

URSULINE HIGH SCHOOL



Year 7 Revision Evening Virtue- Joyful



SANCTA FAMILIA
CATHOLIC ACADEMY TRUST

Revision Evening 12th May 2026

Please register your
attendance by scanning this
code with the camera on
your phone

Year 7 Revision Evening Tuesday
12th May 2026



This evening



- The logistics of the exam period
- How to revise effectively
- Revision strategies / methods
- How can you help at home?
- This PPT will be on the school's website tomorrow

Key Information



- End of Year Exams will take place Monday 8th June – Thursday 11th June.
- Exams will assess learning from across the whole year – not just most recent units / schemes of learning.
- The timings of the exams range from 45 mins – 1 hour 10 mins.
- Non-exam time during exam week will be allocated for independent revision in school.
- Revision information is all on MS Teams for students, including revision guides
- There will be no exam in PE, Drama or Art Textiles – students will be assessed during their lessons.
- Exams will be sat in St Georges (where we have form time) desks will be individually spaced, there will be a clock on display.

Purpose of End of Year Exams



- End of Year exams are **formative** to help teachers identify any gaps in students' learning, and to help students identify targets and next steps.
- Results from just these exams are **not** used to group students next year.
- A structured exam week, helps to prepare students for the future.
- Not the be-all-and-end-all; but a step on a longer journey.

The timetable



Year 7 End of Year Assessment Timetable 2026

Period	Monday 8 th June	Tuesday 9 th June	Wednesday 10 th June	Thursday 11 th June
1	Revise for RE Start exam at 9.35	Revise for English Start exam 9.25	Revise for French Start exam at 9.35	Revise for History Start exam at 9.25
2	RE (60 mins)	English (1hr 10 mins)	French (60 mins) (reading & writing)	History (1 hr 10 mins)
3	Revise for Music Start exam at 12.00	Revise for Science Start exam at 11.45	Revise for Geography Start exam at 11.45	Catch up Or normal lessons
4	Music (45 mins)	Science (60 mins)	Geography (60 mins)	Catch up Or normal lessons
5	Revise for Maths Start exam at 2.25	Revise for Computer Science Start exam at 2.25	DT revision (students doing art textiles revise for History) Start exam at 2.25	Catch up Or normal lessons
6	Maths (50mins)	Computer science (50 mins)	DT (50 mins)	Catch up Or normal lessons

Please note that the 'normal' school day will be adhered to. There will be a break after period 2 and lunch after period 4

How to prepare?



- **Reflect** – what areas do I need to prioritise for revision?
 - **R/A/G** rating topics and checklists can be a good way of thinking about this.
- **Revise** – students are advised to use the resources given by teachers, along with the resources and techniques that work for each student. To revise effectively students must prepare, organise, memorise and recall (Price and Maier 2007)
- **Routine** – allocate time to revision, but also make sure there is time for everything else.
 - *Little and often is more effective than hours and hours of cramming.*

Revision Timetable (Example)

Term Time / weekends



MY REVISION TIMETABLE (Make one of these for each of the weeks before the exams)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Subjects	How many sessions per week ?
9 - 10am	█	█	█	█	█	█	█	ENGLISH	x
10-11am	█	█	█	█	█	█	█	MATHS	x
11-12am	█	█	█	█	█	█	█	SCIENCE	x
12-1pm	█	█	█	█	█	█	█		x
1-2pm	█	█	█	█	█	█	█		x
2-3pm	█	█	█	█	█	█	█		x
3-4pm	█	█	█	█	█	█	█		x
4-5pm	█	█	█	█	█	█	█		x
									✓

Revision Timetable during term time

When do I work most effectively?
 Morning
 Afternoon
 Evening

Are timings realistic?
 Is enough time to have a rest planned in?
 Should the same amount of time allocated to each subject?
 Best to do 20mins, then a break.

