



ST CHRISTOPHER'S

A CHURCH OF ENGLAND ACADEMY

REVISION GUIDE

2022-23



BUSINESS

- Business Activity
- Influences
- Operations
- Finance
- Marketing

WHERE CAN I FIND RELIABLE INFORMATION TO REVISE?

You have access to eRevision which allows you to revise and adapt the level of the questions you are attempting.

There is a full and expansive set of revision guides that can be accessed via Synergy at any time. The folder also contains matching PowerPoints for all sub sections and 'Knowledge Maps' for each section.

You have access via Synergy to all the diagnostic assessments we have covered that you can use to see where your revision needs to be targeted.

You have been given five (5) hard copy documents of all revision resources and you have access to all of the work we have completed in school via 365

BizConSesh GCSE Business. This is the YouTube playlists for Eduqas GCSE business and is a fantastic resource with small 5min videos on each specification point.

Here is the link [Bizconsesh - YouTube](#)

BBC GCSE Business Eduqas is a worthwhile site to use to get a breakdown of complicated topics you are struggling with.

Here is the link [GCSE Business - Eduqas - BBC Bitesize](#)

COMPUTING

COMPUTER SCIENCE PAPER 1

- SLR1.1 - Systems architecture
- SLR1.2 - Memory
- SLR1.3 - Storage
- SLR1.4 - Wired and wireless networks
- SLR1.5 - Network topologies - protocols and layers
- SLR1.6 - System security
- SLR1.7 - Systems software
- SLR1.8 - Ethical - Legal - Cultural and Environmental concerns

COMPUTER SCIENCE PAPER 2

- SLR2.1 - Algorithms
- SLR2.2 - Programming techniques
- SLR2.6 - Data representation (up to hexadecimal conversions)

WHERE CAN I FIND RELIABLE INFORMATION TO REVISE?

All course content is available for you to review via the school network which can be accessed outside of school. Please see Mr Rigby if you have any direct queries.

There are several good revision websites you can also access:

www.bbc.co.uk/bitesize and look for computer science OCR
The link is [GCSE Computer Science - OCR - BBC Bitesize](#)

www.computerscience.gcse.guru This site is not specific to any exam board but allows great differentiation in styles of questions. The link is [Computer Science GCSE GURU - Revision, Quizzes and Resources](#)

www.studyrocket.co.uk This site is specific to AQA but is a great resource to use. The link is [Free GCSE Computer Science AQA Revision Content - Study Rocket](#)

www.youtube.com/craigndave/playlists this resource is extremely useful and you should use these videos to clarify and misunderstandings you have with any topics.
[Craig'n'Dave - YouTube](#)

DESIGN TECHNOLOGY

3.1 - CORE TECHNICAL PRINCIPLES

- 3.1.1 - New and emerging technologies
- 3.1.2 - Energy generation and storage
- 3.1.3 - Development in new materials
- 3.1.4 - Systems approach to designing
- 3.1.5 - Mechanical devices
- 3.1.6 - Materials and their working properties

3.2 - SPECIALIST TECHNICAL PRINCIPLES

Within this section pupils' focus must be on ONE material group of their own choosing – either timbers, metals or polymers.

- 3.2.1 - Selection of materials and components
- 3.2.2 - Forces and stresses
- 3.2.3 - Ecological and social footprint
- 3.2.4 - Sources and origins
- 3.2.5 - Using and working with materials
- 3.2.6 - Stock forms, types and sizes
- 3.2.7 - Scales of production
- 3.2.8 - Specialist techniques and processes
- 3.2.9 - Surface treatments and finishes

3.3 - DESIGNING & MAKING PRINCIPLES

- 3.3.1 - Investigation, primary and secondary data
- 3.3.2 - Environmental, social and economic challenge
- 3.3.3 - The work of others
- 3.3.4 - Design strategies
- 3.3.5 - Communication of design ideas
- 3.3.6 - Prototype development
- 3.3.7 - Selection of materials and components
- 3.3.8 - Tolerances
- 3.3.9 - Material management
- 3.3.10 - Specialist tools and equipment
- 3.3.11 - Specialist techniques and processes including surface treatments and finishes

ENGLISH

ENGLISH LANGUAGE

Component 1:

20th Century Lit (Fiction) - 1¼ hrs

A) Story Comprehension (1 hr)

B) Story Writing (45 mins)

Component 2:

21st and 19th Century Lit (non Fiction) - 2 hrs

A) Text Comprehension on two passages (1 hr)

There will be two questions on a source from the 21st Century, and two questions on a source from the 19th Century; then there will be two comparison questions on both texts.

