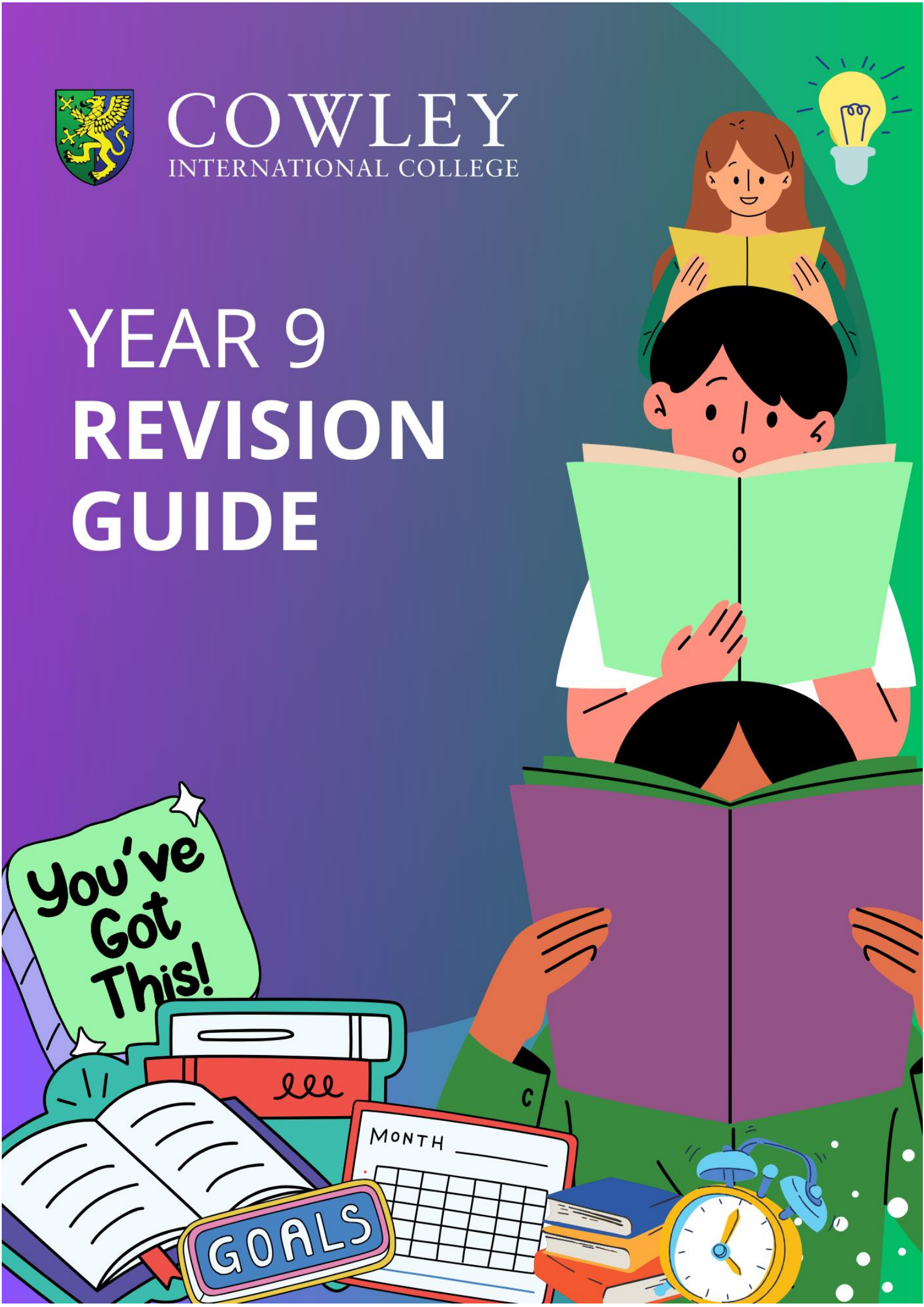




**COWLEY**  
INTERNATIONAL COLLEGE

# YEAR 9 REVISION GUIDE



# Year 9 Revision Guide

## Contents Page

<u>English</u>	<u>3</u>
<u>Maths</u>	<u>4</u>
<u>Science: Biology</u>	<u>5</u>
<u>Science: Chemistry</u>	<u>7</u>
<u>Science: Physics</u>	<u>9</u>
<u>Geography</u>	<u>10</u>
<u>History</u>	<u>11</u>
<u>Languages</u>	<u>12</u>
<u>Computing</u>	<u>13</u>
<u>RE</u>	<u>14</u>



	Activity/ link	Completed?
1	Revise the words on the Y9 <u>academic vocabulary</u> list: <a href="https://www.cowley.st-helens.sch.uk/wp-content/uploads/sites/2/2025/03/Year9AcademicVocabulary-List.odt">https://www.cowley.st-helens.sch.uk/wp-content/uploads/sites/2/2025/03/Year9AcademicVocabulary-List.odt</a> Create a flashcard for each word (write the word on the front, and on the back write the definition and use the word in a sentence of your own).	
2	Revise the words on the Y9 <u>aspirational vocabulary</u> list: <a href="https://www.cowley.st-helens.sch.uk/wp-content/uploads/sites/2/2025/03/Year9AspirationalVocabularyList.odt">https://www.cowley.st-helens.sch.uk/wp-content/uploads/sites/2/2025/03/Year9AspirationalVocabularyList.odt</a> Write the correct definition next to each word and practise using the vocabulary in your own sentences. Ask someone to test you on the definitions.	
3	Read the information about the reading exam: <a href="https://www.cowley.st-helens.sch.uk/wp-content/uploads/sites/2/2025/03/Y9ReadingExam.odt">https://www.cowley.st-helens.sch.uk/wp-content/uploads/sites/2/2025/03/Y9ReadingExam.odt</a> Create revision notes about the reading exam by condensing the information into half a page of A4.	
4	Complete the practice reading paper: <a href="https://www.cowley.st-helens.sch.uk/wp-content/uploads/sites/2/2025/03/Y9PracticeReadingPaper.docx">https://www.cowley.st-helens.sch.uk/wp-content/uploads/sites/2/2025/03/Y9PracticeReadingPaper.docx</a>	
