

SUMMER EXAMS 2026

Plan out your time each week to ensure you cover each subject in sufficient depth. Use your exam timetable to consider exam dates to help you plan ahead effectively.

Revision Sessions in School

Monday	Tuesday	Wednesday	Thursday	Friday
Business (1:30pm)	Chemistry (1:30)	REP (1:30pm)	Psychology (1:30pm)	Geography (1:30pm)
Drama (1:30pm)	Textiles (4:00pm)	Biology-A-level (1:30pm)		Physics (1:30pm)
Economics (4:00pm)	Please note that product design workshops are Monday, Tuesday at 1:30pm & Tuesday at 4:00pm Art open studio is available Monday, Wednesday & Thursday at 4:00pm.			Biology IB (1:30pm)
Maths (1:30pm)				



Sidcot
Live Adventurously



Effective Revision Methods

Past Paper Questions

Practicing individual questions on topics you find challenging, or working through entire exam papers, are highly effective revision strategies. When using past exam questions:

- 1) focus on the command words (state, evaluate etc)
- 2) Mark your own work using the mark scheme. This highlights key terms & ideas crucial for gaining marks next time.



Keyword Tests

Keywords are essential in nearly every subject, whether for general recall questions or more detailed responses.

Creating folded keyword glossaries (with the keyword on one side and its definition on the other) is an effective way to test your knowledge before incorporating these terms into exam answers.



Knowledge Organisers

Knowledge organisers (also known as revision mats) provide a concise summary of a topic. They often include prompts and questions to guide you in creating your own comprehensive overview.

Flashcards & Mind Maps

Flashcards & mind maps are great tools for summarising key concepts across an entire topic, or for drilling down into specific details such as dates, equations.

Use the Leitner System (above) to effectively test your understanding of flashcard material.

Podcasts & Videos

YouTube provides a wealth of high-quality revision summaries, covering entire topics and even full exam papers. Additionally, many podcasts offer similar content.

These resources are perfect for making the most of your time during car journeys, walks to school, or other everyday activities.



Quizzing

Test your knowledge by using recall questions in your revision guides.

Enhance your learning with online quiz apps like Seneca and Quizlet.

For added practice, ask friends or family to quiz you using keyword glossaries or the information on your flashcards.



Effective Revision Methods

What To Do

Create a dedicated workspace: Set up a specific area in your home just for work. This helps establish a mental boundary between work and personal life, making it easier to focus.

Use revision breaks wisely: Take advantage of your breaks by moving around, hydrating, having a snack, or stepping outside for some fresh air.

Revise regularly in short sessions: Studies show that the most effective revision is broken into 25-minute sessions, followed by a 5-minute break. After completing four sessions in one day, take a 30-minute break to recharge.

Vary your subjects: Instead of studying one subject for an extended period, mix up your topics throughout the day. This technique, known as interleaving, has been shown to improve memory retention.



Sidcot Resources

Each student's individual OneNote subject folder and My School Portal subject revision page contain a variety of revision resources.

What Not To Do

Avoid passive revision: Simply reading your notes or textbooks isn't active revision, and it's not an effective way to learn. Engage with the material through practice or self-testing for better retention.

Don't revise while watching TV: Multitasking can divide your focus, meaning you're not giving your revision the attention it needs.

Take regular breaks: Revising for hours without a break is counterproductive. The brain's ability to concentrate declines after 30 minutes of continuous work, so breaks are crucial to maintain focus

Don't cram late at night before an exam: Your brain needs time to process & store information while you sleep. Plus, proper rest will improve your focus & during the exam.

Be mindful with notes and flashcards: While flashcards can be helpful, they don't need to be overly elaborate or detailed. Their value lies in their ability to test your knowledge.

Interleaving Explained

Instead of this pattern of revision.....

Monday	Tuesday	Wednesday	Thursday
Photosynthesis	Respiration	Hormones	Cells
Photosynthesis	Respiration	Hormones	Cells
Photosynthesis	Respiration	Hormones	Cells
Photosynthesis	Respiration	Hormones	Cells

Do this.....

