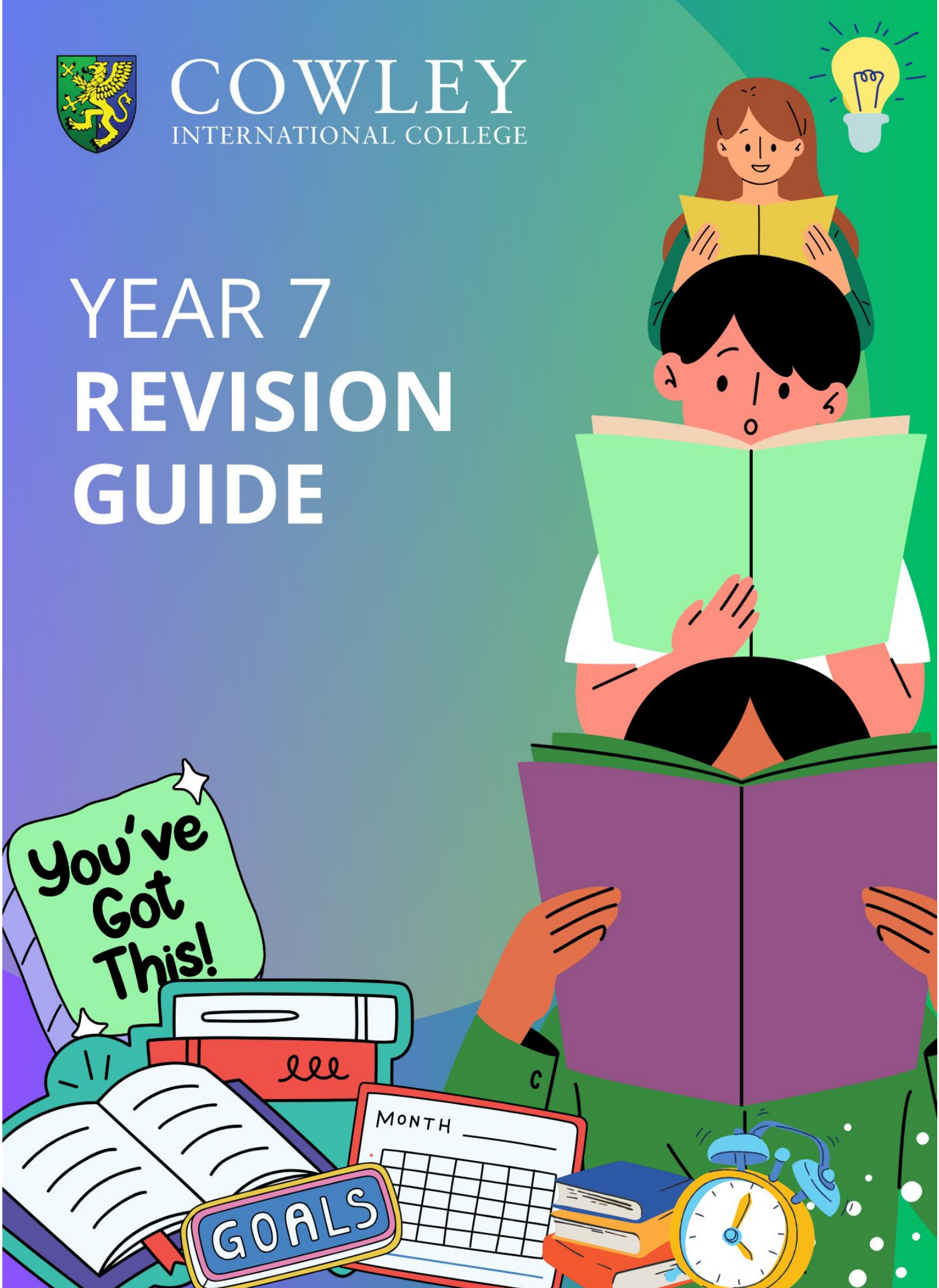




COWLEY
INTERNATIONAL COLLEGE

YEAR 7 REVISION GUIDE



Year 7 Revision Guide

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	Activity/ link	Completed?
1	Revise the words on the Y7 <u>academic vocabulary</u> list: Year 7 Academic Vocabulary.docx . 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 Y8 <u>aspirational vocabulary</u> list: Y7 Aspirational Vocabulary.docx . 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	Complete the practice reading paper: Y7 Practice Reading Paper.docx	
4	Complete the practice reading paper: Y7 Practice Reading Paper.docx	
5	Read the information about the writing exam: Year 7 Writing Exam Information.docx . <u>Learn</u> 'The Journey of a Hero' writing structure and create a revision poster summarising the key information.	
6	Writing Techniques: Writing Skills - Creative and narrative writing - BBC Bitesize . Read the information about different writing techniques and use it to write a page of revision notes.	
7	Literary Devices: How to use literary devices in your writing for KS3 English students - BBC Bitesize . Read the information, watch the videos and take the quizzes.	
8	Use 'The Hero's Journey' structure to practise planning and writing an adventure story for each of the titles below: <ul style="list-style-type: none"> • The Map in the Attic • Through the Forbidden Door • Escape from Ember Island 	

Maths

	Activity/ link	Completed?
1	Properties of Number Maths, secondary, Year 7 - Lesson listing Oak National Academy Complete the starter and exit quiz for each section. Watch the video lesson and copy the examples for any objectives that you are unable to answer, then retest yourself.	
2	Arithmetic Procedures with Integer and Decimals Maths, secondary, Year 7 - Lesson listing Oak National Academy Complete the starter and exit quiz for each section. Watch the video lesson and copy the examples for any objectives that you are unable to answer, then retest yourself.	
