

Going for Gold

Collaboration Opportunity Respect Excellence

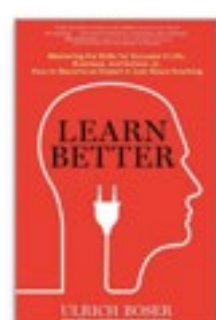
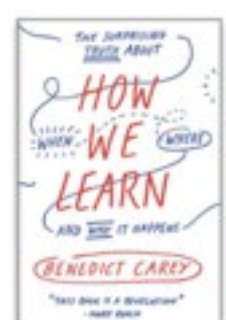
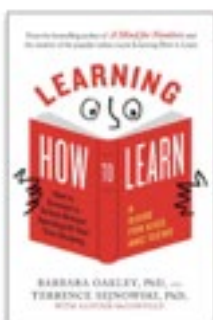
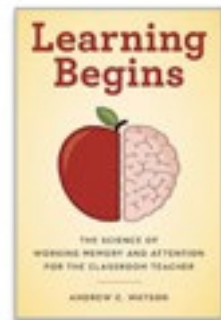
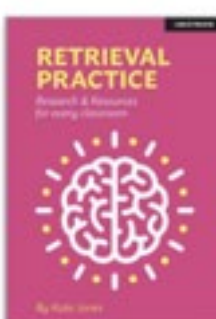
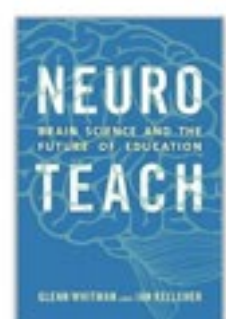
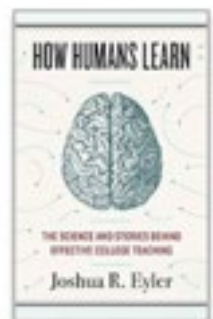
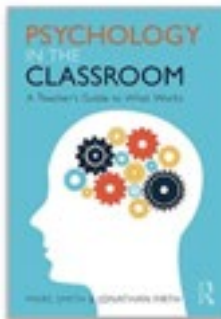
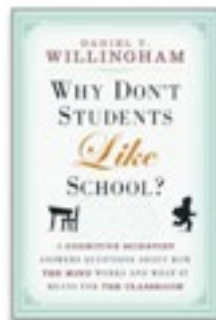
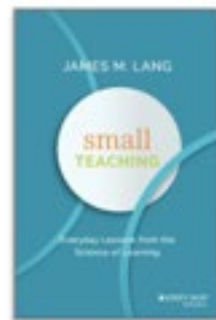
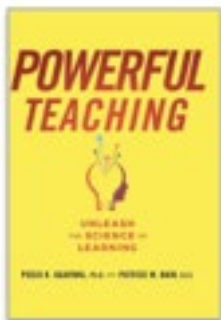
Mr Afzal

Assistant Headteacher: Curriculum & Assessment

DELIVERING A **CORE** EDUCATION



Standing on the Shoulders of Giants



Aspire 5

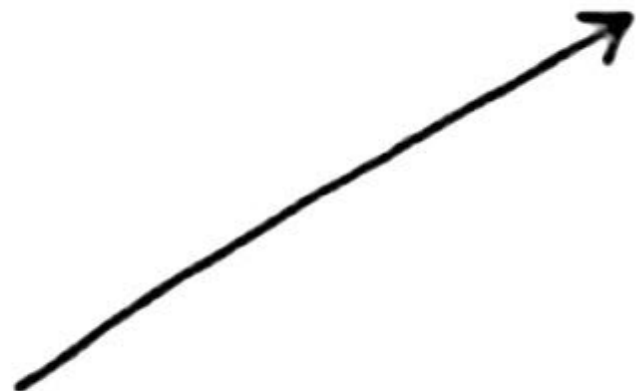
ASPIRE 5 Aim:

The aim of the strategy is simple and clear: **to move the focus on parents, students and teachers from**

Grade 4 to **Grade 5/L2M**
(Standard Pass) **(Strong Pass)**

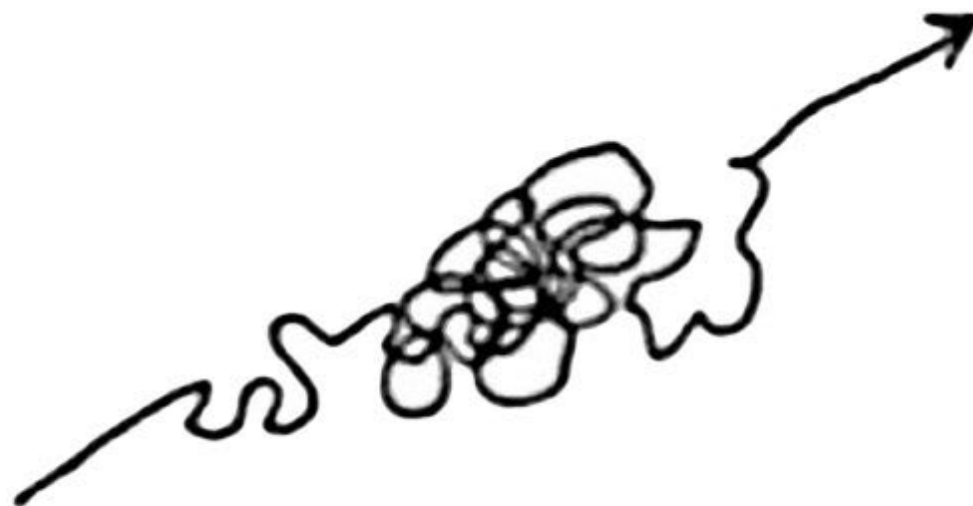
9			A*
8			A
7			
6		GOOD PASS (DfE)	B
5		5 and above = top of C and above	
4		AWARDING	C
		4 and above = bottom of C and above	
3			D
2			E
1			F
			G
U			U

Success



what people think
it looks like

Success



what it really
looks like

Year 11 Timeline



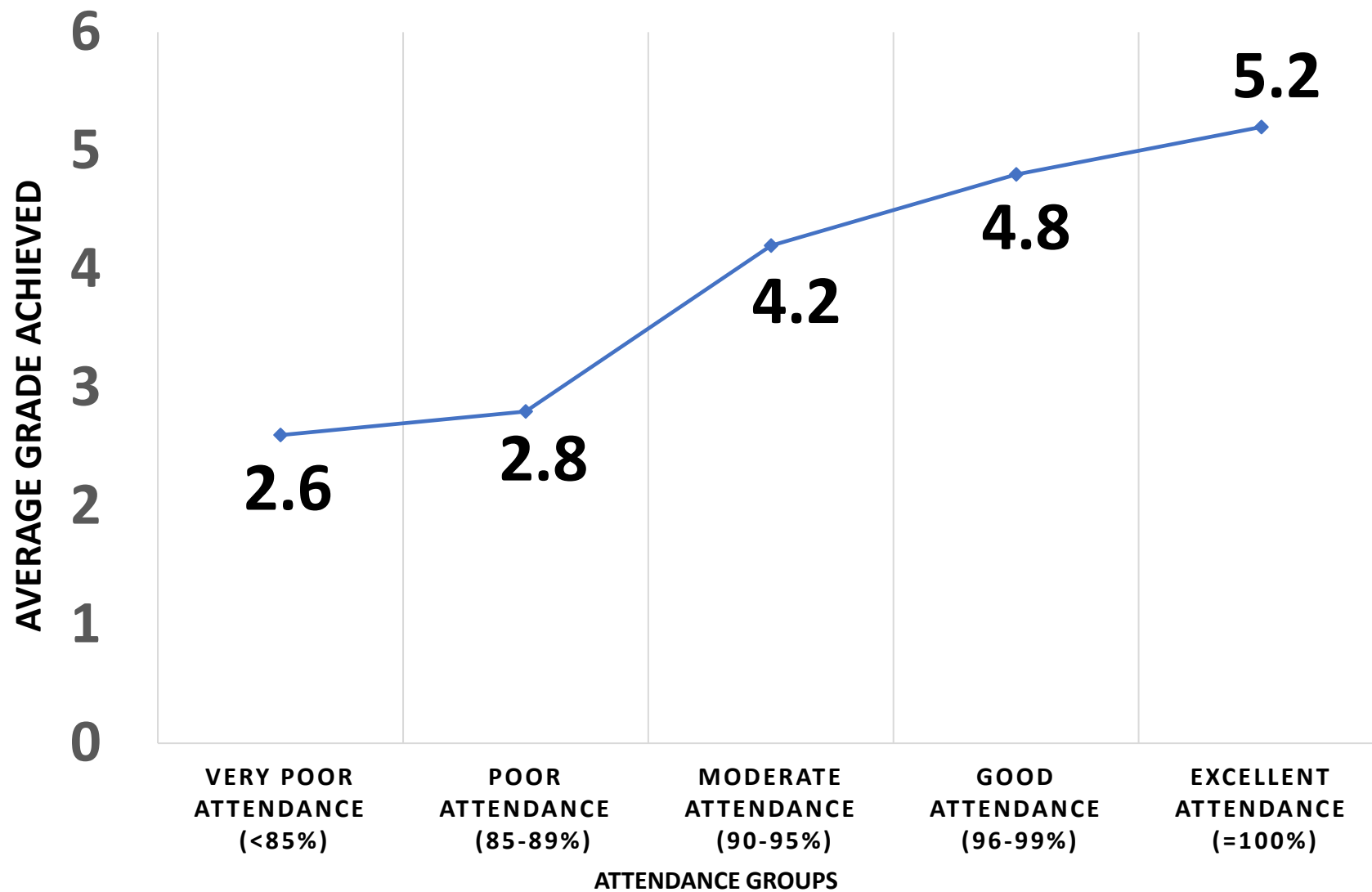
1. End of Y10 Step-up to Y11
2. September Y11 Going for Gold Webinar
3. November Y11 Parents Evening
4. **January/February** **Year 11 Mock Exams**
5. February Y11 Results Assembly
6. March 4 Weeks To Make A Difference Evening
7. 5th May-20th June GCSE Examination Window
8. 21st August 2025 GCSE Results Day

