

# Oaklands

Catholic School and Sixth Form College

## Welcome to Year 11 Parent Information Evening 2021

Community Unity Opportunity



# Year 11 Important Dates

DATE	EVENT
14Sep	7pm Year 11 Parent Information Evening
30Sep	Open evening
01Oct	INSET School Closed
14Oct	5:30pm 6 <sup>th</sup> Form Open Evening
15Oct	Non-Uniform Day (bring £2 please)
w/c 18Oct	Year 11 Enterprise week (to be confirmed)
20Oct	Year 7 Disco (To raise funds for Y11 PROM)
25Oct–29Oct	Half-Term Break
10-11Nov	Whole School Flu Immunisation
12Nov	Year 11 Reports go home
23Nov	6pm New York Trip Information Evening
26Nov	Year 11 English and Maths Mock Exams
29Nov	Year 11 Mock exams
17Dec	INSET - School Closed – Xmas Break until Tuesday 4 <sup>th</sup> January 2022
w/c 04Jan	Year 11 Book sharing week
13Jan	Year 11 Mock English Exam
13Jan	Year 11 Parents Evening
01Feb	Year Group Photos and Y11 individual photos
18Feb	Year 11 Mock Science Exam
18Feb	New York Washington trip departs (until 24 <sup>th</sup> )
21-25Feb	Half Term Break
28Feb	Year 11 Maths/English Science Mock Exams
01Mar	Year 11 Maths/English Science Mock Exams
02Mar	P1&P2 Ash Wednesday Service and Tutor Period
04Mar	Non-Uniform Day and World Book Day Celebration (bring £2 please)
09-11Mar	7pm School Production
w/c 14Mar	British Science Week
16Mar	5PM SEN Parents evening
25Mar	Silver DofE Camp Craft in Sports Hall/Gym
31Mar	5pm Design Showcase
11-22Apr	Easter Holidays
25Apr	Iceland Trip Info Evening
27Apr	1:40pm Silver DofE return Kit
02May	Bank Holiday
09May	MFL Speaking. GCSE exams start this week
24May	Year 11 Leavers Mass and Celebration
30May-03Jun	Half Term Break
06Jun	GCSE Exams Continue
07Jul	7pm Year 11 PROM (to be confirmed)
25Aug	GCSE Results Day (to be confirmed)

237 days  
From tonight (14<sup>th</sup> Sep)  
until  
GCSE exams start.

Roughly 28 weeks if holidays  
are excluded.

280 hours of homework and  
Revision (10 hours per week)

30-40 hours per subject.

Example:

Science has 6 papers – each  
one covers at least 7 topics.  
1 hour per topic between now  
and GCSEs.

# Revision – is this what it looks like?



Organisation and good habits will reduce stress.....  
It should improve grades too!

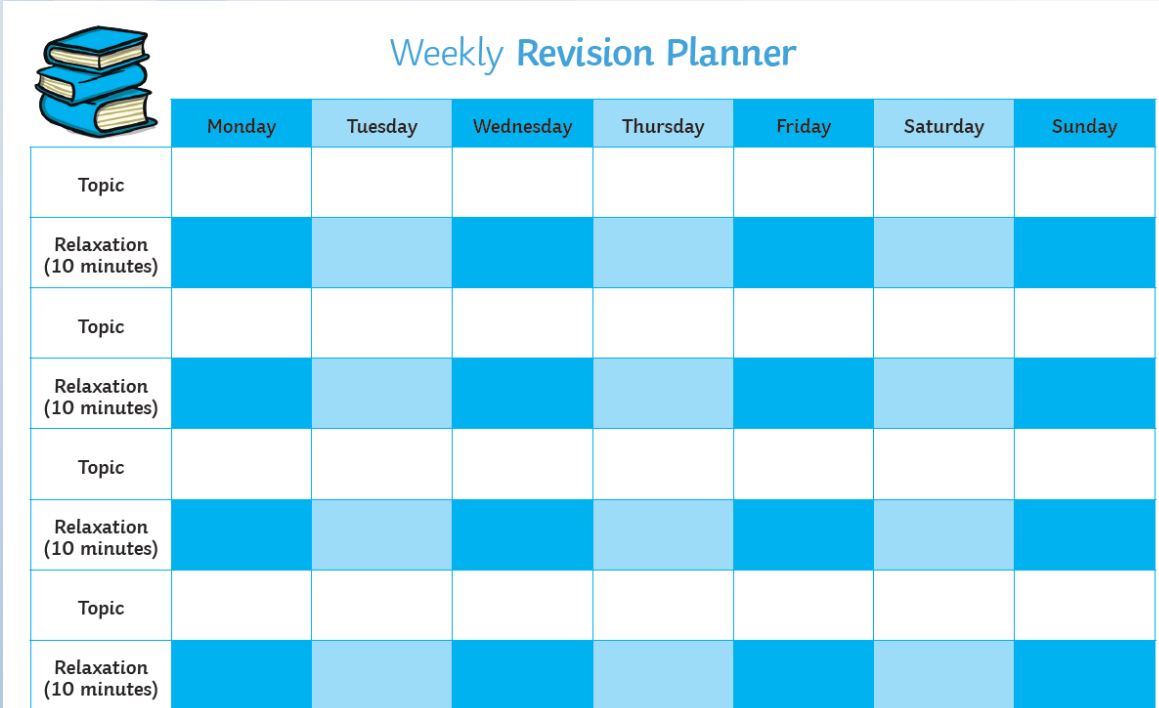
# General Advice and Resources **Oaklands**

Catholic School and Sixth Form College

- ❖ Combined homework and Revision – 10 hours per week.
- ❖ Create a timetable – this should include hobbies and breaks.
- ❖ Organise revision resources – coloured books/folders/flash cards/post-its
- ❖ A space without distractions
- ❖ Rewards

## Useful websites/Apps:

- Seneca
- Kerboodle
- Mathswatch
- BBC Bitesize
- Memrise
- Get Revising
- Adapt
- Physics and Maths Tutor



The image shows a 'Weekly Revision Planner' table. It features a stack of three blue books icon in the top left corner. The title 'Weekly Revision Planner' is centered at the top in blue text. The table has a grid structure with columns for the days of the week (Monday to Sunday) and rows for 'Topic' and 'Relaxation (10 minutes)'. The 'Relaxation' rows are shaded in light blue, while the 'Topic' rows are white. The table is designed to help students allocate time for both studying and breaks throughout the week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Topic							
Relaxation (10 minutes)							
Topic							
Relaxation (10 minutes)							
Topic							
Relaxation (10 minutes)							
Topic							
Relaxation (10 minutes)							

