



Year 10 Exams Information Evening





Y10 GCSE Preparation Evening

1. Exam regulations
2. Reviewing and revision techniques
3. Reducing exam stress



A Partnership



- Best results are always achieved when a partnership is formed between student, family and school.
- Your support is fundamental to your child's success.



Important Dates

**Y10 Practice
Exams**

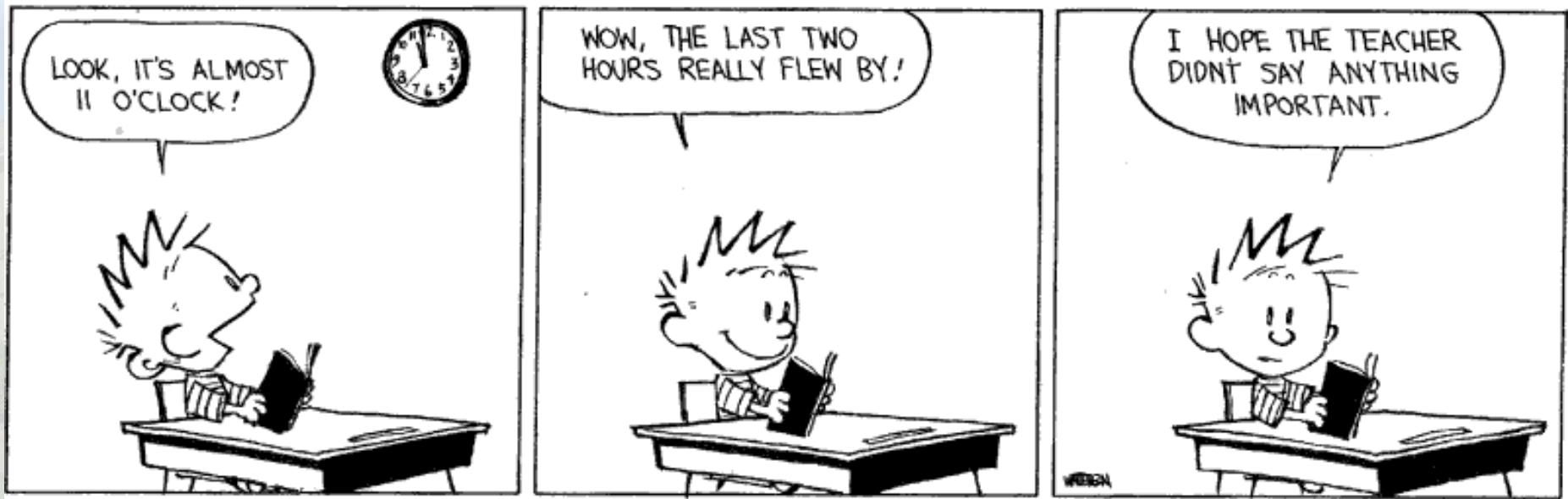
Wednesday 18th June – Friday 27th June

Reports

Wed 9th July

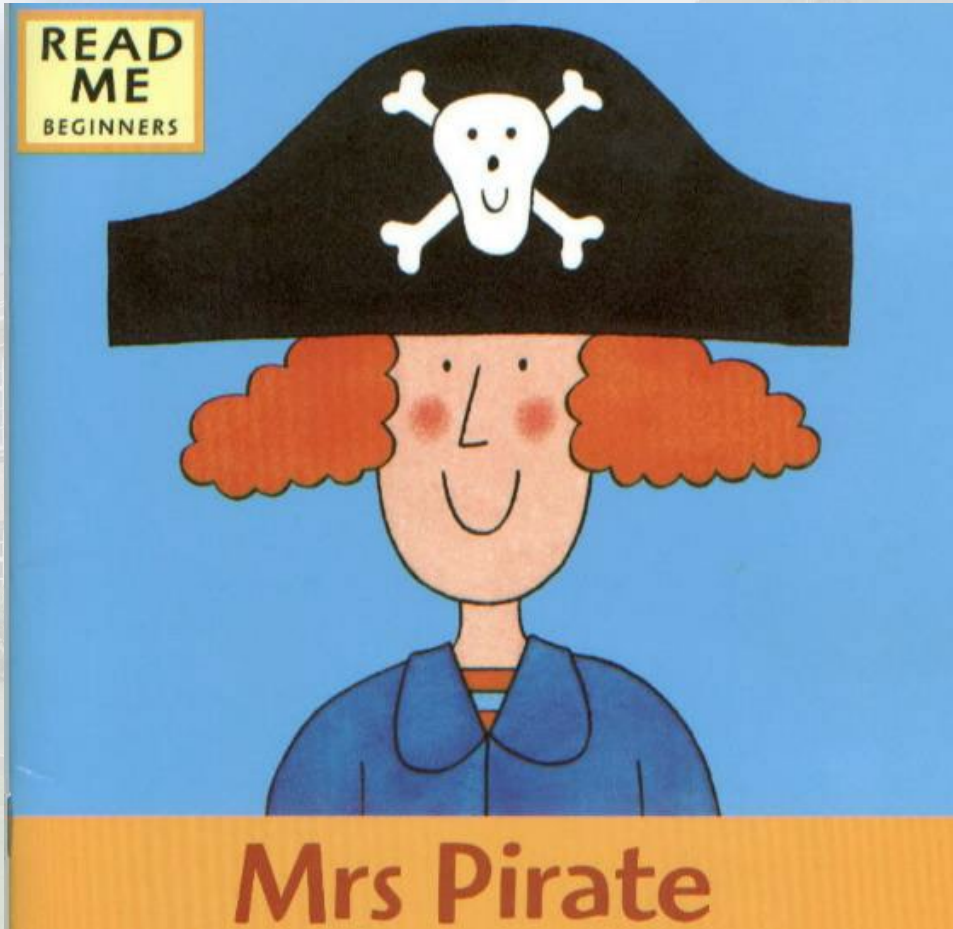


Be Present





Mrs Pirate



How much
can you
remember?

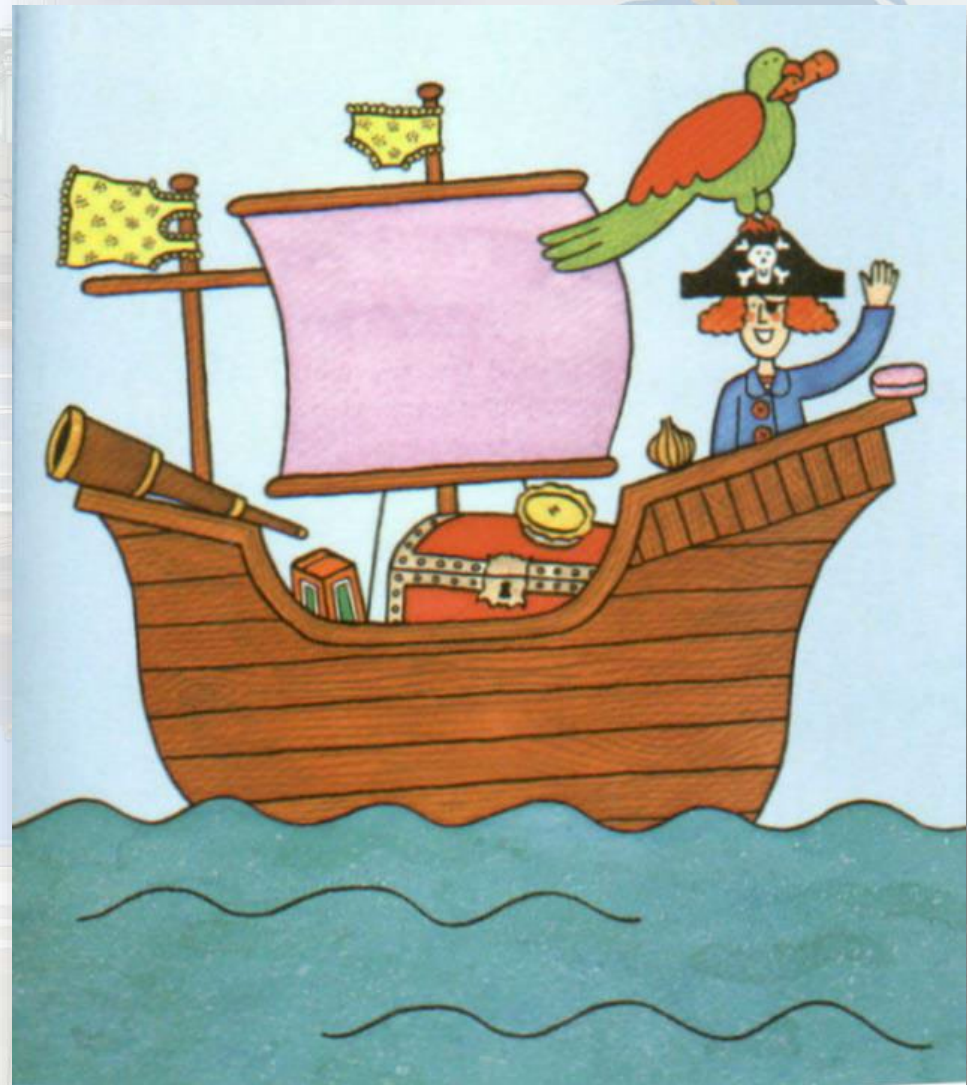


Mrs Pirate

by Nick Sharratt

When Mrs Pirate went shopping...

