



Welcome to
Roding Valley High School's
Revision workshop morning-
Year 7

Why are **we** in a 'Revision workshop?!'

- To begin to build up some skills slowly and gradually- not a big shock in year 11!
- So that you have time now to work out how you revise best- we are all different.
- To allow you to practise these skills for your upcoming exams
- To have fun- there will be a house competition running throughout the session- your table will be awarded ten points for...

Points...mean prizes...

- 10 points for the most helpful table!
- 10 points for any questions answered throughout!
- 10 points for the best Buzan mind map!
- 10 points for the best flip & fold!
- Points for the games during the session



Revision- where do I start?

Before you start actually revising- you need to think about what your **plan** is.

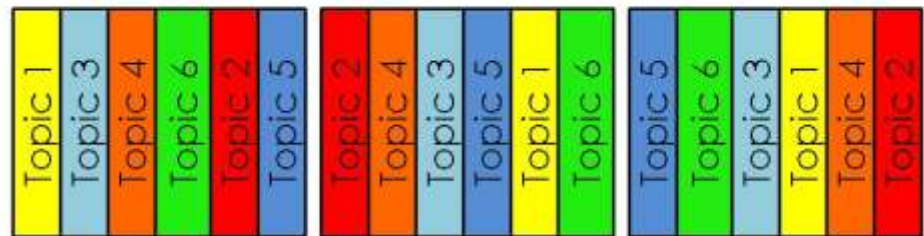
DON'T revise one subject or topic all at once- try and space the topics/ subjects out across each week.

Blocking vs interleaving

Don't do this!



Do this!



Example...

I need to revise...

1. **Maths**- Number properties, order of operations
2. **History**- The Norman Conquest & Black death
3. **English**- Animal Farm & Russian Revolution
4. **Science**- specialised cells, states of matter, diffusion and sound.
5. **French**- reading and writing assessment in French on the topic of 'school
6. **RS**- Sikhism
7. **PE**- Health, Fitness, Well Being, Diet
8. Geography

Red- I am really struggling with this

Amber- I am 'okay' with this...

Green- I am confident

Step one- **R.A.G** your subjects

Step two- enter your subject and topic into the interleaved timetable- aim to look at this at least x3 times over the week- not all on the same day!! Tackle the **REDS** first!

Revision- where do I start...?

Task- You have **x5 minutes** on your tables to think about what subjects and topics you're studying at the moment- Have a go at spacing them out into this timetable. If you can- try and go further by saying what **TOPICS** within that subject you are going to revise where.



RVHS Interleaved revision timetable.

Template 1

You **do not need** to study from 8am-10pm; decide which hours of the day you can concentrate best. **1-2 weeks** before your exams, we think that **1 hour after school a day** and **4 at the weekend will be a great start to prepare you for GCSE revision!**

Don't be over ambitious – break work down into small chunks. Assess how familiar you are with each topic and focus on your weak

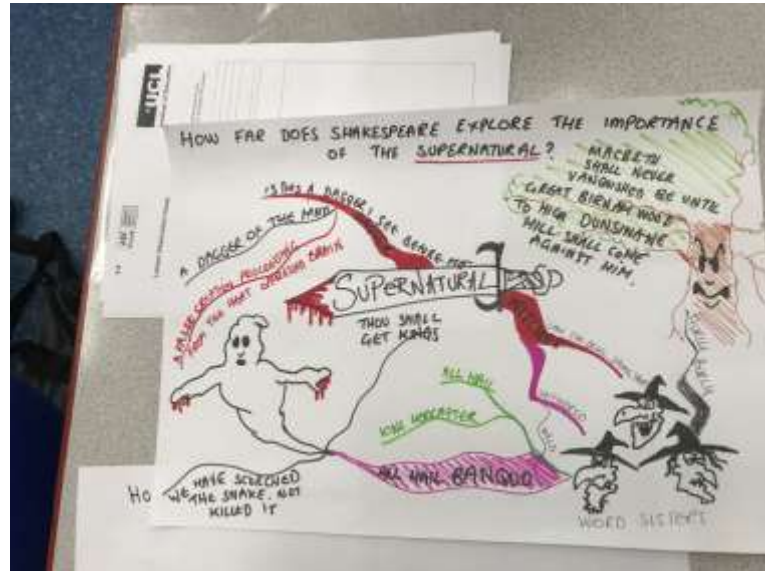
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00							
9:00	School	School	School	School	School		
10:00	School	School	School	School	School		
11:00	Break	Break	Break	Break	Break		
12:00	School	School	School	School	School		
1:00	School	School	School	School	School		
2:00	School	School	School	School	School		
3:00	School	School	School	School	School		
4:00							
5:00							
6:00							
7:00							
8:00	Rest	Rest	Rest	Rest	Rest		
9:00	Rest	Rest	Rest	Rest	Rest		
10:00	Rest	Rest	Rest	Rest	Rest		