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# Support at School

# Oaklands

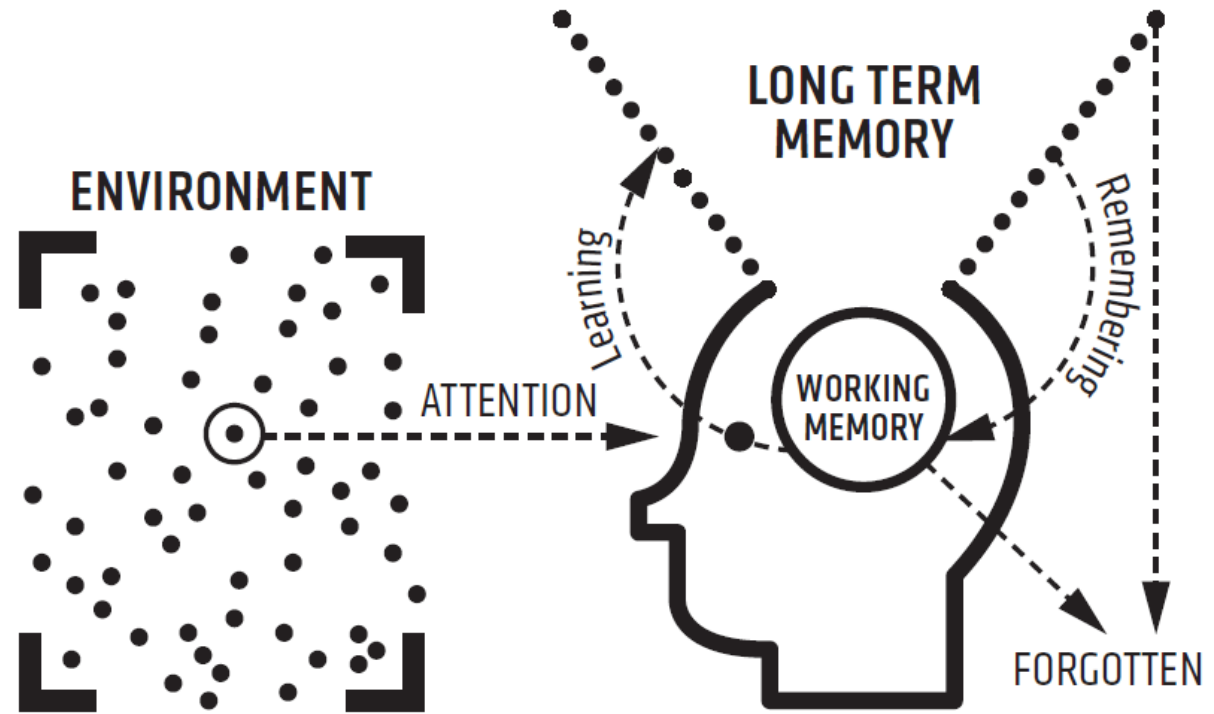
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- **Good Morning Club** – In JP15 every morning from 8.30am for help with basic skills and support to complete a piece of homework.
- **Homework Club** – In JP14 lunchtimes – support to complete homework or print out work to hand in.
- **Homework/Study Support** – Tuesday, Wednesday and Thursday. 3.30 to 4.30pm in JP15 - support for all year groups.
- **Revision Skills** – In JP13 for students in year 11 after school on a Tuesday 3.30 to 4.30pm.
- **Y11 Supervised Study** – 3.30 to 4.30pm in Lab 5 & 7. Students must bring resources.
- **Subject Support** – each subject will inform students of planned revision and support. Revision timetables will be shared January 2022. Teachers share resources via Teams/class charts.
- **Yoga** – Wednesday lunchtimes.
- **Peers** – share ideas, resources, arrange study groups.

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# Cognitive Load



## Tips to Help

- Good Sleep
- Hydration
- Healthy Diet
- Exercise
- Good subject knowledge
- Breaking down learning into chunks
- Using acronyms, mnemonics, word play
- Repeat
- Practice

# The Pomodoro Technique

- Productivity technique to:
  - Increase focus
  - Lessen distractions / interruptions



# How Does it Work?

1. Pick a task.
2. Set the timer for 25 minutes.
3. Get to work.
4. Stop when time is up.
5. Record progress.
6. Take a 5-minute break.
7. Get back to work.
8. After 4 Pomodoro sessions, take a 15-30 minute longer break.
9. Repeat as needed.

## HOW TO BE PRODUCTIVE USING



## THE POMODORO TECHNIQUE

NAMED AFTER THE ITALIAN WORD FOR TOMATO SINCE THE TIMER USED BY THE TECHNIQUE'S CREATOR WAS SHAPED AS A TOMATO

### PICK A TASK



A list should be planned ahead of time.

### SET THE TIMER TO 25 MINUTES



Although a mechanical timer is suggested (like this tomato-shaped kitchen timer), any type will do.

### GET TO WORK



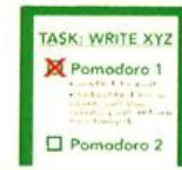
**NO DISTRACTIONS ALLOWED**

### STOP WHEN TIME IS UP



This block of work time is called a POMODORO.

### RECORD PROGRESS



Make note of anything that could aid future improvement.

### TAKE A FIVE MINUTE BREAK



Breaks keep you fresh.

### GET BACK TO WORK



AND REPEAT PREVIOUS STEPS

### AFTER THE FOURTH POMODORO TAKE A LONGER BREAK (15 - 30 MINUTES)



Squeeze in mindless chores for increased productivity.

### CONTINUE LIKEWISE UNTIL CALLING IT A DAY



With such focus and flow, time is used more efficiently while reducing mental fatigue.

THE POMODORO TECHNIQUE® IS A REGISTERED TRADEMARK OF THE TECHNIQUE'S CREATOR FRANCESCO CIRILLO. FOR MORE INFORMATION, VISIT [WWW.POMODOROTECHNIQUE.COM](http://WWW.POMODOROTECHNIQUE.COM).





## Restorative Breaks

### Restorative Breaks

- ✓ Have a snack
- ✓ Drinking water
- ✓ Deep breathing
- ✓ Nature break

### Addictive Breaks

- 🙄 YouTube
- 🙄 Social Media
- 🙄 Streaming services



# Understanding the perfectionist

## – managing expectations

- Seek to understand what fuels perfectionistic nature
- Do they seek the validation of others?
- Do they seek praise to feel worthy or recognised?
- Do they have a lack of self-esteem?
- Are they trying to avoid rejection or fear making mistakes?

Take action- consider what drives them to help understand the reasons behind it. We cannot address a problem until we understand the cause.



Perfectionism can cause:  
Lack of confidence  
Anxiety  
Low mood.

# Effective Self-Care



Self care isn't just bubble baths and face masks. Its about allowing yourself time to rest and not taking on too much.

Self care is giving yourself time to recuperate after hard work. Giving yourself a day off will allow you to work better!

Making revision plans and timetables is good but make sure to factor in time for self care, even if its only an hour a day. Your brain needs a break too.

# Why sleep issues occur

**Homework overload-** it can be tempting to delay your work until later hours but working all night affects your sleep pattern and can make sleeping other nights harder.

**Anxiety and overthinking-** writing down anxieties can make it easier to deal with. Talking is power- speak to friends, family or your GP.

**Too much screen time-** blue light from screens is designed to keep you awake and content is stimulating. Try to avoid screens for an hour before bed.

**Too much sugar and/or late night snacking-** try to avoid sugary snacks or caffeine before bed, even hot chocolate and crisps can keep you awake. As well, the process of digestion keeps us awake so try not to eat any big meals after 8pm



# What to do for better sleep

**Routine is key-** maintaining a regular bed time and morning wake up is best for better sleep.

**Turn off tech-** also avoid clock watching when you are in bed and struggling to fall asleep

**Environment-** Sleeping in a messy room is not relaxing for the body, try to keep a tidy space that's distraction and clutter free

**Exercise-** at least 30 minutes of light exercise a day can significantly improve sleep!

**Late night snacking-** one hour before bed stick to drinking water. For late night snacks try 'sleep food' such as almonds, bananas, cherries and anything dairy (not chocolate!)