She bought an apple pie,
And a patch for her eye;
A bar of soap, and a telescope;
An onion and a carrot,
And a red & green parrot;
Some knickers and a vest,
And an old treasure chest;
Some buttons for her coat,
And a great big sailing boat;
A packet of tea,
And some sea!





Y10 Exam Week



<https://www.uvhs.uk/exams/timetable>

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ULVERSTON VICTOR
HIGH SCHOOL

STUDENTS LINKS

STAFF LINKS

EXAMS

EXAM TECHNIQUES &
INFORMATION

EMPLOYABILITY

BLOGS

E-SAFETY

MICROSOFT TEAMS

UVHS VIRTUAL LIBRARY



Year 10 Practice Exams

- Familiarisation of the environment and conditions in which external exams take place.
- Motivating students to start revision early and practising effective revision strategies.
- Improving subject knowledge and identifying topics that need attention.



Exam Regulations – Understanding the rules

- Pupils must be on time for all their exams.
- Pupils must not communicate with any other students taking the exam as soon as they enter the exam room.



Exam Regulations – Understanding the rules

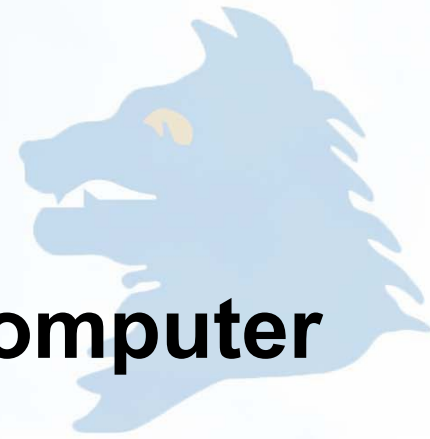
The following **MUST NOT** be taken into the exam room:

- notes/paper/timetables
- calculator lids
- drinks bottles with labels
- potential technological/**web enabled** sources of information such as a **mobile phone**, a MP3/4 player, a smartwatch.
- a watch



Exam Regulations – Understanding the rules

- Drinks bottles must be transparent, with no labels or volume markers and placed on the floor.
- Any pencil cases taken into the exam room must be transparent.
- Pupils **must** write in **BLACK** ink. Coloured pencils or inks may only be used for diagrams, maps, charts, etc. unless the instructions printed on the front of the question paper state otherwise.



Calculators, Dictionaries and Computer Spell-checkers

- Must not be used unless they are told otherwise.
- Pupils must bring their own equipment with them and know how to use it.
- Equipment for the exams are available in school

£2.50 exam pack - reception

£8.50 calculator - Parentpay



Exam Information – the basics for pupils

- Know the dates and times of all exams.
- Arrive at least 20 minutes before the start of each exam.

