

Key Stage 3 (Year 7)

Challenge Cycle 1

Advice for Parents and Carers



Year 7

The first Challenge Cycle will commence on 7TH Of October and conclude on 22nd November. This year, assessments will take place over a longer period, allowing the curriculum to be taught and pupils to be assessed in line with departmental schemes of learning. We believe this approach will reduce stress on pupils and families, while maintaining a rigorous assessment strategy to better support pupils. Please note that dates may change due to staff absence or other factors affecting the delivery of the curriculum but this should be rare. The most up-to-date information will always be available on Google Classroom.

	Aut1						Aut2						
	23-Sep	30-Sep	07-Oct	14-Oct	21-Oct	28-Oct	04-Nov	11-Nov	18-Nov	25-Nov	02-Dec	09-Dec	16-Dec
Year 7					Assesment	HT							Report
Art					Assesment	HT							Report
Computing						HT	Assesment						Report
D&T						HT		Assesment					Report
Dance					Assesment	HT							Report
Drama					Assesment	HT							Report
English				Assesment	Assesment	HT							Report
Geography						HT		Assesment	Assesment				Report
History				Assesment		HT					Assesment		Report
Maths						HT			Assesment				Report
MFL					Assesment	HT					Assesment		Report
Music			Assesment			HT							Report
PE					Assesment	HT						Assesment	Report
RP						HT					Assesment		Report
Science						HT		Assesment					Report

The experience of exams can be overwhelming for pupils and, to put it simply, the more practice that pupils have with exams, the better they will do at the end of Year 11.

Pupils often underestimate how early they need to start revising and how organised they need to be. They often find it difficult to use the most effective revision strategies – just reading through notes is not an effective way of revising.

At school, your child will be doing work on how to prepare for assessments and how to revise. However, as most revision takes place outside classrooms, your role as a parent is invaluable.

How can you help?

- Talk to your child about the importance of revision.
- Help them to plan out their revision making sure that they do not spend too long at any one time on revision but break it down into short chunks.
- Help them get organised with revision material, flash cards, felt pens, etc.
- Try to ensure that they have somewhere quiet to revise – you might want to make sure you are keeping a close eye on them!

When should revision start?

One of the biggest reasons that pupils do not do as well as they can, is that they do not start revision in enough time. Most pupils have already begun their revision during their lessons.

Coping with the pressure

We do want to avoid pupils becoming over stressed and worrying too much.

Advice for pupils	Advice for parents*
Do not suffer in silence. If you feel stressed, talk to someone and do not let things build up. Talk to parents, friends or members of staff .	Discuss nerves. Look out for signs of stress such as irritability, poor sleeping habits, appearing depressed and negative.
Try to eat healthily.	Make sure your child is eating well.
Make sure you sleep.	Encourage sleep.
Ask parents for help with revision if this helps. Telling someone what you do not understand about a topic is often a great way to help you understand it.	Assist them in their study if this helps, e.g. testing them, getting them to tell you why they do not understand something often helps to understand it.
Get exercise.	Encourage exercise.
Be aware of not wasting time.	Don't add to the pressure but keep things in perspective.
Do not waste time thinking about what you have not done. Be organised and try to move forward.	Be flexible with family routines and realise that exams do not last forever.

*Taken from NHS Choices – Coping with exam stress

Useful websites

Childline

<http://www.childline.org.uk/Explore/SchoolCollege/Pages/exam-stress.aspx>

The calm zone

<https://www.thecalmzone.net/guides/exam-stress>

Basic guide to revision

There are 3 main steps to revision:

- Make sure that you understand the work
- Make a revision resource, e.g. flash cards or mind maps and test yourself
- Test yourself a few days later and repeat

Before you start, make sure that you know what to learn by using the checklist.

Spread your revision out over a few weeks and do not try to cram the information in at the last minute.

Do not spend too long on one topic.

When you test yourself:

1. Do not look at the flash cards or mind map to start with.
2. If you have flash cards with questions on one side, then ask yourself the question or get somebody else to and then see if you are correct. Give yourself time to think about the answer – the longer you take, the more you will remember.

An alternative to this, is to write down everything you can remember about a topic and to then check to see if you are correct, and fill in the information you have forgotten.

