

The Final Countdown

These students achieved excellent GCSE results.

We want you to do the same.

What will you do to make that happen?



The Final Countdown

What we will cover

Where we are

Maximising your last few weeks of Year 11

How to revise

Knowing what to do when you don't know what to do

Excellence
Responsibility
Respect

We can do this

This year group has proven itself time and time again to be **OUTSTANDING!**

The year group before you broke the **ALL TIME Progress8** record for Lealands

Your behaviour in the Mocks was **EXCELLENT**

Excellence
Responsibility
Respect

| SEPTEMBER 2023 | | | | | |
|----------------|---|----|----|----|----|
| Monday | | 4 | 11 | 18 | 25 |
| Tuesday | | 5 | 12 | 19 | 26 |
| Wednesday | | 6 | 13 | 20 | 27 |
| Thursday | | 7 | 14 | 21 | 28 |
| Friday | 1 | 8 | 15 | 22 | 29 |
| Saturday | 2 | 9 | 16 | 23 | 30 |
| Sunday | 3 | 10 | 17 | 24 | |

| OCTOBER 2023 | | | | | |
|--------------|----|---|----|----|----|
| Monday | 30 | 2 | 9 | 16 | 23 |
| Tuesday | 31 | 3 | 10 | 17 | 24 |
| Wednesday | | 4 | 11 | 18 | 25 |
| Thursday | | 5 | 12 | 19 | 26 |
| Friday | | 6 | 13 | 20 | 27 |
| Saturday | | 7 | 14 | 21 | 28 |
| Sunday | 1 | 8 | 15 | 22 | 29 |

| NOVEMBER 2023 | | | | | |
|---------------|---|----|----|----|----|
| Monday | | 6 | 13 | 20 | 27 |
| Tuesday | | 7 | 14 | 21 | 28 |
| Wednesday | 1 | 8 | 15 | 22 | 29 |
| Thursday | 2 | 9 | 16 | 23 | 30 |
| Friday | 3 | 10 | 17 | 24 | |
| Saturday | 4 | 11 | 18 | 25 | |
| Sunday | 5 | 12 | 19 | 26 | |

| DECEMBER 2023 | | | | | |
|---------------|---|----|----|----|----|
| Monday | | 4 | 11 | 18 | 25 |
| Tuesday | | 5 | 12 | 19 | 26 |
| Wednesday | | 6 | 13 | 20 | 27 |
| Thursday | | 7 | 14 | 21 | 28 |
| Friday | 1 | 8 | 15 | 22 | 29 |
| Saturday | 2 | 9 | 16 | 23 | 30 |
| Sunday | 3 | 10 | 17 | 24 | 31 |

| JANUARY 2024 | | | | | |
|--------------|---|----|----|----|----|
| Monday | 1 | 8 | 15 | 22 | 29 |
| Tuesday | 2 | 9 | 16 | 23 | 30 |
| Wednesday | 3 | 10 | 17 | 24 | 31 |
| Thursday | 4 | 11 | 18 | 25 | |
| Friday | 5 | 12 | 19 | 26 | |
| Saturday | 6 | 13 | 20 | 27 | |
| Sunday | 7 | 14 | 21 | 28 | |

| FEBRUARY 2024 | | | | | |
|---------------|---|----|----|----|----|
| Monday | | 5 | 12 | 19 | 26 |
| Tuesday | | 6 | 13 | 20 | 27 |
| Wednesday | | 7 | 14 | 21 | 28 |
| Thursday | 1 | 8 | 15 | 22 | 29 |
| Friday | 2 | 9 | 16 | 23 | |
| Saturday | 3 | 10 | 17 | 24 | |
| Sunday | 4 | 11 | 18 | 25 | |

| MARCH 2024 | | | | | |
|------------|---|----|----|----|----|
| Monday | | 4 | 11 | 18 | 25 |
| Tuesday | | 5 | 12 | 19 | 26 |
| Wednesday | | 6 | 13 | 20 | 27 |
| Thursday | | 7 | 14 | 21 | 28 |
| Friday | 1 | 8 | 15 | 22 | 29 |
| Saturday | 2 | 9 | 16 | 23 | 30 |
| Sunday | 3 | 10 | 17 | 24 | 31 |