<https://www.uvhs.uk/exams/timetable>

YEAR 10

PRACTICE EXAMINATION TIMETABLE

Wednesday 18th June - Friday 26th June 2025

Start Time:	9.00AM		1.30PM	
DATE				
Wednesday 18th June			GCSE Business Studies - J204/01 Business 1: business activity, marketing and people	1 hour 30mins
Thursday 19th June	GCSE Geography - Papers 1 & 2 - 1GAG/Mock After break - 11:00 start: CAMNAT Sport Studies - R184	1 hour 1 hour 15mins		
Weekend				
Monday 23rd June	GCSE Food Preparation & Nutrition - B585/W GCSE French - Reading & Writing - M&F combined - B058/F/W GCSE Religious Studies A - B062/Mock	1 hour 30mins 1 hour 30mins 1 hour	GCSE Computer Science - Computer Systems & Computational Thinking - J277/01 GCSE Dance - Component 2: Dance Appreciation - B236/W GCSE French - Reading & Writing - M&F combined - B058/F/W (3 Students clash) GCSE Religious Studies A - B062/Mock (5 students clash)	1 hour 30mins 1 hour 30mins 1 hour 30mins 1 hour
Tuesday 24th June	WHOLE YEAR GCSE Physics - Separate Science - Higher - B463/H GCSE Combined Science - Trilogy Physics - Higher - B464/P/W GCSE Combined Science - Trilogy Physics - Foundation - B464/F/F	1 hour 15mins 1 hour 15mins 1 hour 15mins	GCSE History - Paper 1: Germany & Health and the People - B145/1A/B & 2A/A	1 hour 40mins
Wednesday 25th June	WHOLE YEAR GCSE Chemistry - Separate Science - Higher - B462/H GCSE Combined Science Trilogy - Chemistry - Higher - B464/C/H GCSE Combined Science Trilogy - Chemistry - Foundation - B464/C/F	1 hour 45mins 1 hour 15mins 1 hour 15mins	WHOLE YEAR GCSE Maths: Higher Calculator Paper - 1MA1/H GCSE Maths: Foundation Calculator Paper - 1MA1/F	1 hour 30mins 1 hour 30mins
Thursday 26th June	WHOLE YEAR GCSE Biology - Separate Science - Paper 1 Higher - B461/H GCSE Combined Science Trilogy - Biology - Paper 1 Higher - B464/B/H GCSE Combined Science Trilogy - Biology - Paper 1 Foundation - B464/B/F	1 hour 45mins 1 hour 15mins 1 hour 15mins	GCSE Design and Technology - B552/W GCSE Spanish - Reading and Writing - M&F combined B098/F/W GCSE Music - Understanding Music - B271/W Listening exam	1 hour 30mins 1 hour 30mins 1 hour
Friday 27th June	WHOLE YEAR GCSE English Language - Paper 1 Explorations in creative reading & writing - B700/1	1 hour 45mins	GCSE German - Reading & Writing - M&F combined - B060/F/W GCSE Spanish - Reading and Writing - M&F combined B098/F/W (clash 4 students)	1 hour 30mins 1 hour 30mins

When students do not have exams, they will attend their usual lessons.



Week beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12 th May							
19 th May							
26 th May (half term)							
2 nd June							
9 th June							
16 th June					Biology (am)		
23 rd June	RS (am)	Maths (pm)	English (am) Geography (pm)				

***Illustration only**



Mrs Pirate

How much can you remember?



• Soap

• Tea

• Carrot

• Buttons (for coat)

• Treasure chest

• Onion

• Telescope

• Eye patch

• Vest

• Apple Pie

• Knickers

• Sailing boat

• Sea

• Parrot (red & green)



Revision





Top 10 revision tips for students

- Start early – don't keep putting it off
- Find the right place to revise
- Try different revision techniques
- Take short breaks
- Eat healthily
- Take regular exercise
- Get enough sleep
- Use revision guides
- Don't just read your notes – write things down
- Do lots of practice papers





Ways to revise...