My plan is sorted... How do I actually revise?

RVHS Tried and Tested Revision Technique #1

Buzan Mind mapping

RVHS
STUDENT
EXAMPLE,
YEAR 11



Strategy 1: **Buzan** Mind mapping.

- **Step 1:** Start with the theme/ central idea. in the middle of the page.
- **Step 2:** Each main branch must be a KEY topic or theme from the big idea.
- **Step three-** branch out from your key branches- they must be smaller to represent that the information is being developed.
- **Step four-** use key words only per branch- they must fit perfectly!
- **Step five-** Colour code the branches.



Activity 2- Draw your own **Buzan** **Mind map!**

You are now going to draw your own Buzan Mind map.

Topic- **'All about me'**

Ideas for branches-

Hobbies

School

Qualities

Family



**We will select
a winner to
receive 10
points or their
table!
Three winners!**

Memory game-
how to improve your **working**
memory-

Look at the following list of words for
40 seconds in silence, then see which
you remember.

BOXING

GCSE

DUCK

NIPPLE

MOSS

PENCIL

GLOVE

WATER

GLUE

HERB

TURTLE

SHOE

GARDEN

GOOSE

MUSIC

AND

TAYLOR SWIFT

AND

CAR

HERB

WORM

SPIDER MAN

Look at it a second time- this
time, make up a story with
the words in it.