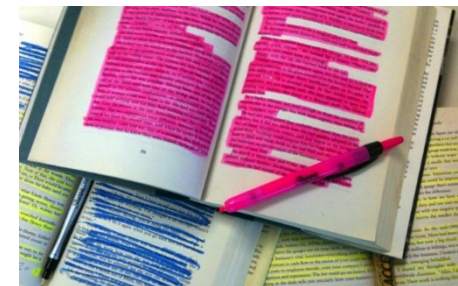
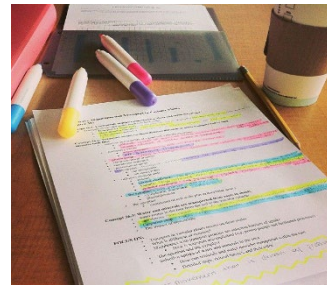
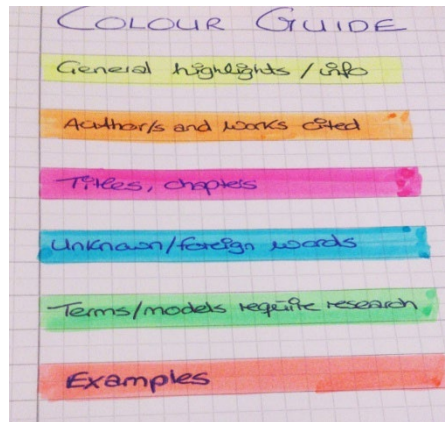
Review the timetable if it doesn't work.

MY REVISION TIMETABLE

	SATURDAY	SUNDAY	Subjects
9 - 10am	█	█	ENGLISH
10-11am	█	█	MATHS
11-12am	█	█	SCIENCE
12-1pm	█	█	
1-2pm	█	█	
2-3pm	█	█	
3-4pm	█	█	
4-5pm	█	█	

Revision Timetable for the weekends

Revision Techniques

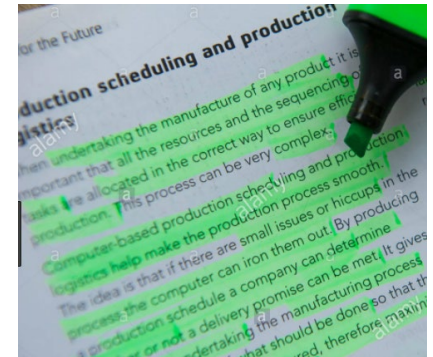


Remember – different people learn in different ways. What works for somebody else might not work as well for your daughter. That's ok!!

What doesn't work so well



- **Re-reading class books / notes without summarising or note taking.**
 - Revision should be more active: students should be doing something with the information they revise.
- **Excessive or thoughtless highlighting of notes**
 - Can you explain why you've highlighted what you've highlighted?
 - Have you used different colours for different things?
 - If the whole page is highlighted, what is the point?



Top Tip:

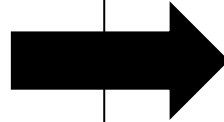
When re-reading notes, summarise key points onto flashcards or mindmaps, or annotate your notes.



Effective Highlighting and Summarising



There are many forms of revision techniques that are thought to be effective, including: highlighting of notes; creation of flashcards and revision mindmaps; low-stakes quizzing; the use of past exam papers; creating songs, poems or raps to aid revision; presenting and talking about key concepts & ideas to others; teaching others and many more. Simply reading over lots of information has been shown to be less effective.



Good Revision:

- ✓ Flashcards, mindmaps, posters.
- ✓ Past exam papers.
- ✓ Songs, poems, raps.
- ✓ Quizzes.
- ✓ Online resources – MyMaths, Kerboodle.

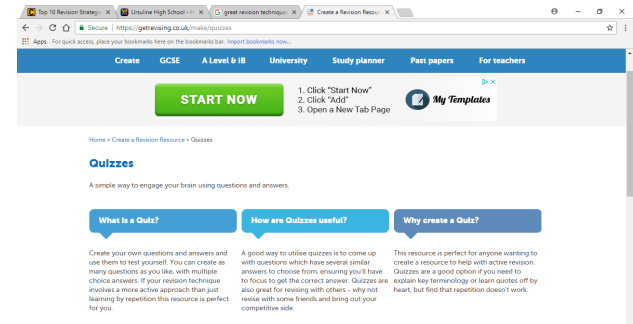
Bad Revision:

- Highlighting everything.
- Just reading over notes.
- Cramming the night before the test.