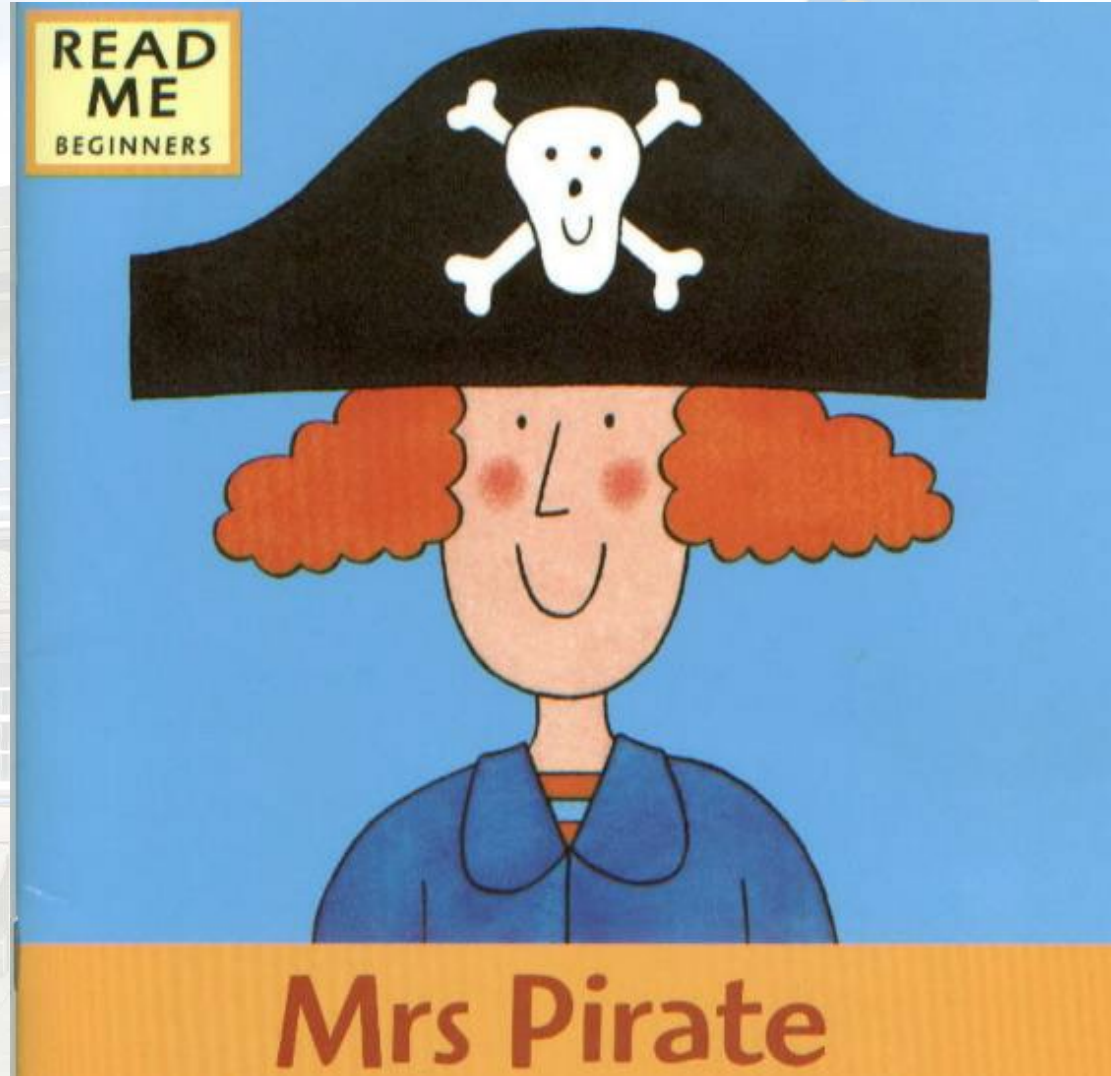
- Mindmaps
- Index/flash cards
- Past papers
- Memory skills
- Look/cover/write/check
- Posters
- Record
- Games and quizzes
- Websites
- Group revision
- Video/audio
- Become a teacher



Mrs Pirate

Spaced
recall/retrieval

How much can
you remember?