5	Read the information about the writing exam: <a href="https://www.cowley.st-helens.sch.uk/wp-content/uploads/sites/2/2025/03/Year9WritingExamination.odt">https://www.cowley.st-helens.sch.uk/wp-content/uploads/sites/2/2025/03/Year9WritingExamination.odt</a> Learn the Aristotelian Triad writing plan and create a revision poster for the AFOREST features.	
6	Writing to persuade: <a href="#">Writing to persuade guide for KS3 English students - BBC Bitesize.</a> Watch the video clip, read the notes and take the quiz to test your knowledge.	
7	Persuading the reader: <a href="#">Persuading the reader - Persuasive techniques - 3rd level English Revision - BBC Bitesize.</a> Read the information and use it to add to your notes on AFOREST features.	
8	How to write a speech: <a href="#">How to write a speech for KS3 English students - BBC Bitesize.</a> As you watch the video and read the notes, make your own revision notes and then test your knowledge using the quiz.	
9	Practise planning and answering these writing questions: <a href="https://www.cowley.st-helens.sch.uk/wp-content/uploads/sites/2/2025/03/Y9PracticeWritingQuestions.odt">https://www.cowley.st-helens.sch.uk/wp-content/uploads/sites/2/2025/03/Y9PracticeWritingQuestions.odt</a> Remember to use the Aristotelian Triad writing plan and include a range of AFOREST features. Highlight these in your work.	
10	Complete the worksheet to test your knowledge of the effect of AFOREST features: <a href="https://www.cowley.st-helens.sch.uk/wp-content/uploads/sites/2/2025/03/Effects-of-AFOREST.docx">https://www.cowley.st-helens.sch.uk/wp-content/uploads/sites/2/2025/03/Effects-of-AFOREST.docx</a>	

## Maths

Most of the activities below are set through the [MathsWatch](https://www.mathswatch.co.uk) website (Mathswatch.co.uk). All pupils have a username and password. The username and password are the same and they follow a simple format. For example, a pupil named Fredd Bloggs would have the username and password 'Fred.Bloggs@cowley'.