3. Remember to come back to the topic again in a few days time and to repeat the process.

What will my child be assessed on?

This booklet outlines the length and focus of each assessment/examination during this terms Challenge Week. This will ensure you know what to expect in each subject and so that you can help your child prepare.

All pupils will be assessed in the following subject areas during the term and these are listed on the following pages:

English	5
Mathematics	5
Science	6
Art	6
Dance	7
Drama	7
Geography	8
History	8
Computer Science	9
Design and Technology	10
Music	11
Food	11
Modern Foreign Languages (French)	12
Modern Foreign Languages (Spanish)	12
Physical Education	13
Religion and Philosophy	13

Some important information to note:

- Examinations will be held in normal lesson time when you are timetabled for the subject and will be in your usual classroom. There are some exceptions, where assessments may be held in a different room or in the Alan Hearn Hall.
- When the examination is going to begin the teacher will explain that the class are to remain in 'examination conditions' this means you are to remain in absolute silence and listen carefully to instructions. Do not interrupt instructions - wait until the teacher asks if there are any questions then raise your hand. Failure to adhere to the conditions of the examination may result in disqualification.
- **Equipment** - Pupils should ensure that they bring the correct exam equipment every day. This includes pens (x2), a sharp pencil, ruler, rubber and a calculator in a clear transparent pencil case.
- All phones, smart watches and devices/web enabled sources of information are prohibited during tests and exams and are also banned items in school.
- Possession of any unauthorised material will lead to disqualification and zero marks for your paper.
- Pupils will place their bag under their desk when they enter the exam venue and coats will be placed on the back of chairs.

English

Topic: 'Oliver Twist'- analytical essay on a small section of the text.

How many assessments: 1

Assessment window/date: The assessment will take place once the unit has been introduced. This will most likely be Week beginning 14th Oct. The English teacher will give updates to the class and upload resources on Google Classroom.

How long will the assessment last: 48 Minutes to 1 hour

How should pupils prepare for the assessment: Students will cover and prepare the task in class. Extra resources will be uploaded to Google Classroom nearer to the assessment date.

Additional resources here:

<https://www.youtube.com/watch?v=D0I8QfERkEw>

https://www.youtube.com/watch?v=00_ak4lWs-0

<https://www.bl.uk/romantics-and-victorians/videos/oliver-twist-depicting-crime-and-poverty>

<https://www.bl.uk/romantics-and-victorians/articles/crime-in-oliver-twist>

Mathematics

Topic: Various topics from this year so far and previous years (please see Sparx revision list in the Google Classroom)

How many assessments: 1

Assessment window/date: Week beginning 18th November 2024

How long will the assessment last: 40 minutes

How should pupils prepare for the assessment: Sparx revision list in the Google Classroom

Additional resources here: Dr Frost, Maths Genie, Corbett Maths

Science

How many assessments: 1

Assessment window/date: Week beginning 11/11/2024

How long will the assessment last: 50 Min

How should pupils prepare for the assessment: Use the materials on google classroom

Additional resources here:

<https://www.bbc.co.uk/bitesize/articles/zkm7wnb#z8nntd>

<https://continuityoak.org.uk/Lessons?r=1043>

<https://continuityoak.org.uk/Lessons?r=1043>

<https://www.bbc.co.uk/bitesize/topics/zypsgk7>

<https://continuityoak.org.uk/Lessons?r=1139>

<https://continuityoak.org.uk/Lessons?r=1147>

Art

Topic: Formal Elements

How many assessments: 1

Assessment window/date: Week beginning 21st October 2024

How long will the assessment last: 47 mins

How should pupils prepare for the assessment: Drawing, sketching doodling. Pupils will be given a problem solving piece on the day to record and analyse.

Additional resources here:

https://youtu.be/3cSaKxVf_Aw?si=X3H_bvKv7RvPypiv

<https://youtu.be/y2lgutQ0HLg?si=wV5k2A1UZlMlMQkc>

Dance

Topic: Introduction to Dance - Choreography

How many assessments: 1

Assessment window/date: Week beginning 21st October

How long will the assessment last: Pupils will perform a 30 second to 1 minute dance in a group. The dance will be filmed and the teacher will mark the performance out of 20. Pupils will be assessed on their ability to use the 5 dance actions, a range of contrasting dynamics, spatial features and relationships.