| APRIL 2024 | | | | | |
|------------|---|----|----|----|----|
| Monday | 1 | 8 | 15 | 22 | 29 |
| Tuesday | 2 | 9 | 16 | 23 | 30 |
| Wednesday | 3 | 10 | 17 | 24 | |
| Thursday | 4 | 11 | 18 | 25 | |
| Friday | 5 | 12 | 19 | 26 | |
| Saturday | 6 | 13 | 20 | 27 | |
| Sunday | 7 | 14 | 21 | 28 | |

| MAY 2024 | | | | | |
|-----------|---|----|----|----|----|
| Monday | | 6 | 13 | 20 | 27 |
| Tuesday | | 7 | 14 | 21 | 28 |
| Wednesday | 1 | 8 | 15 | 22 | 29 |
| Thursday | 2 | 9 | 16 | 23 | 30 |
| Friday | 3 | 10 | 17 | 24 | 31 |
| Saturday | 4 | 11 | 18 | 25 | |
| Sunday | 5 | 12 | 19 | 26 | |

| JUNE 2024 | | | | | |
|-----------|---|---|----|----|----|
| Monday | | 3 | 10 | 17 | 24 |
| Tuesday | | 4 | 11 | 18 | 25 |
| Wednesday | | 5 | 12 | 19 | 26 |
| Thursday | | 6 | 13 | 20 | 27 |
| Friday | | 7 | 14 | 21 | 28 |
| Saturday | 1 | 8 | 15 | 22 | 29 |
| Sunday | 2 | 9 | 16 | 23 | 30 |

| JULY 2024 | | | | | |
|-----------|---|----|----|----|----|
| Monday | 1 | 8 | 15 | 22 | 29 |
| Tuesday | 2 | 9 | 16 | 23 | 30 |
| Wednesday | 3 | 10 | 17 | 24 | 31 |
| Thursday | 4 | 11 | 18 | 25 | |
| Friday | 5 | 12 | 19 | 26 | |
| Saturday | 6 | 13 | 20 | 27 | |
| Sunday | 7 | 14 | 21 | 28 | |

| AUGUST 2024 | | | | | |
|-------------|---|----|----|----|----|
| Monday | | 5 | 12 | 19 | 26 |
| Tuesday | | 6 | 13 | 20 | 27 |
| Wednesday | | 7 | 14 | 21 | 28 |
| Thursday | 1 | 8 | 15 | 22 | 29 |
| Friday | 2 | 9 | 16 | 23 | 30 |
| Saturday | 3 | 10 | 17 | 24 | 31 |
| Sunday | 4 | 11 | 18 | 25 | |

We are on week 16

We have 13 “normal” weeks and 2 Mocks weeks before your GCSE exams begin.

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Responsibility
Respect



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Year 11 Mock Examination Report

Adam Smith
116AS

Summary of Achievement

What if these are not the grades I wanted?

On your desk you will find a copy of the grades which will be sent to colleges

| Subject | Currently working at | Final Estimated Grade | Mock Exam Result | Attitude to Learning |
|------------------------|----------------------|-----------------------|------------------|----------------------|
| Enterprise & Marketing | L2P | L2P | L2P | Good |
| English Language | 5c | 6c | 5c | Excellent |
| English Literature | 5b | 6b | 5b | Excellent |
| French | 3a | 4c | 3a | Good |
| History | 3c | 3b | 3b | Good |
| Maths | 4a | 5a | 4a | Good |
| Science | 54 | 55 | 54 | Good |

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Where are you? And where would you like to be?

Do something about it

Year 11 GCSEs

Year 11 February

Watch TikToks
about revision

Year 11 November

Talk about revision

Hope for change

Cross your fingers

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I'll do something about it. What should I do?

Attend school every day you are able to

- Complete your Extended Learning
- Attend Intervention
- Read around your subjects
- Ask for help if you need it

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Why should I do all of those things?

- You will get better grades.
- You will be in a better place to start your next phase of studies.
- You will be able to start your super long Summer guilt free having “left everything on the track”
- You will have a far more relaxed Summer knowing that in August the results will be the best they possibly can be.

