



PRENTON
High School



GUIDANCE

KS3 Summer Exams

Revision Guidance 2026



Making a positive difference today to achieve a better tomorrow

Trust | Respect | Integrity | Kindness | Endeavour

KS3 Exam Timetable

Students will have an opportunity to sit a core exam (English, Maths or Science) in the exam hall, under exam conditions at a date during this period.

- Year 7 - Lesson 4, Tuesday 16 June 2026 - ENGLISH
- Year 8 - Lesson 4, Wednesday 17 June 2026 - MATHS
- Year 9 - Lesson 1, Thursday 18 June 2026 - SCIENCE

During this session, students will be expected to follow standard exam expectations in order to prepare them for future assessments including:

- Sitting in a seating plan.
- Leaving their bags at the side of the room.
- Having their equipment on the desk.
- Ensuring their phones are switched off, in their pouch and remain in their bag.
- Remaining silent for the whole core examination.

All other KS3 exams will take place in students' normal timetabled lessons between Monday 15 June and Friday 3 July.



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KS3 Revision List

Subject:	Revision Topics:	Suggested Revision Materials:
<p>English</p>	<p>Year 7 - One exam assessing Reading and Writing skills You will have an end of year exam on your key reading and writing skills this year. So aim to:</p> <ul style="list-style-type: none"> • Revise the persuasive writing DAFORREST features. • Revise the character of Prospero, Caliban and Miranda from Shakespeare's 'The Tempest' learning key words to describe them. • Practise your speech writing skills and reflect on your work this year where you wrote to persuade. • Practise the skill of giving inferences (ideas) e.g. This highlights that Prospero is a manipulative father because... • Practise your SEA paragraphs (Statement, Evidence, Analyse) or FEAR paragraphs (Feature Evidence Analyse Reader) to remember how to structure them. • Learn a bank of different words and phrases for 'This shows' such as 'suggests', 'highlights', 'illustrates'. • Practise the different word classes (noun, adjective, adverb, verb) using revision cards, or online resources like BBC Bitesize. • Revise key characters of the Bone Sparrow: Subhi, Eli, Beaver covering words to describe them, quotations for them and ideas about them. <p>Year 8 - One exam assessing Reading and Writing skills You will have an end of year exam on your key reading and writing skills this year. So aim to:</p> <ul style="list-style-type: none"> • Revise the persuasive writing DAFORREST features. • Revise the character of Eva, Helga, The Ratcatcher from 'KinderTransport' learning key words to describe them. • Practise your descriptive writing skills. You could use different pictures that you find to write a description. • Practise using different methods like similes, metaphors and personification in your writing. • Revise the key plot of 'Roll of Thunder Hear My Cry' that you have read so far. • Practise your SEA paragraphs (Statement, Evidence, Analyse) or FEAR paragraphs (Feature Evidence Analyse Reader) to remember how to structure them. • Learn a bank of different words and phrases for 'This shows' such as 'suggests', 'highlights', 'illustrates'. • Practise the different word classes (noun, adjective, adverb, verb) using revision cards, or online resources like BBC Bitesize. <p>Year 9 - One exam assessing Reading and Writing skills You will have an end of year exam on your key reading and writing skills this year. So aim to:</p> <ul style="list-style-type: none"> • Revise the persuasive writing DAFORREST features. • Revise the atypical Elizabethan female characters of: Juliet, Lady Macbeth, Katherine or Beatrice from your Shakespeare plays learning key words and key quotes for them. • Revise the key plot and key characters from Steinbeck's 'Of Mice and Men': make revision cards, revision posters and use online resources like BBC Bitesize. • Practise your SEA paragraphs (Statement, Evidence, Analyse) or FEAR paragraphs (Feature Evidence Analyse Reader) to remember how to structure them. • Learn a bank of different words and phrases for 'This shows' such as 'suggests', 'highlights', 'illustrates'. • Practise the different word classes (noun, adjective, adverb, verb) using revision cards, or online resources like BBC Bitesize. • Try drafting your own non-fiction pieces of writing such as a persuasive speech, a letter to argue or an article about a topic of your choice. 	<ul style="list-style-type: none"> • English Knowledge Organiser Year 7 • BBC Bitesize Guides • The Tempest • Writing to Persuade • The Bone Sparrow <ul style="list-style-type: none"> • English Knowledge Organiser Year 8 • BBC Bitesize Guides • Creative and Narrative Writing • Roll of Thunder, Hear My Cry • Kindertransport <ul style="list-style-type: none"> • English Knowledge Organiser Year 9 • BBC Bitesize Guides • Lady Macbeth • Juliet Capulet • Writing to Persuade • Of Mice and Men

