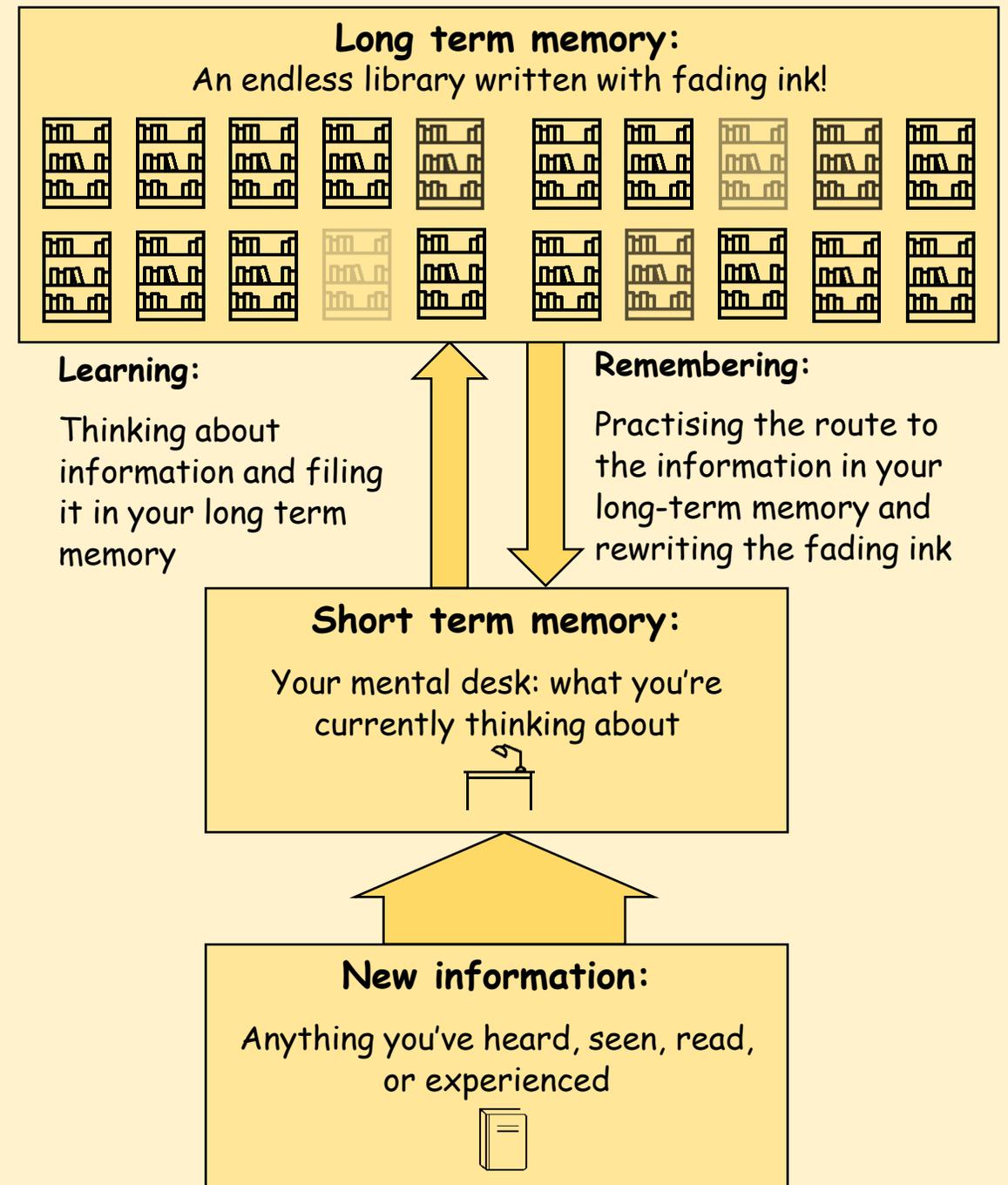


Year 7 - How do I revise?

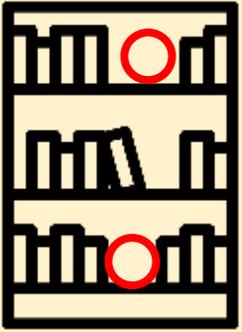
In exams, you want to be able to remember a lot of knowledge quickly.

This knowledge includes facts and methods which you can use to answer exam questions. To remember a lot of knowledge quickly, that knowledge needs to be securely stored in your long term memory.