Each of the clips listed below incorporates a set of short videos explaining the topic and then a selection of easy and hard questions on the topic. The questions are all self-marking.

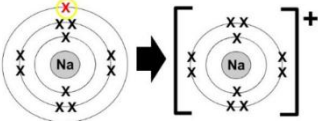
The best way to revise for maths is by practicing similar questions to those that will be in your test.

	Activity/ link	Completed?
1	Solving Equations – Mathswatch Clip 135a	
2	Converting Between Fractions Decimals and Percentages – Mathswatch Clip 85	
3	Angles – Mathswatch Clips 120, 121 & 122	
4	Calculating With Fractions – Mathswatch Clips 71, 73 & 74	
5	Plotting Equations – Mathswatch Clips 96 & 98	
6	Ratio – Mathswatch Clips 38 & 106	
7	Coordinates – Mathswatch Clip 8 & 113	
8	Mean, Mode, Median & Range – Mathswatch Clips 62 and 130a	
9	<a href="https://www.bbc.com/education/ks3-maths">KS3 Maths - BBC Bitesize</a> you can also find revision materials on the topics above at the BBC Bitesize website. Make sure you go to the KS3 section.	
10	If you prefer printed, paper based questions try the ' <a href="https://www.mathsgenie.co.uk">Maths Genie - Free Online GCSE and A Level Maths Revision</a> ' website. Here you can find practice exam questions on all the above topics.	

## Science: Biology

	Activity/ link	Completed?
1	<p><a href="#">What are plant and animal cells? - BBC Bitesize</a> Make a poster to show the structure of a plant and animal cell, including 2 sentences to say how they are the same and 2 sentences to say how they are different. If you scroll to the bottom there are several quizzes to try.</p>	
2	<p><a href="#">Changes that occur during the menstrual cycle - Reproduction - KS3 Biology - BBC Bitesize</a> Watch the video. As it plays make a timeline where you write in the margin the day number and write next to it what happens on that day, for example, "Day 1 – First day of bleeding". Then read the rest of the page and take the quiz at the bottom.</p>	
3	<p><a href="#">Biodiversity, extinction and gene pools - Ecosystems and habitats - KS3 Biology - BBC Bitesize</a> – Read the whole page and write 6 revision cards.</p>	
4	<p><a href="#">Ecological sampling - Ecosystems and habitats - KS3 Biology - BBC Bitesize</a> – Watch the video at the top and answer the 2 questions. Read the section titled "Why is sampling important?" Then turn off the screen and on a piece of paper try to write what you have read to explain why sampling is important. Turn the screen back on and check.</p>	
5	<p><a href="#">Obesity - Nutrition, digestion and excretion - KS3 Biology - BBC Bitesize</a> Draw a spider diagram to show facts about obesity. Include what obesity is, how we measure it (details about the BMI), and what health problems are related to obesity. Now focus on malnutrition - <a href="#">Malnutrition - Nutrition, digestion and excretion - KS3 Biology - BBC Bitesize</a> Read about the 4 deficiency diseases – anaemia, blindness, scurvy and protein deficiency (called kwashiorkor). Split a page into 4 with a ruler and write about each deficiency disease in each box. For extra challenge, close the link before you do the writing then open it again to check.</p>	
6	<p><a href="#">Variables - Working scientifically - KS3 Science - BBC Bitesize</a> Read about the 3 types of variables – independent, dependent and control variables. Scroll down to the 4 experiments. For each experiment try write on a piece of paper the independent variable, dependent variable and control variable <i>before</i> you read what they are. Scroll down to the biscuit quiz and see how you get on.</p>	
7	<p><a href="#">DNA - Inheritance and genetics - KS3 Biology - BBC Bitesize</a> – Read, then write 10 revision cards</p>	
8	<p><a href="#">The heart - Animal organisation - transport systems - AQA - GCSE Biology (Single Science) Revision - AQA - BBC Bitesize</a> – Read then learn the names and functions of the blood vessels. <a href="#">Blood - Animal organisation - transport systems - AQA - GCSE Biology (Single Science) Revision - AQA - BBC Bitesize</a> Read and make 4 revision cards – one for each blood component.</p>	
9	<p><a href="#">The blood vessels - Animal organisation - transport systems - AQA - GCSE Biology (Single Science) Revision - AQA - BBC Bitesize</a> Split your page in 3 and write everything you know about the arteries, capillaries and veins.</p>	
10	<p><a href="#">Epidermis, palisade mesophyll and spongy mesophyll - How do producers transport substances they need? - OCR 21st Century - GCSE Biology (Single Science) Revision - OCR 21st Century - BBC Bitesize</a> Draw a table with 3 headings – leaf tissue, function, adaptations to aid the function. Include palisade</p>	