## TIPS FOR HEALTHY SLEEP



### ✓ YES



GET UP AT THE SAME TIME



EVENING WALKS



BEDTIME ROUTINE



COMFORTABLE BED



COOL AND DARK ROOM



RELAXING BATH

### ✗ NO



HEAVY FOOD



BLUE LIGHT



HARD TRAINING



ALCOHOL, SMOKING



CAFFEINE



STRESS



# Off The Record (South East Hampshire)

# Oaklands

Catholic School and Sixth Form College

We are open Monday-Friday. If you would like to know more or need some help or advice, give us a call on:

**023 9247 4724**

Our phone lines manned every day, if you don't get through first time please leave a voicemail with your phone number and we will get back to you within 2 working days.

or email us at [enquiries@otr-south.org.uk](mailto:enquiries@otr-south.org.uk)

We aim to respond to emails within 2 working days

we are at:

**138 Purbrook Way, Leigh Park, PO9 3SU**

Monday - Wednesday 3pm - 8.30pm

Thursday 1pm - 8.30pm

Friday 1pm - 5pm



“ 75% of mental illness in adult life starts before 24, with 50% established by age 14 ”

# Safe Haven

# Oaklands

Catholic School and Sixth Form College

Young Person's Safe Haven is open at the Pallant centre every Tuesday, Wednesday and Thursday between 5-8 pm. (self-referral).

Phone: **0300 303 1580**

Email: [cypsafehaven@easthantsmind.org](mailto:cypsafehaven@easthantsmind.org).

As well as our new group topics we are continuing to offer our one-to-one mental health support sessions.

These one-to-one support sessions can include;

- Confidential emotional support
- Self-harm/ suicide safety planning
- Healthy coping strategies
- Wellbeing topics and mindfulness
- Mental Health signposting



## Young Person's Safe Haven now open

- Young people aged 11-17 years living in the Havant Borough.
- Access to one-to-one, face-to-face support sessions, crisis support, self-harm/suicide safety planning, healthy coping strategies, wellbeing topics, mindfulness and signposting.
- Please book an appointment on 0300 303 1580 or email [cypsafehaven@easthantsmind.org](mailto:cypsafehaven@easthantsmind.org) between 5-8pm Tuesday, Wednesday and Thursday. Last appointments at 7.30pm.
- We are still offering telephone support

Please note this phone line and email address will not be monitored outside of these hours.

Service delivered at The Pallant Centre, Havant, PO9 1BE.



*In order to keep our staff and young people safe, staff will be wearing appropriate PPE and adhering to social distancing, safety and cleaning protocols.*

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# Safe Haven

-Managing Anger 08/09/12

-Stress 15/09/21

-Mindfulness 22/09/21

-Nutrition and Mental Health 29/09/21

(Havant Borough only)

Group sessions run on a Wednesday from 6pm to 7pm.

Each session is based around a mental health & wellbeing centred topic which includes:

- Clear information on that topic
- An in-depth discussion between the young people and practitioners
- Learning new healthy coping skills relating to the topic
- A safe space to meet and interact with other young people
- A small activity

Wellbeing Groups are then followed by an optional 45-minute art and craft session

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## Youth Wellbeing Groups

Children and Young Person's Safe Haven are now offering wellbeing groups for 11- to 17-year-olds that live within the Havant Borough.

These will run on a Wednesday from 6 pm to 7 pm. Each session will include a wellbeing centred topic which will include: information, in-depth discussion, the teaching of healthy coping skills relating to the topic and a small activity.

Group sizes are currently limited to six young people per session. To book a slot please contact us in advance by calling 0300 303 1580 or [cypsafehaven@easthantsmind.org](mailto:cypsafehaven@easthantsmind.org)

[www.easthantsmind.org](http://www.easthantsmind.org)  
Registered charity no. 1116301



Havant and East Hants





# Kooth

## Home - Kooth

### **Create a 'good mood' playlist**

Useful for self expression/managing emotions/just for fun An activity that uses music to boost your mood.

[kooth.com/activities/create-a-good-mood-playlist](http://kooth.com/activities/create-a-good-mood-playlist)

### **Improve your bedtime routine**

Useful for relaxation/good sleep hygiene/helpful habits An activity that promotes healthier bedtime habits for a good night's sleep.

[kooth.com/activities/improve-your-bedtime-routine](http://kooth.com/activities/improve-your-bedtime-routine)

### **Create your own superhero**

Useful for self expression/just for fun A fun and creative activity that helps to distract and pass the time.

[kooth.com/activities/create-your-own-superhero](http://kooth.com/activities/create-your-own-superhero)



**kooth**  
**Activities**

# Oaklands

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**Free, safe  
and anonymous  
online counselling  
and support**

**"I don't think I could've spoken  
to someone face-to-face."**



Chat to our  
friendly counsellors



Read articles written  
by young people



Join live  
moderated forums



**kooth**

[www.kooth.com](http://www.kooth.com)



# The Sixth Form @Oaklands Catholic School



The Sixth Form  
@Oaklands Catholic School

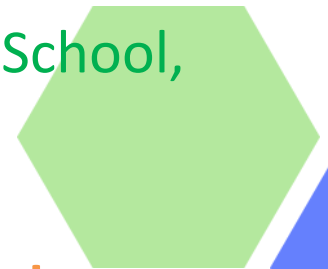
## Recruitment Events 2021

- SLT post 16 options/study interviews for all Y11 (September – early Oct 2021)
- Y11 assembly presentation (October 2021)

- **Sixth Form Options Evening 14**

**October** - meet the Head of Oaklands Catholic School, Director of SF Learning, students, A Level teachers presentations

- Apply online through Oaklands website or on 14 October



**NEW to  
OAKLANDS**  
**A Level  
COMPUTER  
SCIENCE**

**20+ APPLYING FOR  
APPRENTICESHIPS AT LEVEL 4+**

**“SMALL,  
HIGH  
ACHIEVING &  
FRIENDLY”**

**Who comes to  
Oaklands?**

St Edmunds  
Crookhorn/Horndean  
/Cowplain/  
Springfield/Priory/  
Havant Academy/Park  
Community/Mayville/  
Trafalgar/  
Peter Symonds College  
/HSDC  
College/Warblington

**245  
in total  
(2021-22)  
Y12+13**

**Oxbridge group  
to support  
MEDICINE,  
OXFORD OR  
CAMBRIDGE  
applications**

**DIGITAL SUPPORT THROUGH  
TECHNOLOGY e.g. Microsoft  
Teams**

# Subjects @Sixth Form 2022

**Biology**

**Business**

**Chemistry**

**Computer Science**

**Drama and Theatre Studies**

**Economics**

**English Language**

**English Literature**

**English Language and Literature**

**Film Studies**

**Fine Art**

**French**

**Geography**

**Government  
& Politics**

**Health and Social Care**

**History**

**Law**

**Mathematics**

**Further Maths**

**Media Studies**

**Music**

**Photography**

**Physical Education**

**Physics**

**Product Design**

**Psychology**

**Religious Studies**

**Sociology**

**Spanish**



**CGSE in this subject not required for  
Level 3 access**





We look forward to receiving your application form online through our website or in person by 16 December 2021

[oaklandssixthform@oaklandscatholicschool.org](mailto:oaklandssixthform@oaklandscatholicschool.org)



# Oaklands

Catholic School and Sixth Form College

## GCSE Maths Year 11

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## Year 11 GCSE Mathematics OCR

- Students will sit either the Higher tier (grades 9 – 4) or Foundation tier (grades 5 – 1).
- Three exams at the end of Year 11, two calculator and one non-calculator.
- Each exam has equal weighting and each lasts 90 minutes.
- They will test your problem-solving skills, alongside your mathematical reasoning and knowledge.



There are four Maths lessons each week.

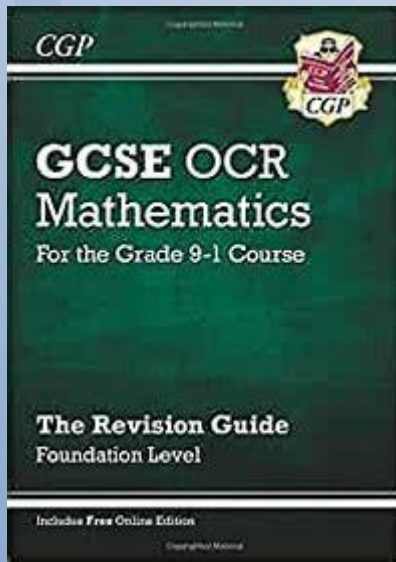
The course should be completely taught by February 2022, just before the March mocks.

