

# KEY STAGE 3

Work  
Hard

Aim  
High

Make It  
Happen

**Year 9 Exam Preparation Work  
and Support**

Subject	Head of Department	Year 9 Exam Content	Curriculum Support	Exam Location and Date
English	Mrs H Edwards <a href="mailto:hedwards@longsands.cambs.sch.uk">hedwards@longsands.cambs.sch.uk</a>	<ul style="list-style-type: none"> <li>▪ Content: Exam is 1 hour and 15 minutes. It includes annotation of a fiction extract followed by 3 questions: 1 fact finding; 1 analytical response; 1 'To what extent do you agree' question.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Department issued revision homework &amp; guide</li> </ul>	22 <sup>nd</sup> June In the Sports Hall
French Top sets only	Mrs J Swainston <a href="mailto:jswainston@longsands.cambs.sch.uk">jswainston@longsands.cambs.sch.uk</a>	<ul style="list-style-type: none"> <li>▪ Writing</li> </ul>	<ul style="list-style-type: none"> <li>▪ Vocabulary and home learning</li> <li>▪ Class notes</li> </ul>	w/c 18 <sup>th</sup> June
Geography	Mrs F McAllister <a href="mailto:fmcallister@longsands.cambs.sch.uk">fmcallister@longsands.cambs.sch.uk</a>	<p><b>Skills</b></p> <ul style="list-style-type: none"> <li>▪ 4 &amp; 6 figure grid references</li> <li>▪ Measuring distances</li> <li>▪ Identifying height on a map</li> <li>▪ Completing and reading graphs</li> <li>▪ Describing maps using compass directions</li> <li>▪ Calculate average, range &amp; percentages</li> <li>▪ Give map evidence</li> </ul> <p><b>Topics</b></p> <p>Age of the Earth &amp; Earthquakes Africa continent on contrast Geography of the Middle East Ecosystems</p>	<ul style="list-style-type: none"> <li>▪ Minimum of 4 revision lessons in school</li> <li>▪ Revision tasks will be set as homework</li> <li>▪ All revision lesson material available on the VLE Geography- KS3 – 2018 End of Year Revision Folder – Year 9</li> </ul> <p>Student should bring a <b>ruler</b> and <b>calculator</b> to their end of year exam</p>	Sports Hall 25 <sup>th</sup> June 11:25-12:25

German Top Sets Only	Mrs J Swainston <a href="mailto:jswainston@longsands.cambs.sch.uk">jswainston@longsands.cambs.sch.uk</a>	<ul style="list-style-type: none"> <li>▪ Writing</li> </ul>	<ul style="list-style-type: none"> <li>▪ Vocabulary and home learning</li> <li>▪ Class notes</li> </ul>	w/c 18 <sup>th</sup> June In lessons
History	Mr J Wayman <a href="mailto:jwayman@longsands.cambs.sch.uk">jwayman@longsands.cambs.sch.uk</a>	<ul style="list-style-type: none"> <li>▪ Causes of WW1</li> <li>▪ Life in the trenches</li> <li>▪ The Roaring Twenties in USA</li> <li>▪ Rise of Hitler</li> <li>▪ Appeasement</li> <li>▪ Dunkirk</li> <li>▪ Battle of Britain</li> </ul>	<ul style="list-style-type: none"> <li>▪ Class Notes</li> <li>▪ Revision lessons in class</li> <li>▪ Walking talking mock</li> <li>▪ <a href="https://www.bbc.com/education/subjects/zk26n39">https://www.bbc.com/education/subjects/zk26n39</a></li> </ul>	w/c 11 <sup>th</sup> June In lessons
ICT	Mr P Doyle <a href="mailto:pdoyle@longsands.cambs.sch.uk">pdoyle@longsands.cambs.sch.uk</a>	<ul style="list-style-type: none"> <li>▪ Desk-Top Publishing</li> <li>▪ Spreadsheets</li> <li>▪ Databases</li> <li>▪ Modelling</li> <li>▪ Animation Techniques</li> <li>▪ Coding</li> <li>▪ Presentations</li> <li>▪ Multi-Media</li> <li>▪ ICT in Society</li> </ul>	<ul style="list-style-type: none"> <li>▪ All content and revision material on VLE</li> <li>▪ Key documentation in student folders</li> </ul>	w/c 25 <sup>th</sup> June In lessons
Latin	Mr J Wayman <a href="mailto:jwayman@longsands.cambs.sch.uk">jwayman@longsands.cambs.sch.uk</a>	<ul style="list-style-type: none"> <li>▪ Vocab and story grammar up to and including stage 9.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Online Vocab Tester</li> <li>▪ CLC book 1 resources and practice stories</li> <li>▪ <a href="https://www.clc.cambridgescp.com/books/book-i">https://www.clc.cambridgescp.com/books/book-i</a></li> </ul>	w/c 11 <sup>th</sup> June In lessons
Maths	Mr J Merson <a href="mailto:jmerson@longsands.cambs.sch.uk">jmerson@longsands.cambs.sch.uk</a>	Exams Completed		
Music	Mr J Powell <a href="mailto:jpowell4@longsands.cambs.sch.uk">jpowell4@longsands.cambs.sch.uk</a>	No Exam		
PE	Mr S Hood <a href="mailto:shood@longsands.cambs.sch.uk">shood@longsands.cambs.sch.uk</a>	No Exam		
RE	Mr D Nunnery <a href="mailto:dnunnery@longsands.cambs.sch.uk">dnunnery@longsands.cambs.sch.uk</a>	Exam questions will be multiple-choice ,short answer and longer analysis and evaluative questions .	<ul style="list-style-type: none"> <li>• Class exercise books</li> </ul>	In lessons
Science	Mr A Lesurf <a href="mailto:alesurf@longsands.cambs.sch.uk">alesurf@longsands.cambs.sch.uk</a>	<b>Physics:</b> Energy & Electricity <b>Biology:</b> Cells & Organisation <b>Chemistry:</b> Atomic Structure, The Periodic Table and Atomic Bonding.	<ul style="list-style-type: none"> <li>▪ Science clinic every Thursday after school.</li> <li>▪ VLE folders with the course content and revision materials.</li> </ul>	Monday 18 <sup>th</sup> (Physics), Tuesday 19 <sup>th</sup> (Biology) & Friday 22 <sup>nd</sup> June (Chemistry) in the Sports Hall.

Technology	Textiles: <a href="mailto:hrose@longsands.cambs.sch.uk">hrose@longsands.cambs.sch.uk</a> Product Design: <a href="mailto:kgarner@longsands.cambs.sch.uk">kgarner@longsands.cambs.sch.uk</a> Food: <a href="mailto:akite@longsands.cambs.sch.uk">akite@longsands.cambs.sch.uk</a>	<ul style="list-style-type: none"> <li>End of year assessment based around learning throughout the year</li> </ul>	<ul style="list-style-type: none"> <li>VLE, Design and Technology class PowerPoints</li> </ul>	In lessons
Visual Arts	Ms G Sanders <a href="mailto:gsanders@longsands.cambs.sch.uk">gsanders@longsands.cambs.sch.uk</a>	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:

#### 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](http://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.