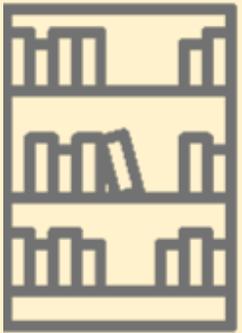
To make sure knowledge goes into your long term memory, stays there, and to make sure you can find it quickly, you need to spend time thinking hard about that knowledge in your short term memory.



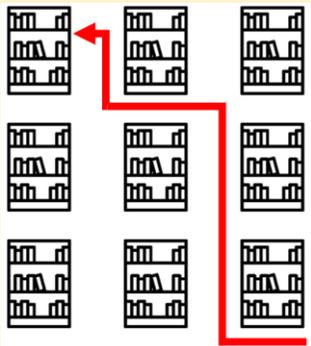
Whenever you revise, you are doing one of three things:



1. Finding and closing gaps in your knowledge.



2. Strengthening fading knowledge in your long term memory.



3. Practising recalling knowledge quickly.

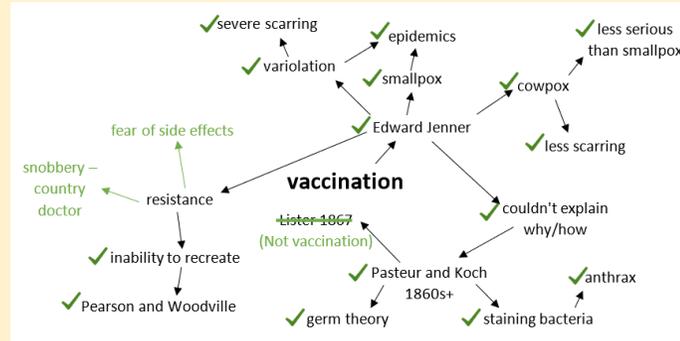
Revision strategies to try:

Use your exercise book to help create these revision resources.

Self-quizzing:

Topic	
Question 1	Answer 1
Question 2	Answer 2
Question 3	Answer 3
Question 4	Answer 4
Question 5	Answer 5
Question 6	Answer 6

Writing a concept map:



Watch videos:

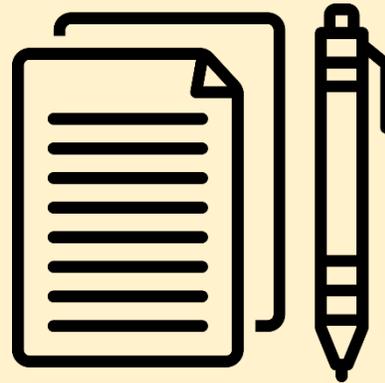


Flashcards:

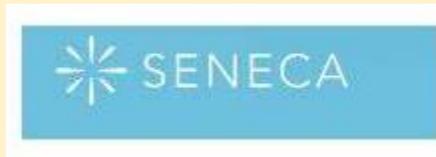
osmosis

Net movement of water from a high concentration to low concentration across a partially permeable membrane

Practising exam questions:



Online platforms:



Year 7 – English

Multiple Choice Quiz:

You will be asked to read two non-fiction sources about news media and children's safety online and answer questions based on what you have read.

Use your exercise book and completed homework to revise the following:

Language and presentational devices

Word classes

Punctuation and grammar

AAFP

Park Reading Process

Mathematics Year 7- Spring

Convert both fractions to equivalent fractions with the same denominator and add

e.g. $\frac{1}{2} + \frac{2}{7} = \frac{7}{14} + \frac{4}{14} = \frac{11}{14}$

(Note: In the original image, arrows indicate multiplying the first fraction by 7 and the second by 2 to get the common denominator of 14.)

Multiplying and Dividing Directed Numbers

SAME SIGNS - POSITIVE		DIFFERENT SIGNS - NEGATIVE	
$+$ \times $+$	$+$	$+$ \times $-$	$-$
$-$ \times $-$		$-$ \times $+$	
Even number of negative numbers		Odd number of negative numbers	

Examples: Evaluate the following:

a. $2 \times 4 = 8$

b. $2 \times (-4) = -8$

c. $-2 \times 4 = -8$

d. $-4 \div -2 = 2$

e. $4 \div (-2) = -2$

f. $-4 \div 2 = -2$

Algebraic notation

In algebra, we use particular notation for different calculations.