38 Key Terms – Languages

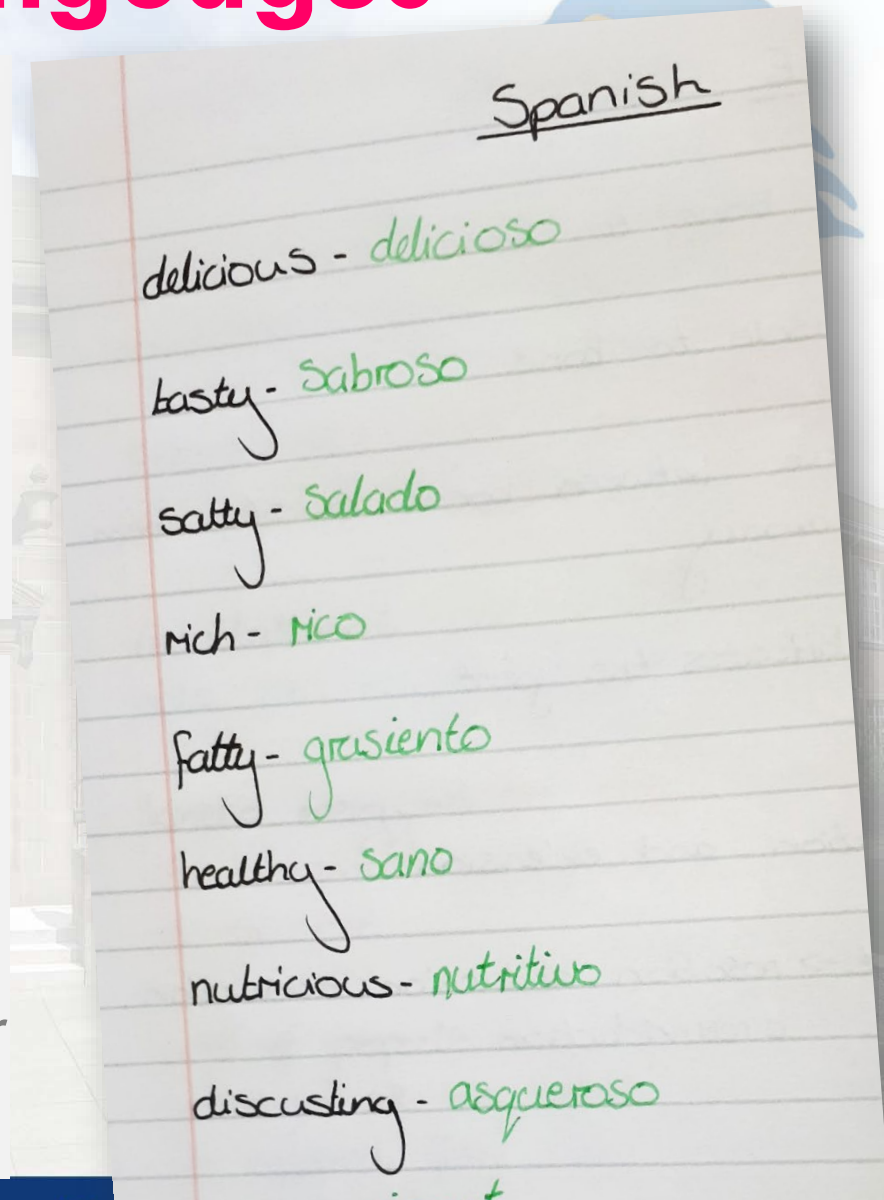
What?

For students doing languages, making a simple vocab list helps learn new words and gives you a resource for reviewing in the future.

How Use?

Just list the English language word and the 'foreign' equivalent.

Later, you can fold the page to cover up the answers & check your recall.



7 Split Page

What?

Help your brain get to grips with an 'old' topic by dividing it up to compare key ideas & write simple summaries to help points stick in your mind.

How Use?

Just draw a line down the middle of a page & add clear headings.

Then write simple points using as few words as possible.

Aerobic
↓
Oxygen

- Oxygen present
- Release more energy (38 molecules of ATP or 2898kJ)
- Produces carbon dioxide, water & energy
- Glucose completely broken down
- Occurs in mitochondria

Anaerobic
↓
Anti oxygen

- Oxygen absent
- Release less energy (2 molecules of ATP or 150kJ (muscle cells), 210kJ (yeast))
- Produces lactic acid & energy (muscle cells) or ethanol, carbon dioxide & energy (yeast)
- Glucose NOT completely broken down
- Occurs in cytoplasm

Fiction vs. Non-Fiction

Fiction "Talk (Make Believe)"

- Read to ENJOY
- read in order
- have a theme, mood, scan for the reader
- always give the information (must infer/ conclusions)
- based on true events!
- elements: plot, theme, setting, conflict

Non-Fiction "Fact" "Talk (True Information)"

- Read to LEARN
- Can read in almost any order
- Can inform the reader or teach "How to" do something
- The information is usually given directly to the reader
- Based on real events/ information
- Uses text features: table of contents, index, charts, glossary, graphs, lists, pictures, illustrations, diagrams, captions, timelines, labels, bold, italicized words, etc.

Purpose: **Entertain** Purpose: **Inform**

Formal Language

- Proper
- Use when talking to adult or person of authority
- Correct spelling and punctuation

Grandfather, Thank you for taking me fishing I had a great time. Love, Alan

Dear Mrs Williams, Can we set up a meeting to discuss Sally's grades? Sincerely, Mrs. Stevens

The store will be closed today due to inclement weather. We will reopen February 7th, 2019

Anna said, "Mr James, may I please go to the restroom?"

Informal Language

- Casual
- Use when talking to friends (text messages)
- Can use numbers in place of letters; incorrect spelling

U R soooooo cool!!

i can't w8t for the party!!!

C u l8er!

thx gurl!!

Allie said, "Yo, gal! We can't go to the party today. It's wayyy too hot!"

Myths vs Legends

Myths to explain something is why it is. Many elephants have trunks. The gods or goddesses. The gods have human feelings. Each a lesson. Have magic. Come from different cultures.

Legends Based on the life of a real person.

