

Tips to support your child.



HOW PARENTS CAN HELP THEIR KIDS GO THROUGH EXAM STRESS

www.yourmotivationguru.com



DON'T COMPARE

Competitive spirit doesn't work for exam-stressed students already buried under a lack of confidence, fear, and lots of doubts.



ARRANGE A SCHEDULE

Having a schedule helps to be in control of your daily tasks, plan your activity, and track progress.



ENCOURAGE HEALTHY EATING

Provide a healthy eating routine for their kids and encourage them to consume food rich in macronutrients, vitamins, and minerals.



REMOVE DISTRACTIONS

Put your phone on silent or in "Do Not Disturb" mode, and close unnecessary tabs on your computer. A clean study space can help reduce anxiety.



HEALTHY SLEEPING HABITS

Lack of sleep causes loss of productivity. Sleep-deprived students show inferior cognitive and memorization results. 7-8 hours of shuteye is a must.



SHOW YOUR CARE

Explain to your kids that there are numerous outcomes and one single failure doesn't define them as a person.

Top Exam Tips!

Get a good night's sleep

It's important to get an adequate amount of sleep. If you don't, you'll be tired and stressed.



Get organised

Make sure you have a clear plan of what to do and when to do it.



Eat a meal beforehand

Remember to eat a meal before you start your exam. Don't skip meals!



Arrive early

Give yourself plenty of time to get to the exam centre. Don't be late!



Drink water

It's important to stay hydrated. Don't drink too much, but do drink enough.



Stay calm

Don't let yourself get nervous. Take a deep breath and stay focused.



Read the question

Read the question carefully. Make sure you understand what is being asked.



Leave time at the end

Make sure you have time to check your answers at the end.



For more support and resources visit

www.oxfordsecondary.co.uk/revision

OXFORD

10 RULES TO IMPROVE YOUR TEEN'S MEMORY

- 1 Sufficient sleep
- 2 Memory-boosting foods
- 3 Memory games
- 4 Mnemonic devices
- 5 Mind-maps, notes and cues
- 6 Good study habits
- 7 Physical exercise
- 8 Revision and recall
- 9 Removal of distraction
- 10 Reduction of stress



A parent should always act as a facilitator for the child during exams. The child is already feeling anxious and stressed about their performance in exams. As a parent, what to do:

- Help your child create a proper study timetable so there is sufficient time to revise the subjects.
- Assist your child in revising the study material.
- Provide adequate and nutritious food so as to keep them fit and healthy.
- Monitor your child's sleeping pattern and make sure that they get adequate rest.
- Provide the much needed assurance and emotional support so as to overcome their apprehensions.

Tips to support your child.



[Help Your Teen To Learn With Mike Gershon | Online Course for Parents](#)

Help Your Teen to Learn is a complete support package for parents of children aged between 13 and 16. Hosted online, the programme includes a suite of full HD videos, a set of practical guides sharing over 50 strategies you can use to support your teen's learning, as well as creative resources to stimulate their imagination and support their revision.

Created and presented by Mike Gershon, a bestselling author of over forty books on teaching, learning and education, Help Your Teen to Learn gives parents everything they need to have fun with their child while helping them to learn, grow and develop.

Help your teen to learn with Mike Gershon

Course Free Resources About Contact

The ultimate course to help your teen to learn

Help Your Teen to Learn with Mike Gershon is a comprehensive course for parents of 13-16 year-olds, giving you everything you need to support your teen's learning and help them revise and prepare for exams.