We group letters together

$a + a + a$
means
3 lots of a
 $3 \times a$

$b + b$
means
2 lots of b
 $2 \times b$

We use indices/powers

$a \times a$
 $= a^2$
(a squared)

$b \times b \times b$
 $= b^3$
(b cubed)

We do not use multiplication signs

$3 \times a = 3a$

$a \times b = ab$

$5 \times b = 5b$

$a \times b \times c = abc$

We write division using fraction notation

$a \div 2$
is written as
 $\frac{a}{2}$ or $\frac{1}{2}a$

$b \div 3$
is written as
 $\frac{b}{3}$ or $\frac{1}{3}b$

Workings

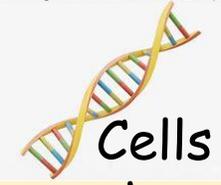
Show each stage of your working, try not to do too much calculating in your head, we can't mark what isn't written!!

Show off what you know!

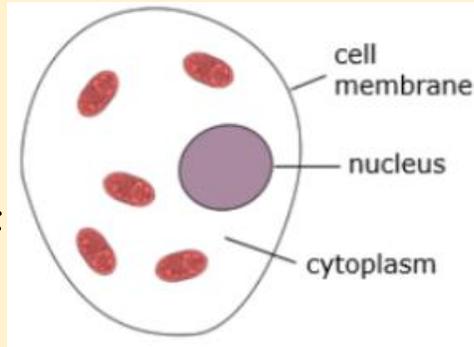
Presentation

Present your work logically and in an organized way on the page, sufficient that the order of the process of solution is clear and unambiguous. **Work down the page and use bullet points or steps.**

Year 7 - Science revision for KA2



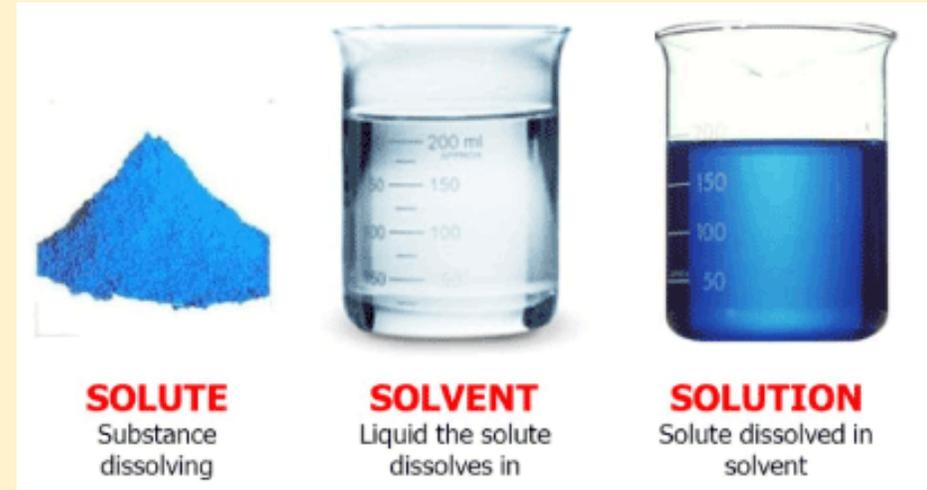
Cells contain 46 chromosomes.
The genome is all the genetic information of a living organism.
DNA has a double helix structure.