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From and including: **Thursday, 20 June 2024**
To, but **not** including **Sunday, 1 September 2024**

Result: 73 days

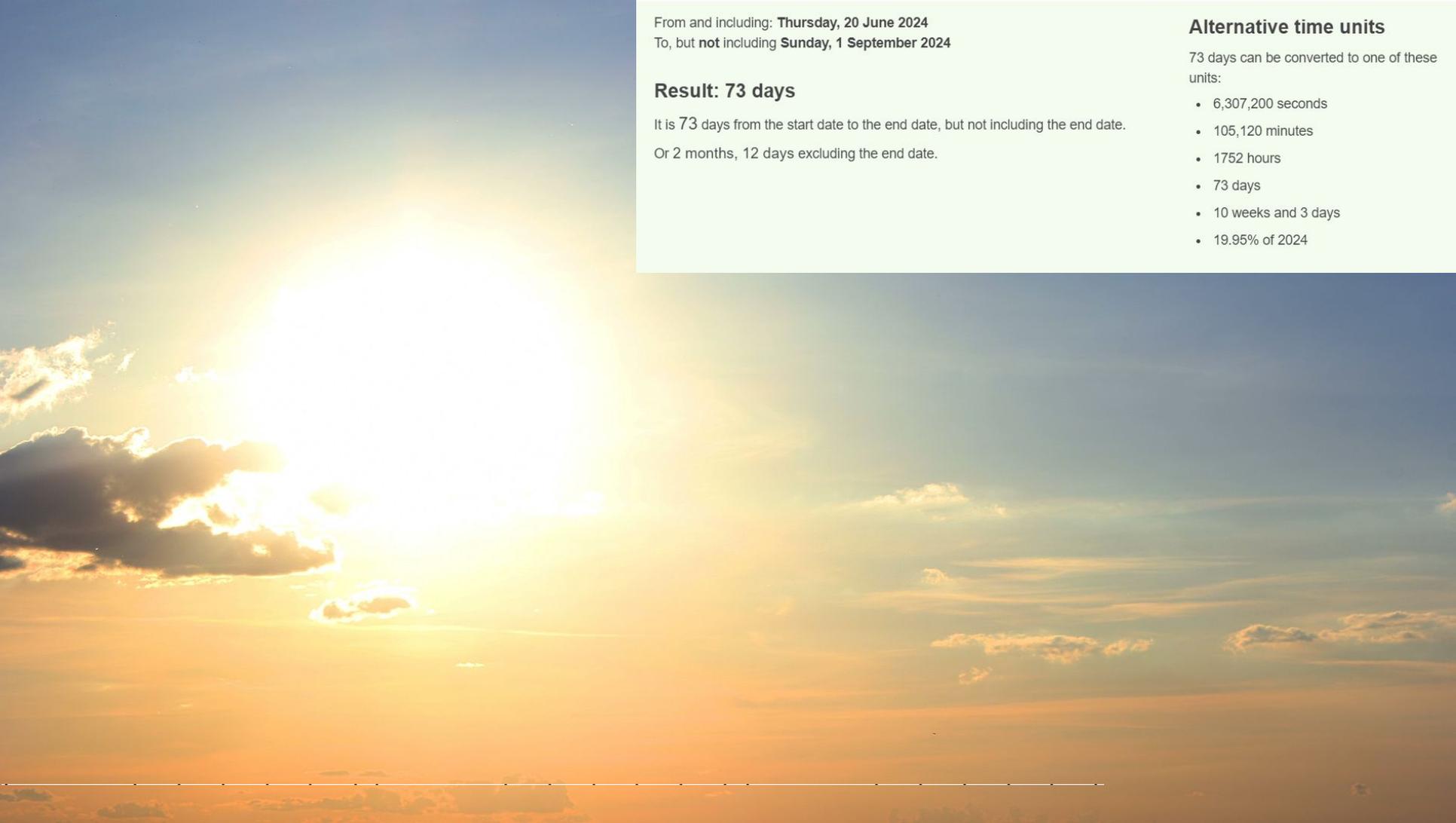
It is 73 days from the start date to the end date, but not including the end date.

Or 2 months, 12 days excluding the end date.

Alternative time units

73 days can be converted to one of these units:

- 6,307,200 seconds
- 105,120 minutes
- 1752 hours
- 73 days
- 10 weeks and 3 days
- 19.95% of 2024



Reina (Head Girl 2022/23) - advice for current Year 11 students

| | |
|--------------------|---|
| Biology | 9 |
| Chemistry | 9 |
| English Language | 9 |
| English Literature | 9 |
| Further Maths | 8 |
| Geography | 8 |
| Maths | 9 |
| PE | 8 |
| Physics | 9 |

Reina's advice:

- Start now
- Attend all of your Intervention sessions
- Doing a little is better than doing nothing
- Ask if you are stuck
- Try to find balance and continue doing what you enjoy as well as your studies

← Reina's grades

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| Subject | What do I need to do to prepare for the MOCKS? Topics to revise? Areas to improve? |
|----------------|---|
| | |
| | |
| | |
| | |
| | |
| | |

Revision Timetable from now until the MOCKS

| Day | Before School | | After School | | |
|------------------|----------------------|--|---------------------|--|----------------|
| Monday | | | | | |
| Tuesday | | | | | |
| Wednesday | | | | | |
| Thursday | | | | | |
| Friday | | | | | |
| Weekend | Morning | | Afternoon | | Evening |
| Saturday | | | | | |
| Sunday | | | | | |



HELP!