ATTENDANCE,

ATTENDANCE,

ATTENDANCE

23-24 ARENA STUDENT AVERAGE GRADE FOR EACH ATTENDANCE GROUP



Case Study 1

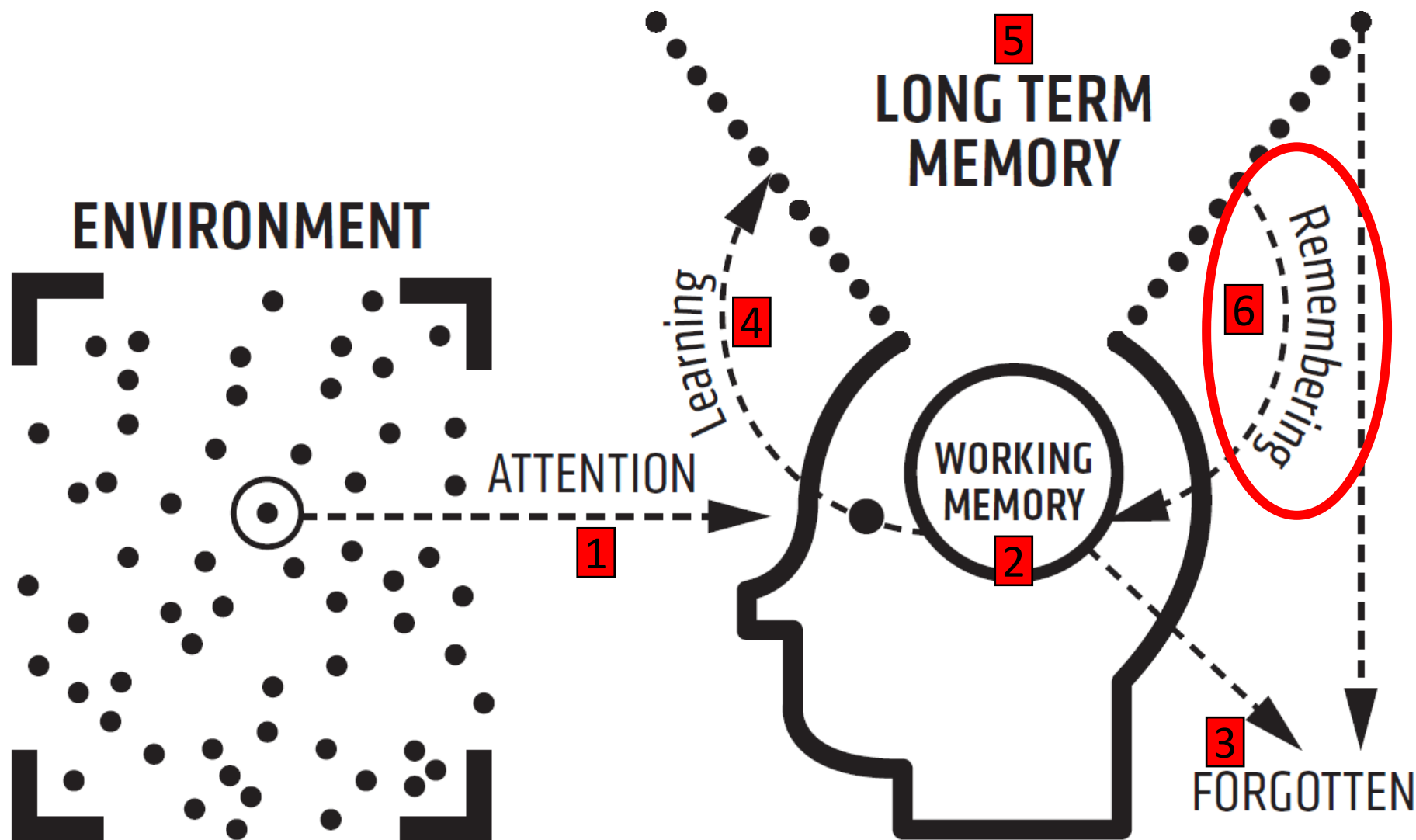
Attendance

98%

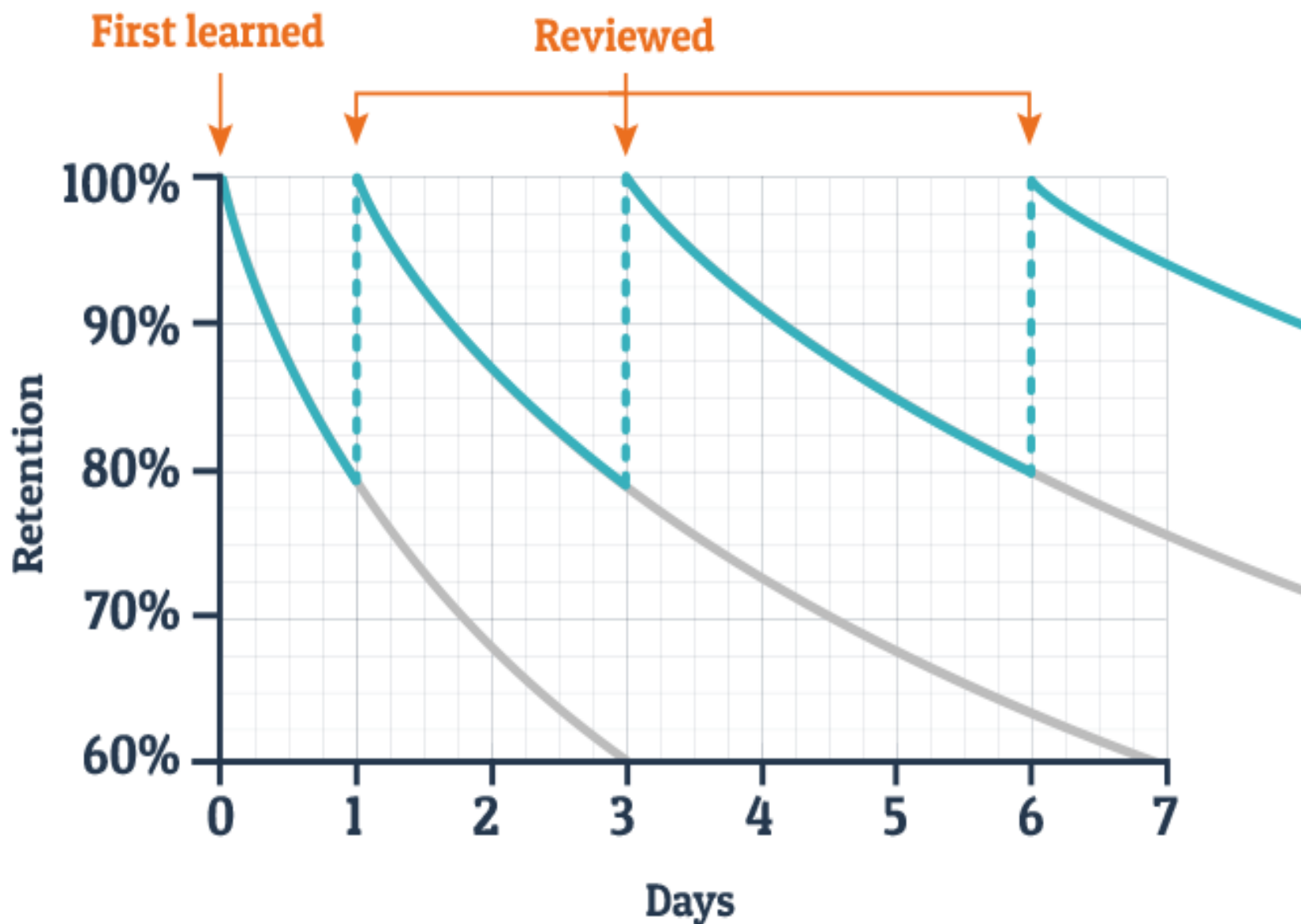
			Actual 2024
	Subjects	Minimum Target	Grades
1	Computer Science	7	9
2	English Language	7	9
3	English Literature	7	9
4	History	7	9
5	Mathematics	7	8
6	Psychology	7	9
7	Biology	7	9
8	Chemistry	7	9
9	Physics	7	9

Quality
revision

What is revision?



