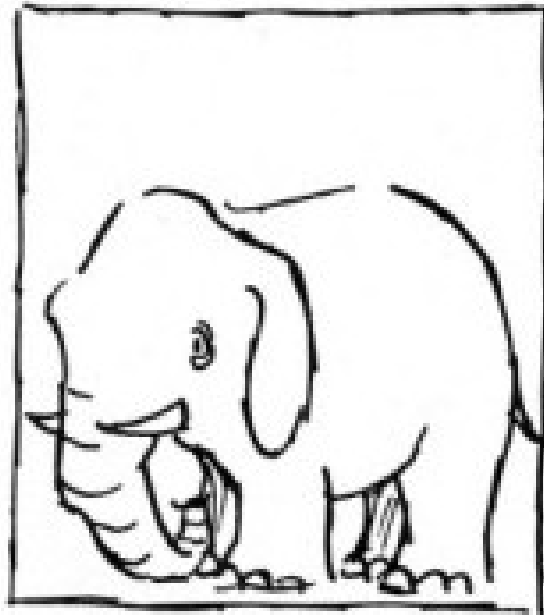




The
Carlton
Academy

**Help Your Child Revise
2026-27**

Memories are made of this



NEVER FORGETS



SOMETIMES FORGETS

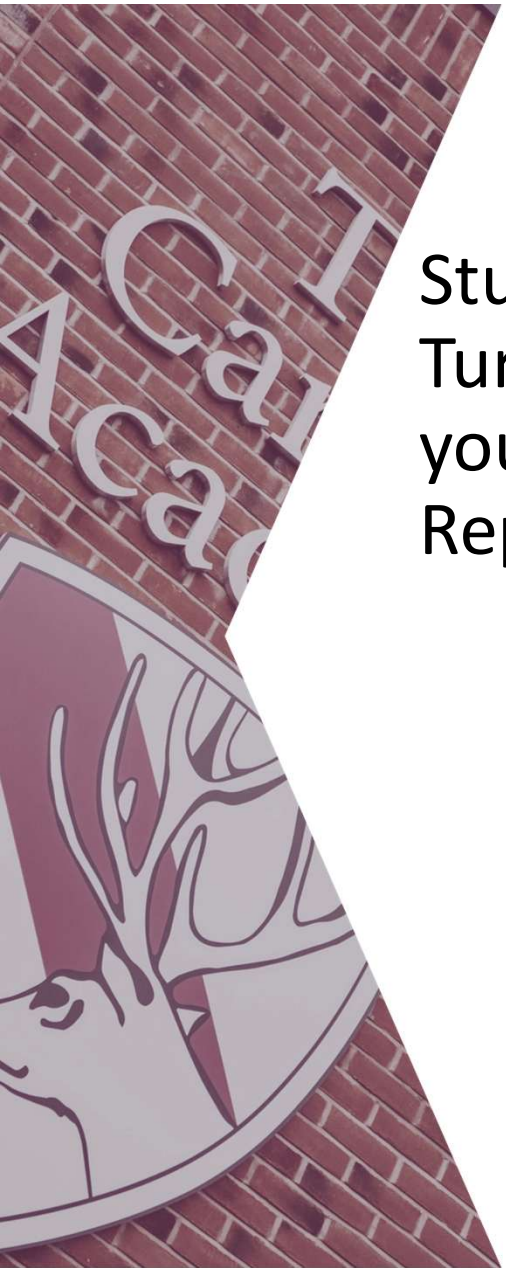


ALWAYS FORGETS

Memories are made of this

These 4 athletes know how to leave the starting blocks and win....but how much do you know about them?





1. Collective Memory

Study some information for 30 seconds

Turn over the information and write down everything you can remember

Repeat the process until it is completed

1. Collective Memory

You will see this information several times – you have paper on your table for notes – 1 box per athlete.



You will be tested in about 2 minutes time!



On your marks,



get set,



Linford Christie

Usain Bolt

Mo Farrah

Jessica Ennis-Hill

Linford Christie



1. Born in Jamaica April 1960
2. First European to break the 10 second barrier for 100m
3. Still holds the British record for 100m with a time of 9.87 seconds – set 15th August 1993
4. With 24 major championship medals including 10 gold medals, he is the most decorated British male athlete
5. Won Olympic Gold in Barcelona in 1992 and the World title in 1993



Usain Bolt

1. Born in Jamaica August 1986
2. Same height now as he was at age 15 – 6 ft 5 inches
3. Can run at a speed of 23.7 mph
4. Holds the world record for the 100m sprint (9.58 secs) and 200m (19.19 secs)
5. First won Gold at Beijing in 2008 and he is the only person to break 3 world records in a single Olympic Games

Mo Farrah



1. Born in Somalia March 1983.
2. Came to England aged 8 and was separated from his twin brother who missed the plane as he was ill.
3. A huge football fan, his PE teacher bribed him to do athletics by promising him a football strip.
4. Became first British athlete to run 5000m in under 13 minutes (12:57:94). 2012 won 2 Olympic Golds for the 10,000 and 5.000 metres.
5. Runs a minimum of 130 miles every week – less in the run up to a race.

Jessica Ennis-Hill



1. Born in Sheffield January 1986
2. Her son Reggie was born in July 2014
3. She has had the same coach; Toni Minichiello since the age of 11
4. Started athletics when her parents took her to Don Valley in the summer holidays to 'get her out of the house'
5. She is 5 ft 5 inches tall and weights 8 st 13 lb – a frame considered too petite for heptathalon – she won Olympic Gold in 2012.

Linford Christie



1. Born in Jamaica April 1960
2. First European to break the 10 second barrier for 100m
3. Still holds the British record for 100m with a time of 9.87 seconds – set 15th August 1993
4. With 24 major championship medals including 10 gold medals, he is the most decorated British male athlete
5. Won Olympic Gold in Barcelona in 1992 and the World title in 1993

Usain Bolt



1. Born in Jamaica August 1986
2. Same height now as he was at age 15 – 6 ft 5 inches
3. Can run at a speed of 23.7 mph
4. Holds the world record for the 100m sprint (9.58 secs) and 200m (19.19 secs)
5. First won Gold at Beijing in 2008 and he is the only person to break 3 world records in a single Olympic Games

Mo Farrah



1. Born in Somalia March 1983.
2. Came to England aged 8 and was separated from his twin brother who missed the plane as he was ill.
3. A huge football fan, his PE teacher bribed him to do athletics by promising him a football strip.
4. Became first British athlete to run 5000m in under 13 minutes (12:57:94). 2012 won 2 Olympic Golds for the 10,000 and 5.000 metres.
5. Runs a minimum of 130 miles every week – less in the run up to a race.

Jessica Ennis-Hill



1. Born in Sheffield January 1986
2. Her son Reggie was born in July 2014
3. She has had the same coach; Toni Minichiello since the age of 11
4. Started athletics when her parents took her to Don Valley in the summer holidays to 'get her out of the house'
5. She is 5 ft 5 inches tall and weights 8 st 13 lb – a frame considered too petite for heptathalon – she won Olympic Gold in 2012.

Linford Christie



1. Born in Jamaica April 1960
2. First European to break the 10 second barrier for 100m
3. Still holds the British record for 100m with a time of 9.87 seconds – set 15th August 1993
4. With 24 major championship medals including 10 gold medals, he is the most decorated British male athlete
5. Won Olympic Gold in Barcelona in 1992 and the World title in 1993

Usain Bolt



1. Born in Jamaica August 1986

2. Same height now as he
was at age 15 – 6 ft 5 inches

3. Can run at a speed of 23.7 mph

4. Holds the world record for the 100m sprint (9.58 secs)
and 200m (19.19 secs)

5. First won Gold at Beijing in 2008 and he is the only person to
break 3 world records in a single Olympic Games

Mo Farrah



1. Born in Somalia March 1983.
2. Came to England aged 8 and was separated from his twin brother who missed the plane as he was ill.
3. A huge football fan, his PE teacher bribed him to do athletics by promising him a football strip.
4. Became first British athlete to run 5000m in under 13 minutes (12:57:94). 2012 won 2 Olympic Golds for the 10,000 and 5.000 metres.
5. Runs a minimum of 130 miles every week – less in the run up to a race.