B) 2 x Transactional writing (1 hr)

There will be two tasks taken from the following: article, review, formal letter, informal letter, speech, report. Make sure that you know the conventions of each type

ENGLISH LITERATURE

Component 1:

Shakespeare and Anthology - 2hrs

A) Romeo and Juliet

Context (15 marks)

Essay (25 marks)

B) Poetry Anthology

Poem on the paper (15 marks)

Poem from memory comparison (25 marks)

Component 2:

Prose, Drama and Poetry - 2½ hrs

A) An Inspector Calls (45 mins)

Exploding extract essay (40 Marks)

B) A Christmas Carol (45 mins)

Exploding extract essay (40 Marks)

C) Unseen Poetry (1hr)

Poem 1 (15 marks)

Poem 1 and 2 Comparison (25 marks)

FOOD PREPARATION AND NUTRITION

Your NEA1 and NEA 2 completed between September and March of year 11 contribute 50% to your final grade.

Your written exam contributes 50% to your final grade.

THE CONTENT YOU NEED TO COVER FOR YOUR FINAL WRITTEN EXAMINATION IS LISTED BELOW:

- 1) **Food Commodities**
- 2) **Principles of Nutrition**
 - Macronutrients
 - Micronutrients
- 3) **Diet and Good Health**
 - Energy requirements of individuals
 - Plan balanced diets
 - Calculate energy and nutritional values of recipes, meals and diets
- 4) **The Science of Food**
 - The effect of cooking on food
 - Food spoilage
- 5) **Where food comes from**
 - Food provenance
 - Food manufacturing
- 6) **Cooking and food preparation**
 - Factors affecting food choice
 - Preparation and cooking techniques
 - Developing recipes and meals

For more detailed information please download the accompanying [PDF here](#).

WHERE CAN I FIND RELIABLE INFORMATION TO REVISE?

1. Class notes and the revision resources you have already made for your end of topic tests.
2. Illuminate Publishing – “Eduqas Food Preparation and Nutrition” text book - (446 page, very detailed), on-line version is free to use through the following web site and log in details:

Web address:
www.illuminate.digital/eduqasfood
Username:
SCHRS4
Password:
STUDENT4
3. CGP – “GCSE WJEC Eduqas Food Preparation & Nutrition Complete Revision & Practice Book” – available half price through school.
4. CGP – “GCSE Food Preparation & Nutrition for WJEC Eduqas (Grade 9-1) Revision Question Cards” - available half price through school.
5. Website which is excellent for the nutritional facts:
www.foodafactoflife.org.
6. Seneca Learning, takes pupils through the theory topics and then tests them for free. You may already use it for science, but will need to add the Eduqas Food Preparation and Nutrition module at www.senecalearning.com
7. I will also be creating a shared area on synergy classwork where I will place all my help guides and revision materials too.

GEOGRAPHY

Key overview themes are picked out below, but any work on each topic could be tested.

PAPER 1 (PHYSICAL GEOGRAPHY) - 1 HR 30 MINS

Natural Hazards (33 marks)

- Tectonic Hazards – to include all work on Plate Boundaries, Earthquakes (including 2 key case studies of earthquakes in a HIC and an LIC), Predicting and Preventing Earthquakes
- Atmospheric Hazards – to include all work on Atmospheric Circulation, Tropical Storms (including a key case study of a tropical storm), Predicting and Preventing, Extreme Weather in the UK (including a key case study of an extreme weather event in the UK)
- Climate Change – to include all work on evidence for climate change, causes, effects and management of climate change

Living World (25 marks)

- Ecosystems – overview of ecosystems and food chains, small and large scale ecosystems
- Tropical Rainforests – to include all work on characteristics (climate, other physical characteristics), plant and animal adaptations, causes, effects and management of deforestation
- Cold Environments – to include all work on characteristics (climate, other physical characteristics), plant and animal adaptations, opportunities and challenges in cold environments (including a key case study of a cold environment), management of cold environments

Physical Landscapes of the UK (30 marks)