Revision Timetable: school week

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|---------|-----------|----------|---------|----------|---------|
| 8am | | | | | | Maths | Maths |
| 9am | | | | | | History | History |
| 10am | | | | | | English | English |
| 11am | | | | | | Science | Science |
| midday | | | | | | French | French |
| 1pm | | | | | | Maths | History |
| 2pm | | | | | | Science | French |
| 3pm | Maths | Maths | Maths | Maths | Maths | Maths | Maths |
| 4pm | History | History | History | History | History | History | History |
| 5pm | English | English | English | English | English | English | English |
| 6pm | Science | Science | Science | Science | Science | Science | Science |
| 7pm | French | French | French | French | French | French | French |
| 8pm | PE | PE | PE | PE | PE | PE | PE |
| 9pm | Maths | History | English | Science | French | PE | Science |

This
will
not
work
!!!

Top Tips for revision timetables

- 30 minutes is better than none
- 2 x 30 minutes is better than 1 x 30
- 3 x 45 might be optimal for you
- 4 x 60 might be optimal for you
- Be reasonable, be honest, prepare yourself

Revision Timetable: school week

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|----------|-----------|----------|----------|----------|---------|
| 8am | | | | | | | |
| 9am | | | | | | | |
| 10am | | | | | | football | Maths |
| 11am | | | | | | football | History |
| midday | | | | | | football | |
| 1pm | | | | | | Maths | English |
| 2pm | | | | | | History | Science |
| 3pm | Walk | Sci Int | Eng Int | walk | Hist Int | | |
| 4pm | | Walk | Walk | | Walk | French | |
| 5pm | Maths | History | French | Science | PE | French | |
| 6pm | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner |
| 7pm | English | football | Maths | | | | |
| 8pm | | football | | | | | |
| 9pm | | football | | | | | |

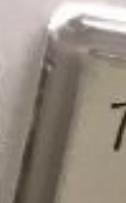
Why is the kitchen so important for your revision?

- Stick your revision timetable on your fridge
- Keep your phone in the kitchen or another room, or anywhere away from you

Revision Timetable: school week

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|-------------|---------|-----------|-----------|-----------|----------------|----------------|
| 8am | 5am workout | | 5am read | | | netball | read |
| 9am | | | | | | netball | |
| 10am | | | | | | netball | |
| 11am | | | | | | netball | |
| midday | | | | | | netball | |
| 1pm | | | | | | netball | |
| 2pm | | | | | | | |
| 3pm | | | | | | | |
| 4pm | | | | | | | |
| 5pm | shower | netball | shower | shower | shower | english poetry | english poetry |
| 6pm | science | netball | geography | sociology | sociology | | |
| | | netball | | maths | | read | |

addin



Revision Timetable school week

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|-----------|-----------|-----------|-----------|-----------|-----------|--------|
| 8am | | | | | | | R |
| 9am | / / / / / | / / / / / | / / / / / | / / / / / | / / / / / | | E |
| 10am | / / / / / | / / / / / | / / / / / | / / / / / | / / / / / | Maths | A |
| 11am | / / / / / | / / / / / | / / / / / | / / / / / | / / / / / | English | D |
| midday | / / / / / | / / / / / | / / / / / | / / / / / | / / / / / | Science | I |
| 1pm | / / / / / | / / / / / | / / / / / | / / / / / | / / / / / | Spanish | N |
| 2pm | / / / / / | / / / / / | / / / / / | / / / / / | / / / / / | PE | G |
| 3pm | walk | walk | walk | walk | walk | | S |
| 4pm | R | E | S | T | S | | E |
| 5pm | Maths | English | Science | English | | Geography | S |
| 6pm | Geography | Spanish | PE | Maths | | Business | S |
| 7pm | Science | Business | Spanish | Science | | PE | I |
| 8pm | Business | Maths | Maths | Spanish | | | O |