How should pupils prepare for the assessment: Use PowerPoints, assessment criteria and video of Ms Walker performing the motif which will all be posted on Google Classroom. Pupils should make the most of their lesson time this term in order to be ready. They are also able to come and practice during KS3 open studio on a Friday lunchtime in the dance studio.

Additional resources here: <https://www.bbc.co.uk/bitesize/guides/zgnn39q/revision/1>

Drama

Topic: Introduction to Drama - Mime

How many assessments: 1

Assessment window/date: Week beginning 21st October

How long will the assessment last: Pupils will perform a 1 minute mime in a group based on one of three themes (life at the zoo, the football match, the bank robbery gone wrong). The performance will be filmed and the teacher will mark the performance out of 20. Pupils will be assessed on their ability to be creative, collaborate well with others, use of physical skills and demonstration of their character.

How should pupils prepare for the assessment: Use PowerPoints and assessment criteria which will be posted on Google Classroom. Pupils should make the most of their lesson time this term in order to be ready. They are also able to come and practice in the theatre during lunchtimes (this must be organised with a teacher in advance).

Additional resources here: <https://www.bbc.co.uk/bitesize/guides/zyr7fg8/revision/10>

Geography

Topic: Environmental Geography

How many assessments: 1

Assessment window/date: 4th - 15th November 2024

How long will the assessment last: 30 minutes

How should pupils prepare for the assessment: this assessment will consist of multiple choice, geographical skills, data handling and short answer questions on the topics covered so far in Unit 7A: Environmental Geography (biomes, ecosystems, food chains & webs, sustainability, tropical and temperate forests and cold environments). Use the work completed in class, for homework and the lesson materials posted on Google Classroom as a reminder of the themes covered so far in Year 7.

Additional resources here: <https://www.bbc.co.uk/bitesize/topics/ztgw2hv>

History

Topic: Roman Britain (Autumn Term 1) and the Norman Conquest (Autumn Term 2)

How many assessments: 2

Assessment window/date: there will be an assessment at the end of the teaching of each unit, likely to be during the week of the 14th of October for Autumn 1 and the week of the 2nd December for Autumn 2 (your child's class teacher will update google classroom with the exact dates)

How long will the assessment last: each assessment will consist of 20 marks' worth of a mix of short answer knowledge (10 marks) and longer skills questions (10 marks) - each assessment will last 35 minutes

How should pupils prepare for the assessment: pupils should revise using their booklets and lesson materials on google classroom for both assessments. The Autumn 1 assessment will cover the Roman Britain topic and the Autumn 2 assessment will cover Roman Britain AND the Norman Conquest.

Additional resources here: pupils might find google classroom helpful:

Roman Britain - <https://www.bbc.co.uk/bitesize/topics/zqtf34j>

Norman Conquest - <https://www.bbc.co.uk/bitesize/topics/zshtyrd>

Computer Science

Topic: Using computers safely

How many assessments: 1

Assessment window/date: Week beginning 21st October

How long will the assessment last: 30 minutes

How should pupils prepare for the assessment: Pupils should use teachers PowerPoints and lesson resources that will be posted on Google Classroom.

Additional resources here:

The Internet: <https://www.bbc.co.uk/bitesize/guides/zrtrd2p/revision/1>

Online Dangers: <https://www.bbc.co.uk/bitesize/guides/z9p9kqt/revision/1>

Design and Technology

Topic: Textiles

How many assessments: 1

Assessment window/date: Week beginning the 4th November 2024

How long will the assessment last: 45 minutes

Revision of topics: Using the sewing machines safely, parts and functions of the sewing machine, seams, hem and the applique process.

How should pupils prepare for the assessment: Please encourage your child to use the lesson Google Slides posted on Google Classroom to help with revision.