- Rivers – to include all work on processes (erosion, transportation and deposition), landforms (v-shaped valleys, waterfalls, meanders, oxbow lakes, levees, floodplains), river profiles, river flooding – causes and solutions (including a case study of an area that has managed river flooding)
- Coasts – to include all work on processes (erosion, transportation and deposition), landforms (headlands and bays, wave cut platforms, CASS (cave, arch, stack, stump), spits, sand dunes), waves, weathering and mass movement, coastal flooding and solutions (including a case study of an area that has managed coastal flooding/erosion)

PAPER 2 (HUMAN GEOGRAPHY) - 1 HR 30 MINS

Urban Issues (33 marks)

- LIC cities – to include all work on your case study of an LIC city, opportunities, challenges, environmental challenges, regeneration projects in shanty towns
- HIC cities – to include all work on your case study of a HIC city, opportunities, challenges, environmental challenges, regeneration projects
- Sustainability – to include all work on urban sustainability (including a key case study of a sustainable city) and sustainability in transport

Changing Economic World (25 marks)

- Development Gap – to include all work on uneven development, DTM and population pyramids, consequences of uneven development and solutions to improving inequality
- NEE's – to include all work on your case study of an NEE, location and importance, role of TNC case study in that country, and role of aid in development
- Impacts on the UK – UK changing industry and impacts on the environment, change in rural areas, improving transport connections and UK wider links

Challenge of Resource Management (30 marks)

- Resources overview – to include all work on key resource overviews – food, water and energy
- Specific resource – to include all work on your chosen resource (food/water/energy). Supply and demand of resource, impact of insecurity, sustainable use of resource and Case Study of a local-scale project

PAPER 3 (SKILLS & FIELDWORK) - 1 HR 15 MINS

Pre-release booklet (37 marks)

This section is based on an unseen (until March) pre-release booklet on one specific Geographical issue. Revision materials will be given to students when the booklet is released. A fresh copy of the booklet is issued to students to refer to in the exam

Geographical Skills (16 marks)

This section is based on an unseen student's fieldwork, and questions will test students' numeracy and data management skills, and their ability to assess strengths and weaknesses of different data techniques.

The best revision for this section is to use Past Papers (Paper 3, question 4) and to be up to date on data management skills.

Geographical Fieldwork (23 marks)

To include all work on both fieldworks (Physical – River – Sabden Brook) and (Human – Urban – Accrington). Aims, hypotheses, methods, data analysis, data conclusions, sampling techniques, evaluation.

The best revision for this section is to use Past Papers (Paper 3, question 5) with fieldwork booklets

HISTORY

YR 11 CHECKLIST GERMANY (PAPER 1)

Germany 1890-1945: Democracy To Dictatorship

- How did Kaiser Wilhelm's personality and imperial ambitions affect Germany's political system? (Including Weltpolitik and 'a Place in the Sun')
- What problems did increased industrialisation and the growth of socialism cause for the Kaiser?
- What was the importance of the Navy Laws?
- What was the impact of WW1 on Germany?
- The Weimar constitution and the challenges it faced (Article 48, Proportional representation)
- What was the Ruhr Crisis and the impact of hyperinflation?
- What were the causes and consequences of unrest in Germany 1919-1923?
- How far did Gustav Stresemann improve the political situation in Germany 1924-1929?
- Why did Hitler appeal to the German people?
- How did Hitler become Chancellor in 1933?
- How did Hitler consolidate power to become Der-Fuhrer?
- What effect did Nazi policies have on the economy?
- What was the impact WW2 on Germany?
- What was life like for Women in Nazi Germany?
- What was life like for young people in Nazi Germany?
- How did the Nazis try to control the Church?
- How did the Nazis persecute the Jews and other minorities?
- What was the Final Solution?
- How did the Nazis control German culture?
- How did Hitler use terror to control Nazi Germany?
- Who opposed the Nazi Regime and how?

YR 11 CONFLICT & TENSION (PAPER 1)

Conflict And Tension: 1918-1939

- What were the aims of the Big Three?
- What was the impact of the Treaty on Germany?
- What were the strengths and weaknesses of the Treaty of Versailles?
- What were the aims and powers of the League of Nations?
- How did the League contribute to peace in the 1920's?
- What was the impact of agreements made outside of the League of Nations?
- How did the Depression effect the League of Nations?
- What was the impact of the Manchurian Crisis (1931-1933)?
- What was the impact of the Abyssinian Crisis (1935-1936)?
- Hitler's aims in foreign policy D.U.D.E?
- How did Hitler increase tension in the 1930's?