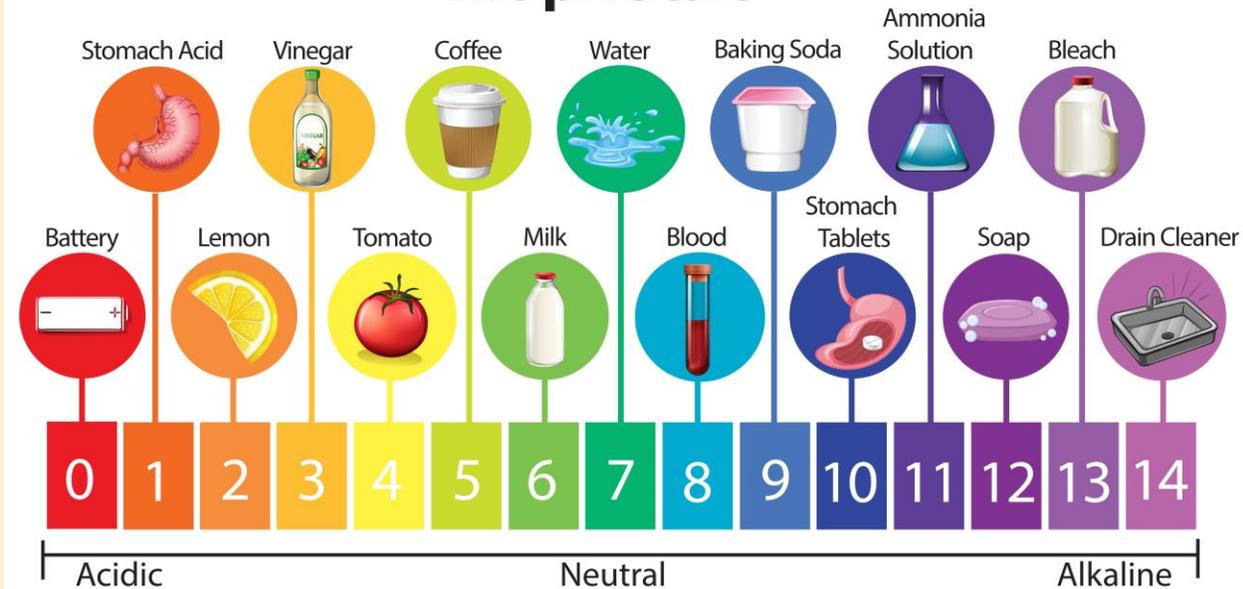
Inherited characteristics - genes from parents eg blood type, eye colour

Environment characteristics - impacted by where you live eg tattoos, playing instruments

Combination - some characteristics are a combination of both eg height and weight



The pH Scale



Filtration - remove insoluble particles from a solution

Evaporation - remove the solvent from a solution (leaving the solute)

Geography

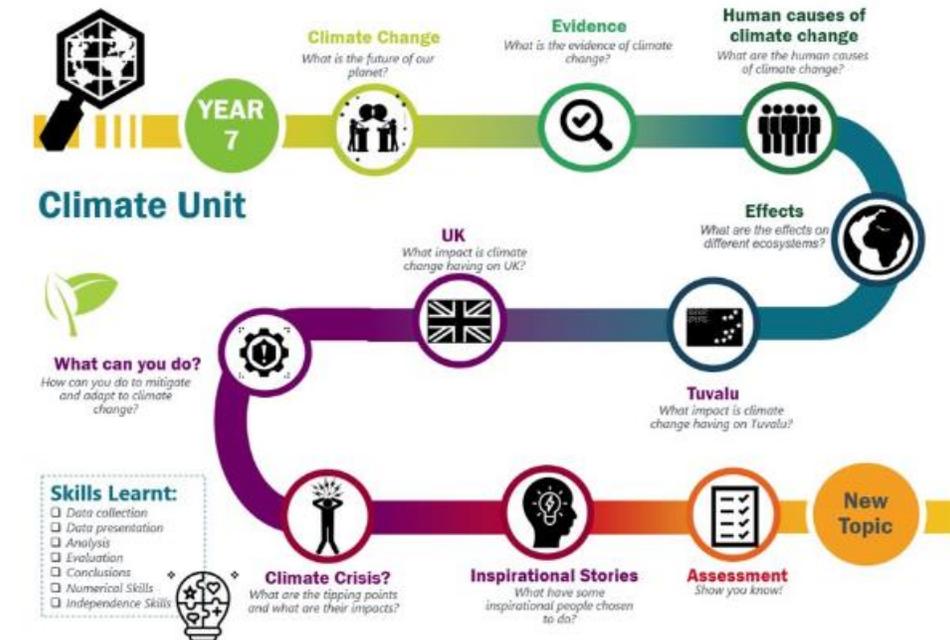
Key Questions:

- What are the different types of rainfall?
- How is climate change and CO2 linked?
- How is climate change impacting our world?
- Why are ocean biomes important?
- How are our ocean environments under threat?