Jessica Ennis-Hill



1. Born in Sheffield January 1986
2. Her son Reggie was born in July 2014
3. She has had the same coach; Toni Minichiello since the age of 11
4. Started athletics when her parents took her to Don Valley in the summer holidays to 'get her out of the house'
5. She is 5 ft 5 inches tall and weights 8 st 13 lb – a frame considered too petite for heptathalon – she won Olympic Gold in 2012.

Test Yourself

Using your 4 boxes, how much did you remember?





The
**Carlton
Academy**

**Help Your Child Revise
2026-27**

Step up to challenges



Year 11 Make it Count

Helping you to achieve great things this academic year

Age	4-5	5-6	6-7	7-8	8-9	9-10	10-11	11-12	12-13	13-14	14-15	15-16	16-17	17-18
Year group	Recep.	Y1	Y2	Y3	Y4	Y5	Y6	Y7	Y8	Y9	Y10	Y11	Y12	Y13
Key Stage	KS1 (Infants)			KS2 (Juniors)				KS3			KS4	KS5 (6th form)		
School (2-tier)	Primary school							Secondary school					Secondary or college	



Top Tips for Revision

Start revising early (months not days before the exams)	Create a revision timetable	Set up a tidy study space	Vary your revision with different activities (mind- maps, flashcards, etc.)
Do lots of practice papers and questions	Make sure that you set aside time to relax	Keep your phone and other distractions away	Get plenty of sleep, eat well and spend time outside / exercising
You may like to listen to relaxing music whilst you revise, others may prefer silence			On the day of your exams, arrive with plenty of time



Key Dates and Events

Date	Event	Time
October 2026	Post 16 Open Evening	6:00pm - 8:00pm
Wb 12 October	Y11 Tutor Review Week	After school
Sept / October	Make it Count – Revision Event TBC	6:00pm – 7:30pm
16 – 30 November	Y11 Mocks	During the school day
Wb 4 January	Y11 Parents' Evening	4:00pm - 7:00pm
15-16 Feb (TBC)	Half-Term Revision sessions	9:00am - 3:00pm
22 Feb – 5 Mar (TBC)	Year 11 Assessment Weeks	During the school day
30 March – 1 April TBC	Easter Revision Sessions	9:00am - 3:00pm
3 May – 23 June	GCSE Examination Series (provisional)	8:45am and 1:00pm starts
1-2 June (TBC)	Half-Term Revision sessions	9:00am - 3:00pm
19 August 2027	GCSE Results Day	9:00am - 11:00am

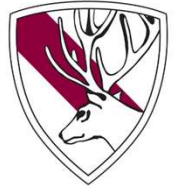
Key Dates and Events

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Period 0 & 6 Window 1 Assertive Mentoring Countdown to mocks Sixth form application	Period 0 & 6 Window 1 Mock exams	Period 0 & 6 Window 2 Assertive Mentoring Year 11 Parents' Evening February Holiday revision	Period 0 & 6 Window 2 Assertive Mentoring Easter Holiday revision	Period 0 & 6 GCSE Exams start May Holiday revision	GCSE Exams finish Year 11 Prom Results Day Thursday 19 August 2027

Key Dates and Events

Date	Event	Time
16 – 30 November	Y11 Mocks	During the school day
Wb 4 January	Y11 Parents' Evening	4:00pm - 7:00pm
15-16 Feb (TBC)	Half-Term Revision sessions	9:00am - 3:00pm
22 Feb – 5 Mar (TBC)	Year 11 Assessment Weeks	During the school day
30 March – 1 April TBC	Easter Revision Sessions	9:00am - 3:00pm
3 May – 23 June	GCSE Examination Series (provisional)	8:45am and 1:00pm starts
1-2 June (TBC)	Half-Term Revision sessions	9:00am - 3:00pm
19 August 2027	GCSE Results Day	9:00am - 11:00am

Other key dates



- Before November Mock exams, Mrs Mullen will send out an overview timetable - This will go on the website, to students and to parents
- You will also receive a personalised timetables
- Summer Exams Preparation
- **15-16 Feb** - Half-term sessions
- **30 Mar-1 Apr** - Easter revision sessions
- **1-2 June** - Half-term revision sessions

Apply to our Sixth Form



**We are accepting applications to study at our
Sixth Form in September 2026.**

**Check your school email and log in with your
school email address to access your account.
Applications close on Friday 19 December 2025.
We look forward to receiving your application.**

**Any enquiries about our Sixth form, please contact us by emailing
a.jennings@theacademycarlton.org, c.cook@theacademycarlton.org
Or call 0115 9408399**



Year 11 Make it Count

what you do
**EVERY
DAY**
matters more than
what you do
**EVERY
ONCE**
in a while.

The academic year,
not the week(s)
before exams.

This is an exam
year



Year 11 Make it Count



5 weeks until Mock exams

20 weeks until Mock 2/Core exams

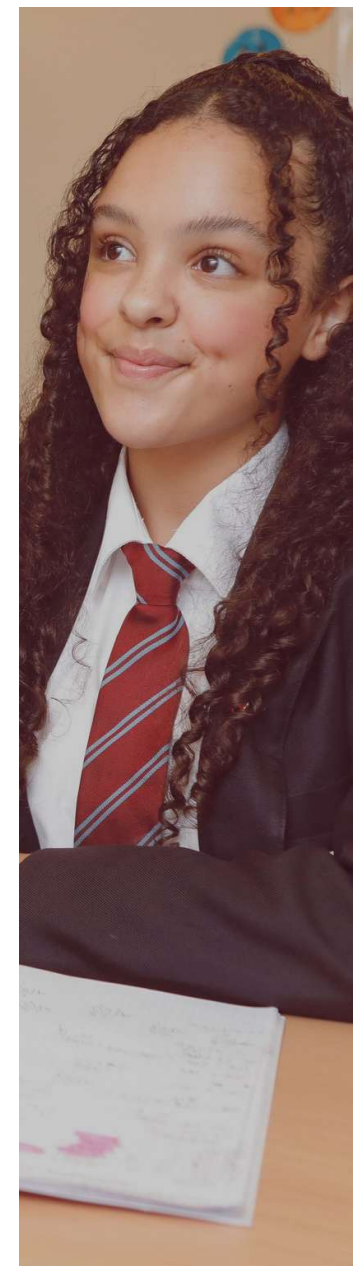
Approx. 23 school weeks until GCSE exams

Make them Count!