Time after this will be spent completing past papers, enhancing exam skills and recapping any material that students are struggling with.

The department are experienced OCR Maths teachers and many of our students join us to study Maths as an A-Level at Sixth Form.

## Maths Resources

- Maths set
- Scientific calculator
- Workbooks and study guides
- Online revision tools - MathsWatch

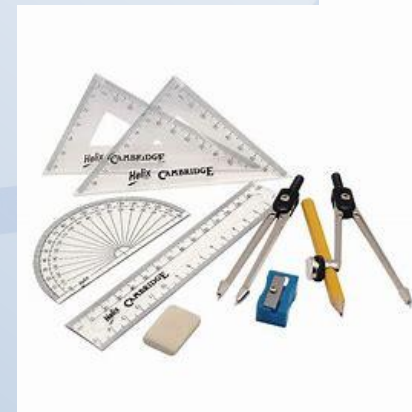


Question Progress 2 / 2 Marks

These are the times for 240 people to get to work. A 10% sample, stratified by time, Complete the table.

Time, $t$ , (mins)	No. of people
$0 < x \leq 10$	8
$10 < x \leq 30$	33
$30 < x \leq 40$	81
$40 < x \leq 50$	77
$50 < x \leq 100$	41

Time, $t$ , (mins)	No. of people in the sample
$0 < x \leq 10$	1
$10 < x \leq 30$	3
$30 < x \leq 40$	8
$40 < x \leq 50$	8
$50 < x \leq 100$	4



# Oaklands

Catholic School and Sixth Form College

## GCSE Science AQA

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## AQA GCSE Trilogy Science

- Students will sit 6 Science papers each 75 min long and 70 marks each.
- Foundation and Higher Papers.
  - B1 and B2 (Biology)
  - C1 and C2 (Chemistry)
  - P1 and P2 (Physics)
- Students awarded a combined grade from a 17 point scale, calculated by averaging grades from the six papers. 1-1, 2-1, 2-2, 3-2, 3-3..... 9-9.
- (Capped at 5-5 for foundation students)

Students have 10 lessons per fortnight.

2 teachers per class to maximise teaching by specialists.

Retrieval practice every week.

Half-termly tests and mocks.

Revision in class and extra-curricular (from Feb)

Excellent online resources.

## **Skills and knowledge:**

Key words (technical language)

Maths (units, rearranging equations, graph etc)

Required practicals

Practice questions very important.

# Triple Science

Students have 5 additional lessons per fortnight.

Two teachers per class.

- Students will sit 6 Science papers each 1 hour 45 min long and 100 marks each.
- Foundation and Higher Papers.
  - B1 and B2 (Biology)
  - C1 and C2 (Chemistry)
  - P1 and P2 (Physics)

Scores from both papers on each topic are averaged to give 3 separate GCSE grades.

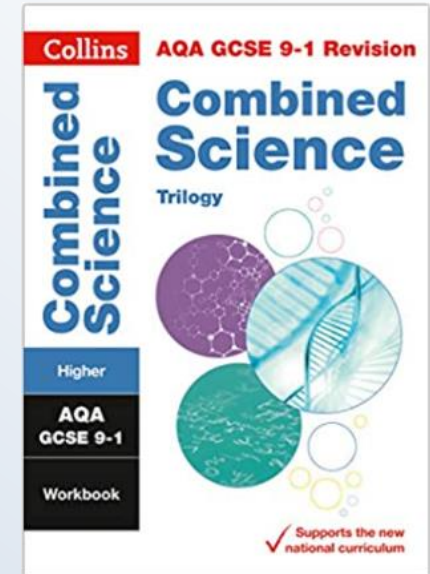


## Science Resources

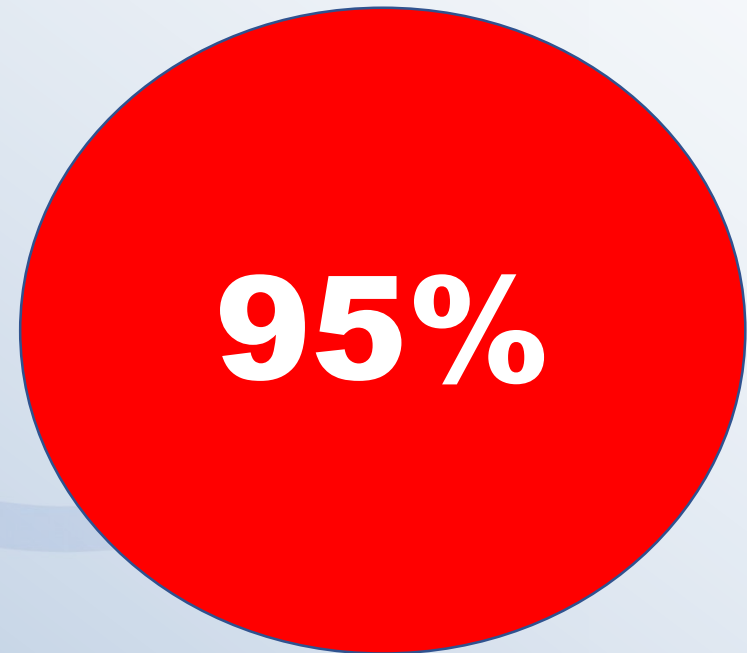
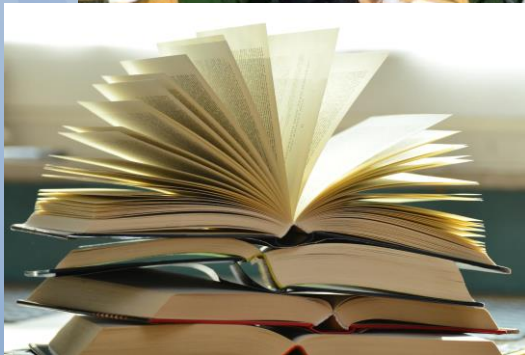
- Scientific calculator
- Textbooks – see Kerboodle website
- Workbooks and study guides

### Online resources:

- Kerboodle [Kerboodle](#)
- Seneca [Free Homework & Revision for A Level, GCSE, KS3 & KS2 \(senecalearning.com\)](https://www.senecalearning.com/)
- Freesciencelessons [freesciencelessons | The very best in science education](https://www.freesciencelessons.com/)
- Physics and Maths Tutor [Physics & Maths Tutor \(physicsandmathstutor.com\)](https://www.physicsandmathstutor.com/)



## GCSE English Literature and Language



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## What skills are required by our students in the new English GCSE?

- The ability to read a range of texts and select relevant information from this source material, showing they have understood the material.
- The ability to make sensible comments on why writers choose particular words or shape their texts in particular ways.
- The ability to express opinions and show a personal viewpoint.
- The ability to write clearly and accurately, conveying a point of view on a global topic or creating a coherent narrative.
- And – yes – finally – the ability to remember some important quotations from the texts they have read.