Use the student area
to recap and review
all our lessons

[Y7 - \(sharepoint.com\)](https://www.sharepoint.com)





Year 7 RE



Key Topics:

- Sacred
- Ritual
- Science and Religion
- Islam/Submission
- Five Pillars
- Ummah
- Jihad
- Shahada

What you will be asked to do:

- Complete a multiple-choice test across all of these topics
- Complete a written task from a choice of options across these topics

At Communicate	... respond creatively as well as offer explanations for their response to their own experiences of the concepts/words introduced.
At Apply	... explain examples of how their responses relate to events in their own and other people's lives.
At Inquire and Contextualise	... accurately explain meanings of concepts/words in the traditions encountered and studied (taught at the Inquire step). ... accurately explain the way the concepts/words in the traditions encountered and studied, impact the lives of those in the traditions with examples (taught at the Contextualise step). ... appreciate how the concepts/words interact together to influence the way people think and speak and act in the world.
At Evaluate	... discern value of these concepts/words in the lives of those living in the traditions encountered and studied, as well as recognising some of the issues this might raise articulating the value of their interconnections. ... discern possible value for their own lives and communities and how this might influence how they speak, think and act in the world (not usually assessed through summative assessment).

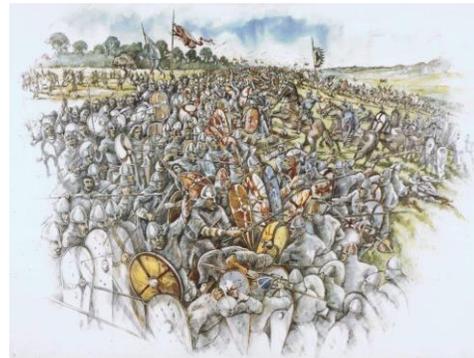
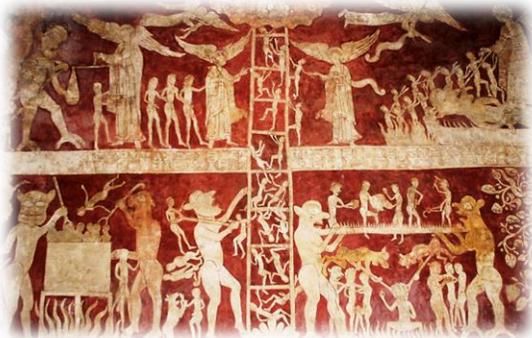
Where to find information:

- Your book- this should contain everything you need
- BBC Bitesize Islam
- Text books- speak to Mr May for the loan of a textbook if you would like further information
- Your class teacher- if you are unsure about anything speak to your teacher

Year 7 History Revision

Key topics to look at:

- The crisis in 1066 when Edward died.
- Changes William brought to England in 1066.
- The power of the Church in the medieval period, 1000-1500
- Licoricia and her significance.



PE End of Term 2 Revision – Year 7

Remember

- Read each question carefully
- Select the correct number of responses

More info at –
BBC Bitesize [Home - BBC Bitesize](#)



PE student pages



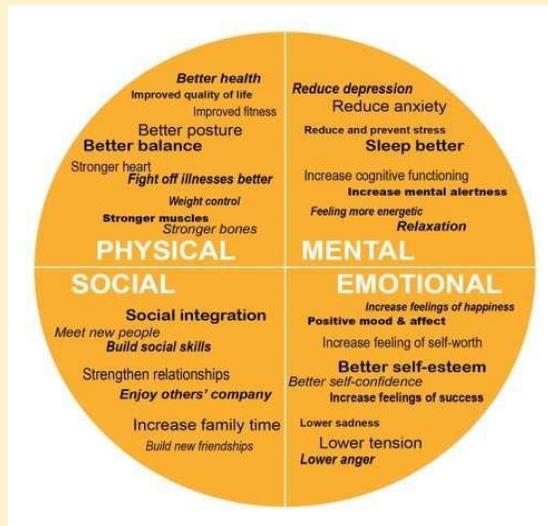
WTa = 0-30%
WTb = 31-49%
ARE = 50-69%
AGD = 70-100%



1. Read the question carefully
2. Check you selected answer carefully

- Key topics –**
- BORG Scale
 - RPE – HR (rate of perceived exertion to heart rate)
 - Principles of training
 - Physical, psychological and social benefits of exercise

Borg's Rating of Perceived Exertion (RPE) Scale	
Perceived Exertion Rating	Description of Exertion
6	No exertion; sitting and resting
7	Extremely light
8	
9	Very light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard
16	
17	Very hard
18	
19	Extremely hard
20	Maximal exertion



PRINCIPLES OF EXERCISE

- Overload**: Training must be raised to a higher level than normal to create the extra demands to which your body will adapt.
- Specificity**: Training must be specific to the sport or activity, the type of fitness required and the particular muscle groups.
- Progression**: As your body adapts to training, you progress to a new level of fitness. To then take this to the "next level", a gradual increase in intensity is needed to create an overload.
- Reversibility**: The effects of training are reversible. If exercise is reduced in intensity or even stopped, the benefit can be lost quickly.
- Adaptation**: With continued practice, your body will eventually turn a new sport, activity or

THE LONG-TERM EFFECTS OF EXERCISE

Once you have trained regularly (more than once a week) for a prolonged period of time (approx. 6 weeks +) your body will adapt and get stronger.