Play Taster Video



Subject: English Literature (Year 10)



Exam Board: WJEC

Link to specification: <https://www.wjec.co.uk/qualifications/english-literature-gcse>



Key Dates:

Wednesday 8th January – Unit 1 exam (Sets 1 & 2)

Monday 12th May – Unit 1 exam
Tuesday 20th May – Unit 2 exam



CONTENT	Term 1	Term 2	Term 3
Set 1 and 2	Unit 1: Of Mice and Men (Steinbeck) Unseen Poetry	Unit 1 exam Poetry NEA An Inspector Calls (Priestley)	Heroes (Cormier) Unit 2 exam
Sets 3-7	Unit 1: Of Mice and Men (Steinbeck) Unseen Poetry	Poetry NEA An Inspector Calls (Priestley)	Heroes (Cormier) Unit 1 exam Unit 2 exam

Links to useful websites:

<https://www.gcsepod.com/>

<https://www.wjec.co.uk/home/student-support/revision/revision-resources/new-blended-learning/>



Subject: English Language (Year 11)



Exam Board: WJEC

Link to specification: <https://www.wjec.co.uk/qualifications/english-language-gcse>



Key Dates:

Friday 23rd May – Unit 2 exam
Friday 6th June – Unit 3 exam

Links to useful websites:

<https://www.gcsepod.com/>

<https://www.wjec.co.uk/home/student-support/revision/revision-resources/new-blended-learning/>



CONTENT	Term 1	Term 2	Term 3
Year 10			Unit 1 NEA Individual Presentation
Year 11	Unit 2: Expository Writing Reading skills	Unit 3: Persuasive Writing Reading skills	Unit 2 and 3 Reading and writing skills.

Subject: Welsh Second Language



Exam Board: WJEC

Link to specification: <https://www.wjec.co.uk/qualifications/welsh-second-language-gcse>



Key Dates:

Unit 1 (Viewing and Speaking)
Tuesday 18th – Thursday 20th
March

Unit 2 (Reading and Speaking) -
Wednesday 26th – Friday 28th
March

Unit 3 (Reading and Writing) -
Wednesday 14th May

Unit 4 (Writing and Reading) –
Monday 2nd June

Links to useful websites:

[BBC Bitesize Revision](#)



CONTENT	Term 1	Term 2	Term 3
Year 10	What is important to you? KS3 Revision The Word of Work	Technology Keeping fit and Healthy	Stars from Wales Young people's problems
Year 11	Bilingualism Technology Exam technique – trial exam revision	The Environment Unit 2 – Exam technique and topic revision	Revision for Unit 3 and 4 (Reading and Writing Exams) Past Exam papers

Subject: French



Exam Board: WJEC

Link to specification: https://www.wjec.co.uk/qualifications/french-gcse/#tab_keydocuments



Key Dates:

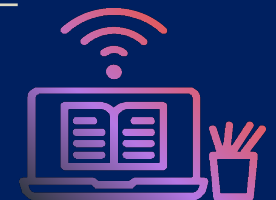
Wednesday 21st May Unit 2 and 3 exam.

CONTENT	Term 1	Term 2	Term 3
Year 10	Youth culture Lifestyle	Customs & Festivals Home and Locality	The Wider World Global sustainability
Year 11	Current study	Enterprise, Employability and Future Plans	Consolidation & revision

Links to useful websites:

[GCSE Knowledge Organisers](#)

[Memrise](#)



Subject: Digital Technology



Exam Board: WJEC

Link to specification:

<https://www.wjec.co.uk/media/y14f1jvq/wjec-gcse-digital-technology-specification-e-20-08-2020.pdf>



Key Dates:

5th May 2025 – Unit 2 and Unit 3 submitted to exam board.

3rd June 2025 – Unit 1 Exam



CONTENT	Term 1	Term 2	Term 3
Year 11	Unit 3 – Communicating In The Digital World (NEA 20%) Unit 2 – Digital Practices (NEA 40%)	Unit 1 – Digital Technology Systems Unit 1 – Digital Communications Unit 1 – Impact of Digital systems	Unit 1 – Securing Data and Systems Unit 1 – Changing Digital Technologies Unit 1 - Exam

Links to useful websites:

<https://resources.wjec.co.uk/Pages/ResourceByArgs.aspx?subId=97&lvId=2>



Subject: Level 1/2 Vocational ICT



Exam Board: WJEC

Link to specification:

https://www.wjec.co.uk/media/4t0gxiic/wjec_l1-2-vocaward-ict_spec-e-12-09-23.pdf



Key Dates:

September 2025 – Start of Unit 2 NEA



CONTENT	Term 1	Term 2	Term 3
Year 10	Unit 1 – How IT can be used to fulfil the needs of organisations and individuals Unit 2 Skills - Database	Unit 1 – How IT can be used to fulfil the needs of organisations and individuals Unit 2 Skills – Database Unit 2 Skills Logo	Unit 1 – How data and information is used and transferred Unit 2 Skills – Spreadsheet Unit 2 Skills – Automated Document
Year 11	Unit 1 – How data and information is used and transferred Unit 2 – ICT in Context (NEA 60%)	Unit 1 – Legal, moral, ethical, cultural and environmental impacts of ICT Unit 2 – ICT in Context (NEA 60%)	Unit 1 – Legal, moral, ethical, cultural and environmental impacts of ICT Unit 1 – ICT in Society exam (40%)

Links to useful websites:

https://resources.wjec.co.uk/Pages/ResourceByArgs.aspx?subId=18&lvId=7&_gl=1*_1glycon*_ga*OTc5MzE4NTkxLjE2NDYzMTcyNDA.*_ga_WVT22YV72W*MTczMjAyNTQzOC4zOS4xLjE3MzlwMjU1NjQuMjcuMC4w&_ga=2.25664637.1794872123.1732025531-979318591.1646317240



Subject: Engineering



Exam Board: WJEC

Link to specification:

<https://www.wjec.co.uk/qualifications/>



Key Dates:

e.g. Exams, assessment and revision

Year 10 June 2025 NEA start

Year 11 Written Exam May 2025



CONTENT	Term 1	Term 2	Term 3
Year 10	Practise Unit 1 Adjustable lamp project Theory of materials and properties ongoing	3D Modelling using different CAD packages in preparation for Unit 2 Theory of manufacturing processes	Understanding Engineering drawings Start NEA Unit 1 June 2025
Year 11	Complete NEA Unit 1 (practical task) Start Unit 2	Complete NEA Unit2 (design task)	Revise for Unit 3 (written exam paper)

Links to useful websites:

https://www.wjec.co.uk/qualifications/level-12-vocational-award-in-engineering/#tab_keydocuments

<https://www.technologystudent.com/>
<https://www.the-warren.org/engineering%20contents.html>
YouTube Engineering revision videos



Subject: Hospitality & Catering



Exam Board: WJEC

Link to specification:

https://www.wjec.co.uk/media/ukvevv1a/wjec_l1-2-vocaward-hospitality_and_catering_spec-e_11-09-2023-1.pdf



Key Dates:

e.g. Exams, assessment and revision

Unit 2 NEA controlled assessment
Provisional Nov – March Year 11
Practical March 2025

Unit 1 Written Exam paper 12th June
2025



CONTENT	Term 1	Term 2	Term 3
Year 10	Unit 1 -Hospitality & Catering Provision.	Unit 1-How hospitality & catering provisions operate.	Unit 1- Health & Safety in Hospitality & Catering.
Year 11	Unit 1 & 2- The importance of nutrition. Menu planning for NEA Unit2	Unit 2 NEA Written and practical assessment Worth 60%	Unit 1 Revision for written exam 40% **Practical assessments are continuous throughout year 10 and 11.**

Links to useful websites:

https://www.wjec.co.uk/qualifications/level-12-vocational-award-in-hospitality-and-catering/#tab_keydocuments

<https://resources.wjec.co.uk/Pages/ResourceSingle.aspx?rId=4864>

<https://www.bbc.co.uk/bitesize/subjects/zbtvxyx>



Subject: GCSE Physical Education



Exam Board: WJEC

Link to specification:
<https://www.wjec.co.uk/media/0p0o3nqu/wjec-gcse-physical-education-spec-from-2016-e.pdf>



Key Dates:
 e.g. Exams, assessment and revision

Personal Fitness Programme controlled assessment – April – July (Year 10)
 Practical Moderation Day – February/March (Year 11)
 Unit 1 Exam – June-July (Year 11)