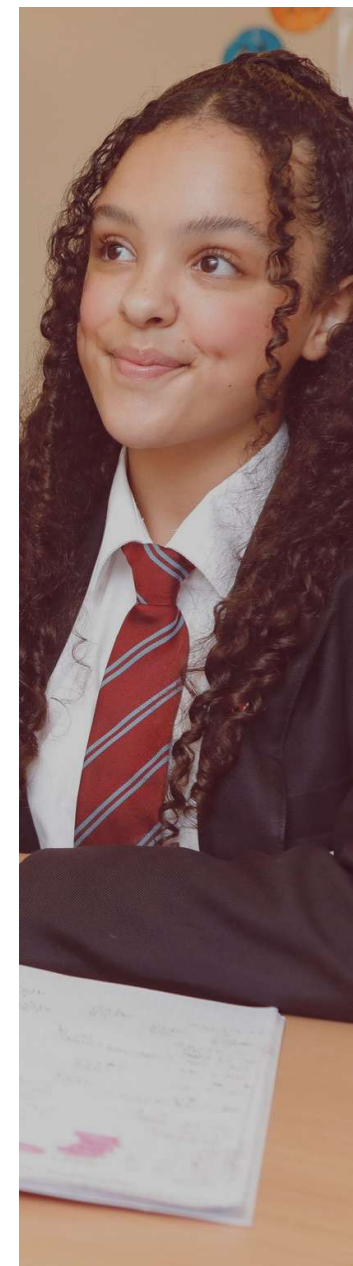
Window 1 Sept - December

Monday	Tuesday	Wednesday	Thursday	Friday
STUDY LOUNGE (P6 15:10 - 16:10)				
Open Area				
		History (P0)		
		MBK / JPA		
		H8		
Music/ Music Tech (Lunch)		Computer Science (Lunch)		
ACN/VMO		EDI		
Mu2		IT3		
Science (Lunch)		Spanish (LUNCH)		
SLI		PHE/OPE		
SC8		L2		
		French (LUNCH)		
		SVI/ESC		
		L3		



Window 1 Sept - December

Monday	Tuesday	Wednesday	Thursday	Friday
STUDY LOUNGE (P6 15:10 - 16:10)				
Open Area				
GCSE PE (P6)	Maths - Invite only (P6)	Maths Clinic (P6)	Maths - Invite only (P0)	Design and Technology (P6)
DMA / LGR	LBR	Maths Team	Maths Team	DME
PE1	U4	Open Area	U4	DT3
BTEC Sport (P6)	Geography (P6)	Maths Targeted group (P6)	Food and Nutrition (P6) - WK1	
DMA / LGR	Geo Team	AJC	NWL	
PE1	H4	U4	FD1	
	Photography Wk 1 (P6 - Wk1)	Art (P6)	Textiles (P6) - Wk2	
	NHO	HDY	NWL	
	PH1	Ar1	TX1	
	Art (P6)	Art Photography (P6)	Hospitality and Catering (P6)	
	HDY	RSL	DDA	
	Ar1	Ar3	Fd1	
	Engineering (P6)	Sociology		
	JWE/JPA	GCA/AMI		
	DT4	L5		
	Business (P6)	Psychology		
	DSW	GCA/AMI		
	IT2	L5		
	Business (P6)	Child Development		
	IPE	NAN/AMI		
	IT1	L5		
	Business (P6)	Drama		
	IPE	FCU		
	IT1	DS		



February Half-term
Monday 16 - Tuesday 17 Friday - Programme will be sent out separately
Easter
Monday 30 March - Wednesday 1 April - Programme will be sent out separately
May Half-term
Tuesday 26 - Wednesday 27 May - Programme will be sent out separately



Year 11 Academy Support

- Exam timetables
- Period 0/6 sessions
- Revision skills taught in lessons
- Assertive Mentoring
- English/Maths support
- Study Lounge – open area





The
**Carlton
Academy**

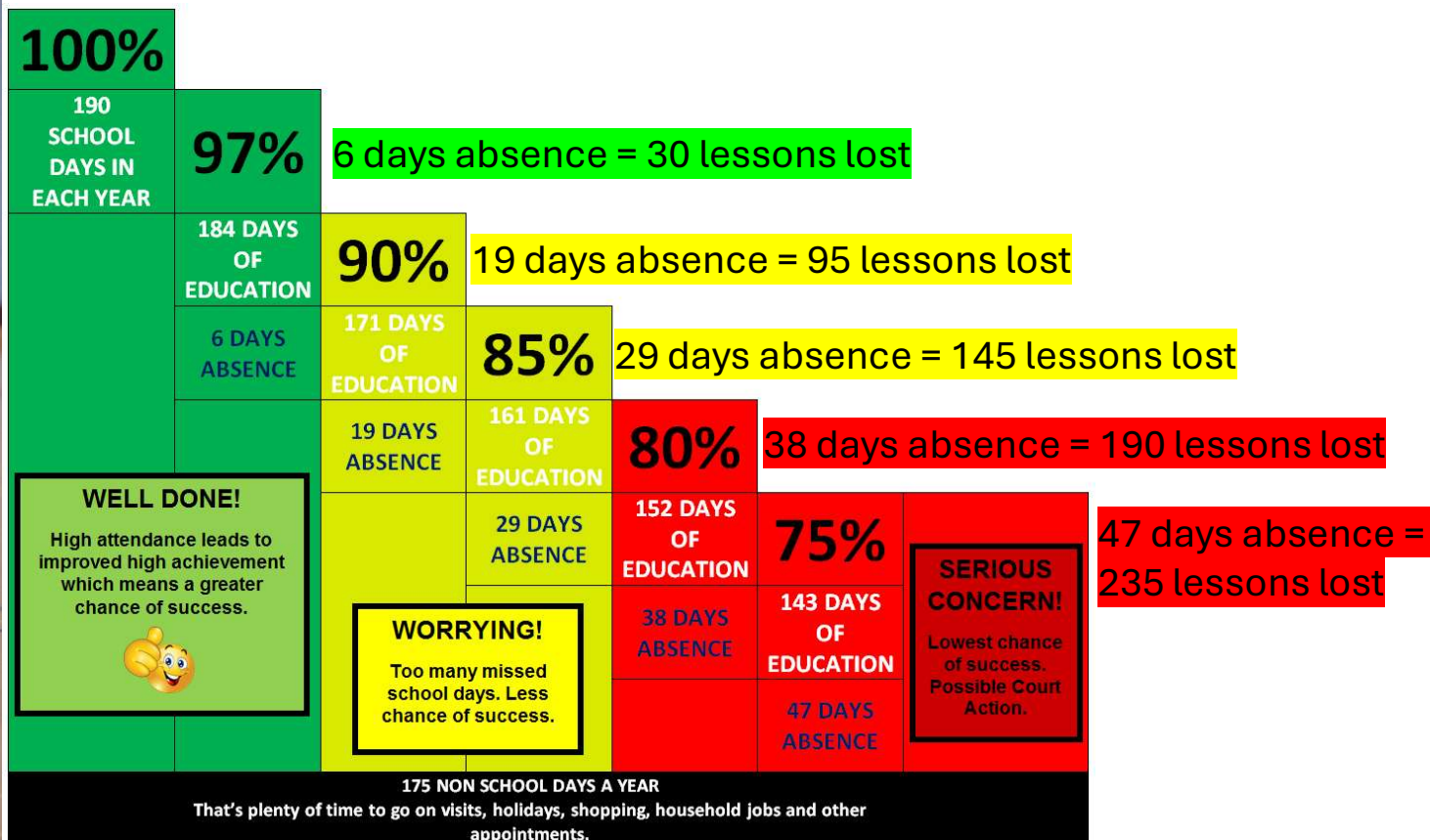
Attend to Achieve





Attend to Achieve

- You have to be here to achieve great things



Attendance vs Academic achievement

GCSE Results

2026 Attendance	Attainment (Average Grade Achieved)
Less than 90%	3.49
Better than 90%	5.48
Better than 95 %	5.62
100%	6.54