	mesophyll, spongy mesophyll, upper epidermis, and then go to the next page and do xylem and phloem also.	
--	--	--

	Activity/ link	Completed?
1	<p><a href="#">Elements, compounds and mixtures - BBC Bitesize</a> - Use the information to make 6 revision cards – The first 3 are one with information about solids, one about liquids and one about gases. The second 3 are one with information about elements, one about compounds and one about mixtures.</p>	
2	<p><a href="#">Video about electronic structure</a> - Watch the 5 minute video and complete the questions given at the end (Remember “electronic structure” is sometimes called “electron configuration”)</p>	
3	<p><a href="#">What is a neutralisation reaction? - BBC Bitesize</a> - Read and complete the tasks given – stop at the “naming” section.</p>	
4	<p><a href="#">Video about sub atomic particles – electrons, protons and neutrons.</a> Watch the video. After this write down 4 sentences – a sentence about electrons, a sentence about protons, a sentence about neutrons and a sentence about the element called carbon. Re-watch the video – can you add an extra detail to any sentence?</p>	
5	<p><a href="#">Chemistry for Kids: Isotopes</a> - Read only the first 2 paragraphs and study the 3 isotopes of Hydrogen. Close the page and try hard to write in your own words what an isotope is. Open the page again and check if you are correct.</p>	
6	<p><b>Learn this definition</b> - An ion is a particle like an atom that has lost or gained electrons. An ion is an electrically charged atom.</p>	
7	<p><a href="#">Ionic Bonding - Science: KS3</a></p> <p>1. Study the first 2 sentences carefully. Cover them over and see if you can write them in your own words. Keep repeating this activity until you can do it.</p> <p>2. Read the rest of the information <i>out loud</i> to yourself. Every time you see an arrow say “becomes”, every time you see a square bracket say “ion” and every time you see a cross say “electron”. So read this picture as “The highlighted <b>electron</b> in the sodium atom is given away so it <b>becomes</b> a Sodium <b>ion</b>”.</p> 	
8	<p><a href="#">Video about forming an ionic bond</a> - Watch the video and pause it to see if you can complete the suggested activities. To fully understand the ionic bond you must be able to understand the reason the elements stick together is because of the opposite charges attracting.</p>	
9	<p><a href="#">What Are Chemical Word Equations?   Twinkl Teaching Wiki</a> - Study the piece of writing from “Chemical word equations are written records of chemical reactions.....” All the way down to the video. Do not watch the video. When you have finished try to write the following as a word equation to see if you understand. “Sodium and flourine are 2 elements that react together to become a new product called sodium fluoride”.</p>	

