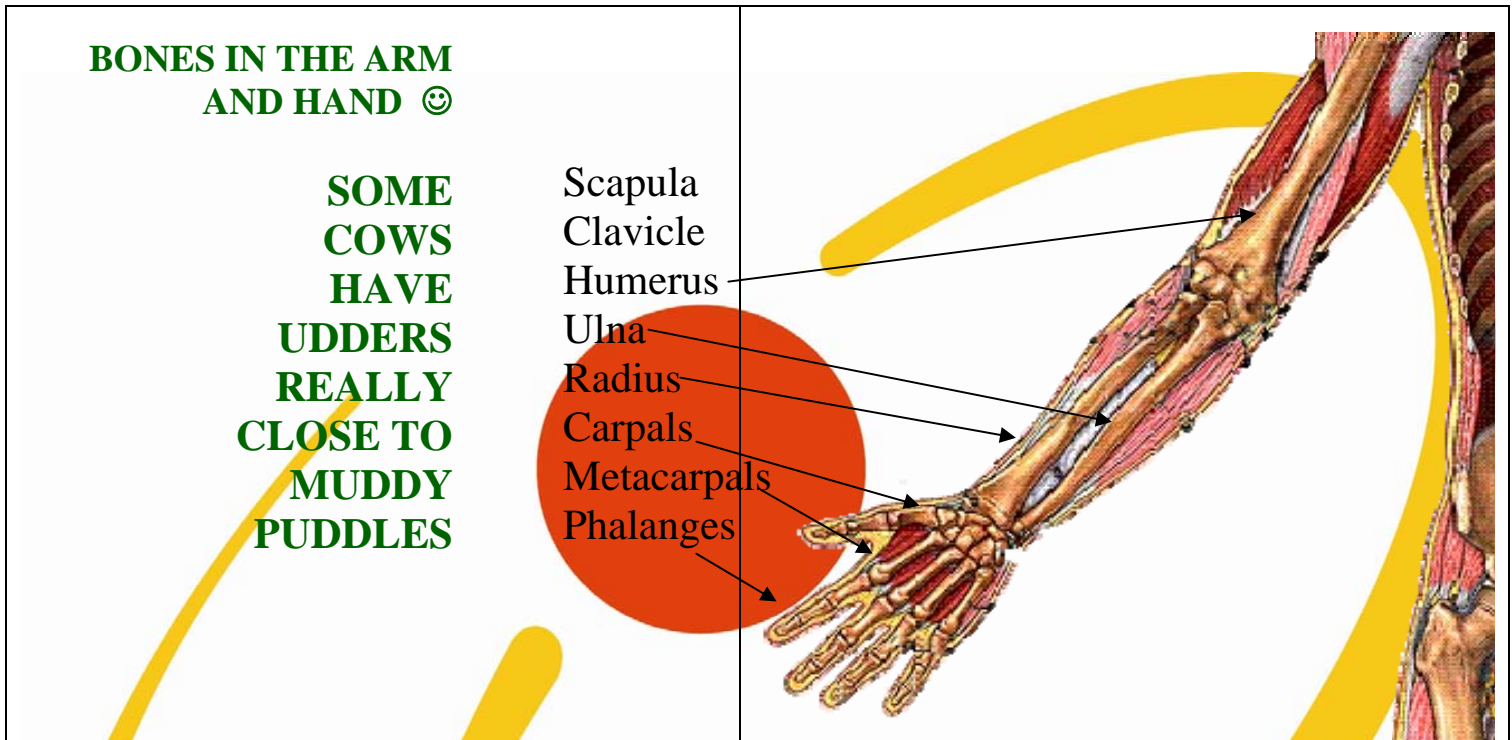
Subject: \_\_\_\_\_

Mind Map



## Remembering Things - Making Study Cards.

For those of you who like to see things visually, making your own study cards could be fun and once you've done them you can keep them! Here's one I prepared earlier on Bones in the arm & hand!