Typical Forgetting Curve for Newly Learned Information



Practice makes permanent



How much sleep should your child get per night?

Sleep quantity by age

6-12 years old

9-12 hours

13-18 years old

8-10 hours

18+ years old

7-9 hours



Impact on our ability to learn

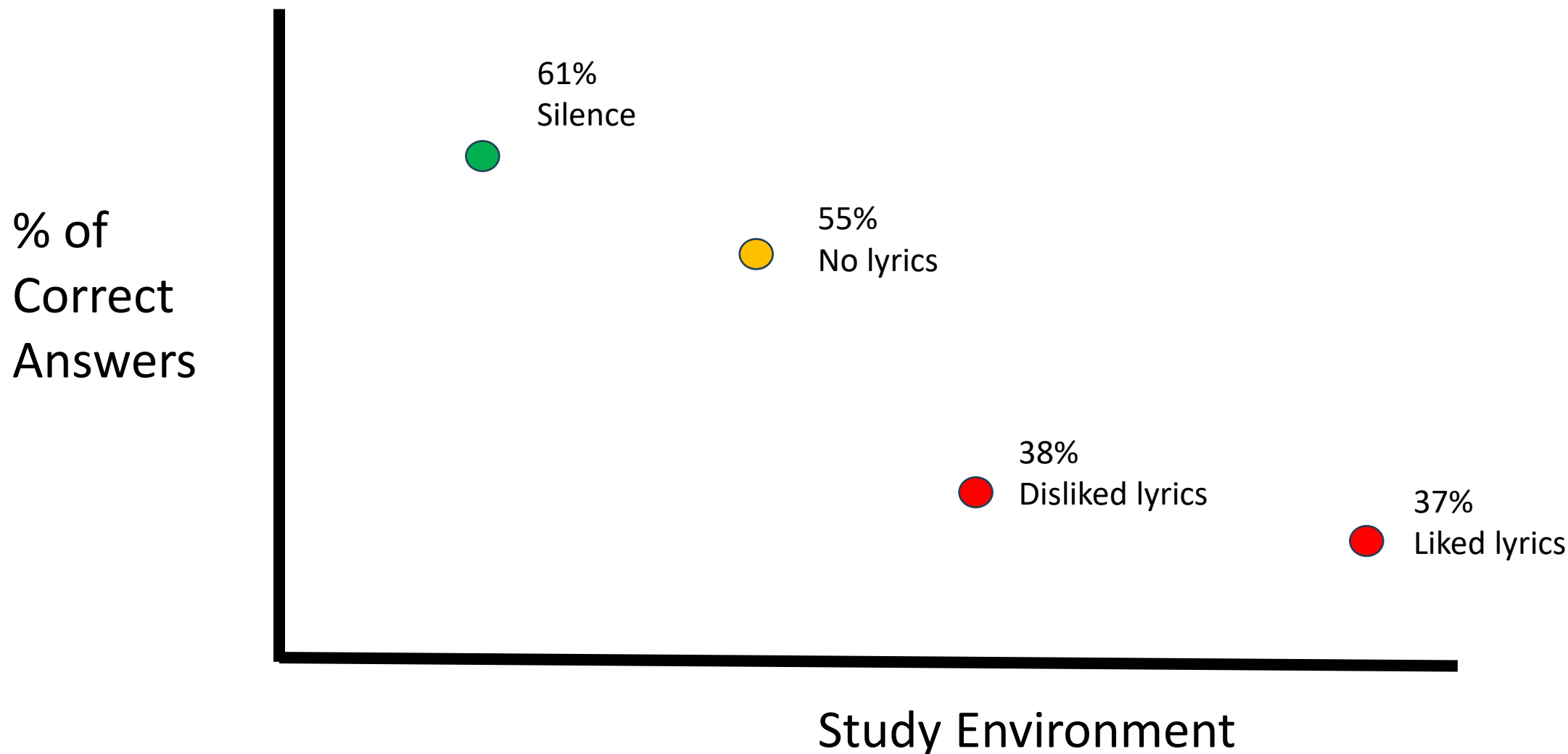
Cognitive function

- Decreased attention.
- Impaired memory.
- Slowed processing.
- Reduced creativity.

Mood and behaviour

- Excessive daytime sleepiness.
- Poor decision making.
- Aggression.
- Hyperactivity.
- Anxiety and depression.

Revising to Music



YOU ARE **WHAT YOU EAT.**

We all know the benefits of a balanced diet. But we also know that when we are under pressure or feel stressed we start craving junk food like crisps and chocolate bars. And yet, these have been proven to impair memory recall. Sugary foods also give us energy in the short term. But, after a couple of hours, we crash.

Snacks of nuts and seeds have been scientifically proven to help sharpen people's minds when they need to revise. Yes, they aren't as exciting, but they release energy more slowly, which helps us avoid the crashing effect of sugar. Fruit contains natural sugar but it's still better for us than crisps and chocolate. Bananas have been shown to be the best for exam performance.

Sugary Foods
Crisps
Chocolate



ON THE DAY OF THE EXAM

For a morning exam, a breakfast which releases energy slowly is best, like granola/oats with yoghurt/milk and some fruit. Intensely-coloured fruits like blueberries and strawberries are good. If that doesn't sound very appetising, any breakfast cereal or bar which is low in added sugar is an alternative. Whatever they have for breakfast, **DO NOT** let them skip it entirely. This would be the worst thing they could do.

For an afternoon exam, they should consider eating a bit less lunch than they usually do. Having an overfull stomach will cause blood to be directed to help digestion rather than being in their brain where they need it. Being full will also make them sleepy, which is never a good thing for an exam (see 8 hours a night).

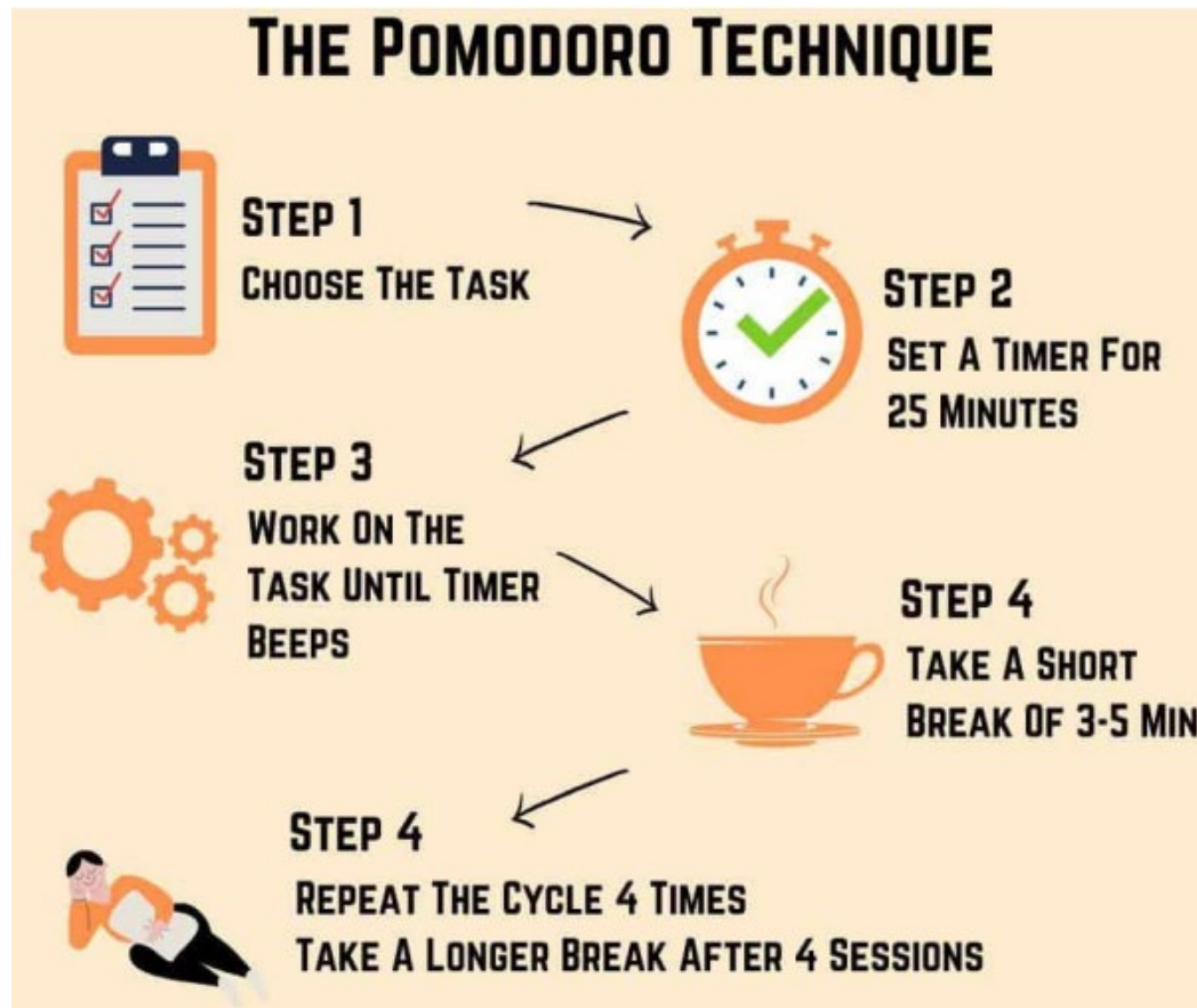
Nuts & Seeds
Plenty of Fruit
Especially Bananas!