10	<a href="#">Ionic compound Facts for Kids</a> - Scroll down to the "Physical properties" table and use it to make a spider diagram of "the 5 physical properties of ionic substances"	
11	<a href="#">Chemical and physical change - Separating mixtures - GCSE Chemistry (Single Science) Revision - WJEC - BBC Bitesize</a> - Make 2 revision cards, one for "Physical changes" and one for "chemical changes"	



## Science: Physics

	Activity/ link	Completed?								
1	<a href="#">What is gravity guide for KS3 physics students - BBC Bitesize</a> - Read and watch the video, then take the quiz at the bottom.									
2	<a href="#">Specific Heat   CK-12 Foundation</a> Read and enjoy it. When you find the definition of specific heat capacity copy it down and learn it word for word. It is the definition in the “summary” that you need to know – focus most on the numbers.									
3	<a href="#">Introduction to circuits - Electricity - KS3 Physics - BBC Bitesize</a> - Watch the video and answer the question. Check the answer to see if you were correct.									
4	<a href="#">Refraction and lenses guide for KS3 physics students - BBC Bitesize</a> - Carefully read the 3 bullet points. Hide them and try to write the 3 bullet points out in your own words. Then scroll down to play the game.									
5	<a href="#">Forces - Science: KS3</a> - Draw a poster with the title “Forces”. Use this page first to find details to add to the poster. Then use the next webpage to add even more - <a href="#">Introduction to forces - Forces and movement - KS3 Physics - BBC Bitesize</a> - Finally, ready about why exerting a force onto gas particles can do by reading just one short section, here <a href="#">Why gases compress so easily</a> Here is a little forces experiment you can do if you have a whole bag of flour and a toy <a href="#">Children's Science Center</a>									
6	<a href="#">The Seven Different Types of Energy Stores- Physics Revision (Years 7, 8 &amp; 9)</a> For each of the 7 energy stores given make a revision card about each one. Try to add information you already know as well as information on the webpage. Then watch this video by Brian Cox <a href="#">Energy stores- Energy- KS3 Physics- BBC Bitesize</a> .									
7	<a href="#">Magnetism guide for KS3 physics students - BBC Bitesize</a> - Watch the video about magnetism. Then open this page <a href="#">Magnets and magnetic materials - BBC Bitesize</a> . Draw a table with 2 headings – materials that are magnetic and materials that are not magnetic. Fill the columns in.									
8	<a href="#">Observing waves in water guide for KS3 physics students - BBC Bitesize</a> - Make a spider diagram for each word; frequency, amplitude, wavelength, reflection and energy. Do not use “common sense”, specifically use the language on the webpage.									
9	<a href="#">Generating electricity guide for KS3 physics students - BBC Bitesize</a> - Copy and complete the table; <table border="1" data-bbox="172 1720 1264 1825" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th data-bbox="172 1720 477 1765">Energy resource</th> <th data-bbox="477 1720 831 1765">Renewable or non-renewable?</th> <th data-bbox="831 1720 1035 1765">Advantage</th> <th data-bbox="1035 1720 1264 1765">Disadvantage</th> </tr> </thead> <tbody> <tr> <td data-bbox="172 1765 477 1825">Eg Wind, tidal, wave, hydroelectric, etc</td> <td data-bbox="477 1765 831 1825"></td> <td data-bbox="831 1765 1035 1825"></td> <td data-bbox="1035 1765 1264 1825"></td> </tr> </tbody> </table>	Energy resource	Renewable or non-renewable?	Advantage	Disadvantage	Eg Wind, tidal, wave, hydroelectric, etc				
Energy resource	Renewable or non-renewable?	Advantage	Disadvantage							
Eg Wind, tidal, wave, hydroelectric, etc										
10	<a href="#">Moments - Forces and movement - KS3 Physics - BBC Bitesize</a> - Make 3 information cards about moments. One card called “what is a moment”, one card called “the moment equation” and one card called “Using moments”. Also try the quiz.									