Subject:	Revision Topics:	Suggested Revision Materials:
Maths	<p>Year 7 - One exam: Calculator 1 hour Equipment: Calculator Pencil Ruler Rubber</p> <ul style="list-style-type: none"> • Number Skills – place value, calculating with decimals, rounding, estimation, BIDMAS, negative numbers, factors, multiples and prime numbers. • Measures – converting between different units. • Geometry – angles, perimeter and area. • FDP – converting and working with fractions, decimals and percentages. • Fractions – converting between improper fractions and mixed numbers, performing the four operations (+, -, x, ÷) with fractions. • Percentages – non-calculator and calculator methods to find percentages of amounts, including percentage increase and decrease, finding percentage change. <p>Year 8 - One exam: Calculator 1 hour Equipment: Calculator Pencil Ruler Rubber</p> <ul style="list-style-type: none"> • Number Skills – place value, calculating with decimals, rounding, estimation, BIDMAS, negative numbers, factors, multiples and prime numbers. • Measures – converting between different units. • Geometry – angles, perimeter and area (including circles and composite shapes). • FDP – converting and working with fractions, decimals and percentages. • Fractions – converting between improper fractions and mixed numbers, performing the four operations (+, -, x, ÷) with fractions. • Percentages – non-calculator and calculator methods to find percentages of amounts, including percentage increase and decrease, finding percentage change. • Algebra – collecting like terms, substitution, expanding brackets, factorise into brackets, solving equations or inequalities and rearranging simple formulae. • Sequences – nth term. • Ratio and Proportion – simplifying, sharing within a ratio, finding missing values in a ratio and solving ratio problems in context. • Graphs – drawing straight line graphs and the equation of a line ($y = mx+c$). <p>Year 9 - One exam: Calculator 1 hour Equipment: Calculator Pencil Ruler Rubber</p> <p>Foundation:</p> <ul style="list-style-type: none"> • Number Skills – place value, calculating with decimals, rounding, estimation, BIDMAS, negative numbers, factors, multiples, prime numbers, standard form, powers and roots. • Measures – converting between different units. • Geometry – angle facts, angles in polygons, angles on parallel lines, perimeter and area (including circles and composite shapes). • FDP – converting and working with fractions, decimals and percentages. • Fractions – converting between improper fractions and mixed numbers, performing the four operations (+, -, x, ÷) with fractions. • Percentages – non-calculator and calculator methods to find percentages of amounts, percentage increase and decrease including simple and compound interest, finding percentage change. • Algebra – collecting like terms, substitution, expanding brackets, factorise into brackets, solving equations or inequalities and rearranging simple formulae. • Sequences – nth term. • Ratio and Proportion – simplifying, sharing within a ratio, finding missing values in a ratio and solving ratio problems in context. • Graphs – drawing straight line graphs and the equation of a line ($y = mx+c$). • Probability – probability scale and probability spaces. • Data Handling – charts and averages. 	<ul style="list-style-type: none"> • Remote Curriculum – Y7 Maths · https://vle.mathswatch.co.uk/vle/ • https://corbettmaths.com/contents/ • https://www.mathsgenie.co.uk/gcse.html • https://www.bbc.co.uk/bitesize/subjects/z38pycw <ul style="list-style-type: none"> • Remote Curriculum – Y8 Maths • https://vle.mathswatch.co.uk/vle/ • https://corbettmaths.com/contents/ • https://www.mathsgenie.co.uk/gcse.html • https://www.bbc.co.uk/bitesize/subjects/z38pycw <ul style="list-style-type: none"> • Remote Curriculum – Y9 Maths • https://vle.mathswatch.co.uk/vle/ • https://corbettmaths.com/contents/ • https://www.mathsgenie.co.uk/gcse.html • https://www.bbc.co.uk/bitesize/subjects/z38pycw • Higher (OCR) • Foundation (Edexcel)