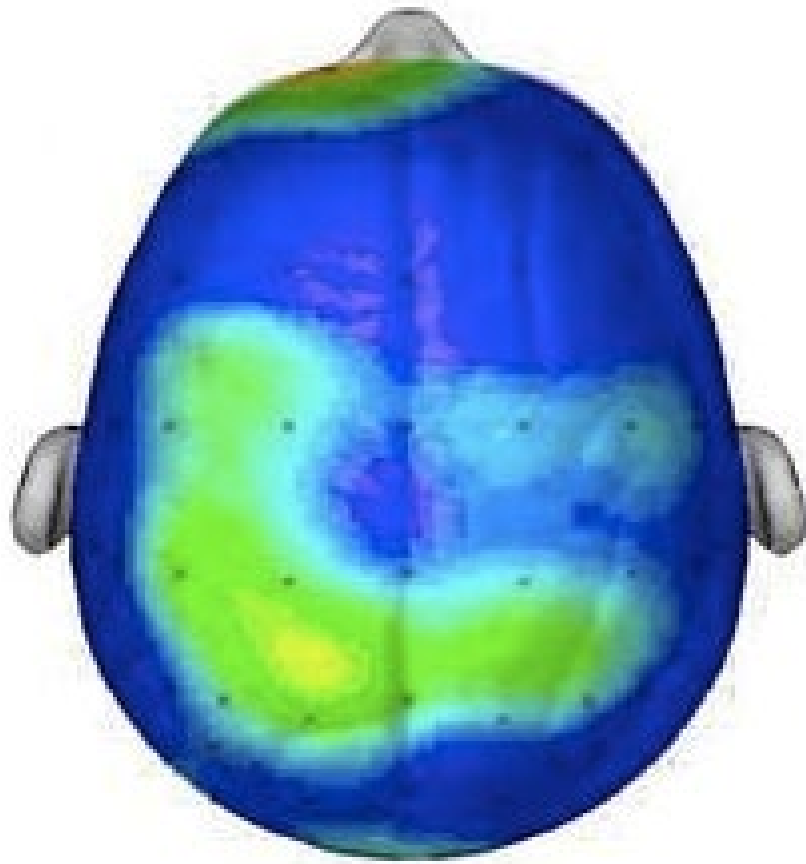


Structure your Revision

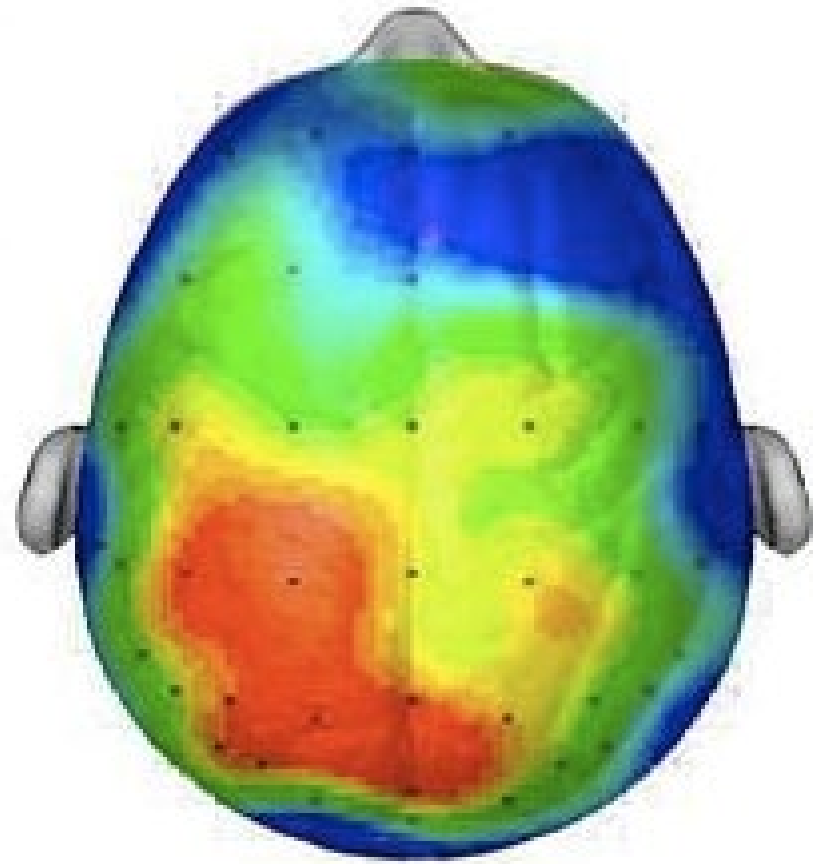
If your child is struggling with their concentration, try out the **Pomodoro method** with them:

Working in short, 25-minute bursts with a 5-minute break.





After sitting quietly



After 20 minute walk

Testing Effect



Reading, Reading,
Reading, Reading



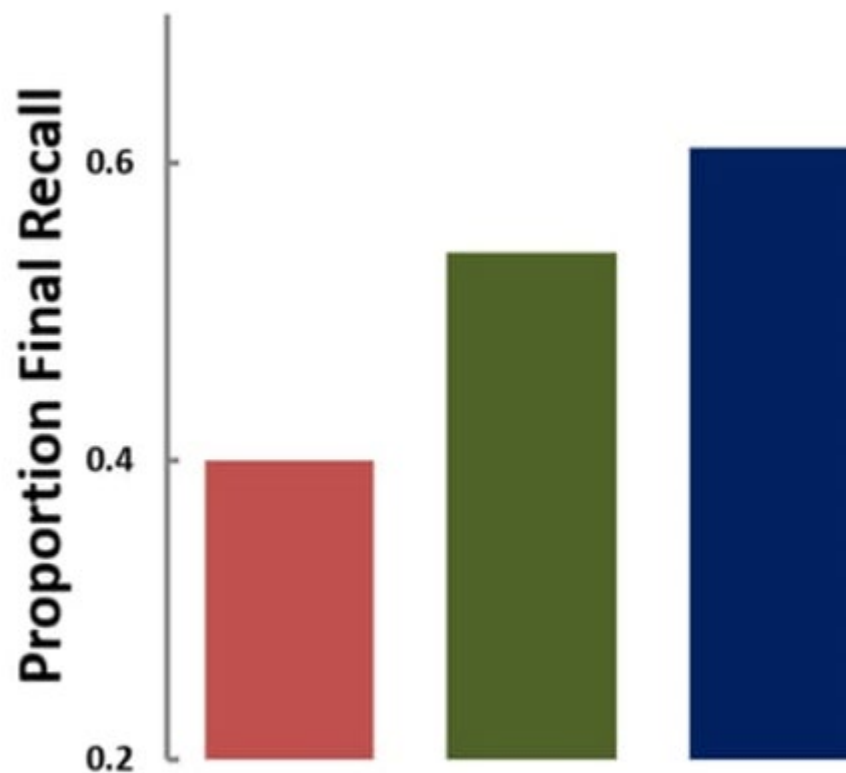
Reading, Reading,
Reading, Testing



Reading, Testing,
Testing, Testing

Research shows you will perform better in exams if you focus on testing yourself/ retrieval practice instead of reading / making more notes.