Quizzes and past papers

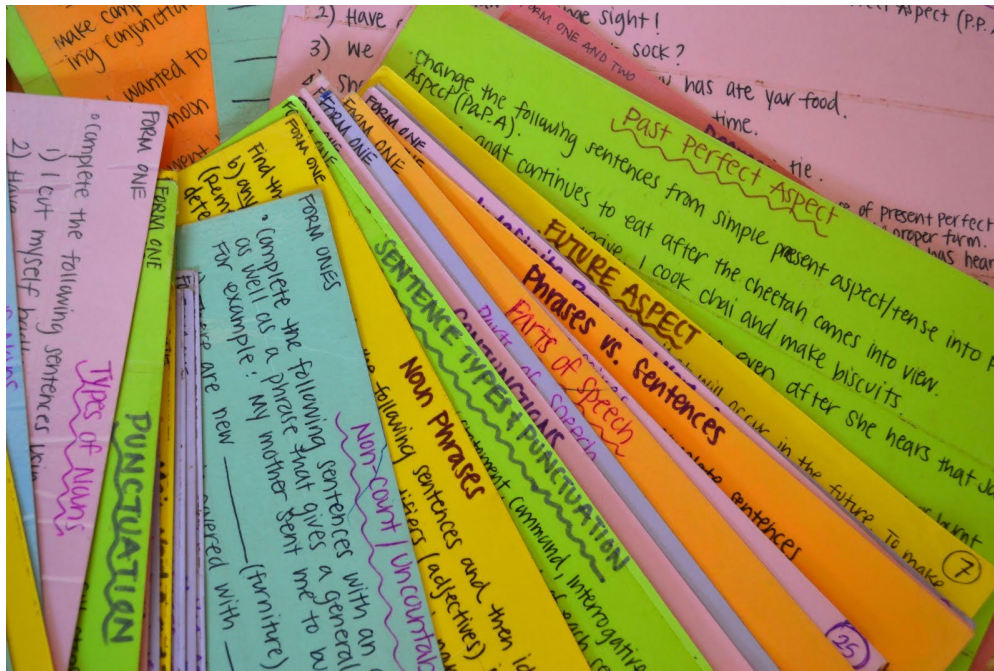


- Past papers and quizzes are an ideal vehicle to get students self-testing.
- Proven to be a robust revision strategy, so that students can calibrate their knowledge and remembering.
- There are various types of quizzes, of course, such as short answer, multiple-choice or true and false.
- Students can create their own quiz resources to help themselves & their peers revise.



While past papers might not be as relevant to Year 7 as to GCSE and A Level Students, completing practise exam-style questions enables students to develop their exam skills in preparation for their tests. Subject teachers will help with this.

Use of flashcards



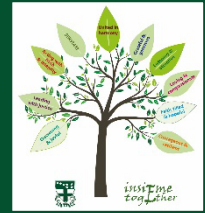
Questions to consider:

- Are the flashcards clearly labelled, e.g. with clear questions or headings?
- Are they arranged and organised in a logical way, e.g. by topic / unit?
- Is the information on the card(s) supported by images / diagrams?

Try [Cram.com](https://www.cram.com). [Quizlet](https://www.quizlet.com) These websites can make digital flashcards / quizzes. They also have games which help you revise!

CRAM

Presenting/Teaching



Ask your daughter to present a topic for a minute or to teach you about what they've been revising. (verbally explaining a topic helps them have a better grasp of it)

WHY?

A good way of checking that your child is revising and revising effectively.

Shows you are invested in their education.

HOW?

Parent: What have you been revising tonight?

Child: Science.

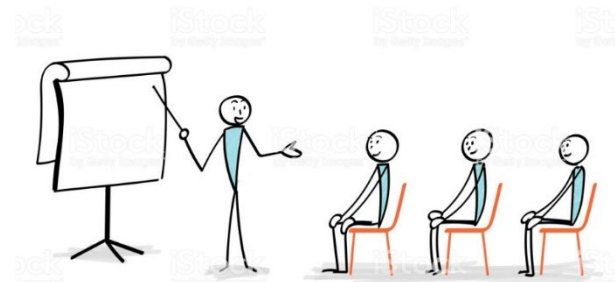
Parent: Specifically?

Child: Plant cells.

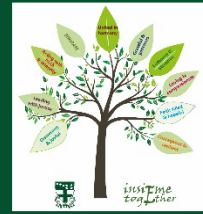
Parent: OK, tell me about...