## English Language GCSE; English Literature GCSE

### English Language

- **Paper 1**: Two sections: Reading & Writing  
AQA - 1 hr 45 minutes
- **Paper 2**: Two sections: Reading & Writing  
AQA - 1 hr 45 minutes
- **Equal weighting for Reading and Writing**

### English Literature

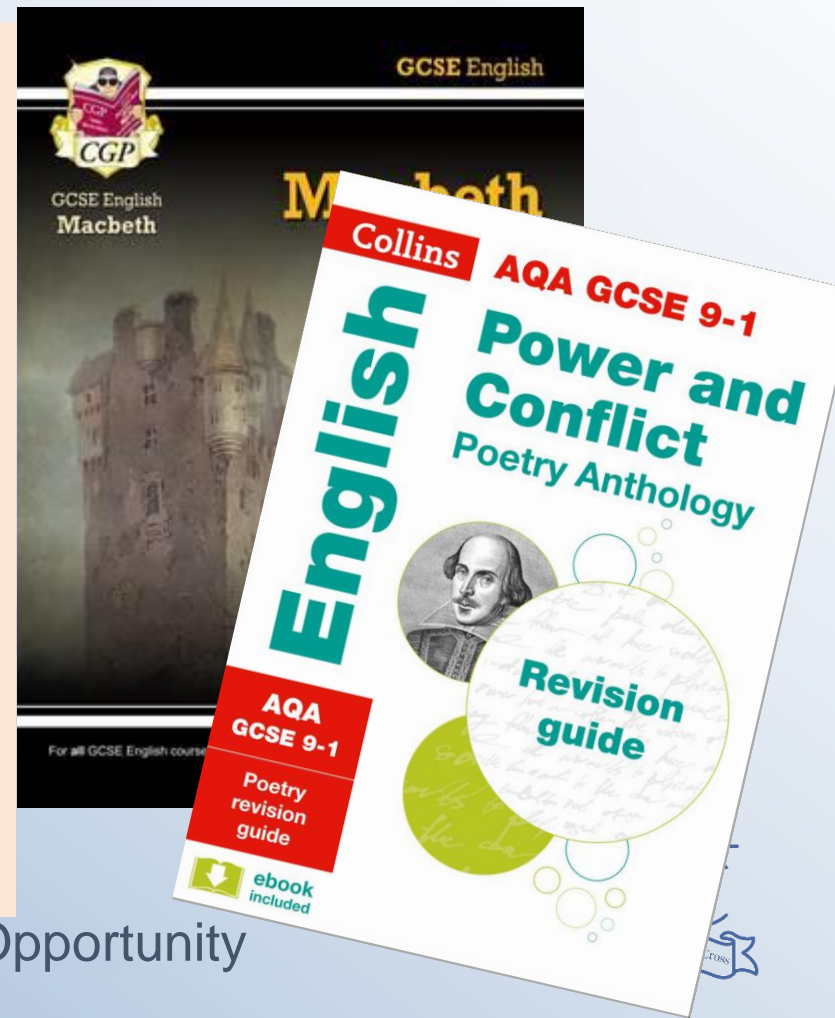
- **Paper 1**: Extract paper, Shakespeare and 19<sup>th</sup> Century novel. AQA - 1 hr 45 minutes
- **Paper 2**: Modern novel and Poetry AQA - 2 hours 15 minutes

## How we help our students to thrive?

- Offer lessons constructed and delivered by teachers, many of whom are AQA examination markers and therefore know the new exams inside out.
- Test regularly to build up speed of thought and response under timed conditions.
- Offer a robust revision schedule so that no one gets left behind.

## How can students and parents help shape the learning journey?

- If extra sessions are offered, students need to be proactive and seek out the extra help on offer.
- At home students need to read more widely – newspapers, journals, magazines, fiction and non-fiction sources. Talk to your youngsters about what they have read – encourage them to develop their own voice.
- Parents could help students by encouraging them to read more, go online less and by talking to students about what is going on the world. Encourage your young adults to develop opinions and find ways of expressing these ideas in a lively way – perhaps around the dinner table.



## English Resources

[Oaklands English Dept – Facebook & Instagram](#)

[AQA | Subjects | English | GCSE](#)

[GCSE English Literature - AQA - BBC Bitesize](#)

[GCSE English Language - AQA - BBC Bitesize](#)

[Literature Notes | Homework Help | Study Guides |](#)

[Test Prep | CliffsNotes](#)

[Mr Bruff - YouTube](#)

## GCSE Religious Studies Year 11

3 lessons a week

Finish the course February 2022

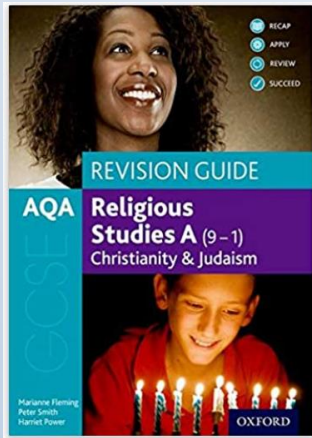
Revision February to May 2022

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# AQA GCSE Religious Studies

- Students in sets 1-4 will all sit the same exam since there are no tiered papers in RS.
- Two exams at the end of Year 11: Paper 1 study of religions; Paper 2 thematic studies.
- Each exam has equal weighting and each lasts 1 hour 45 minutes.
- Full range of grades 1-9 available.
- Students in set 5 will sit AQA GCSE short course
- One paper at the end of Year 11
- Exam lasts 1 hour 45 minutes
- Full range of grades 1-9 available



## RS revision resources

- Revision Guide (available on Amazon)
- Revision packs (booklets or posters to complete revision notes – available from RE Department)
- Online revision tools such as Seneca
- Online revision videos (such as Mr McMillan on YouTube)
- Revision workshops (run by RE staff at lunch and after school).



# Oaklands

Catholic School and Sixth Form College

## GCSE Geography Year 11

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## AQA GCSE Geography

- Students will sit three exams at the end of Year 11.
- Paper 1: The living world, The UK physical landscapes (Coasts and Glaciers), The challenge of natural hazards – 1 h 30 min
- Paper 2: Urban issues and challenges, The changing economic world, Resource management incl. Food – 1 h 30 min
- Paper 3: Skills/ fieldwork and Issue Evaluation – 1 h 15 min

There are 2/3 Geography lessons each week (5 lessons per fortnight/ 6 in option block X).

The course should be completely taught by April 2022.

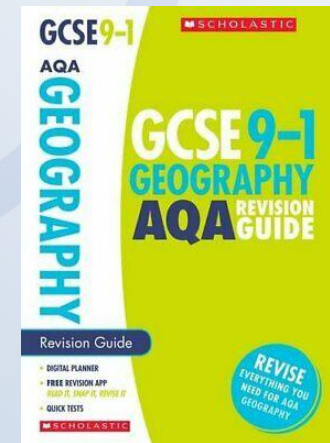
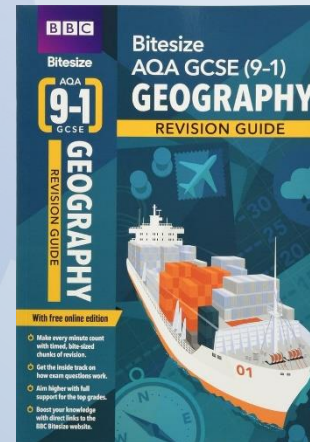
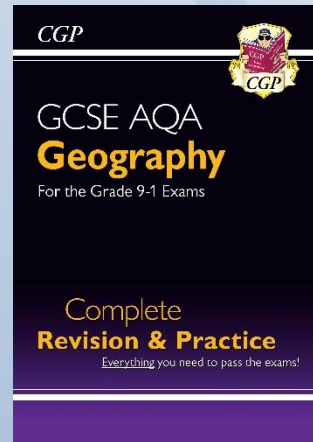
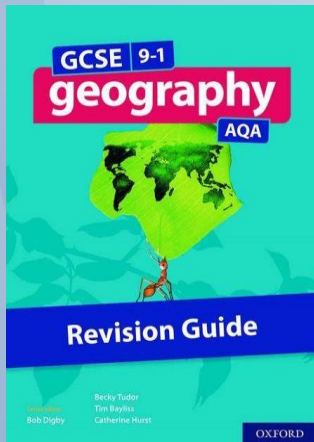
Time after this will be spent completing past papers, enhancing exam skills and recapping any material that students are struggling with.