CONTENT	Term 1	Term 2	Term 3
Year 10	Exercise Physiology (Skeletal and Muscular Systems)	Health Training and Exercise	Personal Fitness Programme (controlled assessment)
Year 11	Exercise Physiology (Cardio and Respiratory Systems) Psychology of Sport and Physical Activity	Socio-cultural Issues in Sport and Exercise Movement Analysis	Revision for Summer Exams **Practical assessments continuous throughout year 10 and 11.**

Links to useful websites:

https://resources.wjec.co.uk/Pages/ResourceByArgs.aspx?subId=23&lvlId=2&_gl=1*18vy3fb*_ga*MTA5OTE5NjA5LjE3MDc5MTU4MDU.*_ga_WVT2ZYV72W*MTczMTQ5OTA3Ny4yNS4xLjE3MzE0OTk2MjkuNjAuMCAw&_ga=2.138215987.2028931673.1731494776-109919609.1707915805

Subject: Sport and Coaching Principles

Exam Board: WJEC

Link to specification:

https://www.wjec.co.uk/media/gypklrru/wjec-l1-2-vocaward-ta-_sport-coaching-principles_spec-e-04-09-2023.pdf



Key Dates:

e.g. Exams, assessment and revision

- Improving Sport Performance Assessment tasks throughout Term 1 and 2 in year 10.
- Coaching Principles assessment tasks throughout year 11 term 1 and 2 (including delivering a coaching session).
- Fitness for Sport Revision before exam in June/July of year 11

CONTENT	Term 1	Term 2	Term 3
Year 10	Improving Sport Performance	Improving Sport Performance	Fitness for Sport
Year 11	Sport and Coaching Principles	Sport and Coaching Principles	Fitness for Sport

Links to useful websites:

https://www.wjec.co.uk/media/xchckyl1/wjec_l1-2-vocaward-ta-_sport-coaching-principles_unit-1-sams-e-02-09-2021.pdf



Subject: GCSE Biology/DA Science



Exam Board: WJEC

Link to specification: https://www.wjec.co.uk/qualifications/biology-gcse/#tab_keydocuments (GCSE Biology) (B studied by GCSE Biology students only)
https://www.wjec.co.uk/qualifications/science-double-gcse-award/#tab_keydocuments (GCSE Science)



CONTENT	Term 1	Term 2	Term 3
Year 10	<ul style="list-style-type: none">-Digestion and enzymes-Respiration and the respiratory system in humans	<ul style="list-style-type: none">--The circulatory system in humans-Photosynthesis	<ul style="list-style-type: none">-Ecosystems, nutrient cycles and human impact on the environment-Cell division and stem cells (Y11 content)
Year 11	<ul style="list-style-type: none">-DNA & inheritance-Variation and evolution-Response and regulation-Kidneys and homeostasis (B)	<ul style="list-style-type: none">-Microorganisms and their applications (B)-Disease, defence and treatment	<ul style="list-style-type: none">-Classification and biodiversity

Key Dates:

Y10

January 27th 2025 Trial exams start
June 9th 2025 Provisional GCSE Unit 1 Biology exam date

Y11

December 5th 2024 Trial exams start
May 13th 2025 Provisional GCSE Unit 2 Biology exam date

Links to useful websites:

<https://www.bbc.co.uk/bitesize/exam-specs/zsw7frd>

<https://senecalearning.com/en-GB/>

<https://www.physicsandmathstutor.com/>



Subject: GCSE Chemistry/DA Science



Exam Board: WJEC

Link to specification: https://www.wjec.co.uk/qualifications/chemistry-gcse/#tab_keydocuments (GCSE Chemistry) (C studied by GCSE Chemistry students only)
https://www.wjec.co.uk/qualifications/science-double-gcse-award/#tab_keydocuments (GCSE Science)



Key Dates:

Y10

January 27th 2025 Trial exams start

June 13th 2025 Provisional GCSE Unit 1

Chemistry exam date

Y11

December 5th 2024 Trial exams start

May 19th 2025 Provisional GCSE Unit 2

Physics exam date



CONTENT

Term 1

Term 2

Term 3

Year 10

-Nature of Substances
-Atomic structure and the Periodic Table
-Chemistry calculations (FT)