| Questions | Topic | Score | Sparx Code |
|-----------|--|-------|------------|
| 1 | Using a written method to divide with decimals | 3 / 3 | U868 |
| 2 | Adding and subtracting mixed numbers | 3 / 3 | U793 |
| 3 | Find the surface area of cubes and cuboids, Find the volume of cubes and cuboids | 4 / 4 | U929, U786 |
| 4 | Drawing and interpreting frequency polygons | 2 / 2 | U840 |
| 5a | Venn diagrams | 2 / 3 | U476 |
| 5b | Venn diagrams with set notation | 2 / 2 | U748 |
| 6a | Interpreting scatter graphs | 1 / 1 | U277 |
| 6b | Using lines of best fit | 1 / 2 | U128 |
| 7 | Finding original values in percentage calculations | 0 / 2 | U286 |
| 8 | Finding the volume of cylinders, Calculating with pressure | 1 / 3 | U915, U527 |
| 9 | Solving simultaneous equations graphically | 1 / 1 | U836 |
| 10 | Angles in polygons, Constructing and solving equations | 1 / 4 | U427, U599 |
| 11 | Simplifying expressions using index laws | 0 / 3 | U662 |
| 12 | Tree diagrams for independent events | 1 / 3 | U558 |
| 13 | Constructing direct proportion equations | 0 / 3 | U407 |
| 14a | Index rules with negative indices | 0 / 1 | U694 |
| 14b | Indices of the form a/b | 1 / 3 | U772 |

Personalised Learning Checklist

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How can I revise for the exams?

1. Retrieval practice
2. Spaced practice
3. How not to revise
4. How parents can help

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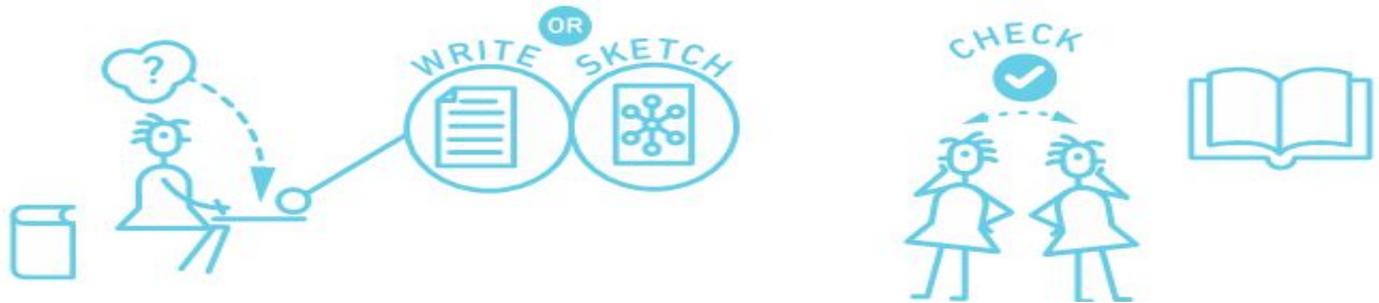


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1. Retrieval Practice

HOW TO DO IT

Put away your class materials, and write or sketch everything you know. Be as thorough as possible. Then, check your class materials for accuracy and important points you missed.



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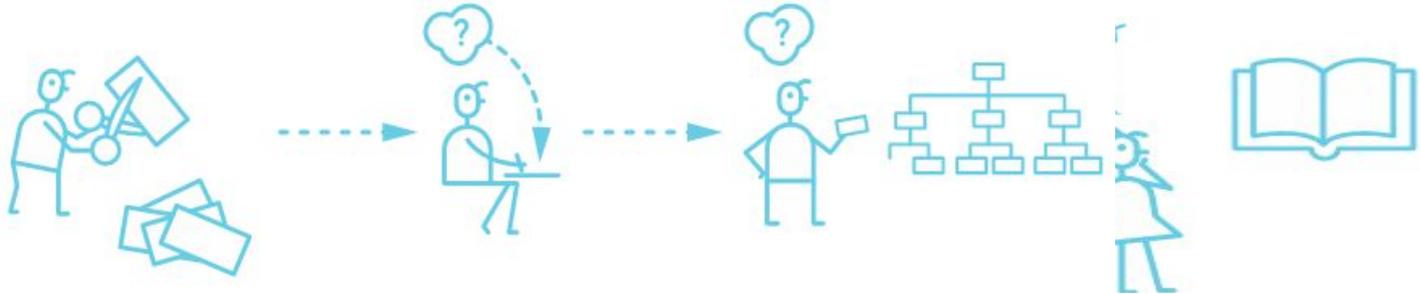
1. Retrieval Practice



HOW TO DO IT

You can also make flashcards. Just make sure you practice recalling the information on them, and go beyond definitions by thinking of links between ideas.