Topic: Graphics

How many assessments: 1

Assessment window/date: week commencing the 4th Nov. 2024

How long will the assessment last: 1 Hour

How should pupils prepare for the assessment:

Revision of topics:

Illustrator tools: Pen tool, Fill & Stroke, Creating multiple points with star shape tool,

Design Brief, Mood Board, Target Market, meaning of Aesthetics, Product Analysis and Annotation

Additional resources here:

<https://www.youtube.com/watch?v=Vhe3tGJH7JU&t=105s>

https://www.youtube.com/watch?v=xxywVI_PuQo

<https://www.youtube.com/watch?v=JyQPb2vhkWE>

Topic: Resistant materials

How many assessments: 1

Assessment window/date: Week beginning the 4th November. 2024

How long will the assessment last: 45 minutes

Revision of topics: Safe use and function of the following hand tools; a coping saw, rasp and files (including the draw filing and cross filing technique). Safe use and function of the following power machines; a pillar drill, scroll/fret saw, bandsaw and disc and bobbin sander. Types of resistant materials, Names of natural and manufactured timbers and their differences

How should pupils prepare for the assessment: Pupils can use resources which will be posted on Google Classroom. Pupils should make the most of their lesson time in this ½ term in order to be ready.

Music

Topic: Keyboard Performance

How many assessments: 1

Assessment window/date: Week beginning 7th October

How long will the assessment last: One Lesson

How should pupils prepare for the assessment: By preparing the short keyboard/piano piece that they have chosen to perform in this lesson

Additional resources here: Pupils can take their copy of the booklet home to practise if they want to and they have a keyboard/piano at home. Pupils who have or who have had piano/keyboard lessons in the past and have more challenging material to perform should bring sheet music to lessons (or ask their teacher for some) leading up to this assessment (and on the day of the assessment).

Food

Topic: Practical lesson

How many assessments: 1

Assessment window/date: Week beginning the 4th November 2024

How long will the assessment last: One Lesson

How should pupils prepare for the assessment: Pupils can prepare and cook dishes at home what they have made in school. Practice weighing skills, cutting skills following recipes correctly, Clean area and equipment.

Additional resources here:

Look at work on GC use www.bbcfood.co.uk Pupils should make the most of their lesson time in this ½ term in order to be ready.

Modern Foreign Languages (French)

Topic:

La rentrée: your name, age, birthday, brothers and sisters, describing a classroom, likes and dislikes, describing others, saying what you do, using the verb 'avoir'(to have) and 'aimer'(to like) and adjective agreement

How many assessments: 2

Assessment window/date: Week beginning 21st October

How long will the assessment last: 40-60 minutes for both

How should pupils prepare for the assessment:

work through the revision powerpoint posted on Google classroom by your teacher, review your classwork, practise your writing skills, ask your teacher for help if required.

Additional resources here: Duolingo, Seneca.

Modern Foreign Languages (Spanish)

Topic: Mi vida

your name, age, birthday, brothers and sisters, describing your personality, numbers and alphabet,pets, using the verb 'tener'(to have) and making adjectives agree with nouns

How many assessments: 2

Assessment window/date: Week beginning 21st October

How long will the assessment last: 40-60 minutes for both

How should pupils prepare for the assessment: work through the revision powerpoint posted on Google classroom by your teacher, review your classwork, practise your writing skills, ask your teacher for help if required.

Additional resources here: Duolingo, Seneca

Physical Education

Topic: Autumn Half Term 1 - Scheme of Learning (depending on the carousel of learning, this will be either basketball, rugby, netball, basketball or trampolining).

How many assessments: Pupils will complete **one** practical assessment, in the scheme of learning that they are currently studying. This will be made up of two parts. Pupils will complete a variety of progressively challenging drills, within their teaching groups and take part in some conditioned, full versions of the activity to demonstrate their abilities against opponents.

Pupils will be assessed in three different areas.

- 1) In their ability to perform the learned skills **(technical)**,
- 2) In their ability to demonstrate the required components of fitness appropriate to the activities **(physical)**,
- 3) in their ability to make tactical and strategic decisions relating to their performance **(tactical)**.

Teachers will assess whether pupils are performing less than expected, expected or more than expected progress compared to their peers.

Assessment window / date: Assessments will be completed in the final lessons of the scheme of learning.

How long will the assessment last: The practical assessments will last for 40 minutes, in total.

How should pupils prepare for the assessment: Pupils should follow guidance provided by their PE teachers and distributed onto the PE Google Classroom page. This can be found under the 'Challenge Week' topic, or the 'Cover to Cover' topic.

Religion and Philosophy

Topic: Ultimate questions

Pupils will have an assessment in the following challenge week cycle.