3	Expressions Maths, secondary, Year 7 - Lesson listing Oak National Academy Complete the starter and exit quiz for each section. Watch the video lesson and copy the examples for any objectives that you are unable to answer, then retest yourself.	
4	Equations Maths, secondary, Year 8 - Lesson listing Oak National Academy Section 3 and 4 only. Complete the starter and exit quiz for each section. Watch the video lesson and copy the examples for any objectives that you are unable to answer, then retest yourself.	
5	Perimeter and Area Maths, secondary, Year 7 - Lesson listing Oak National Academy Complete the starter and exit quiz for each section. Watch the video lesson and copy the examples for any objectives that you are unable to answer, then retest yourself.	
6	Conceptualising Fractions Maths, secondary, Year 7 - Lesson listing Oak National Academy Complete the starter and exit quiz for each section. Watch the video lesson and copy the examples for any objectives that you are unable to answer, then retest yourself.	
7	Calculating with Fractions Maths, secondary, Year 7 - Lesson listing Oak National Academy Complete the starter and exit quiz for each section. Watch the video lesson and copy the examples for any objectives that you are unable to answer, then retest yourself.	
8	Prime Factorisation Maths, secondary, Year 7 - Lesson listing Oak National Academy Complete the starter and exit quiz for each section. Watch the video lesson and copy the examples for any objectives that you are unable to answer, then retest yourself.	
9	2D Shapes Maths, secondary, Year 7 - Lesson listing Oak National Academy Complete the starter and exit quiz for each section. Watch the video lesson and copy the examples for any objectives that you are unable to answer, then retest yourself.	
10	Complete practice questions from the Y7 course on Dr Frost. Your teacher will share a how to guide with your class on teams.	