- exaggerated characters or events
- focuses on individuals and their accomplishments
- stories that are linked to a historical time or event

Examples:
- Robin Hood
- King Arthur
- Mulan

Examples:
- Pandora's Box
- Zeus



61 Poster Tour

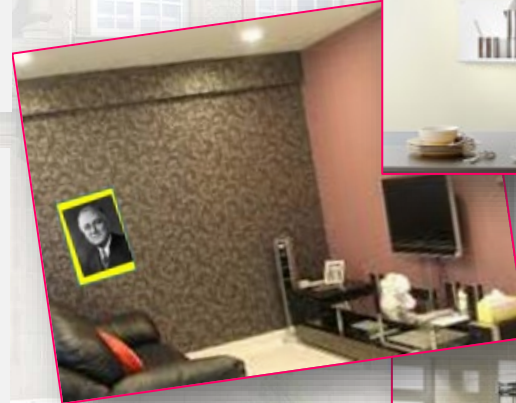
What?

Give your brain some 'surprise' stimulation by asking someone to put posters/post-its in random places in your home to create extra 'memory hooks'.

How Use?

The element of 'surprise' can be what your memory recalls first.

That then 'unlocks' the words or images that link to a key topic.



14 Index Cards

What?

Index cards simply carry information and are a great way to make 'bitesize' notes about any kind of topic, using words & labelled diagrams

How Use?

First write a clear heading, then keep things clear – don't cram!

But over weeks & months, keep reading them to refresh your recall

Animal Cells

Nucleus - contains genetic material
Cytoplasm - gel-like substance where most chemical reactions happen. Contains enzymes.
Cell membrane - Controls what enters
Mitochondria - aerobic
Ribosomes

Bacteria Cell

Bacteria cells are much smaller. They are prokaryotes

Cell membrane
 cell wall
 Cytoplasm

Plant Cells

Cell Wall - made of cellulose - supports cell.
Permanent vacuole - contains cell sap
Chloroplasts - contains green chlorophyll for photosynthesis

Plant cells also contain All properties of an animal cell.



72 Walk & Talk

What?

When stuck in a revision rut, a 'study walk' can break the boredom & stimulate your brain.

How Use?

Speaking, rather than writing, works better for some people.

So pick a topic & explain it to your walking buddy.

You could even do it when you're walking the dog but maybe not too loud!



93 Get Moving

What?

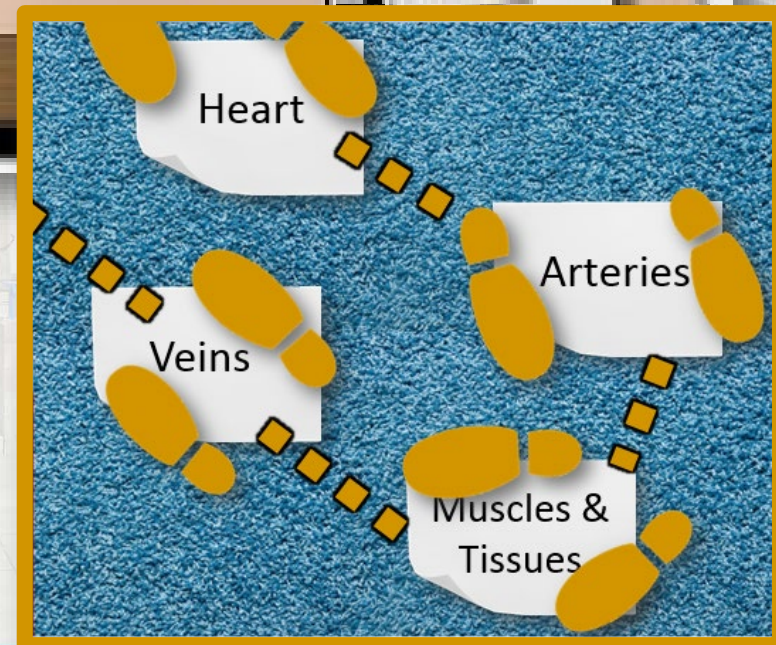
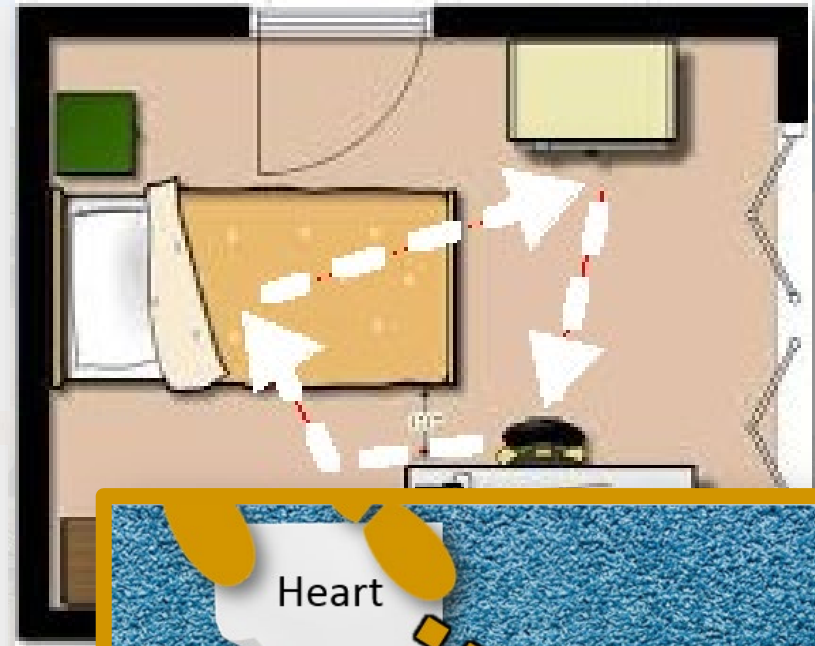
Use your room as a way to link actions with ideas to help you remember better.