For more detailed information please download the accompanying [PDF here](#).

YR 11 CHECKLIST - HEALTH & THE PEOPLE

Medieval (c.1000-1399) 'Medicine stands still'

- Ancient Greek and Roman medicine
- Medieval beliefs
- Islamic medicine
- Medieval surgery
- Medieval Public Health
- The Black Death (plague 1348/49)
- Medieval hospitals

Renaissance/Early Modern (1400-1750 'beginnings of change')

- Renaissance beliefs and treatments
- Ambroise Pare
- Andreas Vesalius
- William Harvey
- The Great Plague 1665
- Renaissance Hospitals
- Renaissance surgery—John Hunter
- Edward Jenner—vaccination

Industrial Period (1750-1900)

- The Germ theory (microbiology)
- Significance of Anaesthetics
- Significance of Antiseptics
- Public Health in the Industrial Period

Modern Medicine (20th Century and beyond)

- Magic Bullets and Paul Ehrlich
- Penicillin
- Death of Laissez-Faire
- The Welfare State
- Modern surgical developments
- Modern understanding and treatment of disease

YR 11 CHECKLIST - ELIZABETHAN ENGLAND

Part one: Elizabeth's court and Parliament

- Elizabeth I and her court
- The difficulties of a female ruler
- Essex's rebellion in 1601

Part two: Life in Elizabethan times

- A 'Golden Age'
- Poverty

Part three: Troubles at home and abroad

- Religious matters
- Mary Queen of Scots
- Conflict with Spain and the defeat of the Spanish Armada.

Part four: The historic environment of Elizabethan England

- Sheffield Manor Lodge

For more detailed information please download the accompanying [PDF here](#).

MATHEMATICS

FOUNDATION TOPICS

- Basic number
- Measures and scale drawings
- Charts, tables and averages
- Angles
- Number properties
- Accuracy and estimation
- Decimals and fractions
- Linear graphs
- Expressions and formulae
- Ratio, speed and proportion
- Perimeter and area
- Transformations
- Probability 1
- Volume and surface area
- Linear equations
- Percentages and compound measures
- Percentages and variation
- Statistical diagrams
- Connections and loci
- Curved shapes and pyramids
- Sequences
- Right-angled triangles
- Congruency and similarity
- Probability 2
- Powers and standard form
- Simultaneous equations
- Non-linear graphs

HIGHER TOPICS

- Basic number
- Fractions, ratio and proportion
- Statistical diagrams and averages
- Sequences
- Ratio and proportion
- Angles
- Transformations, constructions and loci
- Algebraic manipulation
- Length, area and volume
- Linear graphs
- Right-angled triangles
- Similarity
- Probability 1
- Powers and standard form
- Equations and inequalities
- Counting, accuracy, powers and surds
- Quadratic equations
- Cumulative frequency, box plots
- Probability 2
- Circle theorems
- Variation
- Further trigonometry
- Other graphs
- Algebraic fractions and functions
- Vectors

MODERN FOREIGN LANGUAGES

The following checklist is relevant to students of French, German and Spanish. The exams that you will take cover three distinct themes. These themes apply to all four question papers (Listening, Speaking, Reading, Writing)

You should refer to the exam practice resources given to you by your teacher. These are:

- GCSE AQA Knowledge Organisers. Great for vocab quizzing on a topic-by-topic basis.
- GCSE AQA Revision Guide. This is presented in a topic-by-topic format.
- GCSE AQA Translation Book
- Listening and Reading resources on Kerboodle (ask your teacher for your login details if you have forgotten them). This is a brilliant resource for practicing past paper Listening questions.