Subject:	Revision Topics:	Suggested Revision Materials:
Maths cont..	Higher: <ul style="list-style-type: none"> • Number Skills – place value, calculating with decimals, rounding, estimation, BIDMAS, negative numbers, factors, multiples, prime numbers, standard form, powers and roots. • Measures – converting between different units. • Geometry – angle facts, angles in polygons, angles on parallel lines, perimeter and area (including circles and composite shapes), Pythagoras’ theorem and trigonometry. • FDP – converting and working with fractions, decimals and percentages, converting recurring decimals to fractions and vice versa. • Fractions – converting between improper fractions and mixed numbers, performing the four operations (+, -, x, ÷) with fractions. • Percentages – non-calculator and calculator methods to find percentages of amounts, percentage increase and decrease including simple and compound interest, finding percentage change. • Algebra – collecting like terms, substitution, expanding brackets, factorise into brackets, solving equations or inequalities, rearranging simple formulae, simultaneous equations, index laws and surds. • Sequences – nth term. • Ratio and Proportion – simplifying, sharing within a ratio, finding missing values in a ratio and solving ratio problems in context. • Graphs – drawing straight line graphs and the equation of a line ($y = mx+c$). • Probability – probability scale and probability spaces. • Data Handling – charts and averages. 	
Science	<p>Year 7 - One 55 minute exam</p> <ul style="list-style-type: none"> • 7B1 Cells. • 7B2 Interdependence. • 7B3 Reproduction. • 7C1 Substances & particles. • 7C2 Changing substances. • 7P1 Contact forces. • 7P2 Energy transfers. • 7P3 Electric circuits. <p>Year 8 - One 55 minute exam</p> <ul style="list-style-type: none"> • 8B1 Respiration. • 8B2 Tissues & organs. • 8C1 Pure substances. • 8C2 Reactants & products. • 8P1 Movement. • 8P2 Gravity. • 8P3 Electrical energy. <p>Year 9 - Three 35 minute exams</p> <ul style="list-style-type: none"> • 9B1 Growth & differentiation (Cell transport, Cell division). • 9B2 - Organ systems (Circulatory system, Digestive system, Enzymes). • 9C1 - Periodic table (Subatomic particles, Periodic patterns). • 9C2 - Matter & energy (Purity, formulations and chromatography, Atom conservation, Reaction energy). • 9P1 - Energy conservation (Kinetic & potential, Work, Energy resources). • 9P2 - Sound & waves (Wave model & behaviour, Longitudinal & transverse, Electromagnetic spectrum). 	<ul style="list-style-type: none"> • Educake • KS3 Science on BBC bitesize • Seneca Learning • https://www.cgpbooks.co.uk/secondary-books/ks3/science/shkbb31-ks3-science-knowledge-organiser <ul style="list-style-type: none"> • Educake • KS3 Science on BBC bitesize • Seneca Learning • https://www.cgpbooks.co.uk/secondary-books/ks3/science/shkbb31-ks3-science-knowledge-organiser <ul style="list-style-type: none"> • GCSE Revision guides • Educake • Seneca Learning
R.E.	<p>Year 7 - One 45 minute exam</p> <ul style="list-style-type: none"> • Judaism - Key Beliefs and Practices. • Christianity - Key Beliefs and Practices. <p>Year 8 - One 45 minute exam</p> <ul style="list-style-type: none"> • Hinduism - Key Beliefs and Practices • Buddhism - Key Beliefs and Practices • Sikhism - Key Beliefs and Practices. • Rites of Passage <p>Year 9 - One 50 minute exam</p> <ul style="list-style-type: none"> • Ultimate Questions: Evil & Suffering and Life after Death. • Religion and Medical Ethics. 	<ul style="list-style-type: none"> • BBC Bitesize RE