The department will run after school revision sessions starting after February half term.

The department are experienced AQA Geography teachers and many of our students join us to study Geography as an A-Level subject at Sixth Form.

## Geography Resources

- Free Geography revision booklets – school website
- Various revision guides – available online/ Amazon or school library



# Oaklands

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## GCSE History Year 11

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## AQA GCSE History

- It is most likely that students will sit three papers at the end of Year 11 on the three topics they have studied. However, OFQUAL have yet to confirm this adjustment (pre-Covid there were 4 units / 4 papers).
- Each exam has equal weighting and each lasts 60 minutes.
- The exams will test your knowledge and understanding of the key events and individuals studied, test your source evaluation skills and your ability to make judgements about interpretations of the past.

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There are five, or six if you are a non-linguist, History lessons each fortnight.

The course should be completely taught by the end of March. All our resources are available on Teams.

Time after this will be spent completing past papers, enhancing exam skills and recapping any material that students are struggling with.

The department are experienced AQA History teachers and examiners. We have a strong take-up of students going on to study History / Politics A Level.

Community Unity Opportunity



# Oaklands

Catholic School and Sixth Form College

## GCSE MFL Year 11

Community Unity Opportunity





## AQA GCSE MFL

- Students will sit either the Higher tier (grades 9 – 4) or Foundation tier (grades 5 – 1).
- There are 4 end of course exams: listening, speaking, reading and writing. Each exam has equal weighting.
- The speaking exams take place at the beginning of May .

The key to success in languages is little and often.

Students are expected to know a considerable amount of vocabulary. Therefore they need to be going over new words and those from previous topics ideally everyday.

We run weekly speaking workshops at lunchtimes to gain confidence for the oral exam. All language students are advised to attend these.

Teachers will incorporate revision of previously learned topics throughout the year.

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## MFL Resources

- Pearson ActiveLearn online tasks
- Vocabulary glossaries on all modules
- CGP Revision Guides
- Resources on Teams:
  - Past papers and mark schemes
  - Model answers
  - Grammar help sheets
  - Exam tips on the different skills

# Oaklands

Catholic School and Sixth Form College

# Physical Education Year 11

Community Unity Opportunity



## OCR GCSE PE

- Students will sit two written exams at the end of Year 11.
- Paper 1: 30%: Physical Factors affecting performance
- Paper 2: 30%: Socio-cultural issues & sports psychology
- Practical Assessment: 30%: 3 Activities – one team and one individual to be included from approved list
- Coursework: 10%: Written task produced under controlled conditions (Analysis & evaluation of performance).

# How am I assessed at GCSE?

		Marks	Duration	Weighting
<b>Component 1</b>	<b>Physical Factors Affecting Performance</b> Anatomy and Physiology Physical Training	60	1 hour	30%
	<b>Section A</b> 30 marks, 20 questions ranging in size/mark allocation across the topics	30		
	<b>Section B</b> 3x 10 mark questions, 2 on A&P and 1 on Physical Training; broken down into part questions. Including the use of extended response and use of data	30		
<b>Component 2</b>	<b>Socio-Cultural Issues And Sports Psychology</b> Sports Psychology Socio-cultural Influences Health, Fitness and Wellbeing	60	1 hour	30%
	<b>Section A</b> 30 marks, 20 questions ranging in size/mark allocation across the topics	30		
	<b>Section B</b> 3x 10 mark questions, one on each topic, broken down into part questions. Including the use of extended response and use of data	30		
<b>Component 3</b>	<b>Performance with Physical Education</b>	80	NEA	40%
	1) Performance practical in three activities, equally weighted at 20 marks each	60		
	2) Analysing and Evaluating Performance (AEP)	20		



# How am I assessed – **Oaklands** Health & Fitness?

Catholic School and Sixth Form College

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Discover career options in Health and Fitness.

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## Qualification structure and assessment

<b>Qualification title</b>			NCFE Level 1/2 Technical Award in Health and Fitness	
<b>Qualification Number (QN)</b>			603/2650/5	
<b>Level</b>			Combined level 1/2	
<b>Guided Learning Hours (GLH)</b>			120, plus 1 hour 30 minutes' external assessment	
<b>Unit 01</b>	48 GLH	40% Weighting	<b>Externally assessed:</b> written examination (externally marked)	<b>Unit grades:</b> NYA, L1P, L1M, L1D, L2P, L2M, L2D
<b>Unit 02</b>	72 GLH	60% Weighting	<b>Internally assessed:</b> synoptic project (externally quality assured)	<b>Unit grades:</b> NYA, L1P, L1M, L1D, L2P, L2M, L2D
<b>TOTAL</b>	<b>120 GLH</b>	<b>100%</b>	<b>Overall qualification grades:</b> NYA, L1P, L1M, L1D, L1D*, L2P, L2M, L2D, L2D*	

Community Unity Opportunity



# PE Resources

## Parents / Carers can help by

Discussing views on ethical issues within sport. Encourage students to access revision material and past papers. Encouraging students to watch the sports news/read the papers and identify stories that link to sport and PE.

## Useful Websites

Endorsed resources can be found at:

<https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/textbooks/>

Past paper resource found at:

<https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/assessment/>

Further resources:

<https://www.oaklandscatholicschool.org/curriculum/subject-areas/physical-education/>



## Eduqas GCSE Food Preparation and Nutrition Assessment

- EXAM – 50 % of GCSE
- This is a 2 hour exam paper.
- The questions are a mixture short answer and long answer questions
- written exam taken in June 2022

- NEA - 50% of GCSE (Non examined assessments)
- Task – Food Preparation Assessment carried out in Spring 2022 (70 marks – 50%).

Topics examined in year 11 are

- Food commodities
- Principles of nutrition
- Diet and good health
- The science of food
- Where food comes from
- Cooking and food preparation

5 x 1hr lessons over 2 weeks

Catch up sessions will be available from January 2022

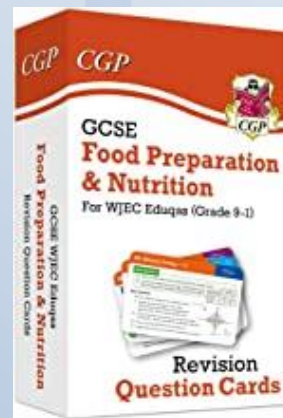
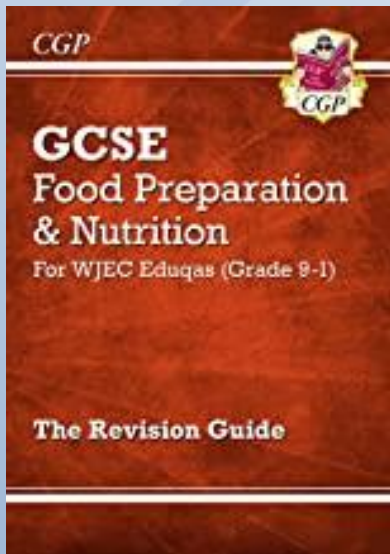
## NEA Task 50% of grade

- Candidates will be allowed 12 recommended assessment hours to carry out all three sections of this assessment
- This assessment must be supported by investigational work
- Your supportive work should show evidence of research, investigation, selection of dishes, justification, planning and evaluation. It is recommended that your work be limited to no more than 15 pages (30 sides) A4 or equivalent A3, to include all photographs, graphs and charts. Must include evidence of the following:
  - Section (a) Interpret and investigate your chosen option. Research, trial and select a range of dishes which will form part of a menu, justify your choice in relation to the chosen assessment and plan a dovetailed order of work to include health and safety points. [15]
  - Section (b) Showcase your technical skills. Demonstrate a wide range of technical skills and health and safety procedures when preparing, cooking and presenting your chosen selection of dishes. Photographic evidence of the completed dishes is essential. [45]
  - Section (c) Evaluate your completed practical assessment and food outcomes. [10]

### NEA Task for May 2022

- Task A Food can be used to celebrate many different occasions. Research, prepare and cook 2 dishes (and accompaniments if appropriate) which will demonstrate your technical skills and meet the needs of the occasion you have chosen.