-Water
-Rate of chemical change
-Limestone (C)

-Chemistry calculations (HT)
-Chemical reactions & energy (Y11 content)

Year 11

-Bonding, structure and properties
-Crude Oil

-Acids, bases and salts
-Metals and their extraction

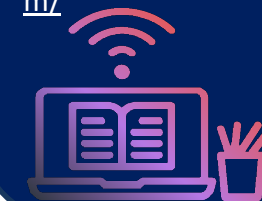
Reversible reactions, industrial processes and important chemicals (C)

Links to useful websites:

<https://www.bbc.co.uk/bitesize/exam-specs/z6pvkmm>

<https://senecalearning.com/en-GB/>

<https://www.physicsandmathstutor.com/>



Subject: GCSE Physics/DA Science



Exam Board: WJEC

Link to specification: https://www.wjec.co.uk/qualifications/physics-gcse/#tab_keydocuments (GCSE Physics) (P studied by GCSE Physics students only)
https://www.wjec.co.uk/qualifications/science-double-gcse-award/#tab_keydocuments (GCSE Science)



CONTENT	Term 1	Term 2	Term 3
Year 10	<ul style="list-style-type: none">-Electric circuits-Generating electricity-Domestic electricity	<ul style="list-style-type: none">-Features of waves-The total internal reflection of waves (P)-Seismic waves (P)	<ul style="list-style-type: none">-Kinetic theory (P)-Electromagnetism (P)-Stars and planets-The universe (Y11 content)
Year 11	<ul style="list-style-type: none">-Distance, speed and acceleration & Newton's laws-Work and Energy & Types of Radiation	<ul style="list-style-type: none">-Half-life-Further Motion Concepts (P)	<ul style="list-style-type: none">-The Universe (P)-Nuclear decay and nuclear energy (P)

Key Dates:

Y10

January 27th 2025 Trial exams start
June 16th 2025 Provisional GCSE Unit 1 Physics exam date

Y11

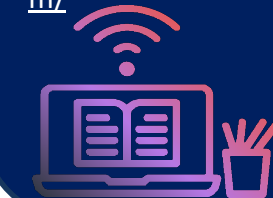
December 5th 2024 Trial exams start
May 22nd 2025 Provisional GCSE Unit 2 Physics exam date

Links to useful websites:

<https://www.bbc.co.uk/bitesize/exam-specs/z83k6fr>

<https://senecalearning.com/en-GB/>

<https://www.physicsandmathstutor.com/>



Subject: Drama



Exam Board: WJEC

Link to specification:

<https://www.wjec.co.uk/qualifications/>



Key Dates:

e.g. Exams, assessment and revision

Unit 1 exam date – Wednesday 23rd October
& Thursday 24th October 2024.

Portfolio submission first draft – Friday 8th
November 2024

Unit 2 exam date – March 2025

Unit 3 exam date – summer 2025



CONTENT

Term 1

Term 2

Term 3

Year 10

Unit 1 – Devising
Theatre (Trial)

Unit 2 – Performing
Theatre (Trial)

Unit 3 – Interpreting
Theatre
Begin Unit 1

Year 11

Unit 1 – Devising
Theatre

Unit 2 – Performing
Theatre

Unit 3 – Interpreting
Theatre

Links to useful websites:

[GCSE Drama - WJEC - BBC Bitesize](#)



Subject: Music



Exam Board: WJEC

Link to specification: [GCSE Music](#)



CONTENT	Term 1	Term 2	Term 3
Year 10	The elements of music. Developing a performance portfolio.	Composition techniques. Listening skills	The history of music. Developing a composition portfolio.
Year 11	Composing to a brief. Analysing set works.	Writing about music.	Preparing for the exam.