Subject:	Revision Topics:	Suggested Revision Materials:
<p>History</p>	<p>Year 7 - One 45 minute exam</p> <ul style="list-style-type: none"> • Norman conquest of England and changes under the Normans. • She-Wolves of England. • Tudor England. <p>Year 8 - One 45 minute exam</p> <ul style="list-style-type: none"> • Spanish exploration into the 'New World'. • Transatlantic Slave Trade. • Legacy of the British Empire. <p>Year 9 - One 45 minute exam</p> <ul style="list-style-type: none"> • The Women's Suffrage Movement. • The Holocaust. • Consequences of WW2. 	<ul style="list-style-type: none"> • BBC Bitesize History. • Seneca Learning
<p>Geography</p>	<p>Year 7 - One 45 minute exam</p> <ul style="list-style-type: none"> • Wirral, Merseyside, UK. • Geographical skills. • Population. • Weather. • Coasts. <p>Year 8 - One 45 minute exam</p> <ul style="list-style-type: none"> • Globalisation. • Settlement. • Environmental Issues. • Tourism. • World Regions. <p>Year 9 - One 45 minute exam</p> <ul style="list-style-type: none"> • Rivers and Floods. • Development. • Natural Hazards. • Ecosystems. 	<ul style="list-style-type: none"> • BBC Bitesize Geography.
<p>Spanish</p>	<p>Year 7 - Two exams - Writing 45 minutes, Reading and Listening 1 hour</p> <ul style="list-style-type: none"> • Basic introductions – name, age, birthday. • Family. • School. • Free time. <p>Year 8 - Two exams - Writing 45 minutes, Reading and Listening 1 hour</p> <ul style="list-style-type: none"> • Holidays. • City. • Food. <p>My personal world.</p> <p>Year 9 - Two exams - Writing 45 minutes, Reading and Listening 1 hour</p> <ul style="list-style-type: none"> • Family. • School. • Free Time. • House and city. • Healthy living. • Jobs. 	<ul style="list-style-type: none"> • RC Year 7 / Year 8 / Year 9 Spanish Team • Spanish Knowledge Organiser Year 7 • Class notes • Flash cards <ul style="list-style-type: none"> • Spanish Knowledge Organiser Year 8 <ul style="list-style-type: none"> • Spanish Knowledge Organiser Year 9 • Booklet

Subject:	Revision Topics:	Suggested Revision Materials:
Computing	<p>Year 7 - One 30 minute exam followed by a 20 minute online quiz</p> <ul style="list-style-type: none"> • Online Safety/E-Safety - Personal information, location services, email, social networks, health and safety, copyright, web browsers, passwords. • Basic Skills in Word/Excel/Powerpoint - Formatting, menus, tables, columns, rows, cells, cell referencing, labels, variables, maths symbols, formulas, graphs, slides, transitions, animation • Programming - Algorithms, flowchart symbols, debugging code, arithmetic operators, relational operators, functions, strings, commenting code, idle, variables, print, integer, random, if else statement, loops, binary, decomposition, abstraction, sequence, selection, iteration. • Databases - Field names, datatypes, combo boxes, validation, verification, filters, forms, buttons. <p>Year 8 - One 30 minute exam followed by a 20 minute online quiz</p> <ul style="list-style-type: none"> • Multimedia with Online Safety - E-safety, cyberbullying, email, malware, alliteration, sound. • Mobile Phone App Creation Using MIT APP Inventor - Sensors, designer section layout, block section key commands, timings, if statement, random, loops, integer, variable. • Web Design - Web browser, search engine, url, html, hyperlinks, banner, rollover, file formats, purpose, target audience. • Desktop Publishing - Purpose. Target audience, templates, Student ID Card Features, magazine layout, tools in DTP. <p>Year 9 - One 30 minute exam followed by a 20 minute online quiz</p> <ul style="list-style-type: none"> • Python Programming - Algorithms, flowchart symbols, debugging code, arithmetic operators, relational operators, functions, strings, commenting code, idle, variables, print, integer, random, if else statement, loops, decomposition, abstraction, sequence, selection, iteration, pseudocode. • Media - Clients, mind maps, mood boards, visualisation diagram, work plans, market research, file formats, graphics. • Computational Thinking from Computers in the World - Binary conversions and addition. Boolean operators, logic gates, Non-renewables, e-waste, lithium, • Database - Field names, datatypes, primary key, graphical user interface, combo boxes, validation and verification rules, GIGO garbage in garbage out, tables, records, queries, reports. • Spreadsheets - Rows, columns, cells, formulas, functions, formatting, datatypes. 	<ul style="list-style-type: none"> • Access assessment quizzes in teams. • Access class notebooks in Teams and look through the lesson worksheets and submitted work. • Access the key word section in class notebook for definitions of the keyword and their meanings studied in lessons. • Access BBC Bitesize.
Music	<p>Year 7 - One 55 minute exam</p> <ul style="list-style-type: none"> • Rap Music. • Boomwhackers (Melody and Singing). • Instruments of the Orchestra. • Ukulele. <p>Year 8 - One 55 minute exam</p> <ul style="list-style-type: none"> • Film Music. • Musical Theatre. • Theme and Variation. • Blues. <p>Year 9 - One 55 minute exam</p> <ul style="list-style-type: none"> • Reggae. • The Music Industry. • Protest Songs. • Decades of Pop. 	<ul style="list-style-type: none"> • Music Knowledge Organiser Year 7 • Students would also benefit by listening to the specific genres of music outlined in each topic. • Music Knowledge Organiser Year 8 • Students would also benefit by listening to the specific genres of music outlined in each topic. • Music Knowledge Organiser Year 9 • Key Terms • Students would also benefit by listening to the specific genres of music outlined in each topic.