## Food Preparation and Nutrition Resources



[https://www.eduqas.co.uk/qualifications/food-preparation-and-nutrition-gcse/#tab\\_pastpapers](https://www.eduqas.co.uk/qualifications/food-preparation-and-nutrition-gcse/#tab_pastpapers)

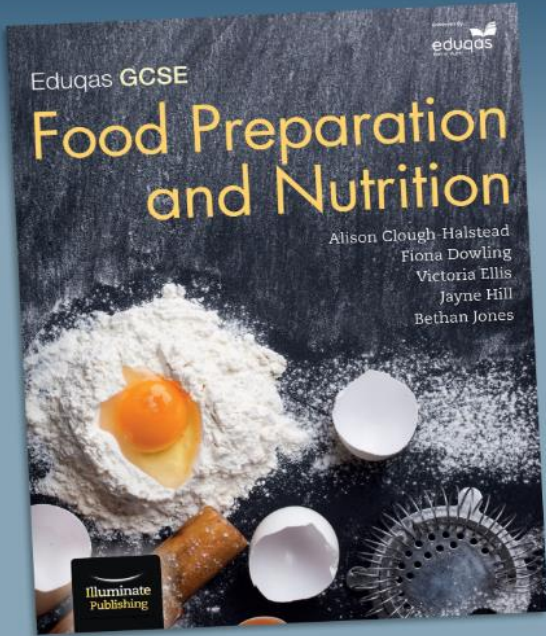
## Text Book

- <http://www.illuminate.digital/eduqasfood>
- username -
- Password -

### TASK 1.

Please spend the rest of your first session familiarising yourself with this book AND COMPLETE THE QUIZZES ON PAGE 8,9,10 AND 11

Please write up your answers and photo and send to me on assignments or do it in word and send me the document on teams assignments too!



### GETTING STARTED

#### Viewing student resources

Select the hotspots in the left-hand margin or centre of each spread to view supporting student resources.

- L ← Lifelines
- E ← Extension activities
- W ← Weblinks
- P ← Practice questions
- A ← Answers
- F ← Films & Animations
- Q ← Quizzes

Coloured lines link the resources to the relevant parts of the spread. If you find the lines are getting in the way, use **Hide Lines** to turn them off.

**What counts a**  
You will have seen by now nutrition planning. A po


#### Viewing teacher resources

In the Teacher Digital Book, this button is lit up at the bottom of the page at the start of each chapter.

To jump directly to the teacher resources for a chapter you can also select the little icon beside the relevant chapter on the contents page.

The teacher resources are supplied as PDF and PowerPoint files, so you'll need compatible software installed on your machine or device to view them.


#### Moving around

To turn the page use **<** and **>** (or  on a touchscreen).

Type a page number in the box in the bottom left corner to jump straight to a page (either the left- or right-hand page number will do).


Find a section of the book using the **Skip to...** menu.

Look out for **quick links** to other pages.

Use  to scroll back through the pages you have recently viewed. It's handy for getting back to a previous page after using one of the quick links.

#### Changing the view

To make the pages as large as possible, try going **full-screen**.

You can zoom in and out using the buttons in the zoom menu, your mouse scroll wheel (or  on a touchscreen).

#### Annotating pages

Write on pages and highlight text using the annotation tools. Select a pen or highlighter colour from the menu then select the same one again to switch it off). Your annotations won't be saved when you close the book.

# Oaklands

Catholic School and Sixth Form College

## GCSE Art and Photography Year 11

Community Unity Opportunity



## GCSE Art and Photography

- Students will complete their portfolios by Christmas which will make up 60% of their final grade. This will finish with a 10 hour mock exam.
- Exam papers are given out in January and the 10 hour exam will be sat around Easter making up the final 40% of their GCSE grade.
- The students will then have a couple of weeks to work back into their portfolios before final submission.

Both the Portfolio and exam submissions are marked using the 4 Assessment Objectives each marked out of 24.

AO1- Developing ideas through investigations, demonstrating critical understanding of sources.

AO2- Refine work by exploring ideas, selecting and experimenting with appropriate media, materials, techniques and processes.

AO3- Record ideas, observations and insights relevant to work as it progresses.

AO4- Present a personal and meaningful response that realises intentions and demonstrates understanding of critical language.

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- Workshops are run for Photography and Art on Thursday after school between 3.30 and 4.30.
- Studios are also open to be used at lunchtimes with the teachers permission.



# Design and Technology

## (Resistant Materials and Electronic Products)

### Non Examined Assessment (NEA)

This counts for 50% of the students GCSE marks and is completed in lessons between now and February half term;

Students are asked to design and to make a prototype product and the work is completed in lessons.

The project will be the main focus of lessons in the first half of year 11.

Students will receive regular feedback and can also attend workshops afterschool on a Tuesday to complete or improve work.

### Final Exam

This counts for the other 50% of the students GCSE marks and is completed in a two hour exam in June next year.

**DESIGN IDEAS: Streamlined design - Movement**  
This is a great example of the process working in a direction which I have recommended for several of my designs.

**Individual Component Parts**  
I have several different components that make up my light but most are CAM. They will use a variety of techniques to be made including 3D printing and laser cutting.

**CAD Drawings - Rendered**  
These are my rendered examples CAD drawings of my light. I've experimented with different materials and colour finishes to try for the final product. I tried two colour schemes that represent two different Boarding Houses that the light would be being used in. I like the blue colour scheme because of soft, calm colours which would be suitable for a bedside night light. Also the red colour scheme for Eagle Boarding House is attractive but maybe too bright/intensive a colour for night.

**Improving a shelter**  
The light may be better. Also another feature could be added like a fan for ventilation.

**The other's smooth**  
The other's smooth with back was used to several areas of my design.

**Materials Investigation**  
I had to print the corner component a second time because there was too much material and the edges weren't equal and the edges should've been rounded to make them safer. (The green coloured one is the improved corner)

**3D PRINTED SHADE**  
The shade had to go through many developments and size changes before it was able to be printed in the 3D printer. It was printed in a 3D printer. It was printed in a 3D printer. It was printed in a 3D printer. It was printed in a 3D printer. It was printed in a 3D printer.

**3D PRINTED BRACKET**  
I printed the bracket and the measurements were all correct. A side of the bracket didn't print well due to there not being a support to hold it in position so I will reprint it on its side to avoid this.

**LASER CUT PLYWOOD**  
I laser cut the two top components and the measurements were all correct and all the holes lined up. However, some of the holes for the supports need to be changed to all the same diameter for screw rods.

**SUPPORTS**  
There are four different choices for the supports: acrylic tube, an aluminium rod, a wooden rod, and a wooden rod. I laser cut the plywood components with four different sized holes so I could experiment with the choices. After testing them all, I chose to use the acrylic rod because they provide sturdy support, have a suitable thickness and are available in several different colours.