MAKE IT
FUN

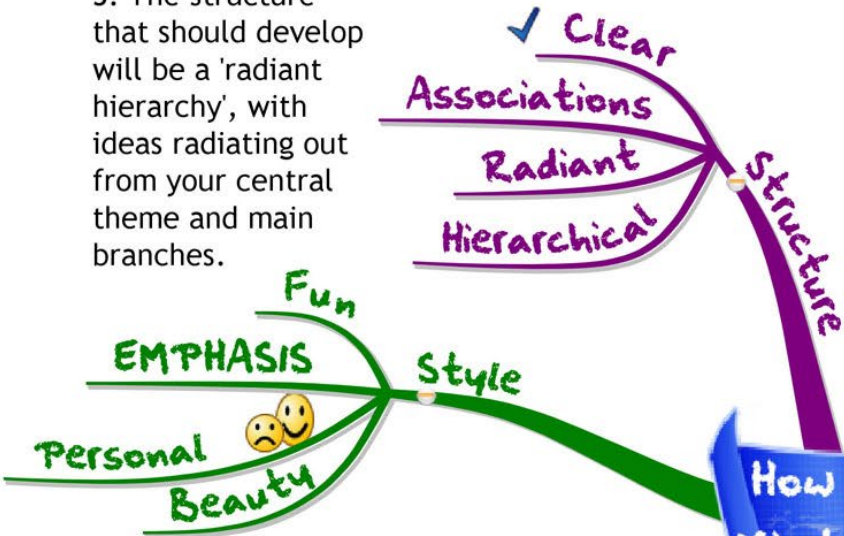
Why not play games like 'Just a Minute'. Give your child 1 minute to talk about a revision topic of their choice without hesitation, deviation, etc.



Creating a Mindmap



5. The structure that should develop will be a 'radiant hierarchy', with ideas radiating out from your central theme and main branches.

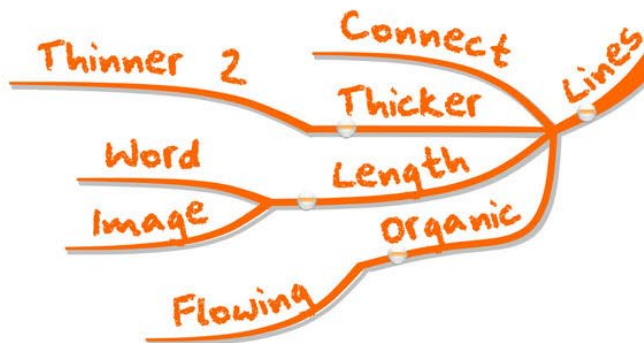


1. Start at the centre of a blank, landscape page, ideally with a colourful image to represent your subject.



2. Use words and pictures throughout your map. Wherever possible use single KEY words, printed along a line. Each word or picture sits on its own line.

4. Experiment with different ways of linking and emphasising different aspects. Use highlighters, codes and arrows as necessary.