Subject:	Revision Topics:	Suggested Revision Materials:
<p>P.E.</p>	<p>Year 7 - One 40 minute exam</p> <ul style="list-style-type: none"> • Bones Keywords - Cranium, Vertebrae, Clavicle, Sternum, Ribs, Humerus, Radius, Ulna, Pelvis, Femur, Patella, Tibia, Fibular, Talus, Carpals, Metacarpals, Phalanges, Tarsals, Metatarsals, phalanges, Scapula. • Muscles Keywords - Rotator Cuff, Abdominals, Deltoid, Gastrocnemius, Hip flexor, Quadriceps, Latissimus Dorsi, Bicep, Pectoral, Gluteals, Triceps, Tibialis Anterior, Hamstring, trapezius. <p>Year 8 - One 40 minute exam</p> <p>Questions focused on bone and muscle locations in the body during sport, as well as labelling the respiratory system and explaining the pathway of air into the body and lungs.</p> <ul style="list-style-type: none"> • Bones Keywords • Cranium, Vertebrae, Clavicle, Scapula, Sternum, Ribs, Humerus, Radius, Ulna, Carpals, Metacarpals, Phalanges, Pelvis, Femur, Patella, Tibia, Fibula, Talus, Tarsals, Metatarsals. • Muscles Keywords • Rotator Cuff, Deltoid, Trapezius, Pectorals, Biceps, Triceps, Latissimus Dorsi, Abdominals, Hip Flexors, Gluteals, Quadriceps, Hamstrings, Tibialis Anterior, Gastrocnemius. • Respiratory System Keywords • Nose/Mouth, Trachea, Bronchi, Bronchioles, Alveoli, Gaseous Exchange, Diffusion, movement from a high concentration to a low concentration. <p>Year 9 - One 40 minute exam</p> <p>Questions focused on bone and muscle locations in the body during sport, labelling the respiratory system and explaining the pathway of air into the body and lungs, as well as labelling the heart and explaining the pathway of blood through the heart and body.</p> <ul style="list-style-type: none"> • Bones Keywords • Cranium, Vertebrae, Clavicle, Scapula, Sternum, Ribs, Humerus, Radius, Ulna, Carpals, Metacarpals, Phalanges, Pelvis, Femur, Patella, Tibia, Fibula, Talus, Tarsals, Metatarsals. • Muscles Keywords • Rotator Cuff, Abdominals, Deltoid, Gastrocnemius, Hip Flexor, Quadriceps, Latissimus Dorsi, Biceps, Pectorals, Gluteals, Triceps, Tibialis Anterior, Hamstrings, Trapezius. • Respiratory System Keywords • Nose/Mouth, Trachea, Bronchi, Bronchioles, Alveoli, Gaseous Exchange, Diffusion, movement from a high concentration to a low concentration. • Cardiovascular System <ul style="list-style-type: none"> ◦ Heart Keywords <ul style="list-style-type: none"> ▪ Right Atrium, Left Atrium, Right Ventricle, Left Ventricle, Tricuspid Valve, Bicuspid Valve, Semilunar Valve, Vena Cava, Pulmonary Artery, Pulmonary Vein, Aorta. ◦ Pathway of Blood <ul style="list-style-type: none"> ▪ Deoxygenated blood enters the vena cava, moves into the right atrium, passes through the tricuspid valve into the right ventricle, then travels through the semilunar valve and out of the pulmonary artery to the lungs. ▪ Oxygenated blood returns from the lungs through the pulmonary vein, enters the left atrium, passes through the bicuspid valve into the left ventricle, then moves through the semilunar valve and out of the aorta to the rest of the body. 	<ul style="list-style-type: none"> • Revision tasks on Arbor