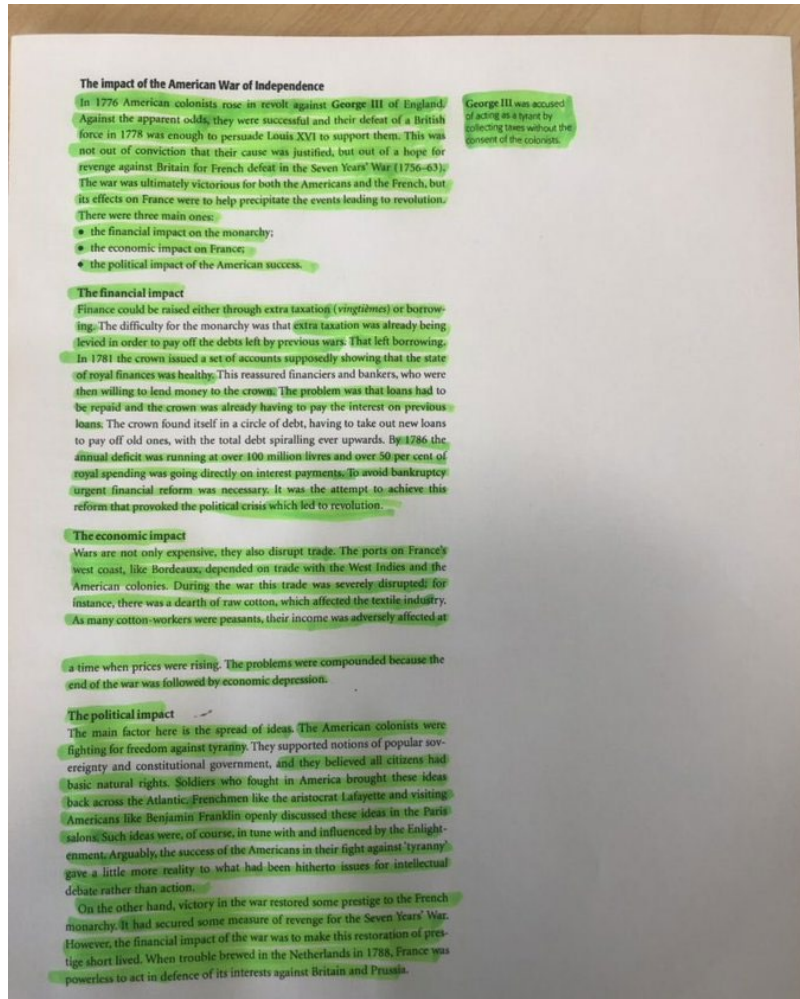
Final Exam Performance



Source: Roediger and Karpicke (2006)

Extra tips

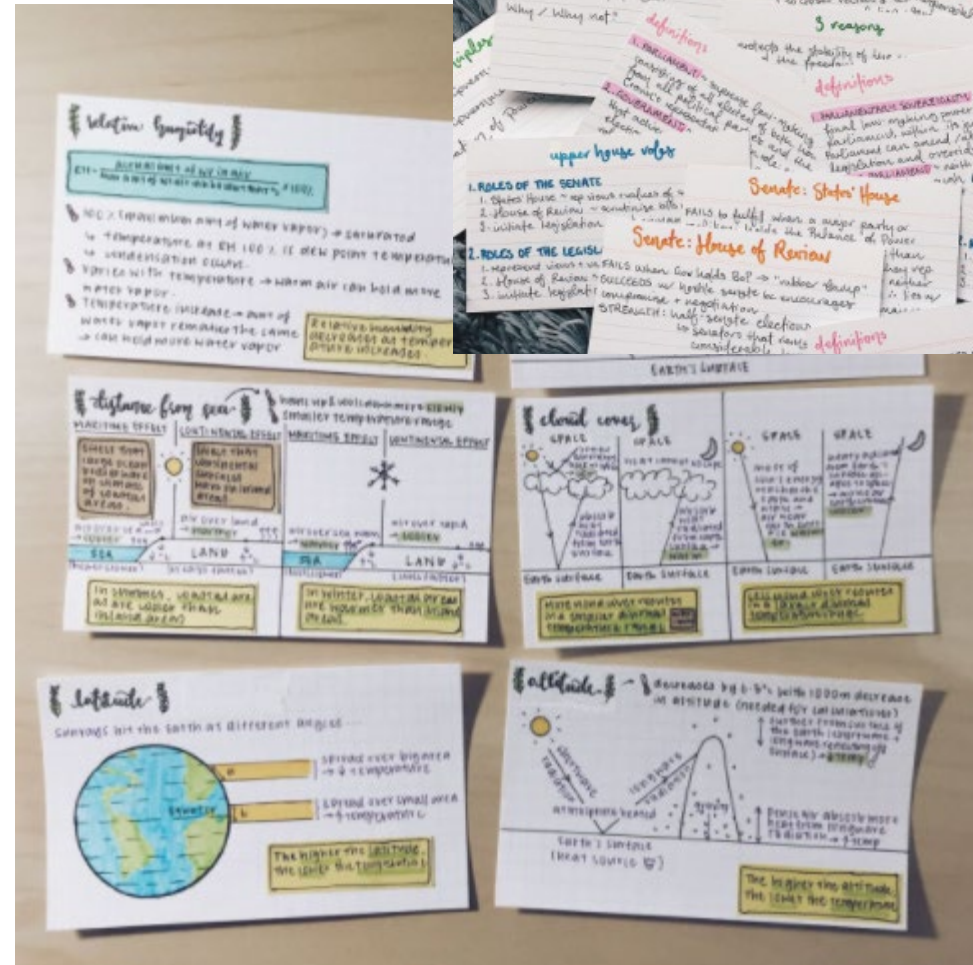
Stop overdoing the highlighting!



Don't listen to music whilst revising.

FLASH CARDS

- The goal is to test/ quiz yourself using the flashcards not spend endless hours making the cards.
- You can use revision guides and test yourself.
- Testing yourself helps make knowledge stick in your long-term memory and so you can easily recall it for the exams.