How Use?

Write key terms on A4 sheets, or post-its & place round room.

Jump, walk or dance (!) between the words and say each out loud.

Movement can help ideas 'stick' & it becomes a 'hook' for recall later.





STRESS

Is easier to prevent than to cure.

Be kind to yourself.



Exercise



Have a soak in the bath.

Do something you know will make you laugh



Food & Drink

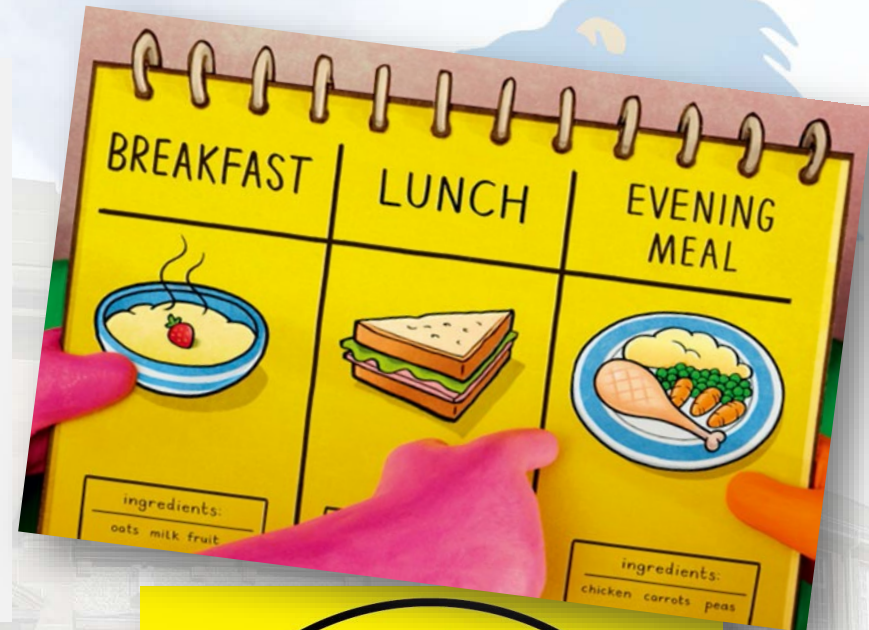
What?

Study habits are important for learning – but your wellbeing is the most important thing so it's vital to eat & drink healthily

How Use?

It's all about having a balanced diet, such as having '5 A Day'

And it's crucial to stay hydrated by drinking enough water.



Regular exercise

What?

Being physically active is a huge part of staying mentally active, so that means getting involved in some kind of exercise at school or home

How Use?

It doesn't have to be sport – just getting out and about is good!

It's all part of having a healthy work/life balance



Sleep Hygiene

What?

Research reveals that during sleep, the brain finds patterns in our memories from the day and makes them stronger and more permanent.

How Use?

So healthy 'sleep hygiene' habits are essential for your wellbeing

Have a regular bedtime & avoid using your phone before bedtime