Subject:	Revision Topics:	Suggested Revision Materials:
<p>Food and Nutrition</p>	<p>Year 7 - Two exams - one 30 minute theory assessment and one 1 hour assessed practical</p> <ul style="list-style-type: none"> • Weighing and measuring. • Equipment. • Food Safety. • Functions of ingredients. • Personal hygiene. • Methods of heat transfer. • Safe cutting techniques. • Macro nutrients - fat, protein and carbohydrate. • Micro nutrients - vitamins and minerals. • Enzymic browning. • Food seasonality. • Energy balance. <p>Year 8 - Two exams - one 30 minute theory assessment and one 1 hour assessed practical</p> <ul style="list-style-type: none"> • Macro nutrients - fat, fibre, protein and carbohydrate. • Micro nutrients - vitamins and minerals. • Rules of Pastry Making and role of fat in pastry. • Eatwell Guide. • Food safety. • Food groups. • Healthy eating tips. <p>Year 9 - Two exams - one 30 minute theory assessment and one 1 hour assessed practical</p> <ul style="list-style-type: none"> • Factors affecting food choice. • Food processing. • Functions of ingredients in bread. • Ways to save money when shopping/cooking. • Where food comes from. • Key processes of wheat milling. • Dairy foods. 	<ul style="list-style-type: none"> • <u>Food and Nutrition Knowledge Organiser Year 7</u> • <u>Food and Nutrition Knowledge Organiser Year 8</u> • <u>Food and Nutrition Knowledge Organiser Year 9</u>
<p>There will be no exam in Art and Design.</p>		

Revision Tips!

Strategy One:



Have your timetable in clear view to keep you on track.

Clear the area - have a desk you can go to to revise.



Study Space

Use a timer, alarm or a clock to keep track.



Stick post-it notes around your room to help recall key facts.

Strategy Two:

Use both sides: one side for the title and the other for the facts.



Write 5 to 10 points per card - record only the key info on there!



Use COLOUR, images, diagrams doodles, and photos.



Write facts in CAPITAL LETTERS as it takes longer and helps your brain to process the info.

Strategy Three:

Active Recording:

- Record the question
- Leave a space
- Record the answer

Flexibility to record longer pieces or shorter sound bites.



On-the-Go! Revise anytime, anywhere!



Digital Recording

Repeat hearing the information.



Practice Questions - answer in your head, you don't always have to write!

Use the active recording strategies to help with retrieval of facts.

Strategy Four:

Bullet point key information to remember.

Create a mind map for each topic covered within the subject.



Record all the key definitions.

Add images and diagrams.



Connect ideas with colour

Stick on a wall so you can see each time you walk past.

Hide parts with post-its to recall facts.

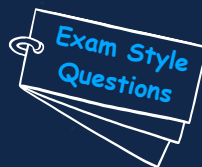
Strategy Five:

www.revisionworld.com



Use exam board model answers.

Practise using past papers.



Use exam board mark schemes.