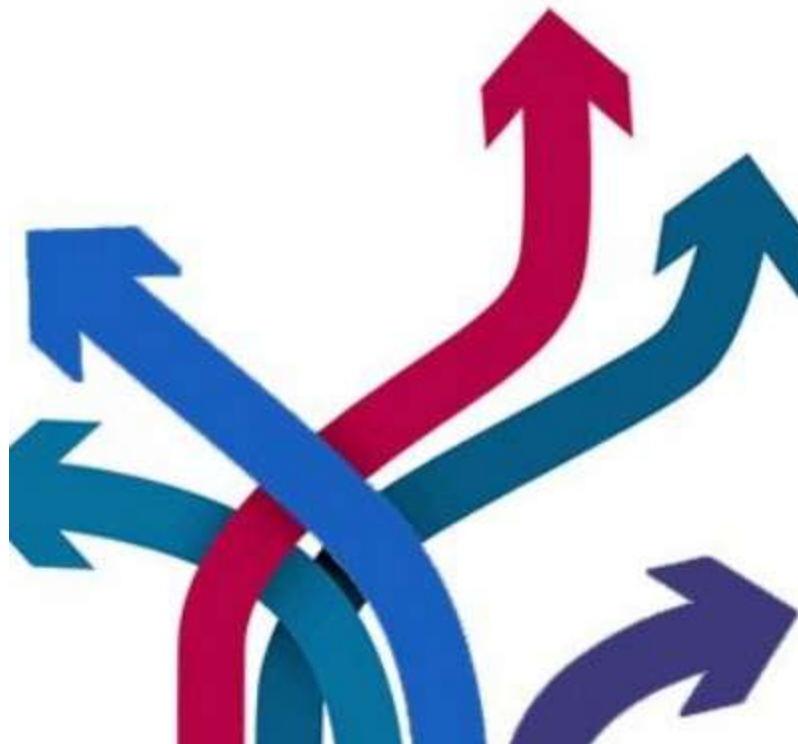
The
Carlton
Academy

Revision Techniques

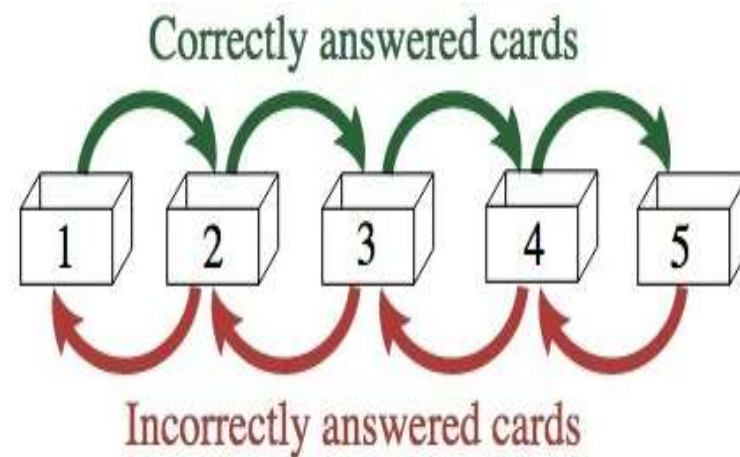
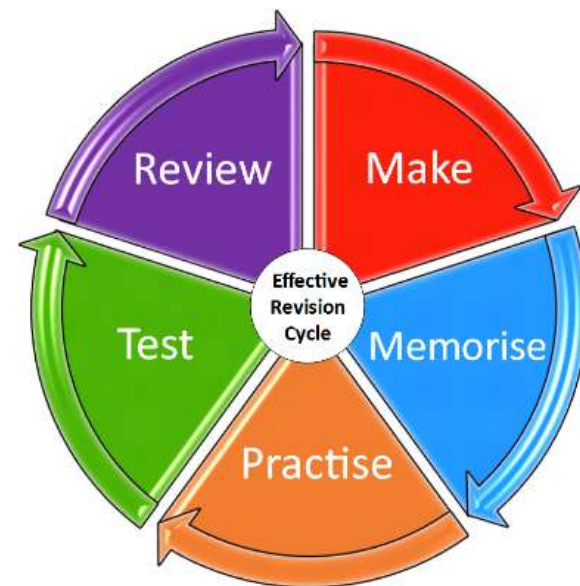


Develop your Memory

- Your brain is like a muscle.
- Exercise it to make it stronger.



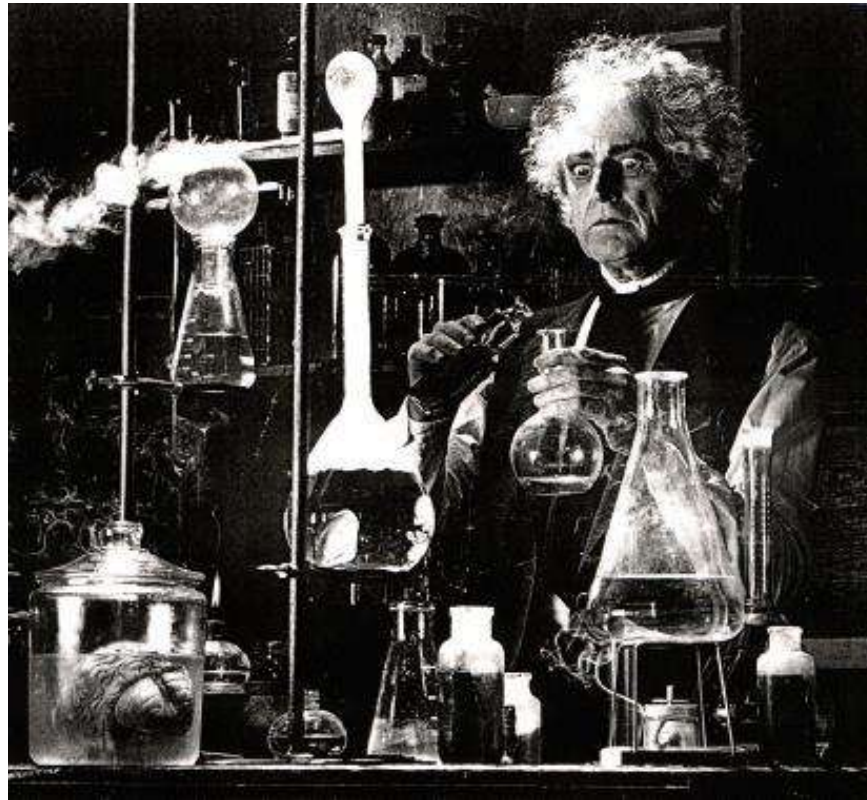
Stages of successful revision



Research says...

- Robert Bjork
- John Dunlosky
- Herman Ebbinghaus

= Make and memorise
= Retention and repetition
= Selective revision



Bjork – memory doesn't decay!

	Low storage strength	High storage strength
High retrieval strength		
Low retrieval strength		



Dunlosky – most effective strategies?

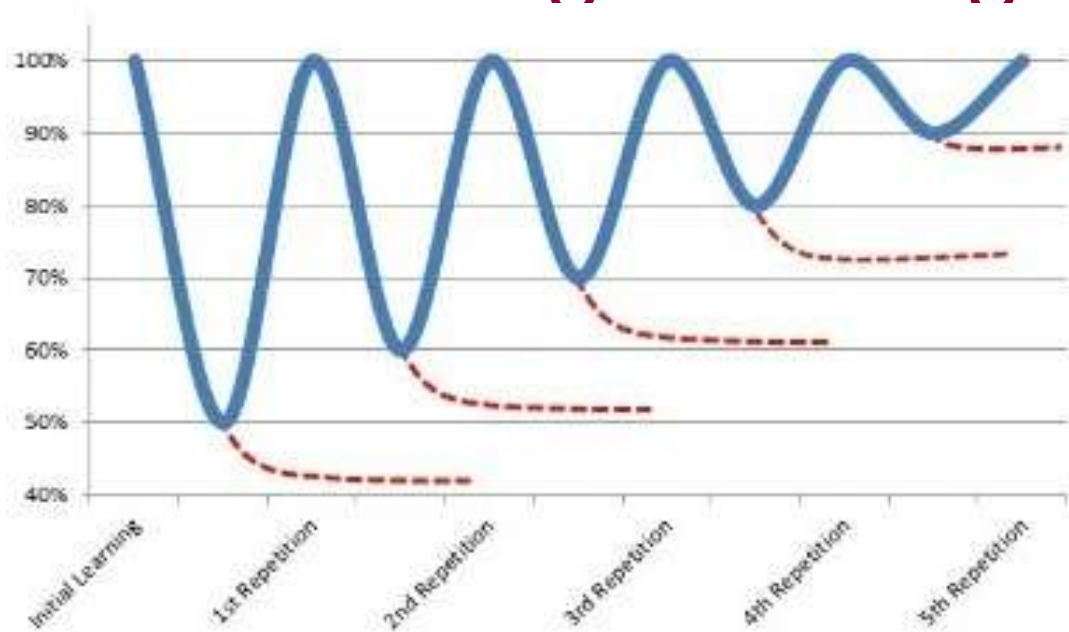
Distributed practice

- Spread out revision rather than ‘massed practice’
- Students need persuading – it seems slower
- Students need help planning

This is one where you as parents can support and help students maintain an approach through encouragement and reminding them that the best process doesn't happen straight away.