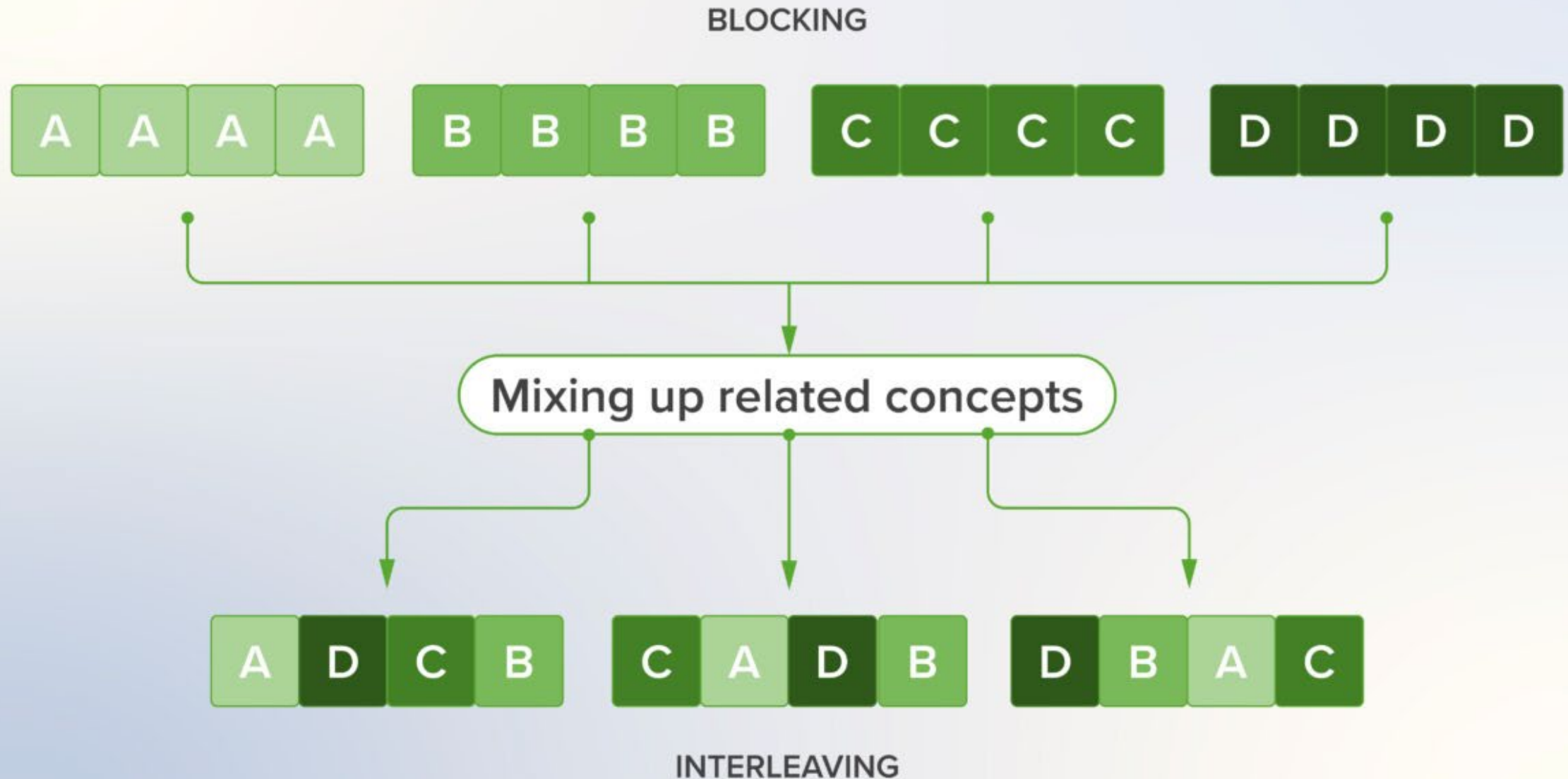


GCSEPod Access Over Time

Action:
**Get revising early
to build good
habits not just
during the exams**


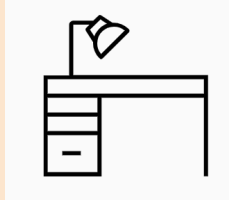




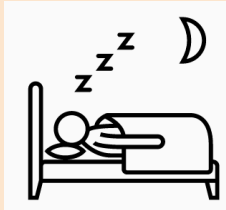
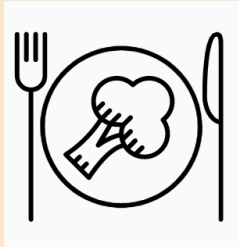



How should my child plan their quizzing/ testing/ retrieval practise / revising?



The Basics

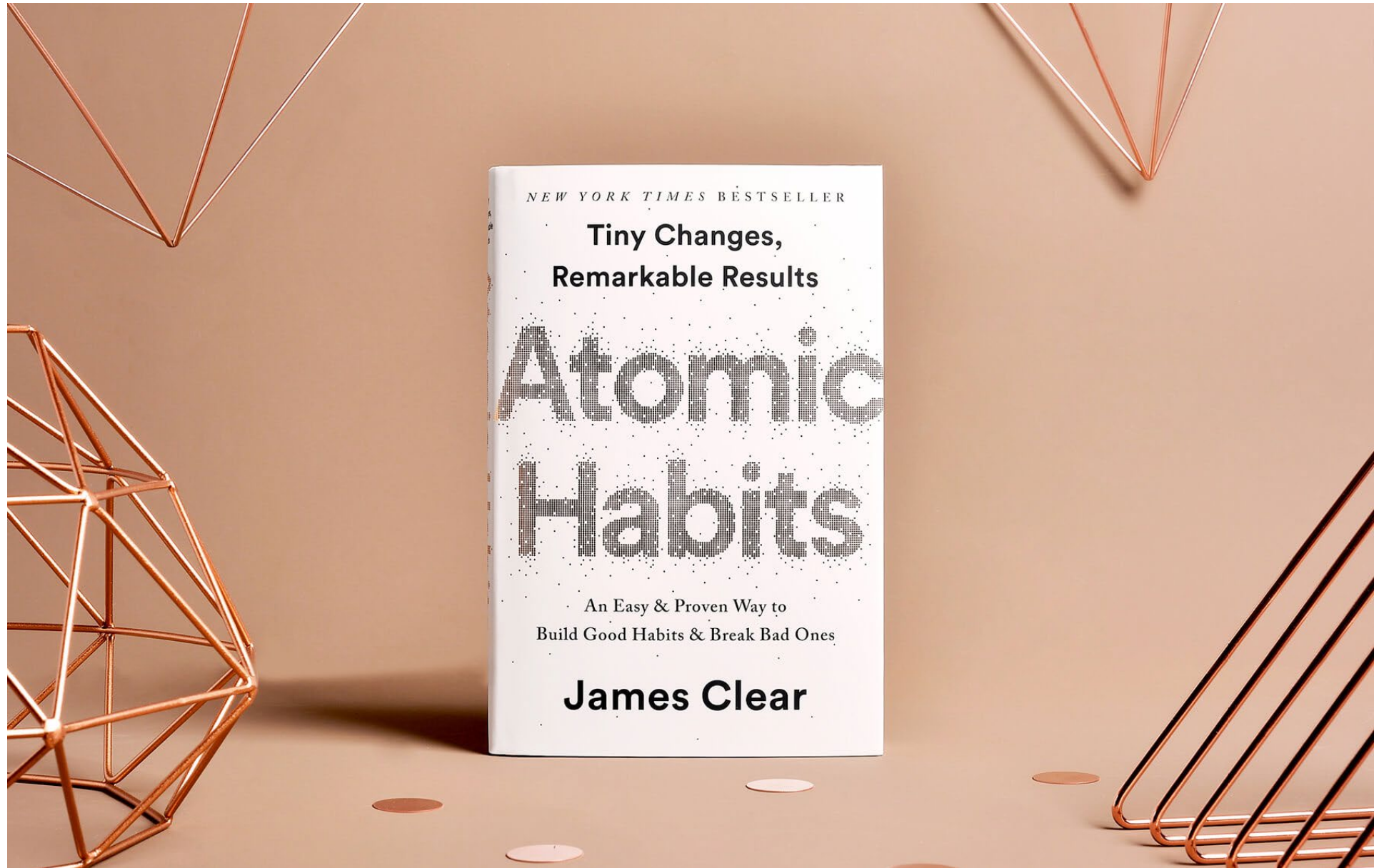
Simply, help yourself to succeed!

<p>Limit distractions</p> 	<p>Find a nice space to revise in</p> 	<p>Create and use a revision timetable. No cramming.</p> 
<p>Set an alarm and start early</p> 	<p>Work in intensive blocks of time (25 mins works well)</p> 	<p>The more you put in, the more you get out</p> 
<p>Get plenty of sleep</p> 	<p>Eat well</p> 	<p>Ask your teachers for help</p> 

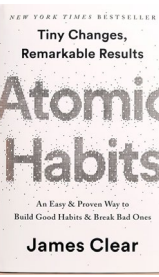
How to build
good habits.....

15 million
books sold

Translated
into 50
languages

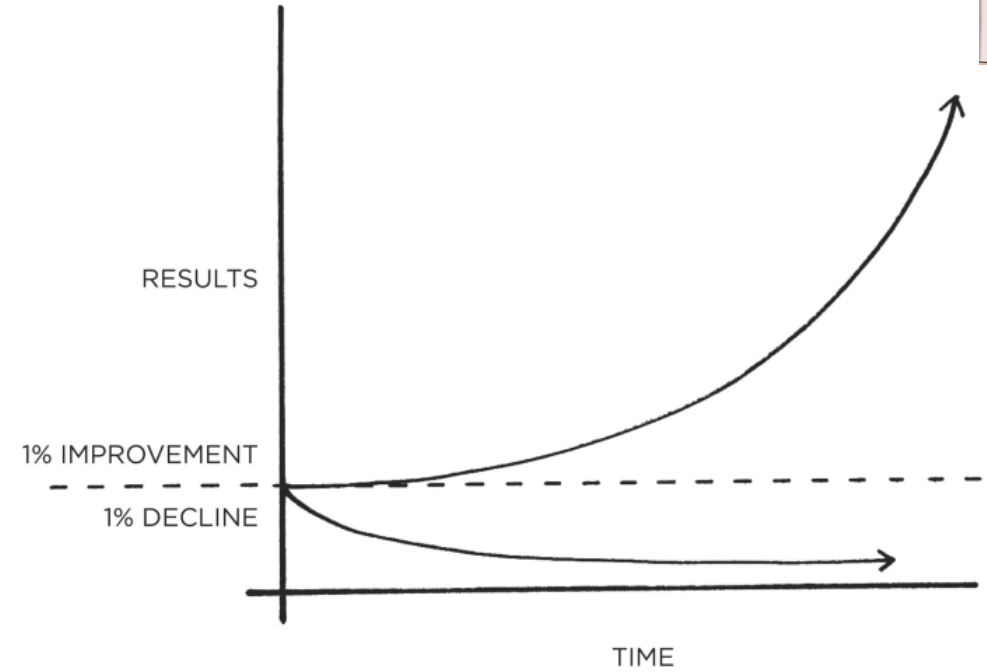


Building Good Habits



The Why

1. Small habits can make a big difference
2. Focus on the system instead of the goal



The How (Strategies)

1. **Habit Stacking:** Link the new habit you're trying to create to a habit that you already have.
2. **2-minute rule:** smallest action possible for up to 2 minutes e.g. read a paragraph
3. **Positive Feedback:** Positive reinforcement, instant gratification

THE TIMETABLE IS VERY IMPORTANT...