Strategy Six:

[BBC Bitesize](#) - click here!



[SENECA](#) - click here!

Quiz your Knowledge

[Quizlet](#) - click here!



[Education Quizzes](#) - click here!



Strategy Seven:

Verbal - reciting notes and answering questions out loud.

CHATTER

Audio - GCSE revision podcasts are a great resource!

Visual - watch revision videos or draw diagrams.



Solitary - focus on yourself!



Social - learning with a friend or in a group.



Strategy Eight:

Smaller chunks of time are sometimes more effective.

Choose a timeslot in the day which suits you best.



Timetable

Be realistic with your timeslots.



Create a visual timetable and tick off when you have completed the block.

I've left it too late to revise...

One of the biggest mistakes that students make is not allowing enough time for revision. This usually results (when they do realise what is involved) in demotivation and the attitude that there is no point in doing anything as the task is too big.

- The key point to remember is that it is never too late until you enter the exam room – with revision, a little knowledge is better than none, and could make the difference between a pass and a fail.
- Put in place a damage limitation plan. Help your child to make use of the time they have got by helping them to prioritise and structure revision tasks into manageable chunks.
- Keep up motivation and self-esteem by reminding them of how they have coped with difficult situations in the past, that the exam period will soon be over and by talking about the strengths and qualities that they have which will contribute to the best outcome in the circumstances.

Dealing with stress...

A degree of stress is normal and actually necessary for successfully tackling exams. Some of the symptoms of stress are listed below.

- Difficulty getting to sleep or waking up
- Tiredness
- Poor appetite
- Loss of interest in things they used to enjoy
- Headaches and other unexplained aches and pains
- Irritability and frequent angry episodes



Ideas to help with exam pressure

Encourage your child to take regular breaks from revision and make time for activities they enjoy. Getting outside, exercising, spending time with family or friends, and having moments to relax can all help reduce stress and improve focus. Eating well, keeping a good sleep routine, and knowing they have your support can make a real difference during the exam period. Sometimes, simply listening and reassuring them is exactly what they need.

If your child is feeling overwhelmed, it can help to:

- Talk through their worries together and keep things in perspective.
- Remind them of challenges they have overcome in the past and the resilience they have already shown.
- Focus on the progress they have made and everything they have achieved so far.
- Encourage them to see mistakes or setbacks as a normal part of learning and growth – everyone experiences them, including adults.
- Reinforce that success comes from perseverance, effort, and continuing to move forward, even when things feel difficult.

Exams affected by adverse circumstances...

If your child is affected by illness or other unforeseen circumstances during the exam period, please contact the school as soon as possible.

This is particularly important if they are unable to attend an exam or if circumstances may have significantly affected their performance. By letting us know promptly, we can offer support, provide guidance, and ensure that the appropriate procedures are followed where necessary

Further Support...

- Search for Positively Mad on YouTube for some excellent and fun ideas for remembering information.
- Mathswatch
- Educake
- Seneca Learning
- BBC Bitesize - KS3



Example Revision Timetable

Week Beginning: _____

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
4:00 - 4:30pm	Go to friend's house	Trampoline Club	Prenton Theatre Company Rehearsal	Go to the Gym	RE	11:00 - 11:30am	Maths	English
4:30 - 5:00pm	Go to friend's house	Shower	Prenton Theatre Company Rehearsal	Shower	Spanish	11:30 - 12:00pm	Science	Spanish
5:00 - 6:00pm	Dinner	Dinner	Dinner	Dinner	Dinner	12:00 - 12:30pm	Lunch	Lunch
6:00 - 6:30pm	Maths	English	Science	Geography	Free evening	12:30 - 1:00pm	Free Time	Free Time
6:30 - 7:00pm	Health and Social	RE	Swimming Club	Spanish	Free evening	1:00 - 1:30pm	Free Time	Free Time
7:00 - 7:30pm	Go to the Gym	Relax	Relax	Yoga	Free evening	1:30 - 2:00pm	Free Time	Geography



Good Luck #TeamPrenton...
You've got this!

Making a positive difference today to achieve a better tomorrow

Trust | Respect | Integrity | Kindness | Endeavour