THEME 1: IDENTITY AND CULTURE

Theme 1: Identity and culture covers the following four topics with related sub-topics shown as bullet points:

Topic 1: Me, my family and friends

- Relationships with family and friends
- Marriage/partnership

Topic 2: Technology in everyday life

- Social media
- Mobile technology

Topic 3: Free-time activities

- Music
- Cinema and TV
- Food and eating out
- Sport

Topic 4: Customs and festivals in French-speaking countries/communities

THEME 2: LOCAL, NATIONAL, INTERNATIONAL AND GLOBAL AREAS OF INTEREST

Theme 2: Local, national, international and global areas of interest covers the following four topics with related sub-topics shown as bullet points:

Topic 1: Home, town, neighbourhood and region

Topic 2: Social issues

- Charity/voluntary work
- Healthy/unhealthy living

Topic 3: Global issues

- The environment
- Poverty/homelessness

Topic 4: Travel and tourism

- Holidays abroad

THEME 3: CURRENT AND FUTURE STUDY AND EMPLOYMENT

Theme 3: Current and future study and employment covers the following four topics:

Topic 1: My studies

Topic 2: Life at school/college

Topic 3: Education post-16

Topic 4: Jobs, career choices and ambitions

MUSIC

AoS1 Western Classical Tradition 1650-1910

- The Coronation anthems and oratorios of Handel.
- The orchestral music of Haydn, Mozart and Beethoven.
- The piano music of Chopin and Schumann.
- The Requiem of the late romantic period (Verdi and Faure).

AoS2 Popular Music.

- Rock Music of the 1960's

AoS 3 Traditional Music

- Blues Music 1920-1950
- Fusion Music incorporating African and /or Caribbean Music.
- Contemporary Latin Music
- Contemporary Folk Music of the British Isles

MOZART CLARINET CONCERTO- RONDO

There will be general questions as per the section A part of the listening paper.

There will also be a longer question on the Rondo from the Mozart Clarinet Concerto which is one of our set works.

PERFORMING ARTS

Roles and responsibilities within the industry

- Technical and Performance roles / job description
- Recruiting Processes
- Contracts and equity
- Working as a company / Ensemble

The role of performing arts in society

- How the arts can bring economic and social benefits to a community
- How the performing arts can help explore social and educational issues
- Social impact and shaping performances
- Arts Council and funding for the arts

Approaches to rehearsal

- Understanding the way professional companies approach rehearsals and the development of creative work
- Exploring specific styles and approaches through the study of key practitioners or companies
- Dynamics & divisions of the stage/performance area
- Mood and atmosphere

Working as a deviser/performer/director

- Understand how scripts/screenplays are presented
- How to complete appropriate notation during rehearsal
- How skills are developed through practice, reflection and the application of relevant research and theory
- How productions are scheduled and managed, an ability to use relevant work related language

Research development of chosen discipline(s)

- Constraints, budget, funding, location, commissioning

- Appropriate use of technical language within chosen discipline
- Production schedules, managing a performance

Marketing and public relations

- Posters, tickets, advertising and social media
- Box Office
- The semiotics of advertising and promotion
- Market research
- Promo events, interviews, arts festivals, flash mob events, photoshoots

Health and safety

- The requirements for health and safety for both performers and audiences in a range of venues
- How to conduct a risk assessment
- Local regulations, fire inspections
- Venue-specific considerations regarding audience numbers, access and safety, emergency contacts

Design and technical elements

- How to mark up a script/text with technical cues
- How to create cue sheets & draw up a stage plan
- How technical theatre and design can enhance productions
- Shooting scripts, storyboards, plays musical scores

Reviewing performance

- Newspapers, magazines, arts journals
- Reviewing of performances seen during the course
- Use of technical language
- Arts review TV programs

Theatre/film in education.

- Theatre in Education projects and management

RELIGIOUS EDUCATION

PAPER 1

Christianity: Beliefs and Teachings (All classes)

Key beliefs

- God as omnipotent, loving and just, and the problem of evil and suffering
- the oneness of God and the Trinity: Father, Son and Holy Spirit.
- Jesus Christ and salvation
- Creation
- Afterlife
- the incarnation and Jesus as the Son of God
- the crucifixion, resurrection and ascension
- sin, including original sin
- the means of salvation, including law, grace and Spirit
- the role of Christ in salvation including the idea of atonement.

Practices

- Different forms of worship and their significance.
- Prayer and its significance.
- The role and meaning of the sacraments.
- The role and importance of pilgrimage and celebrations .
- The role of the Church in the local community.
- The place of mission, evangelism and Church growth.
- The importance of the worldwide Church.