Write or sketch as possible. Accuracy and



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1. Retrieval Practice



Take as many practice tests as you can get your hands on. If you don't have ready-made tests, try making your own and trading with a friend who has done the same.



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1. Retrieval Practice - Testing



Retrieval practice is one of the most effective ways to revise.

By answering questions rather than merely reading or highlighting information, you're putting yourself in the best position possible to succeed and [remember as much of your subjects as possible](#).

Past papers, essays, multiple choice tests and flashcards are a great way of doing it.



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COMBATING THE FORGETTING CURVE



<https://elearningindustry.com/forgetting-curve-combat>

2. Spacing

- This involves students learning a little information regularly, rather than trying to learn a lot in a single day.
- Spacing also involves creating a revision timetable to revise a few different subjects in a day, focusing retrieval within shorter sessions.
- Spacing out their revision gives students enough time to forget previously learnt information, meaning that when this information is re-visited and re-learnt it is more likely to be transferred to their long-term memory.



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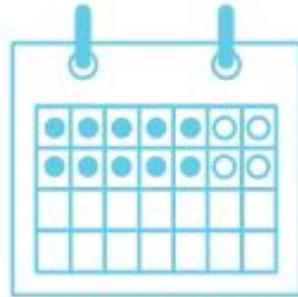
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2. Spacing



Start planning early for exams, and set aside a little bit of time every day. Five hours spread out over two weeks is better than the same five hours all at once.



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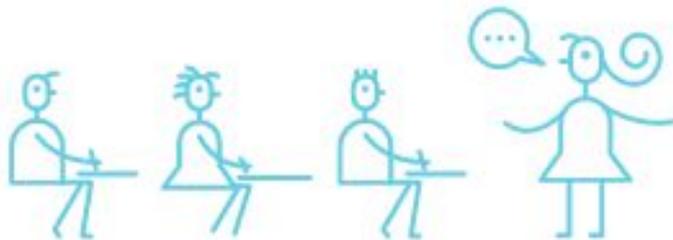
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2. Spacing



Review information from each class, but not immediately after class.

LESSON



BREAK



REVIEW



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2. Spacing



HOW TO DO IT

After you review information from the most recent class, make sure to go back and study important older information to keep it fresh.



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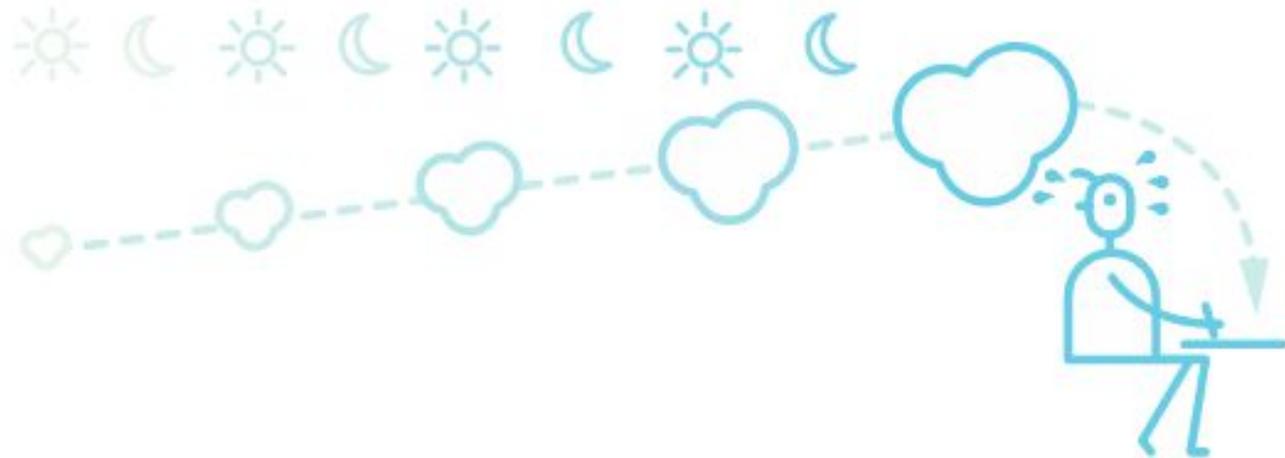
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2. Spacing



This may seem difficult and you may forget some information from day to day, but this is actually a good thing! This forces you to retrieve information from memory.



