

KEY STAGE 3

Work
Hard

Aim
High

Make It
Happen

**Year 7 Exam Preparation Work
and Support**

Subject	Head of Department	Year 7 Exam Content	Curriculum Support	Exam Location and Date
English	Mrs H Edwards hedwards@longsands.cambs.sch.uk	<ul style="list-style-type: none"> ▪ Exam is 1 hour. It includes annotation of a fiction extract followed by 2 questions: 1 fact finding; 1 analytical response 	<ul style="list-style-type: none"> ▪ Department issued revision homework & guide 	20th June, 1:20 - 2:20
Food Technology	Mrs A Kite akite@longsands.cambs.sch.uk	<ul style="list-style-type: none"> ▪ Eat well Plate ▪ Nutrients of Food groups ▪ Government healthy eating tips 	<ul style="list-style-type: none"> ▪ www.gov.co.uk ▪ www.foodafactforlife.co.uk ▪ Class exercise books ▪ VLE, Design and Technology class PowerPoints 	In lessons
French	Mrs J Swainston jswainston@longsands.cambs.sch.uk	<ul style="list-style-type: none"> ▪ Writing ▪ Reading ▪ Listening 	<ul style="list-style-type: none"> ▪ Vocabulary and home learning booklet ▪ Class notes ▪ Revision activities in class 	w/c 18 th June
Geography	Mrs F McAllister fmcallister@longsands.cambs.sch.uk	<p>Skills</p> <ul style="list-style-type: none"> ▪ 4 & 6 figure grid references ▪ Measuring distances ▪ Identifying height on a map ▪ Know compass directions ▪ Completing and reading graphs ▪ Describing maps using compass directions ▪ Calculate totals <p>Topics</p> <ul style="list-style-type: none"> ▪ 3 types of geography ▪ Impacts of tourism ▪ River Landforms ▪ Population and Migration 	<ul style="list-style-type: none"> ▪ Minimum of 5 revision lessons in school ▪ Revision tasks will be set as homework ▪ All revision lesson material available on the VLE Geography- KS3 – 2018 End of Year Revision Folder – Year 7 ▪ Student should bring a ruler and calculator to their end of year exam 	Sports Hall 25 th June

		<ul style="list-style-type: none"> UK's changing weather (first part only) 		
History	Mr J Wayman jwayman@longsands.cambs.sch.uk	<ul style="list-style-type: none"> Battle of Hastings Norman conquest Thomas Becket Saladin King John Black Death and Peasants Revolt 	<ul style="list-style-type: none"> Class Notes Revision lessons in class Walking talking mock https://www.bbc.com/education/subjects/zk26n39 	w/c 11 th June In Lessons
ICT	Mr P Doyle pdoyle@longsands.cambs.sch.uk	<ul style="list-style-type: none"> Desk-Top Publishing Spreadsheets Animation Techniques Coding Presentations Multi-Media 	<ul style="list-style-type: none"> All content and revision material on VLE Key documentation in student folders 	w/c 2/7/18 In lessons
Maths	Mr J Merson jmerson@longsands.cambs.sch.uk	<ul style="list-style-type: none"> Paper 1: one hour (without use of a calculator). Taken in the exam hall Paper 2: one hour (with the use of a calculator) Taken in the exam hall Numeracy Paper: 30 minutes (without use of a calculator); taken in normal lessons 	<ul style="list-style-type: none"> There is a curriculum page on the maths section of the website. This is entitled: Year 7&8 exams revision, and contains links to the relevant documents, as well as information about revision. <p>If purchasing a calculator, we recommend the Casio FX-83 series (or its slightly more expensive solar energy equivalent, FX-85). Students should also have a geometry set containing pencil, ruler, eraser, pair of compasses and a protractor.</p> <p>Students have been preparing for these exams, making use of the curriculum review sheets linked to the web page. These show the topics students should revise, each one with links to relevant Mathswatch resources.</p>	Papers 1 and 2 in Sports Hall Numeracy in lesson
Music	Mr J Powell jpowell4@longsands.cambs.sch.uk	No Exam		
PA	Mr T Griffiths tgriffiths@longsands.cambs.sch.uk	No Exam		