- THE RESPIRATORY SYSTEM**: Lung volume increases as the diaphragm and intercostal muscles become stronger. A greater number of capillaries grow around the alveoli, making gaseous exchange more efficient. VO2 max, the maximum volume of oxygen the body can use per minute, increases.
- THE CARDIOVASCULAR SYSTEM**: The heart becomes bigger and stronger and can therefore pump more blood around the body. Resting stroke volume, the amount of blood pumped out of the left ventricle in one contraction, increases. Maximum cardiac output, the amount of blood pumped out of the left ventricle in one minute, increases. The number of red blood cells (haemoglobin) increases to cope with the demands of carrying extra oxygen. Resting heart rate decreases and less recovery time is needed after exercise. Capillary density (capillarisation) increases. Arteries become more elastic.
- THE MUSCULOSKELETAL SYSTEM**: Muscular endurance and strength improves. Muscle hypertrophy (size) increases. Bones become denser and stronger as more calcium is produced. Stretching makes tendons stronger and ligaments more flexible, improving joint stability. Weight-bearing exercises help reduce the risk of osteoporosis.
- HEALTH & FITNESS BENEFITS**: The adaptations that occur as a result of long term exercise will help you do the following: Train harder for longer, Improve overall health and performance, Reduce the risk of injury, Improve recovery time, Improve flexibility.

Remember to rest between training sessions to give your body time to recover and enable adaptations to occur.

Spanish

What you need to know to do well in Key Assessment 2:

Revise structures from Term 1 such as greetings, name, age, birthday and colours

Say who you have in your family + Give their names and age

Say what pets you have, used to have and would like to have

Give details about your pets such as colour and names

Give details about your hair and eyes

Give details about other people's hair and eyes

Giving opinions about pets you like and pets you don't like.

Apply knowledge of key Spanish phonics: LL / J / H / Ñ / RR

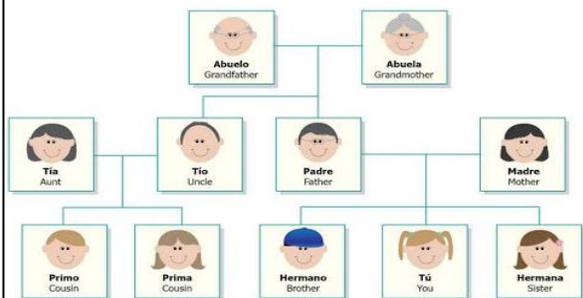
What ARE looks like in Year 7 KA2 – can you translate it?

En mi familia hay cuatro personas. Tengo mi madre que se llama Laura, mi padre que se llama Paul, mi hermano que se llama Matt y yo. Mis padres tienen cuarenta años y mi hermano tiene nueve años. Tenemos un perro grande y negro que se llama Fiesta. En el futuro, me gustaría tener un gato blanco.

Tengo los ojos azules y tengo el pelo rubio, largo y ondulado. Mi padre tiene los ojos negros y tiene el pelo corto, liso y castaño. Me gusta mi perro porque es divertido.

FAMILY MEMBERS

Miembros de la familia



blanco	naranja	azul
amarillo	rosa	gris
rojo	lila	marrón
negro	verde	beis

se llama = he/she is called

tiene...años = he/she is... years old

se llaman = they are called

tienen...años = they are... years old.