**TASK:** Make up your own study card from the information stored within your Mind Map or from a different area of study. Try a diagram like the one above or turn it into a mnemonic or whatever!

Study Card on \_\_\_\_\_.

## Hierarchies

Similar to mind maps, 'Hierarchies' summarise information into a logical order, but this time from top to bottom! Here's an example for Training:

### **Title -Training**

#### **Main Ideas**

Planning a training session  
Principles of Training  
Types of Training

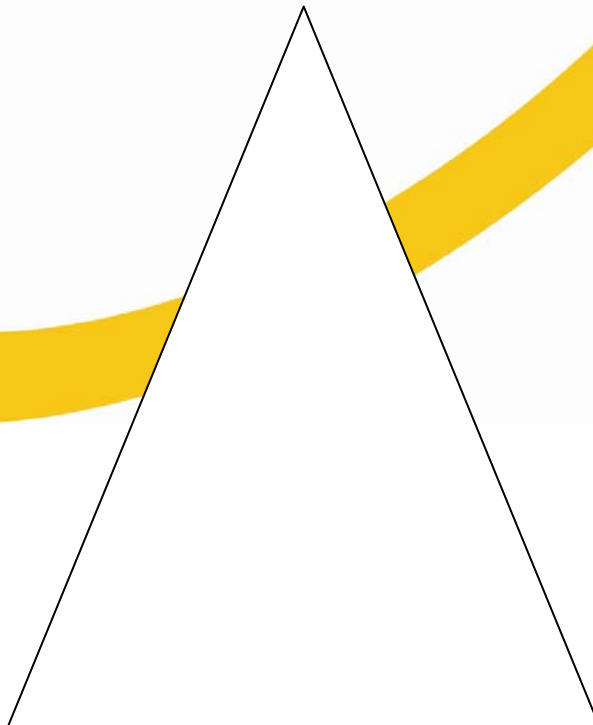
#### **Secondary Ideas**

Frequency - Intensity - Time - Type (FITT)  
Specificity - Progression - Overload - Reversibility - Tedium/Variation (SPORTv)  
Circuit - Continuous - Interval - Weight - Fartlek (CCIWF)

#### **Other Ideas**

Personal Exercise Plan  
Warm Up/Cool Down - Heart Rate - Training Zones - Oxygen Debt/Recovery  
Aerobic / Anaerobic (Systems & Thresholds)

**TASK:** Organise information around one area of study, perhaps a book that you are studying in English or a play in Drama. Identify the information within this structure.