PE	Mr S Hood shood@longsands.cambs.sch.uk	No Exam		
Product Design	Mrs K Garner kgarner@longsands.cambs.sch.uk	<ul style="list-style-type: none"> ▪ Properties of materials ▪ Design a product with annotations ▪ The purpose of a design brief 	<ul style="list-style-type: none"> ▪ Class exercise books ▪ www.technologystudents.com ▪ VLE, Design and Technology class PowerPoints 	In lessons
RE	Mr D Nunnery dnunnery@longsands.cambs.sch.uk	Exam questions will be multiple-choice, short answer and longer analysis and evaluative questions .	Class exercise books	In lessons
Science	Mr A Lesurf alesurf@longsands.cambs.sch.uk	<p>The following topics may be included in the end of year exam:</p> <p>Earth, ecosystems, electromagnets, energy, forces, genes, matter, organisms, reactions and waves.</p>	<ul style="list-style-type: none"> ▪ Science clinic every Thursday after school. 	19 th June in the Sports Hall.
Textiles	Mrs H Rose hrose@longsands.cambs.sch.uk	<ul style="list-style-type: none"> • Properties of materials • Design a product with annotations • The purpose of a design brief 	<ul style="list-style-type: none"> • Class exercise books • www.bbcbitese.co.uk • VLE, Design and Technology class PowerPoints 	In lessons
Visual Arts	Ms G Sanders gsanders@longsands.cambs.sch.uk	No Exam		

Key Stage 3 Exams 2018

Exams to be taken during the 2 week period 11 - 22 June

English, Maths and Science will be taken in the Sports Hall by all Year 7, 8 and 9 students.

All other departments will run examinations during timetabled lesson periods.

Those subjects who are not having end of year exams are assessing current end of topic work.

SEND: Access Arrangements will be provided to all students as required and known for all core subjects (English, Maths and Science). For all other subjects, depending on staff availability, we will try and offer them to as many students as possible, starting with students with the most complex needs.

Exams in the Sports Hall:

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June

Wed	13				Maths Year 8 1.20 - 2.20
Mon	18		Science Year 9 11.25 - 12.15		Maths Year 7 1.20 - 2.20
Tues	19	Science Year 7 9.05 - 10.05	Science Year 9 11.25 - 12.15		
Wed	20	Maths Year 8 9.05 - 10.05			English Year 7 1.20 - 2.20
Thurs	21		Science Year 8 11.25 - 12.15		Geography Year 8 1.20 - 2.20
Fri	22	English Year 9 9.05 - 10.20	Science Year 9 11.20 - 12.20		Maths Year 7 1.20 - 2.20
Mon	25	English Year 8 9.00 - 10.15	Geography Year 9 11.25 - 12.25		Geography Year 7 2.00 - 3.00

How to look after your mental health this exam season

It's very important to keep an eye on your mental health, just as we do our physical health; here are a few tips that might help if you begin to feel overwhelmed.

1. When you hear that negative voice in your head, concentrate on thinking positively. Encourage yourself and think, "I can do this."
2. Look after yourself – try to eat healthily, exercise and get enough sleep.
3. Recognise when stress is getting on top of you and do an activity that calms you down – that could be talking to a friend, listening to music, exercising.
4. Make a list of your worries (actually write them down) then throw away the bit of paper.
5. We know it's tempting but try to avoid comparing yourself to other people. You know what's right for you when it comes to revising, and that's probably different to your friends.
6. Take a break! Nothing is so urgent that you can't take 10 minutes for a cup of tea or a walk. A change of scene often helps with stress.
7. Visualise yourself walking calmly and confidently into the exam – and plan a treat for afterwards to look forward to.
8. If you feel overwhelmed, talk to your teachers, friends or parents. Opening up is the first step to solving the problem, and it's really important you don't bottle everything up. If you do need someone to talk to you can also contact ChildLine: www.childline.org.uk
9. If you feel like you're panicking, take a moment to ground yourself. That means focusing on relaxing your muscles. Take deep, slow breaths – counting to five each way.
10. When things are getting on top of you, remind yourself: sure, exams are important but they're not the only way to a happy future – and they're certainly not more important than your mental health.