**LASER CUT**  
I had to laser cut my polypropylene several times as measurements weren't as accurate as I needed. Also, the settings on the laser cutter needed to be adjusted because it left burn marks on the polypropylene, which left unattractive burn marks.

**POLYPROPYLENE**  
I used two different types of polypropylene: a frosted clear one and a white coloured one. I prefer the white polypropylene one because of the more attractive lighting effect as the clear polypropylene you can see the everything inside and it produces a bright, harsh lighting.

**Another design development during the CAD work**  
I've changed them to proportions smaller for it to fit work.

**Several times, it's now going to be 3D printed**  
as it's easier due to the design work when it had to be printed so I ended up making the proportions smaller for it to fit work.

**Another design development during the CAD work**  
I've changed them to proportions smaller for it to fit work. These are more suitable for making the light shade as well as being simpler when making it.

**Several of the light's components went through development**  
due to the several issues that appeared once I started to print. I changed the supports to straight rods that will connect the top and the base. These are more suitable for making the light shade as well as being simpler when making it.

**Evaluate the bottle in terms of... Aesthetics**

**Specification**  
1.7 litre capacity  
Glass housing with brushed stainless steel  
Blue LED lighting  
Costs £32  
Removable and washable water filter  
Easy to pour spout to prevent splashing

# GCSE Music OCR

# Oaklands

Catholic School and Sixth Form College

One Performance

One Composition – learner choice composition

One Listening Exam

The total length of performance required is a minimum of 1.5 minutes. If including ensemble (group), it must be 2 minutes. Learners may perform several short pieces to meet the minimum duration. A score of the music also needs to be submitted.

The total length of composing required is a minimum of 2 minutes.

A score/lead sheet also needs to be submitted.

**All** areas of study in the specification remain in the listening exam 2022, adjustments have been made to NEA components only.

Students should record their performances at the earliest opportunity.

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## GCSE Business Year 11

Community Unity Opportunity



# Edexcel GCSE Business

- Students will sit two 90 minute exams at the end of Year 11.
- **Theme 1: 'Investigating Small Business'**
- **Theme 2: 'Building a Business'**

There are 2/3 Business lessons each week (5 lessons per fortnight).

The course should be completely taught by April 2022.

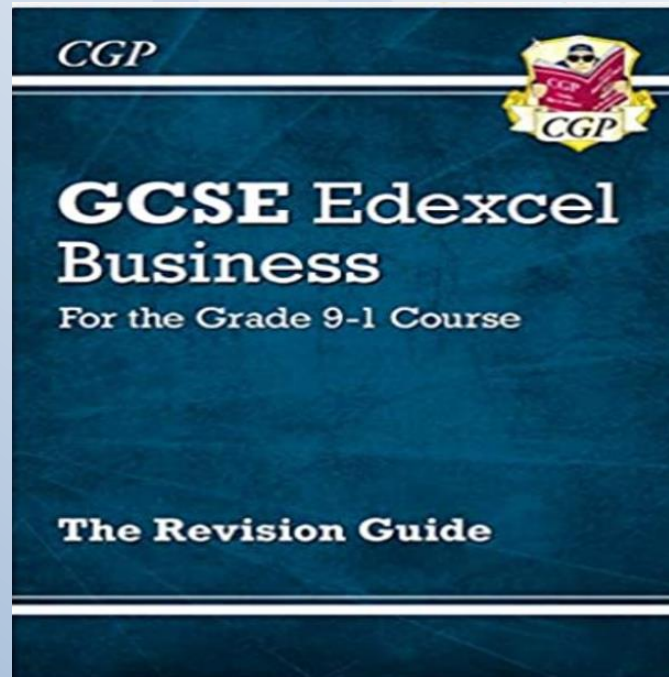
Time after this will be spent completing past papers and revision

The department will run after school revision sessions on Friday afternoon after February half term.

Many students decide to study Business or/and Economics at A-Level in the Sixth Form.

## Business Resources

- Recommended Revision Guide – ‘GCSE Edexcel Business’ – available from School Website (ScoPay) £2.85



Oaklands

Catholic School and Sixth Form College

# GCSE Computer Science Year 11

Community Unity Opportunity



# OCR GCSE Computer Science

- Students will sit two exams at the end of Year 11.
- Paper 1: Computer Systems, The UK physical landscapes Systems architecture, Memory and storage, Computer networks, connections and protocols – 1 h 30 min
- Paper 2: Algorithms, Programming fundamentals and languages, Producing robust programs – 1 h 30 min



There are 2/3 Computing lessons each week (5 lessons per fortnight).

The course should be completely taught by April 2022.

Time after this will be spent completing past papers, enhancing exam skills and recapping any material that students are struggling with.

The department will run after school revision sessions starting after February half term.

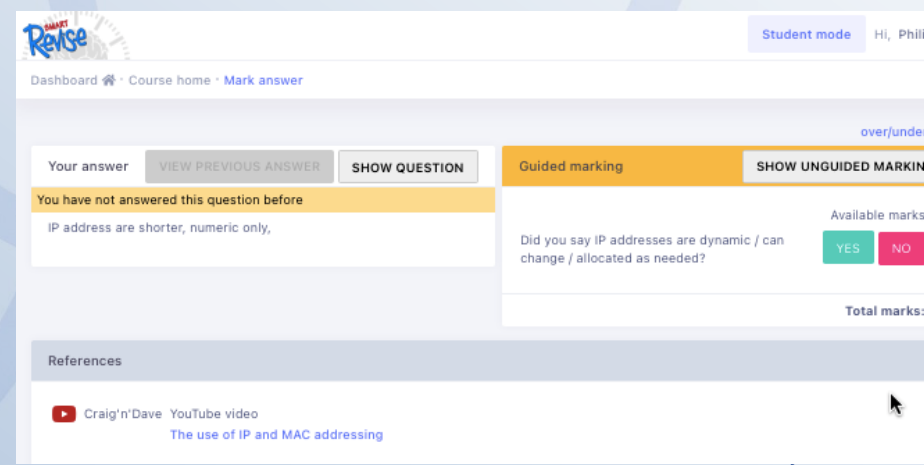
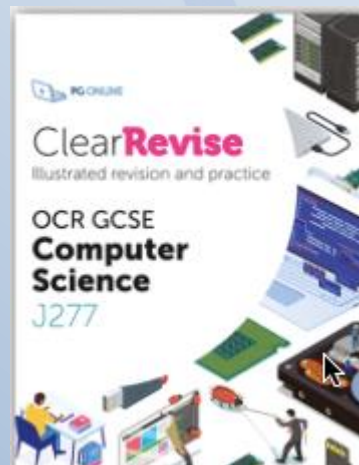
The department are experienced OCR Computer Science teachers and many of our students join us to study Computer Science as an A-Level subject at Sixth Form.

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# Computer Science Resources

- Free Computer Science text book and revision booklets
- Various online revision platforms



# Oaklands

Catholic School and Sixth Form College

## GCSE Media Studies Year 11

Community Unity Opportunity



## Eduqas GCSE Geography

- Students will sit two exams at the end of Year 11. They have one piece of coursework to complete by February
- Component 1 – Media Forms and Products – Exam 1 hour 30 minutes
- Component 2 – Media Industries – Exam 1 hour 30 minutes
- Component 3 – NEA coursework – creative response 30% of final grade

There are 2/3 Media lessons each week (5 lessons per fortnight/ 6 in option block X).

The course should be completely taught by April 2022.

Time after this will be spent completing past papers, enhancing exam skills and completing any outstanding NEA

The department will run after school revision sessions starting after February half term.

The department are experienced Eduqas Media teachers and examiners

## Media Studies Resources

- Free Media fact sheet booklets – handed to students
- Various revision guides – available online/ Amazon or to borrow from S9