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3. How not to revise

- It is important to be aware of the mistakes and ineffective strategies students often try to use when revising.
- **Cramming**, whilst making the student feel as though they are learning more, actually creates more stress and less long term memory strength.
- **Re-reading** is ineffective as the reading tends to be skim, meaning that information is neither considered or processed and is not embedded in long term memory
- **Distractions** decrease concentration.



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6 Reasons to Put Your Phone Away

by @Inner_Drive
www.innerdrive.co.uk



Lowers Concentration

Having your phone out while doing homework or revision has been shown to reduce performance by 20%.



Increases FOMO

Fear of Missing Out (FOMO), or the compulsive need to know what others are doing leads to worse moods and increased anxiety.



Warp's Your View of Reality

Nobody is as happy as they seem on Facebook or as wise as they appear on Twitter.



Reduces Memory

Instant messages are distracting, which often leads to forgetfulness



Increases Stress and Anxiety

Over use of mobile phones leads to increased anxiety, feelings of loneliness and low self-esteem. Reliance on mobile phones can cause irritation, frustration and impatience.



Makes You Sleep Worse

Prolonged use of a mobile phone leads to poor sleep quality and duration. The backlight on your phone delays the release of Melatonin, which is a hormone important for sleep.

WHY THIS STUDY

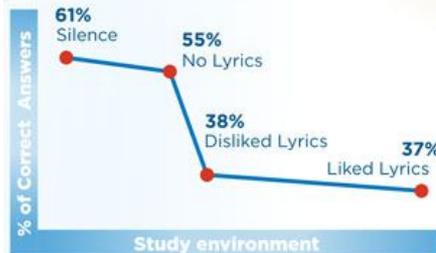
Many students do their homework and revision whilst listening to music. Many of these students will swear that listening to their favourite songs helps them study. But does it actually help or hinder learning? And interestingly, does it matter what type of music you listen to whilst revising?

To answer this question, researchers assigned students of a range of ages to one of four groups; the first revised in silence, the second revised whilst listening to music with lyrics they liked (which included songs from One Direction and Katy Perry), the third group revised to music with lyrics they did not like (which comprised of very heavy thrash metal bands), and the fourth group revised listening to music that did not have lyrics.

The participants then took a test on the passages they had been revising, rating how distracting their environment had been, as well as writing down their predictions for how well they thought they had done.

THE MAIN FINDINGS

- 1 Students who revised in **quiet environments performed over 60% better** in an exam than their peers who revised listening to music that had lyrics.
- 2 Students who revised whilst **listening to music without lyrics did better** than those who had revised to music with lyrics.
- 3 It made no difference if students revised listening to songs they **liked or didn't like**. Both led to a **reduction in their subsequent test performance**.



- 4 Students who revised **in silence rated their environment as less distracting** and accurately predicted that this would lead to better performances in subsequent tests.



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4. How parents can help

Minimise Distractions

- Ensure that your child is revising without any distractions present.
- If you can give a quiet space to revise, that would be ideal.

Help with Retrieval Practice

- Test your child on flash cards or multiple choice/essay questions.
- Get your child to recite key words or ideas to you.
- You can print of past exam papers from the internet.



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4. How parents can help

Help with planning

- Help your child create a revision timetable, ensuring their practice is spaced
- Enable them time for exercise and socialising

Have realistically high expectations

Help them cope with setbacks

- Parent reaction to setbacks can be key to how well your child overcomes it.
- View mistakes as an opportunity for learning to develop a growth mindset



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7 Ways That Parents Can HELP

A Parent's Survival Guide to Revision
by @inner_drive | www.innerdrive.co.uk



- 1 Have high expectations and provide plenty of support**
Both are needed to help your child improve, perform and develop resilience
- 2 Help them work smarter**
Not all revision techniques are equal. Spacing out their revision and quizzes are better than cramming and highlighters
- 3 Cope well with their setbacks**
There will be highs and lows. How you react to their lows will impact how many highs they have
- 4 Minimise distractions**
Provide a revision area with minimum distractions (this include mobile phones!)
- 5 Rise and dine**
Make sure they eat breakfast. It plays a big role in concentration and memory
- 6 Regular bedtimes and lots of sleep**
If they sleep right, they will think right the next day
- 7 Avoid cabin fever**
Encourage them to get fresh air each and every day

Dear

As you know we are very nearly halfway through Year 11 in terms of non-exam weeks.