- Gets rid of the *'Oh my god I've got so much to revise, where do I begin?'* mindset
- You know EXACTLY what you're meant to be doing, at what time
- No time wasted – no procrastination!
- Tally up the hours so each subject gets equal attention! (Or your more difficult subjects get more attention)

REVISION TIMETABLE							
	MON	TUE	WED	THU	FRI	SAT	SUN
9-3							
4-5							
5-7							
7-8							
8-9							
9-10							

/// = FRENCH
/// = ART
/// = ENGLISH LITERATURE
/// = MATHS
/// = MUSIC
/// = BIOLOGY
/// = CITIZENSHIP
/// = HISTORY
/// = ENGLISH LANGUAGE
/// = CHEMISTRY
/// = PHYSICS
/// = SCHOOL
/// = FREE TIME
/// = VIOLIN PRACTICE

Revision Timetable



Create your own revision timetable.

You could use colour to identify individual subjects. Remember to plan for sensible breaks, drink lots of water and have healthy snacks to hand.


	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Subject	Sessions per week
9am									
10am									
11am									
12pm									
1pm									
2pm									
3pm									
4pm									
5pm									
6pm									
7pm									
8pm									

Remember to spread out when you study the same subject/topic and to focus on testing yourself/ retrieval practise and the Leitner system when using flashcards in preference to reading large amounts of information and highlighting notes/texts.

Use the Pupil
Progress Reports to
make revision /
testing targeted

Using the Y10 Mock exams to produce.....


1. Minimum Target Grade
2. Number of marked you've gained
3. Average Grade Achieved in your Mocks
4. How many marks you are away from the next Grade
5. What grade you achieved in each mock paper
6. Attitude to learning in PC 1 (October Mocks)
7. Attitude to learning in PC 2 (Final Mocks)
8. How well you've done in each Topic in the course



GCSE in Maths | Edexcel

Year Group 11 | Class xxxxxxxx

Name: xxxxxxxxxxxx



[Live Tracking](#)

1 Minimum Target Grade	2 Scaled Average Unit Marks / 240	3 Average Unit Grade	4 Target Grid								
6	122	6	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 15%;">Grade</th> <th>Marks away (Average Unit)</th> </tr> </thead> <tbody> <tr> <td>6</td> <td>Achieved</td> </tr> <tr> <td>7</td> <td>23</td> </tr> <tr> <td>8</td> <td>52</td> </tr> </tbody> </table>	Grade	Marks away (Average Unit)	6	Achieved	7	23	8	52
Grade	Marks away (Average Unit)										
6	Achieved										
7	23										
8	52										

5	Unit	1: Non-calculator (33%)	2: Calculator (33%)	3: Calculator (33%)
	Grade	5	6	6

6 Attitude to Learning: PC1 Good	7 Attitude to Learning: PC2 Exemplary
--	---

Topic Summary	%
Number: Structure & Calculation / %	59
Number: Fractions, decimals & percentages / %	100
Number: Measures & Accuracy / %	59

8

Topic Summary	%
Areas of Strength	
N2 - Operations & place values	100
N12 - Fractions & percentages	100

Focus on your weakest topics

Topic Summary	%
Number: Structure & Calculation / %	59
Number: Fractions, decimals & percentages / %	100
Number: Measures & Accuracy / %	59
Algebra: Notation, vocabulary and manipulation / %	58
Algebra: Graphs / %	18
Algebra: Solving equations & inequalities / %	77
Algebra: Sequences / %	9
Ratio, Proportion & Rates of Change / %	49
Geometry & Measures: Properties & Constructions / %	22
Geometry & Measures: Mensuration & Calculation / %	38
Geometry & Measures: Vectors / %	0
Probability / %	33
Statistics / %	40

Topic Summary	%
Areas of Strength	
N2 - Operations & place values	100
N12 - Fractions & percentages	100
A11 - Roots, intercepts & turning points	100
A22 - Solving linear inequalities (and Quadratic - Higher)	100
R1 - Converting units	100
Progress Opportunities	
A3 - Concepts & vocabulary	0
A8 - Coordinates in 4 quadrants	0
A12 - Recognise, sketch or interpret graphs	0
A13 - Sketch translations & reflections (Higher)	0
A16 - Equations of circles (Higher)	0

Commitment

- 2 hours revision every day

- Flash cards
- Spaced practice
- Retrieval Practice
- Past Exam papers
- Interleaving


- [Learn how to learn - GCSEPod](#)

Interleaving

Mixing your study can improve your ability to retain information.

Interleaving

Using it in your revision will help you recall information more easily



Retain it for longer

Weekly revision planner

MON	TUE	WED	THU	FRI
Topic 1	Topic 4	Topic 2	Topic 5	Topic 3
Topic 2	Topic 5	Topic 3	Topic 1	Topic 4
Topic 3	Topic 1	Topic 4	Topic 2	Topic 5

Much more effective to mix up the topics across the days

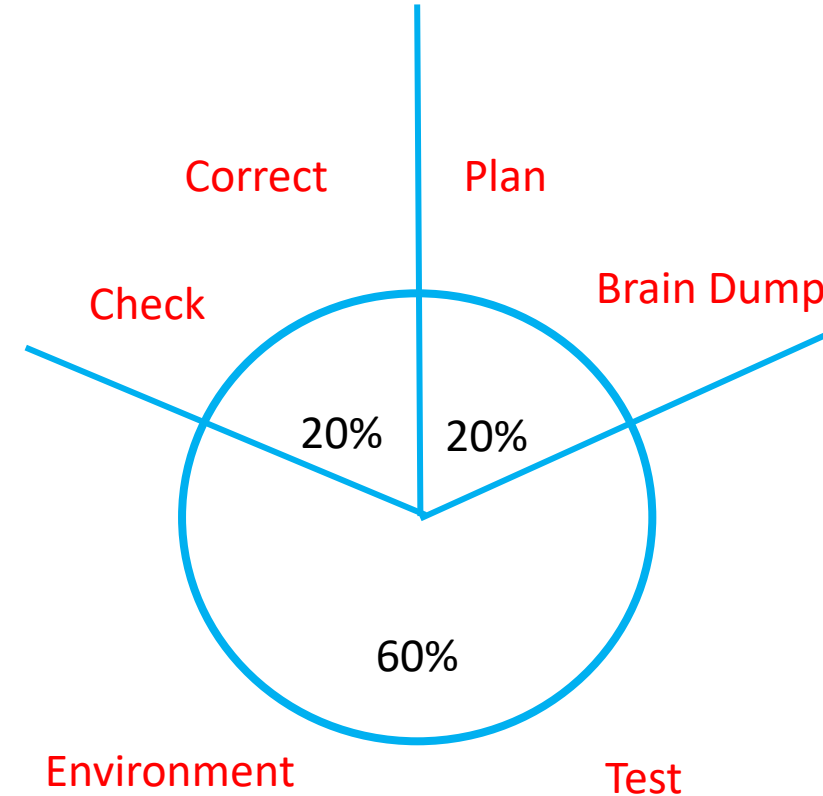
How to plan and run your own revision session

...and avoid wasting time

Timings for your revision session

Step-by-step guide

- 1. Plan** – decide your focus and work out what gaps you have in your knowledge
- 2. Brain Dump** – have a quick review of what you already know
- 3. Test** – use a specific active technique
- 4. Environment** – complete the test section in exam conditions
- 5. Check and Correct** – check accuracy and make corrections