## Geography

	Activity/ link	Completed?
1	Read your knowledge organiser. Create flash cards for all the key terms for all topics.	
2	Read your knowledge organiser on 'Global impacts of Climate Change'. After you have read it make brief notes on mitigation and adaptation. Ask someone to test you on this.	
3	Read you knowledge organiser on Liverpool. Create a flow chart to show the growth of Liverpool.	
4	<a href="#">Urban processes in HICs - KS3 Geography - BBC Bitesize</a> Read the information and watch the clips. Complete the quiz.	
5	<a href="#">Climate - KS3 Geography - BBC Bitesize</a> Read the information and watch the clips. Complete the quiz. Make sure you understand how to read the climate graph on the knowledge organiser.	
6	<a href="#">Plate Tectonics guide for KS3 geography students - BBC Bitesize</a> Read the information and watch the clips. Complete the quiz. Use your knowledge organiser on the Indonesian earthquake to draw a labelled sketch to explain why Indonesia gets earthquakes.	
7	<a href="#">Food chains and webs - Ecosystems and habitats - KS3 Biology – BBC Bitesize</a> <a href="#">Changes to food webs - Ecosystems and habitats - KS3 Biology - BBC Bitesize</a> Read the information and watch the clips. Complete the quiz.	
8	<a href="#">Glacial process guide for KS3 geography students - BBC Bitesize</a> <a href="#">Glacial processes - erosion and weathering - Glacial processes and landforms - OCR - GCSE Geography Revision - OCR - BBC Bitesize</a> Read the information and watch the clips. Complete the quiz. Use your knowledge organiser to draw a labelled sketches on: 1. The glacier budget 2. The formation of a corrie 3. Freeze-thaw weathering	
9	Read your knowledge organiser. Divide a page in half. On one half make notes on why Malawi is poor. On the other side make notes on how Malawi could become richer.	
10	<a href="#">How is China changing? - KS3 Geography - BBC Bitesize</a> Read about the economic changes in China. Make flash cards.	

## History

	Activity/ link	Completed?
1	<a href="#">The Suffragette Movement - BBC Bitesize</a> follow the link and read through the information. Once completed take the test at the bottom of the page to test your knowledge and tackle any misconceptions.	
2	<a href="#">Lesson: The Industrial Revolution and change in Britain   KS3 History   Oak National Academy</a> follow the link and watch the video and then complete the work sheet and quiz.	
3	<a href="#">Lesson: Henry VI and Richard of York   KS3 History   Oak National Academy</a> follow the link and watch the video and then complete the work sheet and quiz.	
4	Use the knowledge organisers on the website to create flash cards based on the topics. To do this effectively make sure you write a question on one side and the answer on the other.	
5	Once your flash cards are created have someone else test you on the information. Make two piles as you do this for those your get right and those you get wrong. With the pile you have got wrong review the knowledge organiser to make sure you are clear on the information. Then have someone test you again on the flash cards you got wrong.	
6	<a href="#">The transatlantic slave trade overview - The transatlantic slave trade - KS3 History - homework help for year 7, 8 and 9. - BBC Bitesize</a> follow the link and read through the information. Once completed take the test at the bottom of the page to test your knowledge and tackle any misconceptions.	
7	<a href="#">Nazi propaganda and control - Life in Nazi Germany, 1933-1939 - AQA - GCSE History Revision - AQA - BBC Bitesize</a> Follow the link to the website. Read through the information on propaganda and watch the video. Once you have done this look for 'in this guide' section and click on the 'test' and complete the questions/.	
8	Create a list of key words and their definitions that are relevant to the subjects listed on the knowledge organiser.	
9	Under the headings Medieval Power, The Wars of the Roses, the Industrial Revolution, The Slave Trade, Life in Nazi Germany and the Suffrage movement write down any facts you can remember about these topics. Once completed use the knowledge organiser to add extra facts to your list in a different coloured pen to identify gaps in your knowledge.	
10	<a href="#">Lesson: King John and the causes of Magna Carta   KS3 History   Oak National Academy</a> follow the link and watch the video on the Magna Carta. Once completed use this to complete the worksheet and knowledge quiz.	