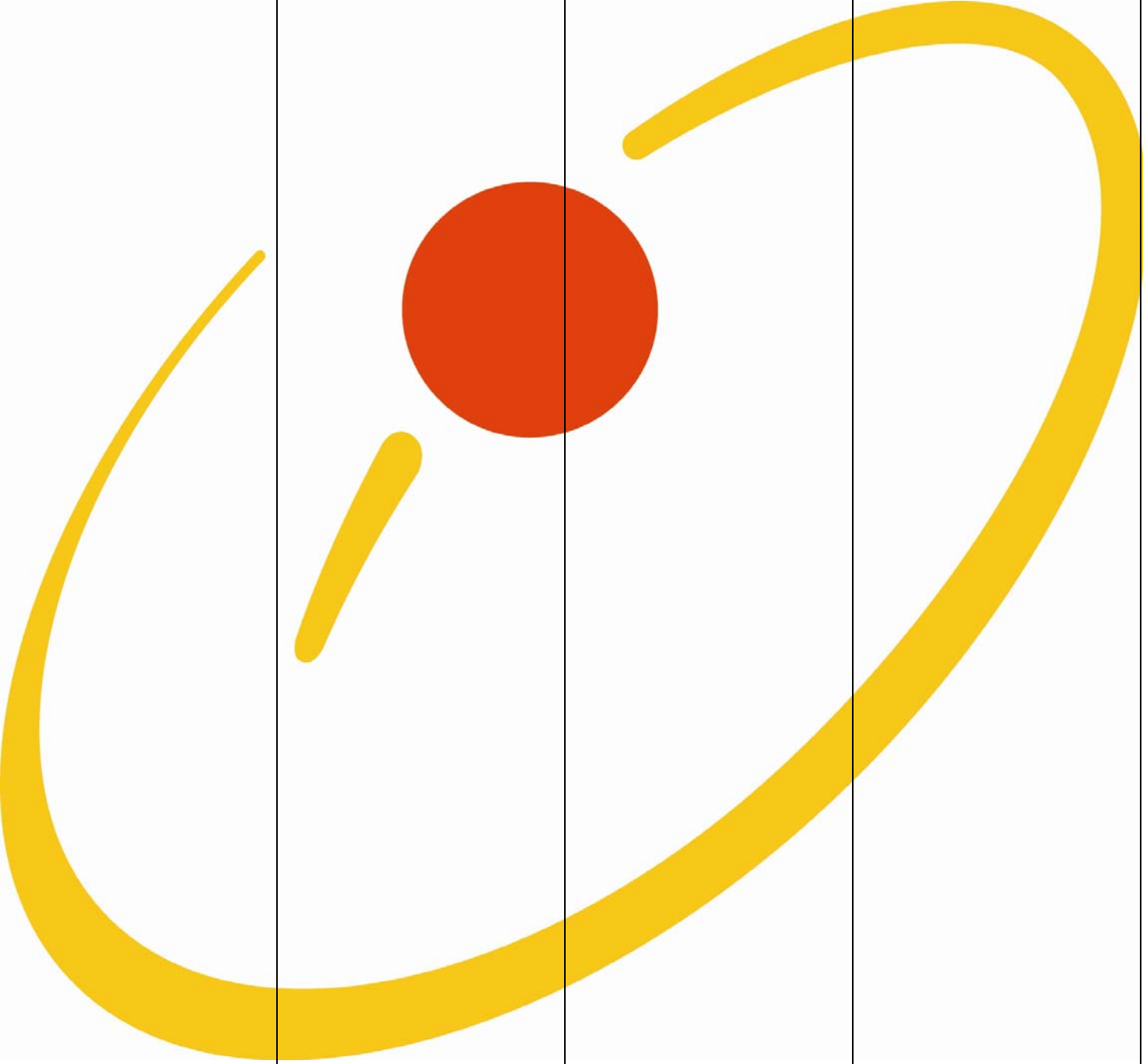
## The Exam Challenge - What to do in Exams.

### Approaching YOUR Exams with Consistency.

**TASK:** In the table below are pieces of advice. Have a read through them.

1. Always read the instructions carefully.	2. As you read through the exam paper, circle the questions you want to answer or have to answer. Don't be afraid to write on the paper.	3. Do the question you feel most confident about first	4. Arrive in good time for the start of the exam
5. Make sure you answer all the questions you need to.	6. Make sure you read through the whole paper before you start to write.	7. Check how many marks are given for each question. This gives important information for how much detail is required.	8. It's useful to plan a question before you begin to write. You may even get extra marks for this as it shows you thinking.
9. Underline key words in the question. This can help organise your answer.	10. Read through your answers after and check all parts of the question.	11. Make sure that you are dressed comfortably so that you are warm/cool enough in the exam room.	12. Stay calm don't panic. Counting to ten or breathing deeply may help you if your mind goes blank.
13. Go to bed early the night before the exam.	14. Leave some time at the end of the exam to check through your work. At least 10 mins.	15. Before you start writing, work out how much time you have for each question. Don't take too long on one question.	16. Read the question carefully and answer it directly. Repeating yourself is a waste of time and you will not get extra marks.
17. Think and organise your time carefully. Do not leave things to the last minute.	18. If it helps you work better, remember to take a bottle of water and/or some sweets. But don't let these become a distraction.	19. Get your bag ready with all the equipment you might need the night before. Always have a spare pen, and any other resources that you need such as calculators, anthologies or dictionaries.	20. If you are running out of time, show what you would have written in note form e.g. as a list, bullet points or a mind map. Showing your thinking can get you marks!