Key Dates:

e.g. Exams, assessment and revision

1/3/24 - Composition portfolio due

1/4/24 - Performance portfolio due

16/6/24 - Unit 3 Exam

Links to useful websites:

[GCSE Music - BBC Bitesize](#)



Subject: Art



Exam Board: WJEC

Link to specification:

https://www.wjec.co.uk/qualifications/art-and-design-gcse/#tab_keydocuments



Key Dates:

18th December 2024 – Year 11 Portfolio deadline.

7th and 8th April 2025 – Externally Set Assignment Exam

CONTENT	Term 1	Term 2	Term 3
Year 10	Portfolio Work: Teacher led theme.	Portfolio Work: Teacher led theme.	Portfolio Work: Independent project.
Year 11	Portfolio Work: Independent Project.	Externally Set Assignment Preparation.	Presentation of work.

Links to useful websites:

<https://www.bbc.co.uk/bitesize/subjects/z6hs34j>

<https://lightboxresource.co.uk/>



Subject: Personal Growth and Wellbeing



Exam Board: Pearson

Link to specification:

<https://www.sweet.education/level-1-and-2-pgw>



Key Dates:

There are no external examinations however, learners must complete all units in full.



CONTENT	Term 1	Term 2	Term 3
Year 10	Fitter Healthier Happier I've Got Feeling	Let's Talk About Skills For Social Success	Our World Our Future
Year 11	Making Money Work For Me Future Roles and Goal Setting	Let's Talk About – Sexual Health and Wellbeing	

Links to useful websites:



Subject: Mathematics (Year 10)



Exam Board: WJEC

Link to specification:

<https://www.wjec.co.uk/qualifications/>



Key Dates:

Unit 1 – Non-Calculator – 15th May 2025

Unit 2 – Calculator – 11th June 2025



CONTENT	Term 1	Term 2	Term 3
Higher Tier	Expanding brackets, solving equations, polygons, circle theorems, surds, volume and surface area	Trigonometric functions, proportion, Sine and cosine rule, Bounds, sequences, algebraic fractions	Revision of the course, including all intermediate content, ahead of the Exams in May and June
Intermediate Tier	Pythagoras' Theorem, trigonometry, linear graphs, transformations, similar shapes	Simultaneous equations, expanding, factorising, circle theorems, averages, recurring decimals, distance graphs, constructions	Revision of the course, including all foundation content, ahead of the Exams in May and June
Foundation Tier	Four operations, fractions, decimals, rounding, negatives, factors, multiples, probability	Constructions, using a compass and protractor, interpreting maps,	Revision of the course, including averages and algebra, ahead of the Exams in May and June

Links to useful websites:

[Elfed Maths](#)

www.mathswatch.co.uk

www.mathsdiy.co.uk



Subject: Mathematics-Numeracy (Year 11)



Exam Board: WJEC

Link to specification:

<https://www.wjec.co.uk/qualifications/>



Key Dates:

Unit 1 – Non-Calculator – 8th May 2025

Unit 2 – Calculator – 4th June 2025

CONTENT	Term 1	Term 2	Term 3
Higher Tier	Cumulative frequency, boxplots, estimated mean, histograms, sampling, tax, bounds, percentages, AER, ratio, exchange rates, volume, trigonometry, arcs and sectors, cosine and sine rule	Velocity time graphs, the trapezium rule, real life graphs, recurring decimal proof, similar shapes, surface area, reverse percentages, standard form	Revision of key topics ahead of the exams in May and June
Intermediate Tier	Averages, cumulative frequency, boxplots, tax, estimated mean, money, percentages, fractions, utility bills, standard form, area, angles, Pythagoras, trigonometry, bearings	Conversion graphs, forming equations, percentages, scatter graphs, ratio, exchange rates, best buys, metric/imperial units, fractions, bounds	Revision of key topics ahead of the exams in May and June
Foundation Tier	Averages, graphs, money calculations, number topics, recipes, area, perimeter, angles, bearings, questionnaires	Conversions, sequences, substitution, distance time graphs, time, best buys, percentages, metric/imperial conversions	Revision of key topics ahead of the exams in May and June

Links to useful websites:

Elfed Maths
www.mathswatch.co.uk
www.mathsdiy.co.uk