Ebbinghaus' Forgetting Curve



How much new information is forgotten in 24 hours?

Humans forget approx 50% of new information within an hour and an average of 70% within 24 hours.

Frequent, short knowledge-learning based revision activities / tasks are most effective in raising student achievement

Ebbinghaus' Forgetting Curve

On your own, from memory, no prompts, no discussion, you must write something.

Spaced Retrieval

1. What is the telephone number of your childhood home?
2. What is the mobile number of your mum/partner/best friend?
3. What did you have for dinner last Tuesday?

Which one was easier to remember?
Why?

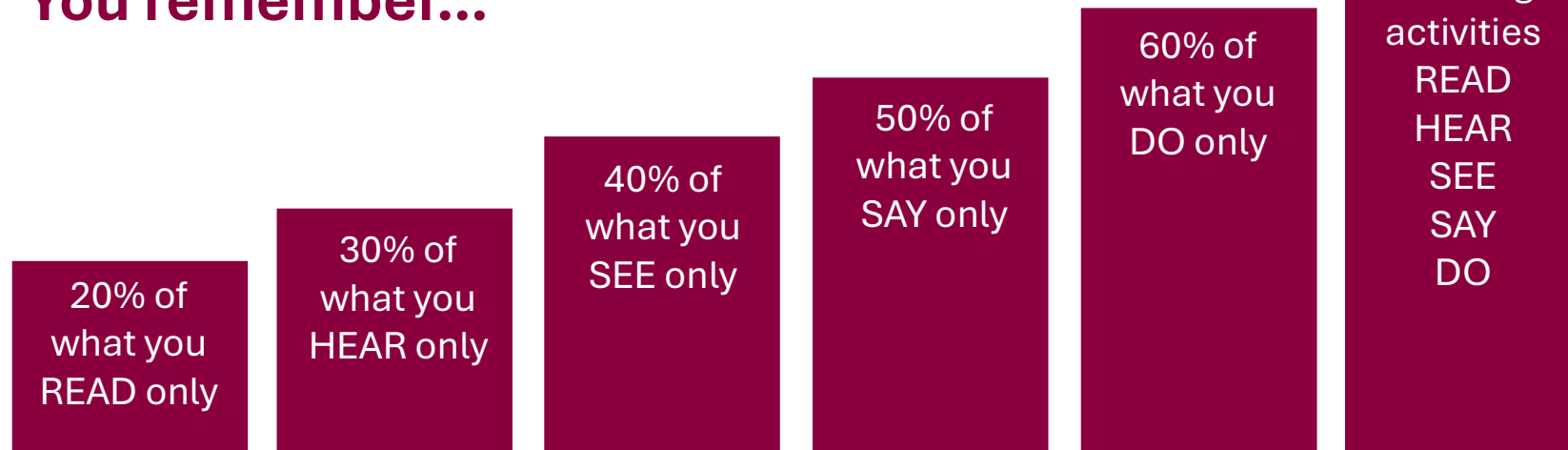


Active Learning



To revise effectively, you must be reading, hearing, seeing, saying and doing!

You remember...



The 'best' Strategies



Practice testing	Self-testing or taking practice tests revision material	1 - High
Long term Revising (Distributed practice)	Implementing a schedule of practice that spreads out study activities over time	1 - High
Asking 'why?' (Elaboration)	Generating an explanation for why a fact or concept is true	2 - Moderate
Self-explanation	Explaining how new information is related to known information, or explaining steps taken during problem solving	2 - Moderate
Varying study topics (Interleaved Practice)	Mixing different kinds of problems, or different kinds of material, within a single study session	2 - Moderate
Summarization	Writing summaries (of various lengths) of revision texts	3 - Low
Mental Images	Attempting to form mental images of revision materials while reading or listening	3 - Low
The keyword mnemonic	Using keywords and mental imagery to associate key words and concepts	3 - Low
Rereading	Restudying text material again after an initial reading	4 - Ineffective
Highlighting/underlining	Marking potentially important portions of revision materials while reading	4 - Ineffective

Parental advice

- Speak to your child about what they don't already know or that they find difficult
- *Students have a tendency to want to start at the beginning and usually this is the easiest content that they have been studying for the longest*
- Look for topic lists using the GCSE specifications online and support them in highlighting what it is they already feel confident with, and what it is they need to work on
- Always encourage them to start here as there's no point revising things they already know
- Help your child to create a revision space or encourage them to stay at study lounge
- Try to ensure they are eating a balanced diet
- Try to ensure that they are getting enough sleep, consider the amount of screen time
- Try to ensure that they are still socialising and have a balance between revising and enjoying themselves
- Contact your child's Head of House if you need any support

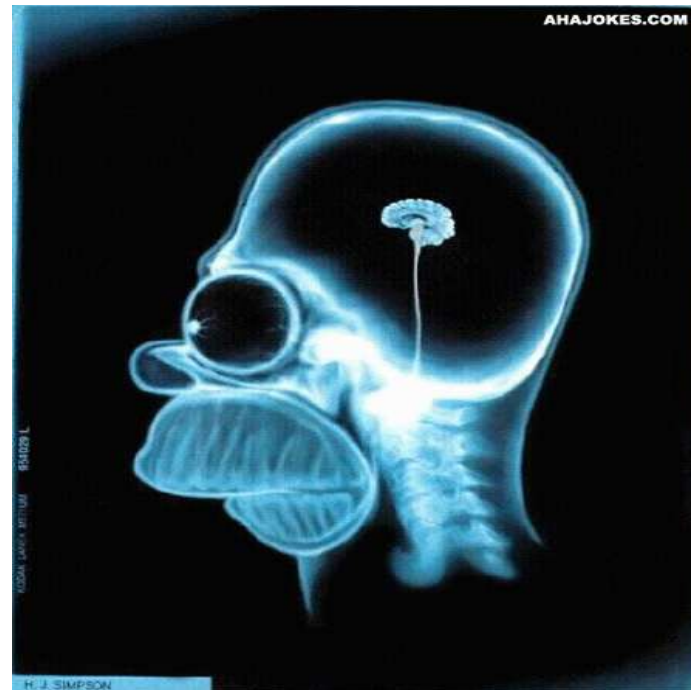


Some people just have a better memory!

Is this you?