ISLAM - Beliefs and Teachings (Mrs Powell, Mrs Stott, Miss Buckley's Classes)

Key beliefs

- The six articles of faith in Sunni Islam and five roots of Usul ad-Din in Shi'a Islam.
- Tawhid (the Oneness of God), Qur'an Surah 112.
- The nature of God.
- Angels, their nature and role.
- Akhirah (life after death).
- Risalah (Prophethood).
- The holy books: Qur'an.
- The imamate in Shi'a Islam.

Practices

- Five Pillars of Sunni Islam and the Ten Obligatory Acts of Shi'a Islam.
- Shahadah: declaration of faith.
- Salah and its significance.
- Sawm: the role and significance of fasting.
- Zakah: the role and significance of giving alms.
- Hajj: the role and significance of the pilgrimage to Makkah.
- Jihad: different understandings of jihad.
- Festivals and commemorations and their importance for Muslims in Great Britain today.

JUDAISM - Beliefs and teachings (Mr Pountain's Classes)

Key beliefs

- The nature of God.
- The divine presence (Shekhinah).
- Beliefs about life after death.
- The nature and role of the Messiah.
- The promised land and the Covenant with Abraham.
- The Covenant at Sinai and its importance.
- Key moral principles including justice, healing the world, charity and kindness to others.
- The importance of the sanctity of human life).
- The relationship between free will & the 613 mitzvot.
- Mitzvot between man and God and mitzvot between man and man.

Practices

- The synagogue and its importance.
- The design and religious features of synagogues.
- Public acts of worship.
- Shabbat in the home and synagogue and its significance.
- Worship in the home and private prayer.
- Tenakh (the written law) and Talmud (the oral law), and their study, use and significance in daily life.
- Rituals and their significance.
- Dietary laws and their significance.
- Festivals and their importance for Jews in Great Britain today.

PAPER 2

Theme A: Relationships and Families (All Pupils)

- Human sexuality.
- Sexual relationships before and outside of marriage.
- Contraception and family planning.
- The nature and purpose of marriage.
- Same-sex marriage and cohabitation.
- Divorce, including reasons for divorce, and remarriage.
- Ethical arguments related to divorce.
- The nature of families.
- The purpose of families.
- Contemporary family issues.
- The roles of men and women.
- Gender equality.
- Gender prejudice and discrimination.

Theme B: Religion and Life (All Pupils)

- Abortion.
- Euthanasia.
- Animal experimentation.
- The origins of the universe,
- The value of the world and the duty of human beings to protect it.
- The use and abuse of the environment.

- The use and abuse of animals.
- The origins of life.
- The concepts of sanctity of life and the quality of life.
- Abortion.
- Euthanasia.
- Beliefs about death and an afterlife

Theme D: Religion, Peace and Conflict (All Pupils)

- The meaning and significance of: peace, justice, forgiveness and reconciliation.
- Violence.
- Reasons for war.
- The just war theory.
- Pacifism.
- Religion and belief as a cause of war and violence in the contemporary world.
- Nuclear weapons.
- The use of weapons of mass destruction.
- Religion & peace-making in the contemporary world.
- Religious responses to the victims of war.

Theme E: Religion, Crime and Punishment (Choose either E or F)

- Corporal punishment.
- Death penalty.
- Forgiveness.
- Good and evil intentions and actions.
- Reasons for crime.
- Views about people who break the law for these reasons.
- Views about different types of crime.
- The aims of punishment.
- The treatment of criminals.
- Forgiveness.
- The death penalty and ethical arguments.

Theme F: Religion, Humans Rights and Social Justice (Choose either E or F)

- Prejudice and discrimination in religion and belief.
- Issues of equality, freedom of religion and belief.
- Human rights and the responsibilities that come with rights.
- Social justice.
- Racial prejudice and discrimination.
- Ethical arguments related to racial discrimination.
- The responsibilities of wealth.
- Exploitation of the poor.
- The responsibilities of those living in poverty to help themselves overcome the difficulties they face.
- Charity, including issues related to giving money to the poor.

For a more concise list please download the accompanying [PDF here](#).