## Languages (Linked to PowerPoint)

Use this pdf to complete tasks: <https://www.cowley.st-helens.sch.uk/wp-content/uploads/sites/2/2025/03/Yr9FrenchRevisionTerm3Exam.pdf>

	Activity/ link	Completed?
1	Revision Pdf- Slide 2 Q&A on holiday topic. Focus on question words- can you recognise them? Practise extended the answers and adapting the answers given	
2	Revision Pdf- Slide 3 Negatives- Using negatives in your work are considered as a complex structure at GCSE and form the “N” in our CROISSANT acronym. Practise and use a variety in your work	
3	Revision Pdf- Slide 4 Festivals- cover vocab. Revise how to conjugate the regular “ir/re” verbs Look at the time expressions included on slide to help extend answer	
4	Revision Pdf- Slide 5 Working on speaking skills for photo card question. Remember with photo card is is: Who is in photo?/what are they doing?/what are they wearing?/where are they?	
5	Revision Pdf- Slide 6 Present and Past tenses with time expressions. Focus on learning the correct time expression with the correct tense. Can you write sentences for memory? Practise!	
6	Revision Pdf- Slide 7 Future tense with time expressions. Focus on learning the correct time expression with the correct tense. Can you write sentences for memory? Practise!	
7	Revision Pdf- Slide 8 Using modal verb “pouvoir”- On peut + infinitive. Look at sentence builder and learn the vocabulary to help extend answer to question “Where you live?” Include seasons of the year to help you say more and write more.	
8	Revision Pdf- Slide 9 Using modal verb “devoir”- On doit + infinitive. Look at sentence builder and learn the vocabulary to help extend answer to question “What do you do to help around the house?” Include frequency phrases to help you say more and write more.	
9	Revision Pdf- Slide 10 Daily Routine- Learn vocab. Use a variety of sequencers (Parfois, Quelquefois) to help improve structure in speaking and writing. Revise time- choose numbers and times that are easy to pronounce and to write.	
10	Grammar videos to watch and complete quizzes <a href="#">Infinitives, modals and future tenses – KS3 French – BBC Bitesize</a> <a href="#">Adjectives - KS3 French - BBC Bitesize</a> <a href="#">Perfect tense – KS3 French – BBC Bitesize</a>	

## Computing

	Activity/ link	Completed?
1	<a href="#">Make it: code it   micro:bit</a> spend some time on the website and complete some of the project activities	
2	Using <a href="#">How spreadsheets work - Spreadsheets - KS3 ICT Revision - BBC Bitesize</a> revise the main points of Spreadsheets. Create flash cards for the main points.	
3	Read the article on <a href="#">Control technology - Control and sequencing - KS3 ICT Revision - BBC Bitesize</a> and complete the test online.	
4	Using <a href="http://www.canva.co.uk">www.canva.co.uk</a> create a poster to advertise world book day. Use this tutorial if you are stuck <a href="#">Canva Tutorial for Kids   Introduction to Canva for Kids</a> (remember to click on sign in with Microsoft)	
5	You go into a fast food chain and you see their digital display screen – what information do you expect to see? How do you expect information to be presented? Draw out on paper a design for the display screen and annotate what you have included and why.	
6	Use your knowledge organiser to create a list of key words and their definitions that are relevant to Databases.	
7	Using <a href="http://www.canva.co.uk">www.canva.co.uk</a> create a logo suitable for a new bookshop called 'Page Turners'. Use this tutorial if you are stuck <a href="#">Canva Tutorial for Kids   Introduction to Canva for Kids</a> (remember to click on sign in with Microsoft)	
8	Use your knowledge organiser to revise the key points of E-Safety. Create a poster to cover these points.	
9	Create a mind map of all the different documents that you could create to go in an activity pack for students visiting a zoo on a school trip. Pick one of your ideas and plan it out on paper, think about the content you are going to include, the colours you will use and how you will layout the information to make it suitable for purpose.	
10	Using all of your knowledge from being in computing lessons draw out a poster of rules for a computing room, include at least 5 points, include images and suitable colour so it catches people eye.	