Tengo <i>I have</i>	el pelo <i>hair</i>	castaño <i>brown</i> rubio <i>blond</i> rojo <i>red</i> negro <i>black</i> azul <i>blue</i> corto <i>short</i> largo <i>long</i> rizado <i>curly</i> liso <i>straight</i>	y tengo <i>and I have</i> y tiene <i>she/he has</i>	barba <i>a beard</i>
Tiene <i>She/he has</i>	los ojos <i>eyes</i>	marrones <i>brown</i> azules <i>blue</i> grises <i>grey</i> verdes <i>green</i>	y llevo <i>and I wear</i> y lleva <i>she/he wears</i>	gafas <i>glasses</i>

Tips to revise for your Spanish assessment:

- use the student page to look at the lessons again and revise from the power points.
- log into MEMRISE (password: Park2023) and complete the revision courses available.
- prepare flashcards with the key vocabulary and ask someone at home to test you.
- attend Spanish KS3 club on Monday after school in C10 to revise with a teacher.
- write a paragraph about yourself and send it to your teacher for feedback.

el perro



el pájaro



el gato



el caballo



la tortuga



el pez



el hámster



el ratón



el conejo



la cobaya



ink saving Eco

Year 7 - Computer Science

Networking

To revise the Year 7 Networks effectively, focus on core networking concepts like computer networks, data transmission, and key terms like 'protocol' and 'bandwidth'. Review essential hardware components and explore internet basics, including its history and protocols like TCP/IP. Revisit key concepts such as internet services and IoT and privacy and security considerations. Understand the World Wide Web, including its components and protocols.

Unit Keywords:

Network	Interconnected computers/devices sharing resources and information.
Network Cable	Physical medium used to connect devices in a network.
Wireless	Communication without the need for physical cables.
Gigabit	Data transfer speed of 1 billion bits per second.
Protocol	Rules governing communication between devices.
Hub	Centralised device that connects multiple devices in a network.
Wi-Fi	Wireless networking technology using radio waves.
Broadband	High-speed internet connection with greater bandwidth.
Mainframe	Powerful centralised computer used for large-scale processing.
Server	Computer providing resources or services to other computers/devices.
Bandwidth	Maximum data transfer rate of a network.
Buffering	Temporary storage of data to compensate for delays in transmission.
Personal Computer	Individual user's computer for personal use.
Router	Device directing data packets between networks
Bit	Binary digit representing the smallest unit of data.
Internet	Global network of interconnected computers.

HTTP	Hypertext Transfer Protocol, used for transmitting web pages.
Wired	Network connection using physical cables.
Megabit	Data size of 1 million bits.
Packet	Unit of data transmitted over a network.
World Wide Web	Information system accessed via the internet using web browsers.
Email	Electronic messages sent over a network.
VOIP	Voice over Internet Protocol, enabling voice communication over the internet.
IoT	Internet of Things.
Web Browser	Software for accessing and navigating the World Wide Web.
Web Server	Computer storing and delivering web content to clients.
Web Page	Document accessible through a web browser.
Search Engine	Software for finding information on the internet.
HTTP	Hypertext Transfer Protocol, used for transmitting web pages.
HTTPS	Secure version of HTTP, encrypting data transmission.

Programming 1

Improve your programming understanding by engaging in regular practice sessions, dedicating time to coding exercises. Focus on breaking down complex concepts such as sequencing, variables, selection, and count-controlled iteration into smaller parts for better comprehension. Utilize interactive resources like coding platforms, tutorials, and online courses for effective hands-on learning. If possible, collaborate with peers on coding projects. Relate programming concepts to real-life examples to understand their practical applications better. Seek feedback on your coding work and reflect on areas for improvement, focusing on debugging and optimization. Experiment with different programming languages and tools to broaden your understanding.

Unit Keywords:

Tracing	Method of following the execution flow of a program.
Output	Result produced by a program.
Comparisons	Evaluation of relationships between variables or values.
Programming	Writing and designing code to accomplish tasks.
Storage	Allocation of memory for data.
IF Statements	Conditional statements controlling program flow.
Code	Instructions written in a programming language.
Operators	Symbols representing actions performed on operands.
Logic	Reasoning and decision-making in code execution.
Iteration	Repetitive execution of a block of code.
Resilience	Ability of code to withstand errors and unexpected inputs.

Sequencing	Arrangement of instructions executed in order.
Variables	Named storage location holding data.
Expressions	Combination of variables, operators, and literals that evaluate to a value.
Count-Controlled	Looping structure with a predetermined number of iterations.
Subroutines	Named blocks of code for reusability and modularity.
Commands	Instructions directing the program's actions.
Evaluate	Process of determining the value of an expression.
Condition Controlled	Looping structure controlled by a condition.
Instructions	Detailed steps for performing a task.
Input	Data provided to a program.
Conditions	Criteria determining the flow of a program.
Debugging	Process of identifying and fixing errors in code.
Execute	To carry out or run a program.
Process	Series of steps leading to a desired outcome.
Selection	Decision-making based on conditions.
Algorithm	Step-by-step procedure for solving a problem.