Monday	Tuesday	Wednesday	Thursday
Photosynthesis	Respiration	Hormones	Cells
Respiration	Hormones	Cells	Photosynthesis
Hormones	Cells	Photosynthesis	Respiration
Cells	Photosynthesis	Respiration	Hormones

Other Links To Try

[Sparx](#)

[Quizlet](#)

[Gizmo](#)

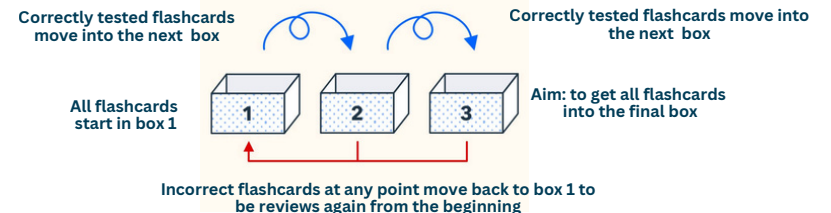
[GCSE Bitesize](#)

[Physics Maths Tutor](#)

[Seneca](#)



How To Use Flashcards (Leitner System)



How To Make A Flashcard
Write on flashcards using capital letters as this can aid memory
Flashcards should use spacing and colour for ease of use
Try to write flashcards from memory 1 st , then add detail from class notes
Use images on flashcards
Side 1: title and/or key prompt. Side 2: point details
Flashcards should contain between 5-10 points per card

HEALTH & WELLBEING DURING SUMMER EXAMS

It is really important to look after your physical and mental health during the exam period. Below are some top tips to help you stay on track.

PRIORITISE SLEEP (8–10 HOURS PER NIGHT)

Teenagers need between 8–10 hours to stay alert and healthy.

Avoid screens for at least 30 minutes before bed; create a calming bedtime routine.



EAT REGULAR, BALANCED MEALS

Fuel the brain with regular nutritious meals and healthy snacks.

Avoid high-sugar, high-salt “quick fixes” that impair concentration.



STAY HYDRATED (6–8 GLASSES A DAY)

Even slight dehydration reduces concentration and energy.

Keep water available at all times, especially during study sessions.



BUILD ROUTINE AND TAKE REGULAR BREAKS

Short breaks every 30–60 minutes improve focus significantly.

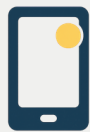
Include longer breaks and rest days to prevent burnout.



MANAGE SCREEN TIME SENSIBLY

Keep phones on silent during revision; avoid switching between study and scrolling.

Aim for some screen-free downtime each day.



MAINTAIN A CALM, TIDY STUDY SPACE

A well-lit, organised space reduces distraction and helps the brain focus.

If home isn't ideal, consider a library or quiet café.



BE ACTIVE DAILY

Physical activity boosts mood, reduces stress, and improves sleep.

Even a brisk 10-minute walk can reset focus during revision.



USE RELAXATION TECHNIQUES TO REDUCE STRESS

Breathing exercises, mindfulness, visualisation, yoga, or calming music are effective.

Practising these when calm makes them easier to use during stressful moments.



USEFUL WEBSITES:

WWW.BARNARDOS.ORG.UK
WWW.MIND.ORG.UK
WWW.KOOTH.COM
WWW.YOUNGMINDS.ORG.UK



REVISION PLANNER



Week beginning: 29.03.26

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 - 08:30	An example of a revision plan during term time						
08:30 - 09:35							
09:35 - 10:25						Business	
10:25 - 11:15						Business	
11:35 - 12:25						Chemistry	
12:25 - 13:15						Chemistry	Biology
13:30 - 14:05	Business revision session	Chemistry revision session	Biology revision session				Biology
14:05 - 15:00				PASS (Biology)			Business
15:00 - 15:50				PASS (Chemistry)			Chemistry
16:00-18:00	Business	Biology	Chemistry	Business			
18:00-20:00	Chemistry	Business	Biology	Chemistry			



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