	Activity/ link	Completed?
1	Read your knowledge organiser. Create flash cards for the key terms for all topics.	
2	Write out all of your key terms. Test yourself on the definitions. Mark in a different colour and correct which ones you got wrong.	
3	Read the Year 7 life of Jesus knowledge organiser. Draw a storyboard to retell the parable of the Good Samaritan. CHALLENGE: Explain how Christians can demonstrate 'Love thy Neighbour' in everyday life. <a href="#">What does it mean to love your neighbour as yourself?   The Church of England</a>	
4	Read the Year 7 life of Jesus knowledge organiser. Retell the story of Jesus' resurrection in your own words. CHALLENGE: Explain in detail why the account of the resurrection is important for Christians today.	
5	Read the Year 8 Islam practices knowledge organiser. Create a set of multiple-choice questions based on the information. Then complete without looking at the knowledge organiser. Mark in a different colour and correct the ones you got wrong.	
6	Read the Year 8 Islam practices knowledge organiser. In your own words describe what Muslims do on Hajj for memory. Mark in a different colour and add what you missed out on.	
7	Read the Year 8 Existence of God knowledge organiser. Split a page in two. On one side title it 'Reasons why a theist would say God exists' on the other 'Reasons why an atheist would say God does not exist'. Using the knowledge organiser sort the information under the correct heading. CHALLENGE: From memory, explain what the problem of evil is.	
8	Read your Year 9 Crime and Punishment knowledge organiser. Create a set of multiple-choice questions based on the information. Complete without looking at the knowledge organiser. Mark in a different colour and correct the ones you got wrong.	
9	Read your Year 9 Crime and Punishment knowledge organiser. Split a page in two. On one side title it 'Reasons people agree with the death penalty' on the other 'Reasons why people disagree with the death penalty'. Using the knowledge organiser sort the information under the correct heading. Include scripture.	
10	Read your Year 9 Issue of Abortion knowledge organiser. 1. Create a set of multiple-choice questions based on the information. Complete without looking at the knowledge organiser. Mark in a different colour and correct the ones you got wrong. 2. Split a page in two. On one side title it 'Reasons people agree with abortion' on the other 'Reasons why people disagree with the abortion'. Using the knowledge organiser sort the information under the correct heading. Include scripture.	



# BUILDING RESILIENCE FOR GCSE SUCCESS

Resilience is your ability to bounce back from challenges, stay focused under pressure, and keep pushing forward—even when things get tough.

## Why Does It Matter?

GCSEs can be stressful, but resilience helps you manage pressure, stay motivated, and perform your best.

## Controlling Impulses

Resist distractions, manage your time wisely, and make choices that help. Swap “I can’t do this” for “I’ll keep trying.” Your mindset shapes your success. Stay optimistic and believe in yourself!

## Mastering Emotional Regulation

Feeling overwhelmed? Take a deep breath. Recognizing your emotions and handling them in a healthy way stops stress from taking over.

## Taking Back Control from Worries

Instead of letting worries rule you, break them down:

- ✓ Write down your concerns
- ✓ Find solutions or steps to tackle them
- ✓ Focus on what you can control

## With resilience, you’ll:

- ✓ Stay calm and focused during exams
- ✓ Overcome setbacks and keep improving
- ✓ Feel more confident in your abilities

**KEEP GOING, STAY STRONG  
AND BELIEVE IN YOURSELF!**