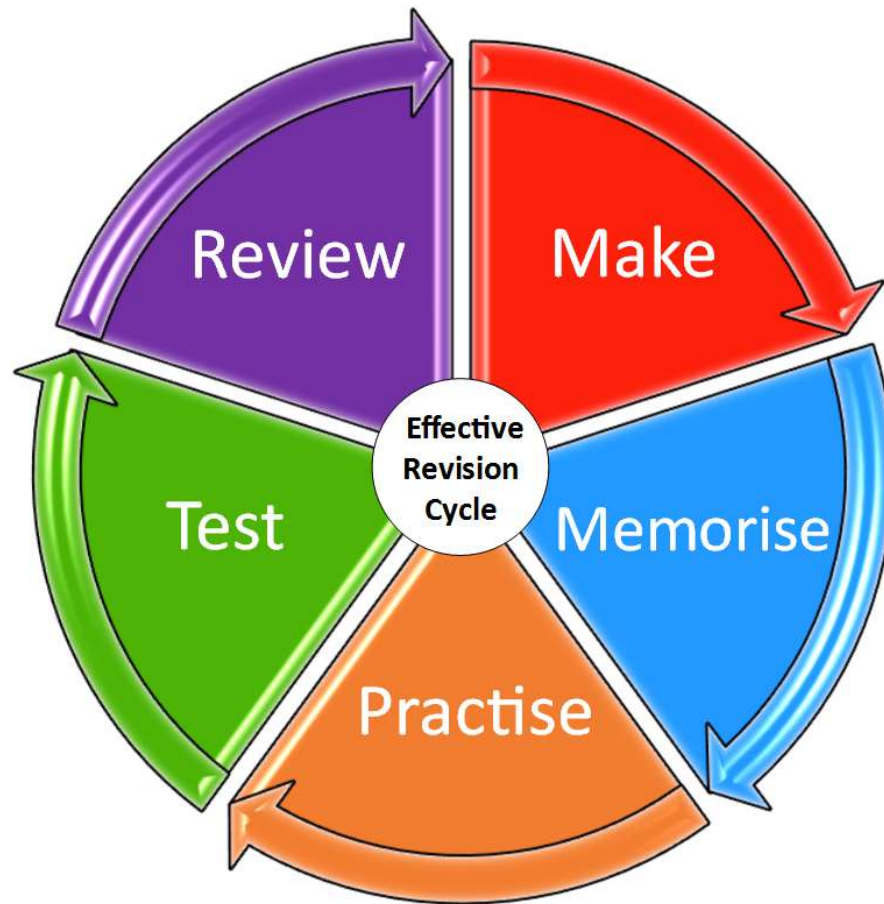
Or this?

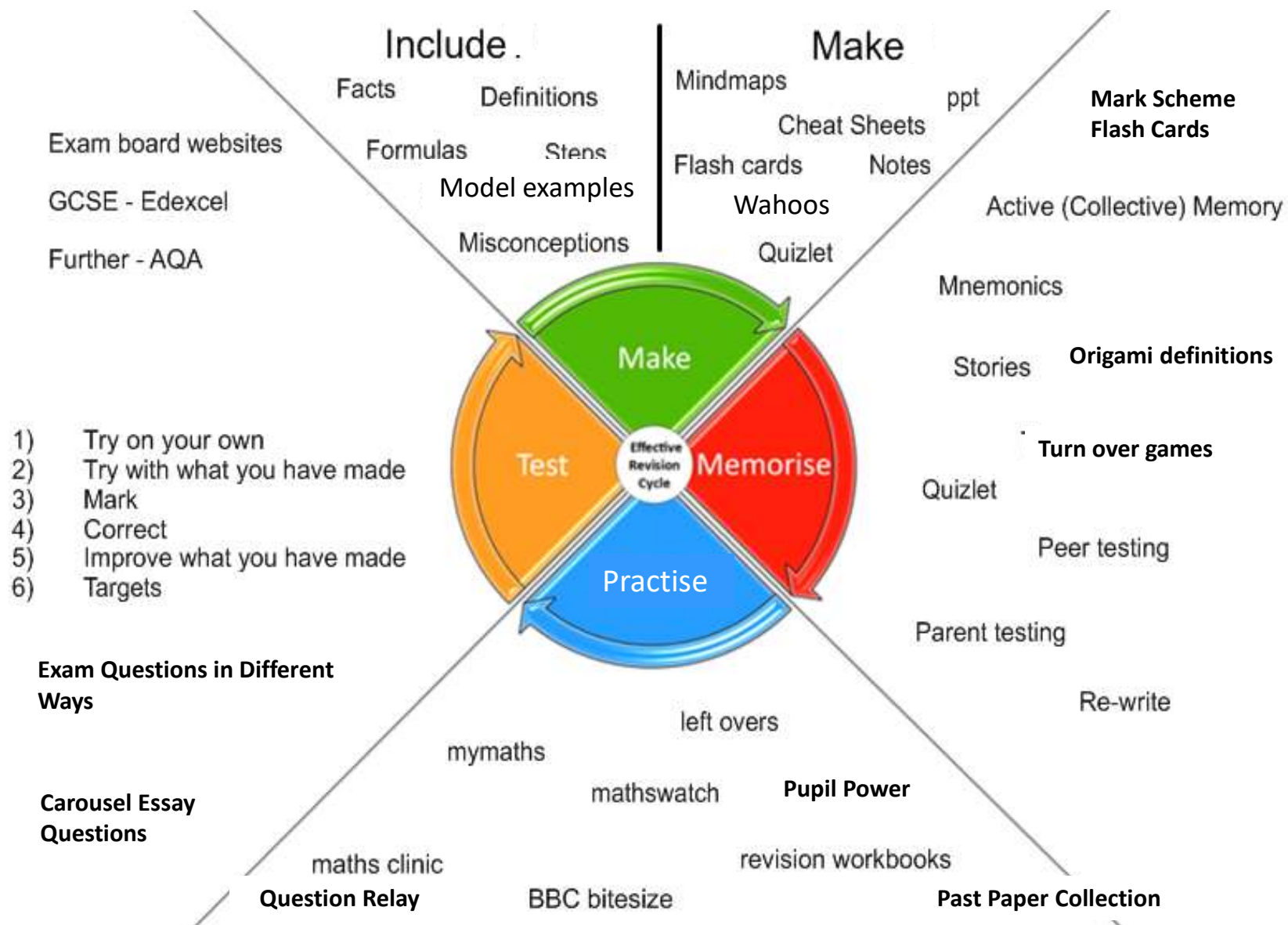


How many words can you remember?