	Activity/ link	Completed?
1	Y7 Chemistry Revision Sheets.docx Solids, Liquids and Gases (KS3 BBC Bitesize) Read the information on the C7a (particles) revision sheet and watch the video. Create three mindmaps; one to summarise the features of a solid, one for the features of a liquid, and one for a gas. You should include information about the arrangement of the particles in each state and their properties.	
2	Y7 Biology Revision Sheets.docx What are plant and animal cells? - BBC Bitesize Watch the videos on the webpage and read the information on the B7a (living systems) revision sheet. Draw a picture of an animal cell and label each of the parts. Write down the function of each of the parts. Then, do the same thing with a plant cell. Memorise the functions and get a parent or a friend to quiz you.	
3	Y7 Chemistry Revision Sheets.docx 8. BBC Bitesize KS3 Elements, Compounds & Mixtures BBC18LS08 Read the information on the C7b (atoms and elements) revision sheet and watch the video (you can stop after 8 minutes) Make a table with 3 columns; elements, compounds and mixtures. Write down the information about elements, compounds and mixtures in the correct column of your table. You could also include some diagrams.	
4	Y7 Physics Revision Sheets.docx Days, months, years and seasons guide for KS3 physics students - BBC Bitesize Read the information on the P7b (space) revision sheet and watch the video about the seasons on the webpage. Complete the multiple choice quiz at the bottom of the BBC bitesize page. Make a note of any of the questions you got wrong, and make a flashcard about that information.	
5	Y7 Physics Revision Sheets.docx Why you weigh more on Jupiter Physics - Bitesize Space Science Read the information on the P7a (forces) revision sheet and watch the video. Write an explanation, suitable for a younger student, that explains the difference between weight and mass.	
6	Y7 Chemistry Revision Sheets.docx Changes of state - Solids, liquids and gases - KS3 Physics - BBC Bitesize Read the information on the C7a revision sheet and watch the video on the webpage about changes of state. Write down a definition for melting, condensing, freezing and evaporating. Look up the definition for sublimation and add this to your list.	
7	Y7 Biology Revision Sheets.docx Read the information on the B7b revision sheet. Find and write down the definitions for the key words: fertilization, sexual reproduction, asexual reproduction, gametes, amniotic fluid, placenta, umbilical cord	
8	Variables - Working scientifically - KS3 Science - BBC Bitesize Read the information about scientific variables. Complete the quiz at the bottom of the page. Make a note of any of the questions you got wrong and make a flashcard about that information.	
9	Practice Chemistry and Biology questions.docx Complete the practice chemistry exam questions. Mark your answers using the mark scheme at the back of the paper.	
10	Practice Physics Questions.docx Complete the practice physics exam questions. These questions also include lots of examples of graph questions. Mark your answers using the mark scheme at the back of the paper.	

Geography

	Activity/ link	Completed?
1	Read your knowledge organiser. Create flash cards for all the key terms for all topics.	
2	Read the following links. Take the quizzes. Measuring distances and grid references - BBC Bitesize Map symbols, direction and contour lines - BBC Bitesize	
3	Read the following links and watch the videos. Take the quizzes. What is longitude and latitude? - BBC Bitesize	
4	Look at the map of the British Isles on your knowledge organiser. List the countries of the British Isles in size order. Include the capital cities next to each one.	
5	Without looking at your knowledge organiser, create a spider diagram and add as many cactus and camel adaptations as you can remember. Now read your knowledge organiser and add at least two more adaptations for each one.	
6	Watch the following video: Types of Rainfall Rainfall and its Types Different Types of Rain Video for Kids Define: Evaporation Condensation Explain in less than 50 words: Relief rainfall Convectional rainfall Frontal rainfall	
7	Read the following link. Answer the questions on the page. If you need any help, use your different climates knowledge organiser. Climate graphs - Data shown on graphs - 3rd level Geography Revision - BBC Bitesize	
8	Use your knowledge organiser for Lagos. Sort your opportunities and challenges into the following three categories. <ul style="list-style-type: none"> • Social • Economic • Environmental Now do the same for the Makoko paragraph.	
9	Watch the videos on this page and look at the diagrams. Now look at your knowledge organiser. https://www.bbc.co.uk/bitesize/guides/zcfj6sg/revision/5 Create a four-picture storyboard with sentences to explain: <ul style="list-style-type: none"> • The formation of a cave • Freeze-thaw weathering 	
10	Read your knowledge organiser on the Yorkshire Dales. Make a table of the problems and benefits of quarrying.	