PHYSICAL EDUCATION

PAPER 1- PHYSICAL FACTORS AFFECTING PERFORMANCE

The structure and function of the skeletal system

- Location of major bones
- Functions of the skeleton
- Types of synovial joint
- Types of movement at joints
- Ligaments, Tendons and Cartilage

The structure and function of the muscular system

- Location of major muscles groups
- Role of muscles in movement

Movement Analysis

- Lever Systems
- Planes of Movement
- Axes of Rotation

Cardiovascular system

- Structure and function of the cardiovascular system
- Key terms stroke volume, cardiac output and heart rate

Respiratory system

- Structure and function of the respiratory system
- Key terms tidal volume, minute ventilation and breathing rate
- Aerobic and anaerobic exercise

Effects of exercise on the body systems

- Short term effects of exercise on the body systems
- Long term effects of exercise on the body systems

Physical Training

- Components of fitness
- Principles of training
- Optimising Training
- Prevention of injury (hazard and risk)

PAPER 2- SOCIO CULTURAL ISSUES AND SPORTS PSYCHOLOGY

Engagement patterns of different social groups in physical activity

- Physical activity and sport in the UK
- Participation in physical activity and in sport

Commercialisation of physical activity and sport

Ethical and socio cultural issues in physical activity & sport

- Ethics in sport
- Drugs in sport
- Violence in sport

Sports Psychology

- Characteristics of skilful movement
- Classification of skills
- Goal Setting
- Mental Preparation
- Types of Guidance
- Types of feedback

Health fitness and well being

- Health, fitness and well-being
- Diet and nutrition

RECOMMENDED REVISION GUIDE

Click the link below to find out more and purchase the revision guide:

[My Revision Notes: OCR GCSE \(9-1\) PE 2nd Edition: Powell, Sarah](#)

SCIENCE

Paper 1 Science Exams will include the following topics:

Biology

- B1 Cell structure, transport and division
- B2 Plants and photosynthesis
- B3 Respiration
- B4 Enzymes
- B5 Organisation in animals
- B6 Disease

Chemistry

- C1 Separating techniques
- C2 Atoms and Bonding
- C3 Structures and reactivity
- C4 Metals and their reactions
- C5 Energy changes
- C7 Chemical calculations

Physics

- P1 Energy and matter
- P2 Energy calculations and heating substances
- P3 Electricity
- P4 Radioactivity

THESE TOPICS WILL BE ON YOUR JANUARY PPE.

Paper 2 Science exams will include the following topics:

Biology

- B7 The nervous system
- B8 The hormonal system
- B9 Homeostasis (TRIPLE SCIENCE ONLY)
- B10 Reproduction
- B11 Variation and Evolution
- B12 Biodiversity in ecosystems
- B13 Problems and solutions in ecosystems

Chemistry

- C6 Rates and equilibrium
- C8 Organic chemistry
- C9 The Earth's atmosphere
- C10 Using our resources (TRIPLE SCIENCE ONLY)
- C11 Chemical analysis (TRIPLE SCIENCE ONLY)

Physics

- P5 Waves and light
- P6 Space (TRIPLE SCIENCE ONLY)
- P7 Forces and motion
- P8 Pressure (TRIPLE SCIENCE ONLY)
- P9 Electromagnetism

Please ensure you also revise:

- Maths content
- Working scientifically content
- Required practicals
- How to use the periodic table (chemistry)
- How to use the equation sheet (physics)

You can use synergy to access:

- Teacher learning PowerPoints from lessons.
- Knowledge Organisers.
- Links to video resources.
- Links to some practice questions.
- Requested resources.
- List of class topics.

Please use the drop-in sessions that take place every lunchtime in room 8 to ask for help on any area of the course that you are unsure about.

There are still copies of the revision guides available to purchase from Miss Ince if you have not done so already.

20% of your time should be spent revising:

- Briefly reading through notes and key definitions
- Making flashcards and card sorts
- Watching video resources
- Reviewing knowledge organisers

80% of your time should be spent practising and marking:

- Exam-style questions from revision guides and question packs
- Testing yourself and each other using flashcards and retrieval questions
- Completing card sorts
- Completing Kahoot, Quizziz and Carousel quizzes
- Creating mind maps from memory



**“That person is like a tree planted by streams of water, which yields its fruit in season
and whose leaf does not wither - whatever they do prospers.”**

Psalm 1:3



**Queens Road West
Accrington
Lancashire
BB5 4AY**



**01254 232 992
01254 355 215**



www.st-christophers.org