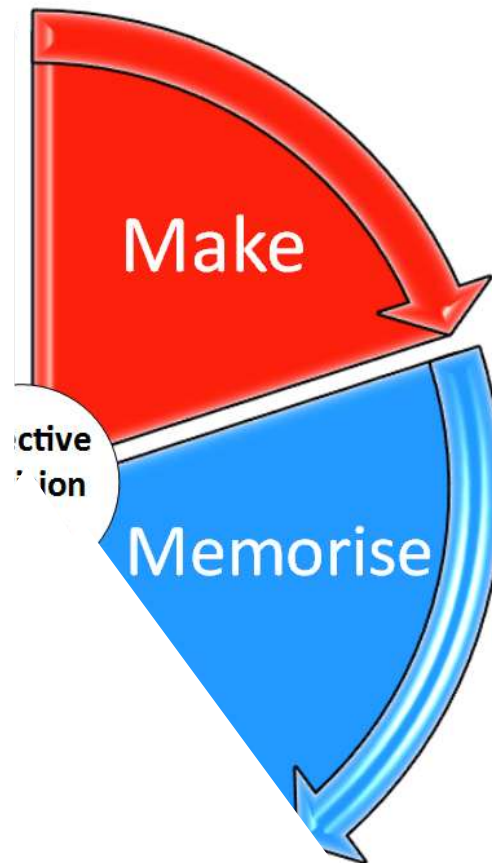
Revision Cycle





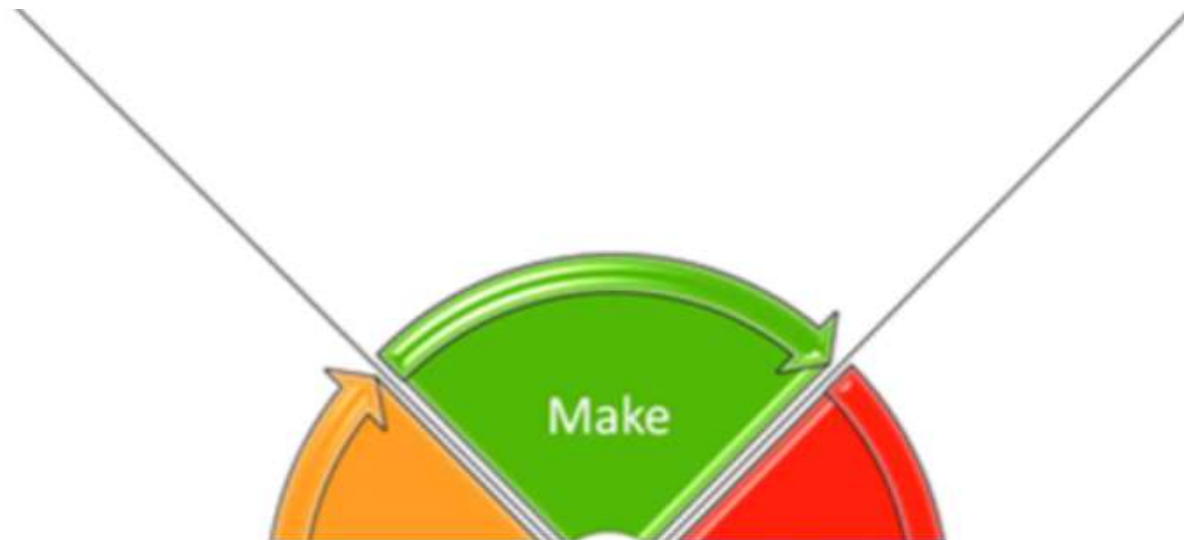


The student's role



Make - Possible structure:

- a) Pick 3 or 4 areas – identify problem topics
- b) Gather/Present key information
- c) Allow yourself **time** to make resources



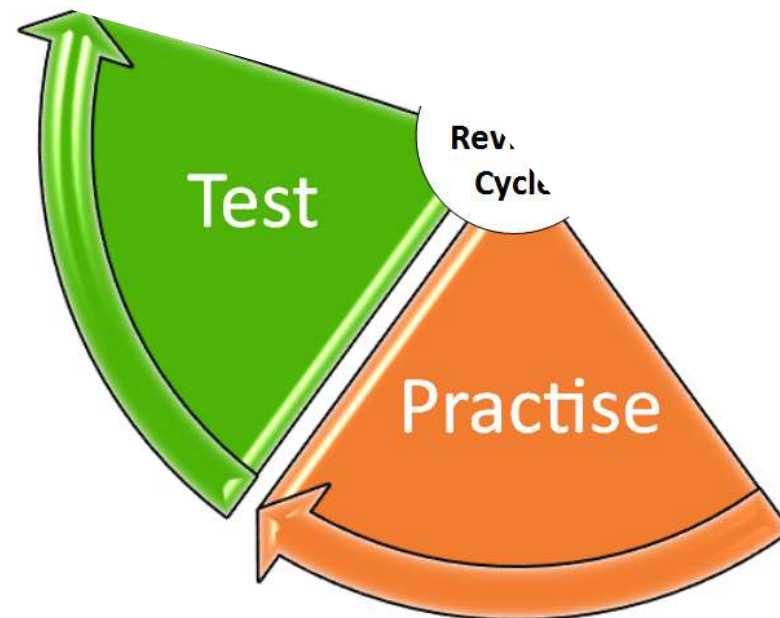


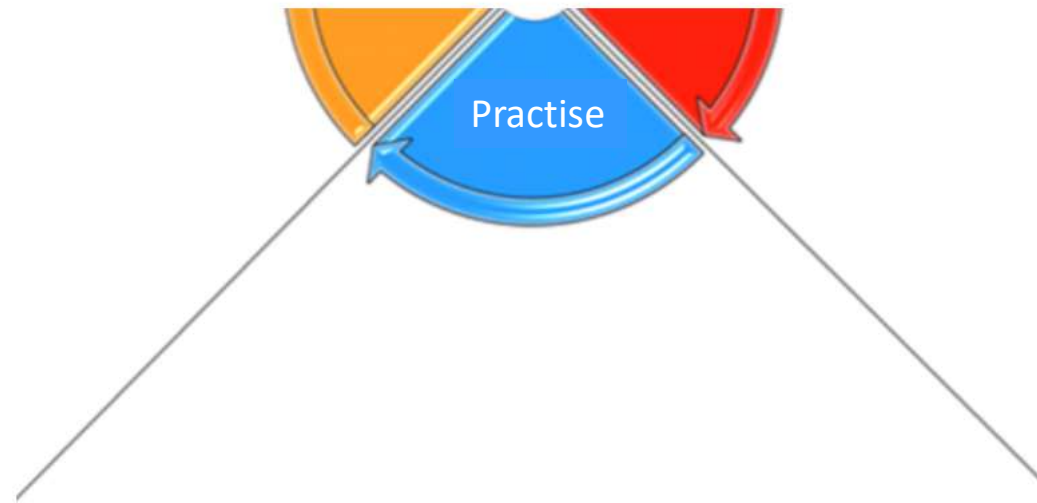
Memorise:

- a) Use the created resources and take the **time** to memorise the information
- b) Use strategies spoken about today/in lessons
- c) Working collaboratively can be very effective



The Parents' role





Practise:

- a) Practise using exam questions – e.g. Seneca
- b) Design/write questions for each topic
- c) You can use revision resources

Test:

- a) Teacher sets standardised test for all (in class testing)
- b) Students choose an appropriate test (independent)
- c) At this point revision resources **should not** be used



1. Flashcards

MAKE

- Write a key term or question on the front
 - Write the answer on the back
- Use colours to represent different things (e.g. red is for ideas you might forget, green for explanation, blue for statistics).
 - Don't use full sentences.
 - Underline keywords and spellings.
 - Use images if they help you to remember.
 - You might use different coloured cards – but have a reason for using different coloured cards

[Creating flashcards #revision](#)

Front

Explain two benefits
tourism brings to the
UK economy.

Back

Gross Domestic Product (GDP)

- = value of the country's economy 2013 tourism contributed £127 billion to GDP.
- Direct - spending money with TandT businesses e.g. hotels.
- Indirect - TandT businesses re-spend profits.
- Government - invests money in hospitals, schools etc.

Employment

- = 2013 - 9.6% of UK jobs = TandT related.
- Direct employment = TandT related jobs e.g. air hostess
- Indirect employment = jobs that support TandT e.g. builders, bakers.

*Hydraallic Action
(rivers)*

*The force of water hitting
the bed and the banks of the
river wearing it away*

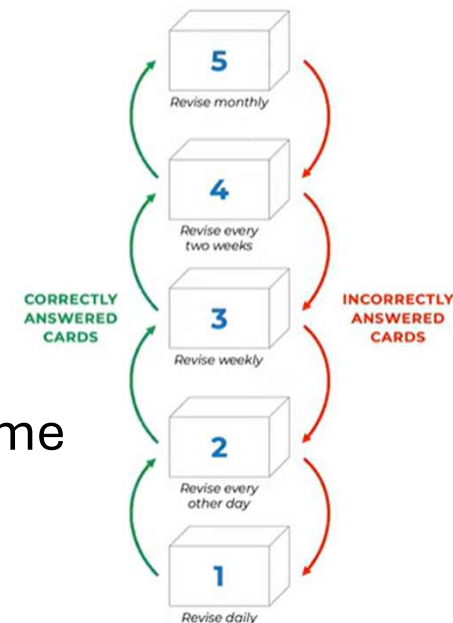
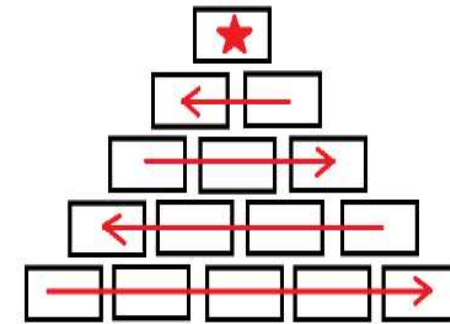