Revision Topics Year 7

Catering

1. Health and Hygiene in the kitchen
2. Fridge and freezer temperatures
3. Bacteria Growth
4. 4C's
5. Eatwell Guide

Graphics

1. Measuring
2. Design Movements
3. Visual Elements
4. Drawing equipment
5. Skills application

3D Design

1. Tool identification
2. Materials Identification
3. ACCESS FM
4. Environmental Design
5. Design Process



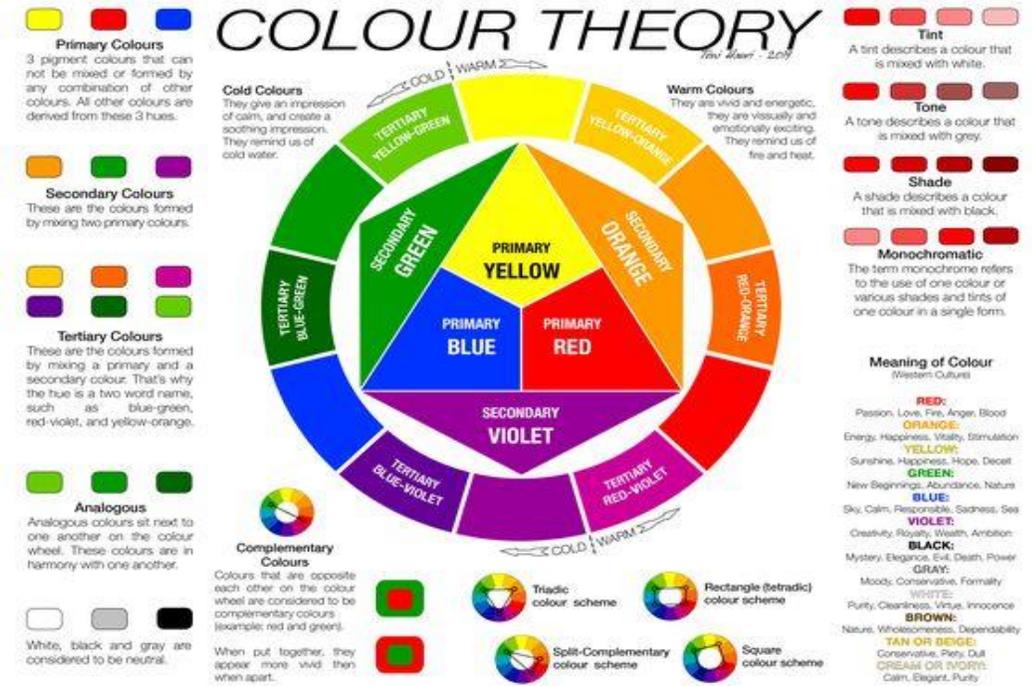
Please refer to the big pictures printed in the front of your book for more in-depth topic information

Scan here for extra resources on student portal.

Art

What you need to know to do well...

1	History of art timeline
2	Cave painting – themes and styles
3	Green man – why was it an important symbol?
4	Clay – how to use it correctly
5	Self portraits



- Tips to revise for your Art assessment:**
- Practice colour mixing with primary colours i.e. blue + yellow
 - Research Opie and his work – what is his style of work called? What else has he painted?
 - Check out the elements of art here: [Elements of Art - GCSE Art and Design Revision - BBC Bitesize](#)
 - Attend an after school drop in if you are struggling with anything

Year 7 Performing Arts

For each subject, please revise the listed knowledge:

Drama

Devising (Creating) Drama
Characterisation
Stage Craft
Physical Skills (Gait, Gesture, Posture)
Vocal Skills (Pitch, Pace, Tone)
Creating an atmosphere
Lighting cue sheets

Music

Tonality (major/minor)
Timbre (sound quality)
Tempo (speed/pace)
Structure (verse-chorus)
Minor triads (1,b3,5)
Performance steps
Critically analyzing/ listening to assessment songs

Dance

Choreographic devices
Key definitions
Basic dance actions
Expressive skills
Stimulus
Motif and development
Warm up/cool down
Transition movements

Phoenix productions

Brands	Product placement
Advertising	Companies
Job roles	Brief
Logos	Qualifications
Slogan	Structures