BOXING

GCSE

DUCK

NIPPLE

MOSS

PENCIL

GLOVE

WATER

GLUE

HERB

TURTLE

SHOE

GARDEN

GOOSE

MUSIC

AND

TAYLOR SWIFT

AND

CAR

HERB

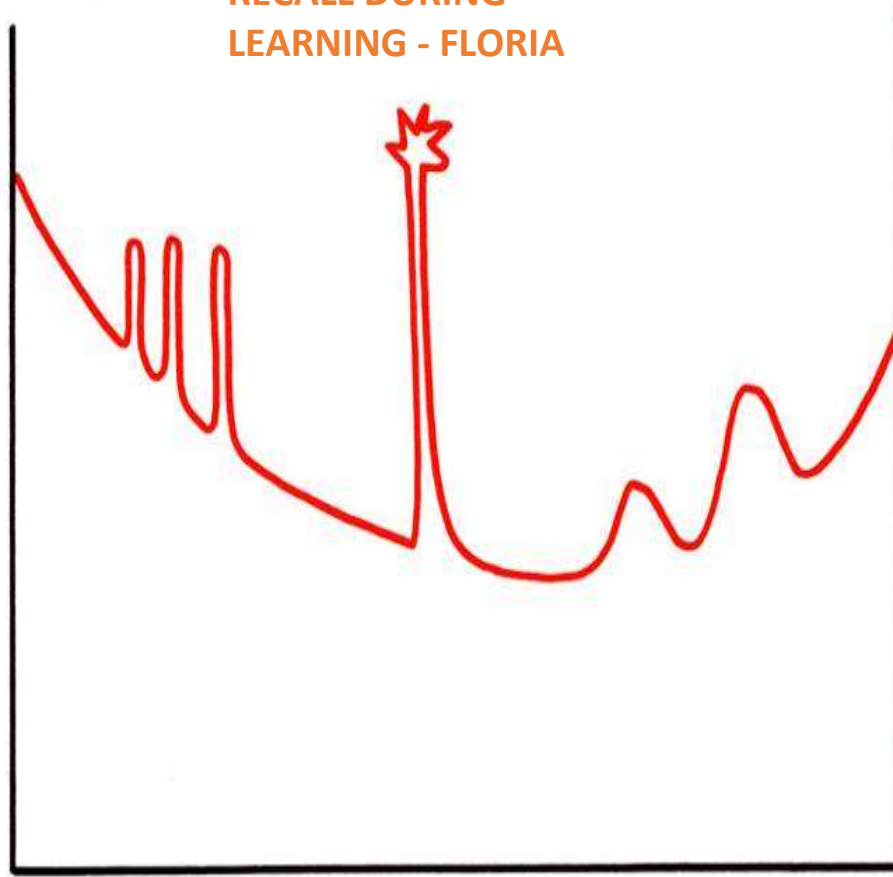
WORM

SPIDER MAN

FLORIA

Floria is a technique
that provides hooks
for information in
your memory

RECALL DURING
LEARNING - FLORIA



First. Last. Outstanding.
Repeated. Interesting.
Associated.

Using FLORIA

- Put the most important information FIRST and LAST
- When preparing revision materials, think about how you can make key information OUTSTANDING
- REPEAT important facts
- Make key information INTERESTING using images, mnemonics, sticking it on a post-it in an unusual place, associating it with a person or event, pretend you are delivering a lecture or an assembly on this...
- Make links between information so the ASSOCIATION leads you from one fact to another

Miss Edwards memory game!

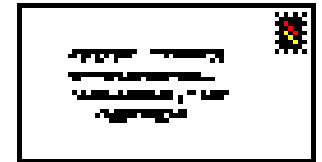
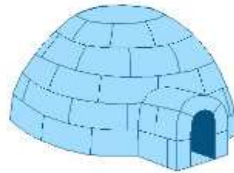
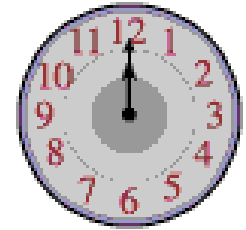
In your table groups;

- Number a sheet of paper 1 – 20 down the left hand side.
- Number the same sheet of paper with 1-5 down the middle.

The next slide will stay on the screen for
2 minutes.

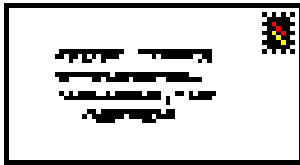
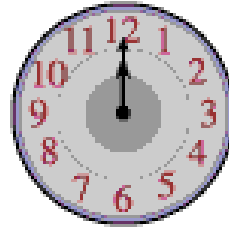
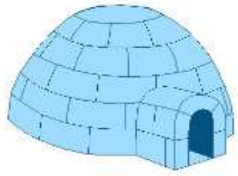
- Take a good look.
- Remember each of the items.
- You will be asked to write them down after the time
is up.
- The more you remember the more points you will
score!

REMEMBER: FLORIA

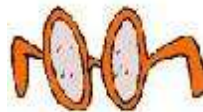
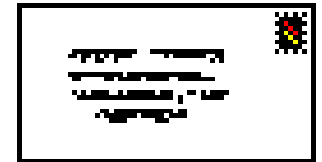
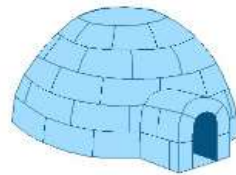
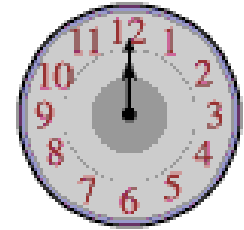


There were 20 items on
the first slide - as a
team write down the
ones you can remember

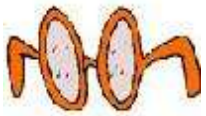
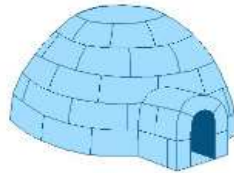
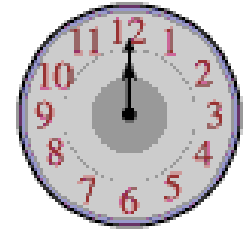
1. Which item is missing on the next slide?



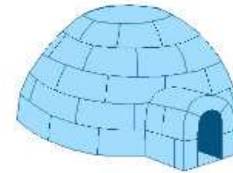
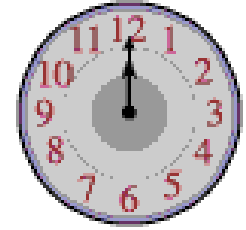
2. Which item is missing on the next slide?