As a year group you have done really well, and we are proud of how far you have come and how much you have achieved. However, there is still work to be done to ensure that you achieve the grades that you want and need in the February Mocks and in Summer.

Below is your personalised Intervention timetable, sessions run after school from 3:20-4:20pm.

Attendance is mandatory and could make all the difference to your success in the exams.

We wish you every success in your studies.

| | |
|-----------|---------------------------|
| Monday | |
| Tuesday | |
| Wednesday | Science - SFI - Science 1 |
| Thursday | Maths - WCU - Maths 8 |
| Friday | |

You already have your Intervention timetable.

You have a maximum of 3 sessions per week where you need to attend Intervention sessions.

These sessions “bridge the gap” with the topics which were less strong in November.

We want all of you to look like these students in August....



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English

Frankenstein by Mary Shelley
Prose
English Literature | Titles - 19 Pods

Important revolutionary

William Godwin

Selfish

- ▶ Frankenstein: Context 00:00 / 04:32
- ▶ Frankenstein: Summary 00:00 / 04:09
- ▶ Frankenstein: Key Quotes (Part 1) 00:00 / 03:08

A Christmas Carol by Charles Dickens
Prose
English Literature | Titles - 25 Pods

- ▶ A Christmas Carol: Prose Overview 00:00 / 06:35
- ▶ A Christmas Carol: Genre 00:00 / 03:20
- ▶ A Christmas Carol: Setting 00:00 / 03:05

The Sign of Four by Arthur Conan Doyle
Prose
English Literature | Titles - 20 Pods

- ▶ The Sign of Four: Context 00:00 / 03:34
- ▶ The Sign of Four: Context (Part 2) 00:00 / 02:48
- ▶ The Sign of Four: 00:00 / 03:53
- ▶ The Sign of Four 00:00 / 05:19
- ▶ The Sign of Four 00:00 / 04:56

'Macbeth' LOOMS

- ▶ 'Macbeth' Act 1, Scene 7 (LOOM) Posted 19 Nov 2023
- ▶ 'Macbeth' Act 1, Scene 6 (LOOM) Posted 19 Nov 2023
- ▶ 'Macbeth' Act 1, Scene 5 (LOOM) Posted 19 Nov 2023
- ▶ 'Macbeth' Act 1, Scene 4 (LOOM) Posted 19 Nov 2023
- ▶ 'Macbeth' Act 1, Scene 3 (LOOM) Posted 19 Nov 2023
- ▶ 'Macbeth' Act 1, Scenes 1 and 2 (LOOM) Posted 19 Nov 2023

Maths

Sparx Maths



Corbettmaths

Edexcel GCSE Exam Papers



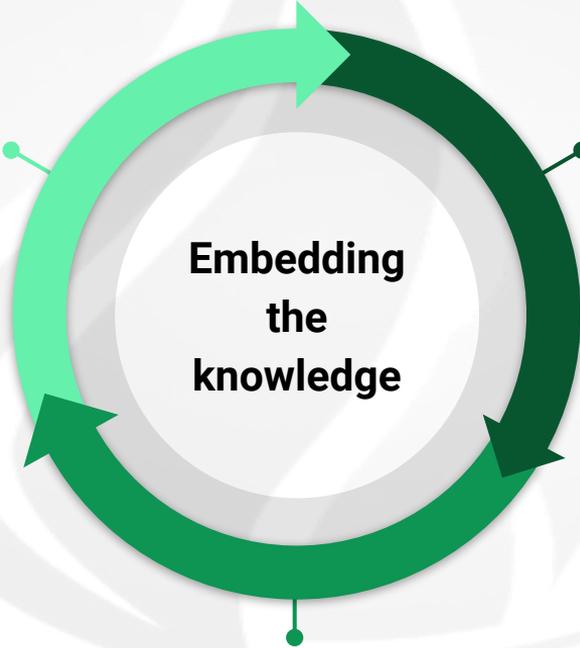
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Science

Exam practice
AQA website



Recap
Videos
Knowledge
organisers

Test

Flash cards, Seneca,
GCSEpod questions

Science



**Key Cards
Revision Apps**

by Simply Effective Education



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