Use the online
platforms

Revision/Learning Platforms We Recommend

Subject	Resource / Platform	Description	Link to Resource / Platform	Person to Contact for further info.
1. All Subjects All Year Groups	GCSEPod	One website, 3 apps and over 6000 Pods (short videos with accompany questions). Content is specifically designed to squeeze the content required for students to know into short 3-5 minutes chunks. It helps with learning, homework and revision.	https://www.gcsepod.com	Safzal@corearena.academy
2. All Subjects All Year Groups	Seneca learning	Seneca is a free online learning platform that students can use to help them study a wide range of subjects. The courses are linked to the exam boards used by the subjects they study and Seneca can learn the strengths and weaknesses of students and use this in the questions that it asks.	Seneca - Learn 2x Faster (senecalearning.com)	N/A
3. All Subjects All Year Groups	BBC Bitesize	This website can be used to help with your homework, revision and learning. You can find educational videos, step-by-step guides, activities and quizzes by level and subject.	Home - BBC Bitesize	N/A
4. All Subjects All Year Groups	eChalk	Curriculum aligned activities, games, simulations and puzzles are created with a focus on learning through fun.	https://www.echalk.co.uk/	Safzal@corearena.academy
5. Maths	SparxMaths	For Secondary schools, Sparx Maths delivers personalised intelligent maths practice, that is proven to boost grades.	https://www.sparxmaths.uk/student/	kblackwood@corearena.academy
6. Maths	Maths genie	Students can access exam papers, exam questions, GCSE revision, KS3 revision, videos and walk throughs on topics.	www.mathsgenie.co.uk	PGogna@corearena.academy
7. Maths	MyMaths	Students can access Online maths lessons, activities and homework. Tasks are marked, graded where student receive instant feedback.	www.mymaths.co.uk	PGogna@corearena.academy
8. Maths	On maths	Students can access all topics, predicted exam papers, exam style questions.	www.onmaths.com	PGogna@corearena.academy
9. ReadingPlus	Students in Year 7-9 all need to complete Reading Plus tasks every week. They need to read 5 books and complete their vocabulary skills test. The more students read; the more they will progress with their literacy skills and move on to higher level books.		www.Login.readingplus.com	Mkhatun@corearena.academy
10. Science All Year Groups	Free Science Lessons Youtube Videos	On-line Science lessons covering the KS3 and GCSE topics	www.freesciencelessons.co.uk	N/A
11. Science All Year Groups	Educake	Students can self-quiz with the questions based on KS3 and GCSE Science exam questions. They can set themselves questions from specific topics they have found challenging in the past or help to get a head start on upcoming topics.	Educake - Online Formative Assessment for Homework and Classwork	Clevy@corearena.academy
12. Geography	BBC Bitesize	Specific learning resources for the AQA Geography course	GCSE Geography - AQA - BBC Bitesize	N/A
13. Geography	GCSE pod	Specific learning pods for AQA Geography course	GCSE Learning and Revision GCSEPod	Jlaurent@corearena.academy

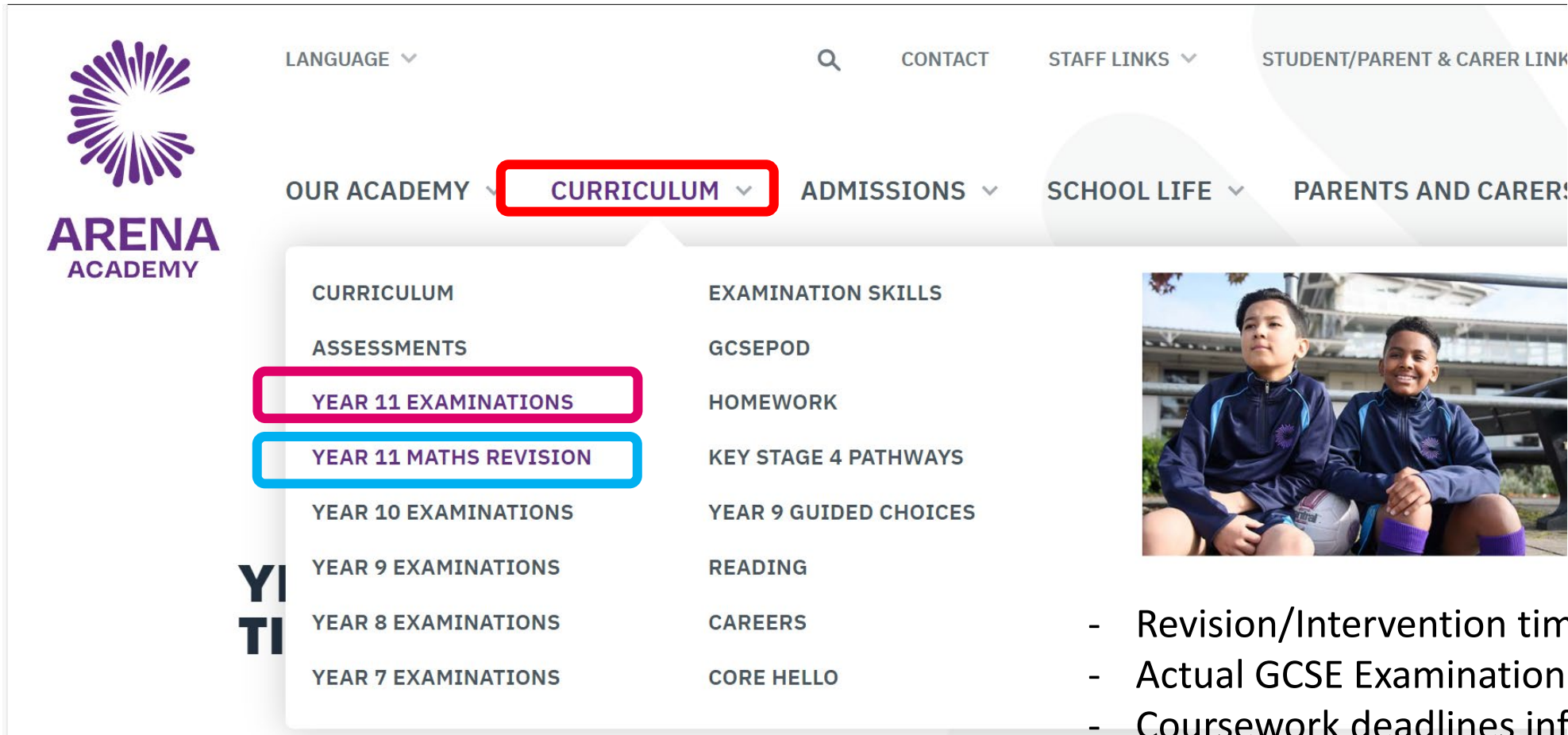
No. of Educake Questions Answered	What Grade do you predict?
15,088	9-9-9
9956	9-9-9
9749	9-9-9
8541	8-7-8
7754	7-5-9
6957	5-6-8
6709	5-5-7
6195	8-6-6
6063	7-5-9
5685	4-3-7

No. of Educake Questions Answered	What Grade do you predict?
5349	5-5-7
5204	5-6-8
4833	8-4-8
3962	7-6-7
3695	6-4-7
3596	4-3-7
3510	5-5-6
3468	5-4-5
3443	6-4-3
2786	5-5-5

No. of Educake Questions Answered	What Grade do you predict?
2219	5-4-5
2099	2-2-3
2081	3-4-3
2077	3-3-1
1641	5-5-5
1386	2-2-3
1111	3-U-4
820	1-1-2
420	1-1-1
377	1-1-1

Do you know what
you can find on our
Academy website?

Use the Year 11 Examinations webpage



The screenshot shows the Arena Academy website. The logo, a purple sunburst, is in the top left. The main navigation bar includes 'LANGUAGE', 'CONTACT', 'STAFF LINKS', and 'STUDENT/PARENT & CARER LINK'. Below this, 'OUR ACADEMY' is followed by 'CURRICULUM' (highlighted with a red box), 'ADMISSIONS', 'SCHOOL LIFE', and 'PARENTS AND CARERS'. The 'CURRICULUM' dropdown menu is open, showing 'CURRICULUM', 'ASSESSMENTS', 'YEAR 11 EXAMINATIONS' (highlighted with a pink box), 'YEAR 11 MATHS REVISION' (highlighted with a blue box), 'YEAR 10 EXAMINATIONS', 'YEAR 9 EXAMINATIONS', 'YEAR 8 EXAMINATIONS', and 'YEAR 7 EXAMINATIONS'. To the right of the dropdown, a list of links includes 'EXAMINATION SKILLS', 'GCSEPOD', 'HOMEWORK', 'KEY STAGE 4 PATHWAYS', 'YEAR 9 GUIDED CHOICES', 'READING', 'CAREERS', and 'CORE HELLO'. A photo of two students in school uniforms is on the right. The text 'YI TI' is partially visible on the left.

ARENA ACADEMY

LANGUAGE ▾

CONTACT

STAFF LINKS ▾

STUDENT/PARENT & CARER LINK

OUR ACADEMY ▾

CURRICULUM ▾

ADMISSIONS ▾

SCHOOL LIFE ▾

PARENTS AND CARERS

CURRICULUM

ASSESSMENTS

YEAR 11 EXAMINATIONS

YEAR 11 MATHS REVISION

YEAR 10 EXAMINATIONS

YEAR 9 EXAMINATIONS

YEAR 8 EXAMINATIONS

YEAR 7 EXAMINATIONS

EXAMINATION SKILLS

GCSEPOD

HOMEWORK

KEY STAGE 4 PATHWAYS


YEAR 9 GUIDED CHOICES

READING

CAREERS

CORE HELLO

YI TI



- Revision/Intervention timetable
- Actual GCSE Examination timetable
- Coursework deadlines information
- Revision strategies
- College / Sixth form open days
- Dealing with Exam stress
- What food to eat during examinations
- Examination rules and regulations

What we recommend.....



- 1. Attendance and punctuality**
- 2. Every minute in every lesson matters**
- 3. Quality Revision: 2 hour minimum per night**
- 4. Focusing on building habits**
- 5. Use the Pupil Progress Reports: Download app**
- 6. Attend open evenings, research careers, visit Universities, etc**



ARENA
ACADEMY

Thank you for attending.