History

	Activity/ link	Completed?
1	Who were the claimants to the throne in 1066? (1/6) History – The Norman Conquest use the attached link and watch the videos on the Norman conquest. For each make notes around who, what, where, when and why.	
2	Claimants to the throne - The Norman Conquest - KS3 History - homework help for year 7, 8 and 9. - BBC Bitesize follow this link to a selection of quizzes on the Norman conquest complete these to test your knowledge.	
3	Black Death - Timelines.tv watch the following video and make notes around who, what, where, when and how on the Black Death.	
4	Causes and effects of the Black Death - Medieval medicine - KS3 History - homework help for year 7, 8 and 9. - BBC Bitesize Make notes on the following information under the headings causes, events and consequences.	
5	Causes and effects of the Black Death - Medieval medicine - KS3 History - homework help for year 7, 8 and 9. - BBC Bitesize follow the link and complete the quiz questions to test your knowledge.	
6	Early pandemics: the plague - BBC Bitesize read the following on the cures for the Black Death and take the quiz at the bottom to test your knowledge.	
7	The Wars of the Roses - KS3 History - BBC Bitesize read the following on the Wars of the Roses and complete the quiz at the bottom.	
8	Ten Minute English and British History #16 - The Wars of the Roses watch the following video and create a timeline charting what happened during the wars of the Roses focusing on the changes of monarch and why this happened.	
9	Use your exercise/class books to read through the lessons on migration to York. For each group Romans/Saxons/Vikings make notes on the impacts they had on the city.	
10	Create flash cards based on the revision materials you can see above. Write both a question and an answer on these and have someone else test you. Create a pile of any answers you get wrong and focus your revision on these topics moving forwards.	

Languages

	Activity/ link	Completed?
1	Phonics- Complete quizzes Pronouncing words in French - KS3 French - BBC Bitesize Complete the quiz at the end.	
2	Telling the time- complete quizzes Telling the time French using 'être' - KS3 French - BBC Bitesize Complete the quiz at the end.	
3	Using "être" The verb 'to be' – KS3 French – BBC Bitesize Complete the quiz at the end.	
4	Using "avoir" The french verb for "to have"? - BBC Bitesize Complete the quiz at the end.	
5	Check Languages Folder and complete revision task 1 for Module 1 Use your exercise books to support you in the tasks.	
6	Check Languages Folder and complete revision task 2 for Module 2 Use your exercise books to support you in the tasks.	
7	Check Languages Folder and complete revision task 3 for Module 3 Use your exercise books to support you in the tasks.	
8	Present tense - KS3 French - BBC Bitesize Using the present tense and saying what you do. Complete the quiz at the end.	

Computing

	Activity/ link	Completed?
1	Using the knowledge organiser saved in the folder create 10 flashcards about the topic of Staying Safe online.	
2	Using the website Teach ICT - KS3 Free Teaching and Revision Resources - Using the Internet Safely create a poster about e-safety and how to stay safe whilst online. You should be including dangers and how they can be avoided.	
3	Revise the topic of spreadsheets by using the following website; How spreadsheets work - Spreadsheets - KS3 ICT Revision - BBC Bitesize then complete the test Spreadsheets test questions - KS3 ICT - BBC Bitesize	
4	Create flashcards about how to convert binary to denary and denary to binary. This website can help if you are stuck How computers see the world - Binary - KS3 Computer Science Revision - BBC Bitesize	
5	Play the binary game to revise the topic Binary Game	
6	Revise the topic of Database by using the following website; Database uses - Databases - KS3 ICT Revision - BBC Bitesize then complete the test Databases test questions - KS3 ICT - BBC Bitesize	
7	Create 10 revision cards about the topic of databases, use the following websites to help; Teach ICT - GCSE ICT Revision, Theory Types of computers	
8	Complete the website activity sheet saved in the computing folder	
9	Create a website design for Paws R Us 'homepage'. Paws R Us is a new company in St Helens that runs a doggy day care and has a groomers on site. The homepage should include a heading, a logo, navigation and suitable content e.g. a welcome to the website. A special offer for the doggy day care or the groomers.	
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's eye.	



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!**

