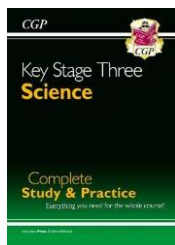











# Year 7 End of Year Exam Revision



Topics	Revision Guide	BBC Bitesize links
Plant cells	Pages 2 and 3	
Digestive system	Page 10	
Photosynthesis	Page 30	
States of matter	Pages 48 and 49	
Separating techniques	Pages 61 to 64	
Acids and alkalis	Pages 80 and 81	
Light waves	Pages 138 and 139	
Sound waves	Pages 146 and 147	
Solar system	Page 163	

# How to revise...

## Organisation

- Have a dedicated place to revise. Make sure you have all the things you need to hand: exercise books, revision guides, pens, highlighters etc. Keep distractions (phone, xbox, tv etc.) away!
- Make sure you know what you need to revise. Have a checklist and tick things off as you do them.
- Make a timetable. Decide which subjects you will revise each day. Set aside time for sports/hobbies/relaxation too! Little and often is best when it comes to revision. 20mins focused on one topic, have a break and then revise something different. Plan so that you have time to return to each topic 2 or 3 times.

## Active revision

- You remember things by constructing links between ideas in your brain. This means you have to be using information to remember it! Try:
  - Self-testing – read a page of notes and then cover it up and try to re-write as much as you can from memory. Do practice question from your revision guide or use online testing e.g. BBC Bitesize
  - Peer-testing – get a friend to ask you questions about a topic.
  - Consolidation – read a page of notes and then choose the most important information to record on a note card.
  - Consolidation II – read your notes and then make a mind-map showing how the parts of a topic link together.

## Mindset

- Your brain is the least efficient organ in your body! Look after it by making sure you:
  - Get plenty of sleep. Avoid looking at screens straight before you go to bed.
  - Eat well, especially on the day of an exam.
  - Switch off. Sports, hobbies and spending time with friends are important for your wellbeing and the health of your brain.