**TASK:** Using the advice in the boxes above, in the columns below, write what will be your own personal way of approaching each exam, so that you feel familiar, relaxed and ready! Organise the advice into what you would do, before the exam, during the first 10-15 mins, after the first 15 mins and during the last 10-15 mins.

Before the Exam	During the first 10-15 minutes	After the first 15 minutes	The last 10-15 minutes of the exam
			

## Command Words

**TASK:** It's important to understand what **command words** are because they give instructions about what is required in the answer. You will notice them in your exam questions. Here are a number of command words and their definitions. Read through and remind yourself what they are. Put a tick in the last column if you understand what the word is asking.

Command Word	Definition	Understand
1. Analyse	Look very closely at the detail	
2. Comment on	Give your opinions or point of view with examples	
3. Compare	Say how things are the same and how things are different	
4. Contrast	Say how things are different	
5. Describe	Write about in detail	
6. Discuss	Give the main reasons for and against, come to a conclusion	
7. Estimate	Give a rough idea, with evidence	
8. Explain	Give reasons for	
9. Illustrate	Give examples that make the point clear - it can include diagrams, figures or drawings	
10. Interpret	Explain the meaning in your own words	
11. Justify	Give to reasons to support an argument or action	
12. Outline	Give only the most important details	
13. State	Write briefly the main point	
14. Summarise	Bring together the main points	

## Using WILT!

**WILT** is a simple way to remind you how to approach each question in an exam.

<b>W</b>	What is <b>W</b> anted?	Look at the command words - what do they mean? What other key information is there in the question?
<b>I</b>	What should <b>I</b> include?	What is really needed in the answer?
<b>L</b>	How <b>L</b> ong should I spend on it? Or How <b>L</b> ong should the answer be?	Look at the number of marks awarded - if it's only a few, the answer does not need to be very long.
<b>T</b>	What <b>T</b> ype of answer is needed?	What form should it take? Should it be a letter, diagram, explanation, essay etc.

**TASK:** Apply your knowledge of command words and WILT by planning an answer to the following question.

Q- Comment on why children would prefer to play on Dawlish beach rather than Exmouth beach when they are on holiday from Birmingham. (10 Marks available)	
What is <b>W</b> anted?	
What should <b>I</b> include?	

How Long should I spend on it? How Long should the answer be?	
What Type of answer is needed?	

TASK: Try this same process to answer a question of your own choice, maybe one from a recent lesson or exam paper.

Q-	
What is <b>W</b> anted?	
What should <b>I</b> include?	
How Long should I spend on it? How Long should the answer be?	
What Type of answer is needed?	

## Reviewing and the future

What are your **Academic Tutoring Targets?**

**TASK:** List them below with details of what you have achieved so far and what is still needed to be done to achieve them.

Target 1	Achieved so far...	Need to...
Target 2	Achieved so far...	Need to...
Target 3	Achieved so far...	Need to...



## FINAL TASK:

If you have found this booklet of any help, DO NOT throw it away or forget about it.

DO continue to use its contents as you go through Year 10 to support your learning and enable you to find success and achievement in the future.

You can find many more ways to help you revise and memorise in the Study Support Folder on the College IT Network, Central Resources (T Drive):

or visit:

[www.learningperformance.com/review](http://www.learningperformance.com/review)

Your username is **learning**

Your password is **success**

For website specific subjects, please see your subject tutors. BBC Bitesize is always full of useful tips and advice.

Good luck, Mr Holt & all the staff at St Luke's Science & Sports College!



### Triple Medal Glory for Liam

Ex-St Luke's student & Exeter swimming sensation Liam Tancock brings home a gold and two silver medals from the Commonwealth Games in Melbourne after an exhilarating set of results in both individual and team events. (BBC.co.uk).

You will be amazed at what you can achieve if you believe in yourself!

Have a "big picture" of success in your mind!