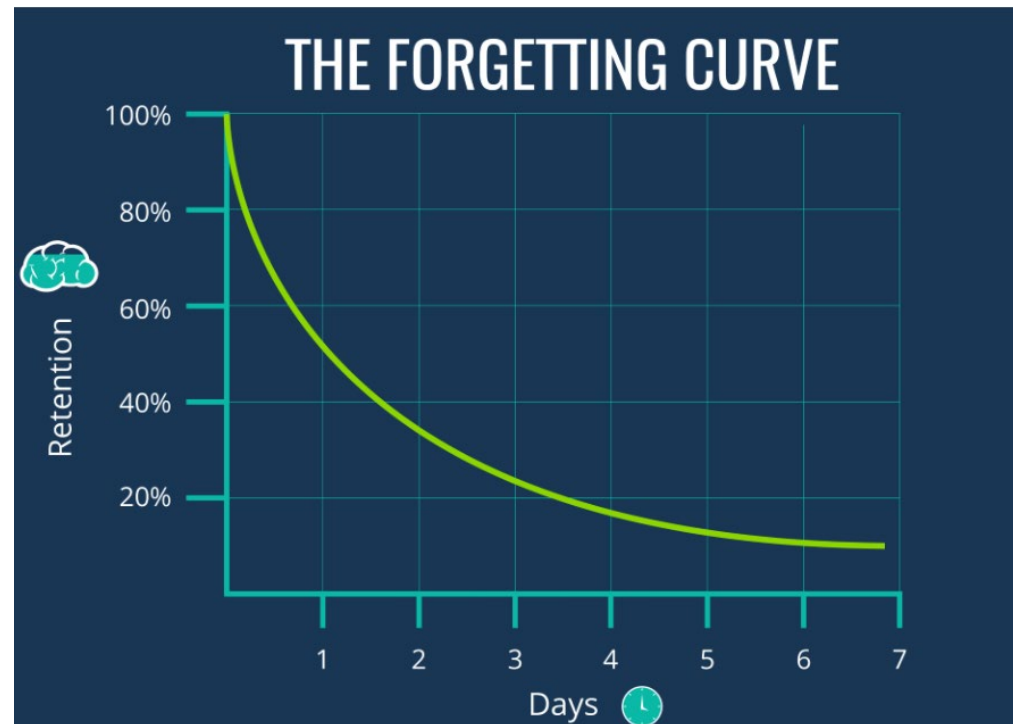


3. The lines make the associations between ideas as clear as possible. Make them flowing and organic, each line the same length as the word or image. Always ensure that lines connect to the end of the line at the previous level. Typically lines will be thicker at the centre and thinner further out.

Remember... the forgetting curve



Students should pick small topics and then revisit them constantly over a period of time, so the knowledge then sticks. The more you do it, the less you forget! , Ebbinghaus' Forgetting Curve illustrates that humans forget approximately 50% of new information within an hour and up to 70-90% within a few days if it is not reinforced.



How can parents help?



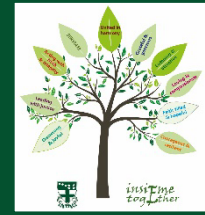
- Wherever possible provide a quiet dedicated space to revise.
- Check that a revision timetable is in place and that it allows for enough rest time.
- Ask your daughter to explain to you what she is doing (not just are you revising?)
- Ensure that distractions are minimized (mobile phones etc.).
- Students may **say** that having music, etc. on helps them; this isn't necessarily true (but does work for some).
- Ensure that your daughter has enough sleep and has regular meals.
- Check her school revision material.
- **Provide reassurance**
- Wellbeing – remind them of techniques we have used during 'Wellbeing Wednesdays '
- Remind your daughter that support is available in school (Form Tutor, Head of Year, PSA)

How can parents help?



- On the morning of the exam:
- Make sure they have breakfast (avoid sugars, go for starchy foods – they release energy slowly) and have had something to drink.
- Make sure they leave home on time, being late can cause unnecessary stress for them.
- Have they got plenty of water with them?
- Have they brought a snack for breaktime?
- Do they have their pencil case? Please make sure it is clear / use a clear bag for their equipment. For DT they need some coloured pencils too, calculator for science.
- Remember we have a no smart watch rule
- Make sure they have their revision notes with them for exams that are happening that day or later in the week.

In Summary



Revision is about transferring information from one format to another in an active way, this is what we have told Year 7:

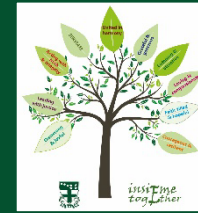
1. Choose a topic.
2. Actively revise the topic.
3. Use the resources you've made to answer some questions.
4. Mark the work and then make any changes to your resources based on your notes / knowledge
5. Repeat the above without notes.

After the exam



- They will be tired
- Sometimes exam stress does not show initially, they might be worried about getting the results
- Reassure your daughter – she revised and tried her hardest – this is our message too
- Try not to guess how the exam went – discourage chatting to others about it
- They can fixate on things they do not know – ignore this and acknowledge there will be lots that she did get right

Social Media



As we are sure you are aware, we have been dealing with a massive social media issue in Year 7.

Last week it came to our attention that there were a number of social media accounts belonging to students in year 7 that are sharing malicious AI-generated images and videos of members of staff.

There are also a number of WhatsApp groups commenting negatively about our staff.

Please can we remind you that as part of the home-school agreement you signed on admission to the school you agreed to support the school's ban on social media.

Additionally, in the UK, most social media platforms require users to be at least 13 years old to create an account.

Q&A

If there are any urgent questions relating to revision, please do email me:

Rachel.hoyles@ursulinehigh.merton.sch.uk