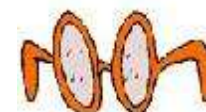
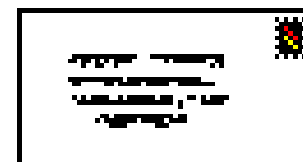
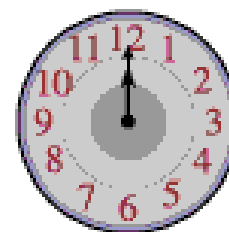
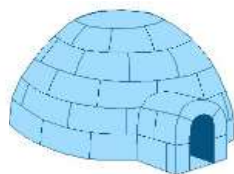
3. Which item is missing on the next slide?



4. Which item is missing on the next slide?



5. Which item is missing on the next slide?



ONLY ONE SET OF
ANSWERS WILL BE
MARKED SO IF YOU HAVE
MORE THAN ONE YOU
NEED TO CHOOSE THE
BEST ONE AND PASS IT TO
ONE OF THE OTHER TEAMS
TO BE MARKED.

Answers:

Camera	Watch
Globe	Clock
Eiffel Tower	Pencil
Pen	Holly
Glasses	Apple
Igloo	Transmitter/Satellite
Scales	Cathedral/Castle/Church
Post card/Envelope	Light bulb
Cup and saucer	Ice-cream/Sundae
Grapes	Butterfly

Answers:

1. First missing item – Apple
2. Second missing item – Church/Cathedral
3. Third missing item – Envelope/Post card
4. Fourth missing item – Cup and Saucer
5. Fifth missing item - Butterfly

Mindfulness during exams- how to look after yourself- **CED**

<https://www.bbc.co.uk/bitesize/articles/z8jxy4j>



Looking after yourself during assessments

- Get plenty of sleep. Go to bed at the same time every night. You'll be able to stay out late as much as you like when exams are over.
- Eat properly. Eating a balanced diet with plenty of vitamins will make you more alert and positive. Now, more than ever, your five-a-day is crucial.
- Keep moving. Exercise can train your brain, like a good diet, regular exercise will make you more alert and positive.
- Don't use your phone just before you go to sleep. To get the right kind of sleep, you need to clear your mind and wind down first.

Mindfulness

What is it?

An awareness of our thoughts and feelings as they happen.

Mindfulness is a powerful tool that can empower you to deal with **exam**-related stress and anxiety. It helps you to shift from experiencing difficult emotions to feel calmer, and see the **exam** as a less scary experience.

Task 2

Exploring emotions Give the person next to you a 'weather report' on how you are feeling, "I'm dark and cloudy with some raindrop tears coming out"

Task 4: Mindful Posing

Try one of the following poses:

1. The Superman: this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible.

1. The Wonder Woman: this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips

Mindfulness

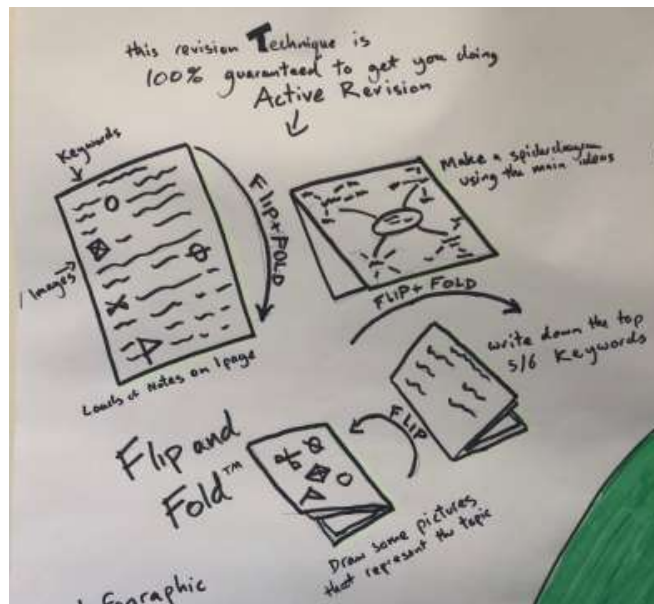
**Quiz for
points**

Hands up!

My plan is sorted... How do I actually revise?

RVHS Tried and Tested Revision Technique #2

FLIP & FOLD



How do I use this technique?

Step 1- On your A4 sheet- bullet point the topic one on page- try and keep to 5-10 bullet points.

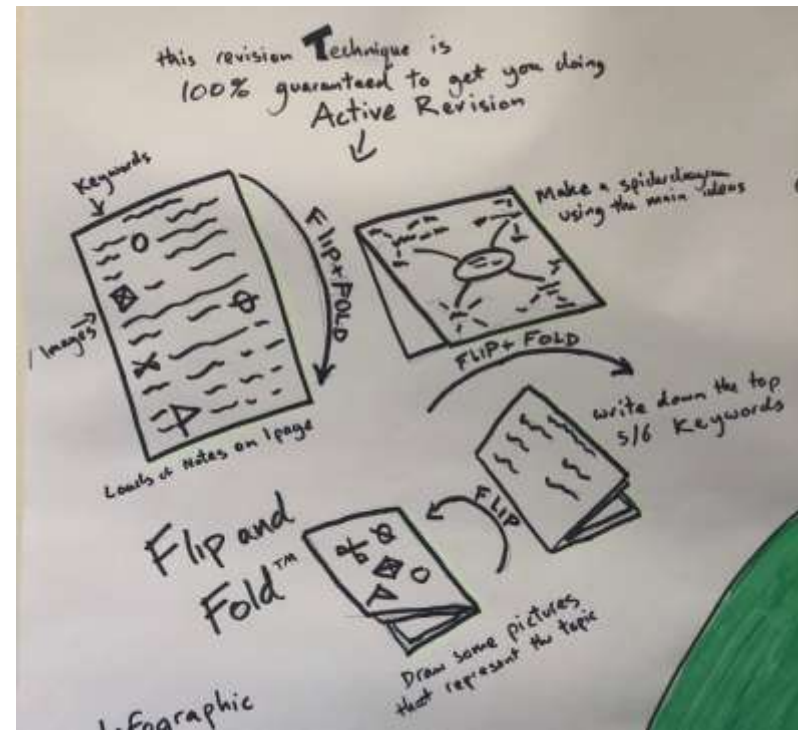
Step 2- fold in half and make a mind map on the half page on the same topic (from memory)

Step 3- Fold again into a quarter- write down 5-6 key words on the topic (from memory)

Step 4- flip over and summarise the topic into pictures that represent the topic (from memory)

Let's **apply** it!

Activity-



You are now going to use the flip and fold method.

Topic- 'All about me'. You can use the notes from your Buzan mind map to help you.

Go go go!

Let's wrap this all up...



Activity- you have x5 minutes to complete your takeaway card- please complete all sections.

Put this takeaway card back into your plastic wallet and take this home with you.



My 'takeaway'



1. Things I am going to try when revising for my exams:

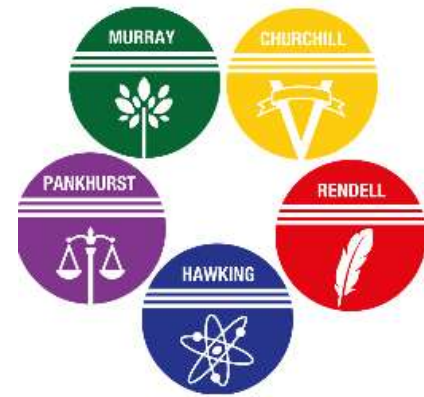
2. What resources do I need to prepare myself for my revision?

3. If my parents/friends ask me what I have learnt in this session, what will I say?

I 
REVISION

AND THE **WINNERS** ARE....

- 10 points for the most helpful table-
- 10 points for any questions answered throughout-
- 10 points for the best Buzan mind map-
- 10 points for the best Cornell notes-



RVHS house competition!

Win **50 points** for your house- and 20 for every entry that takes place.

Task - Create a brilliant Buzan mind map on a topic you're revising for your upcoming exams.

To enter you must take a photograph of your **BUZAN MIND MAP** and email it to plarkin@rodingvalley.net by **Friday 31st Jan.**



Roding Valley

My 'takeaway'



Roding Valley

1. Things I am going to try when revising for my exams:

2. What resources do I need to prepare myself for my revision?

3. If my parents/friends ask me what I have learnt in this session, what will I say?

I 
REVISION