1. Flashcards

MEMORISE

TURNOVER GAME

- Place all the cards with the questions facing up.
- Say out loud the answer on the other side.
- Turn over to see if you are right.
- If Yes, move to the next card, if No start again at the beginning and keep the card stays in play.
- Repeat until you have reached the top
- [Revising with flashcards #revision](#)



LIETNER BOXES:

Move all the flashcards into box 5 over time

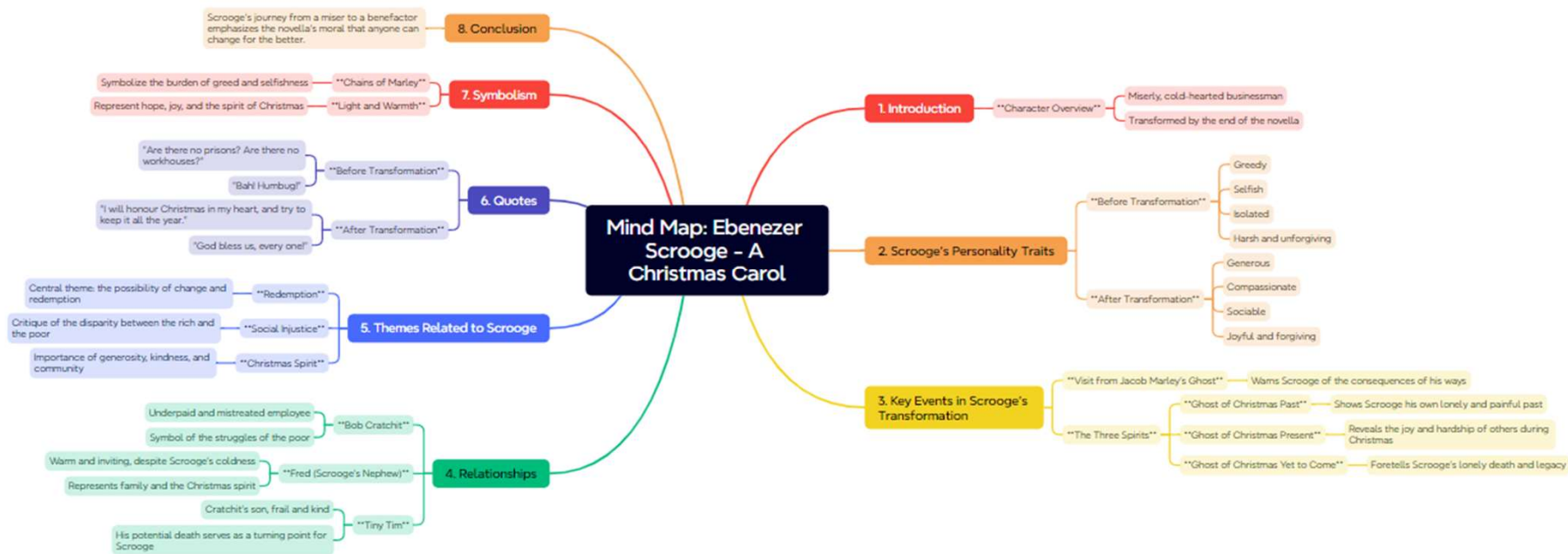
[The Leitner system #revision](#)



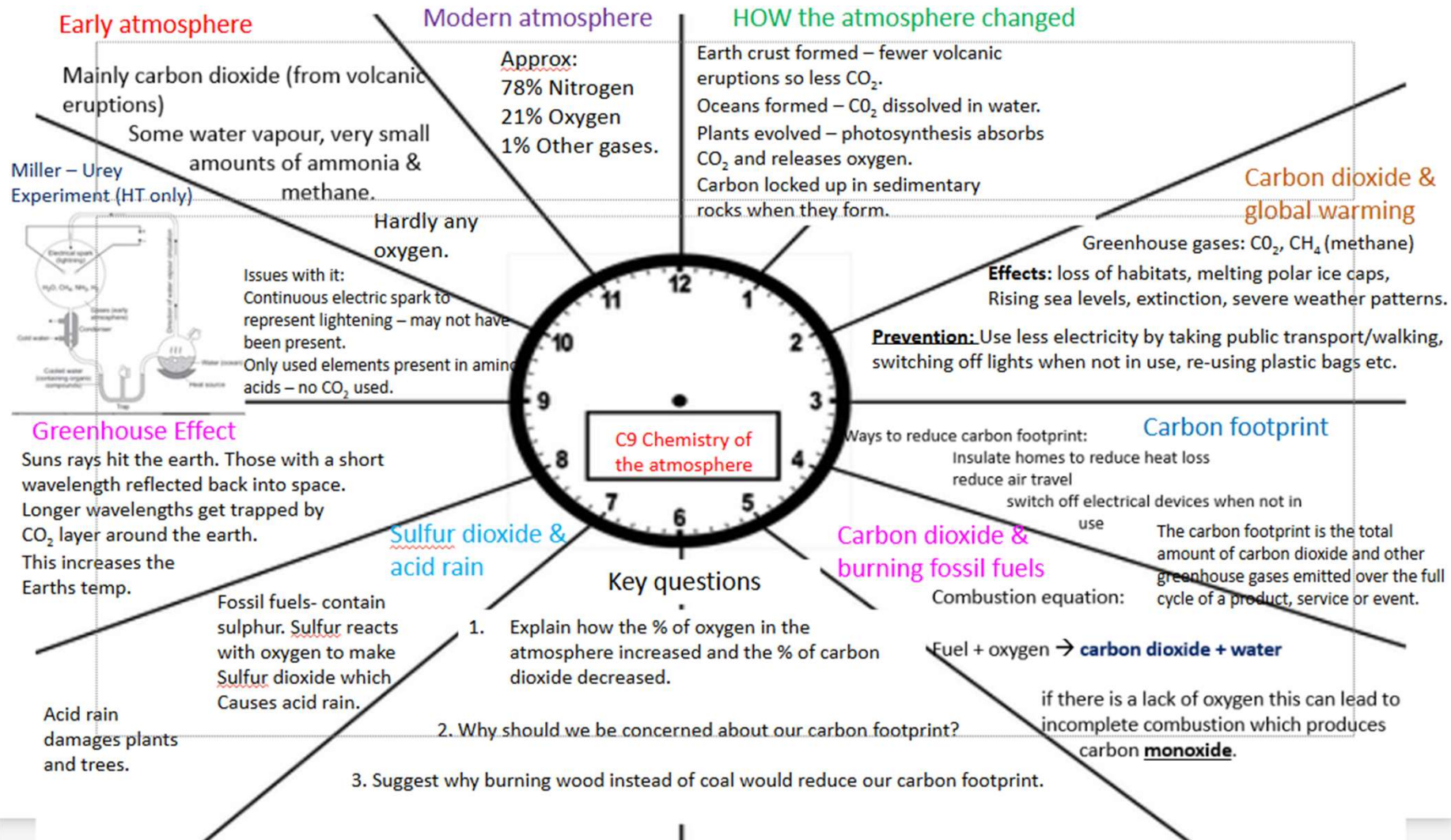
2. Mind maps/Revision Clocks

MAKE

- Use plain paper landscape style.
- Start with a central title/image
- Thick branches radiate from the centre with the big ideas (sub-topics) and then become thinner with the supporting details. Use different colours for each branch.
- Write single words along the branches. Try to make the words fill up the branch length.
- Draw simple pictures or symbols to help create associations.
- Make any links you can see between the bigger branches.
- [Revision clocks #revision](#)



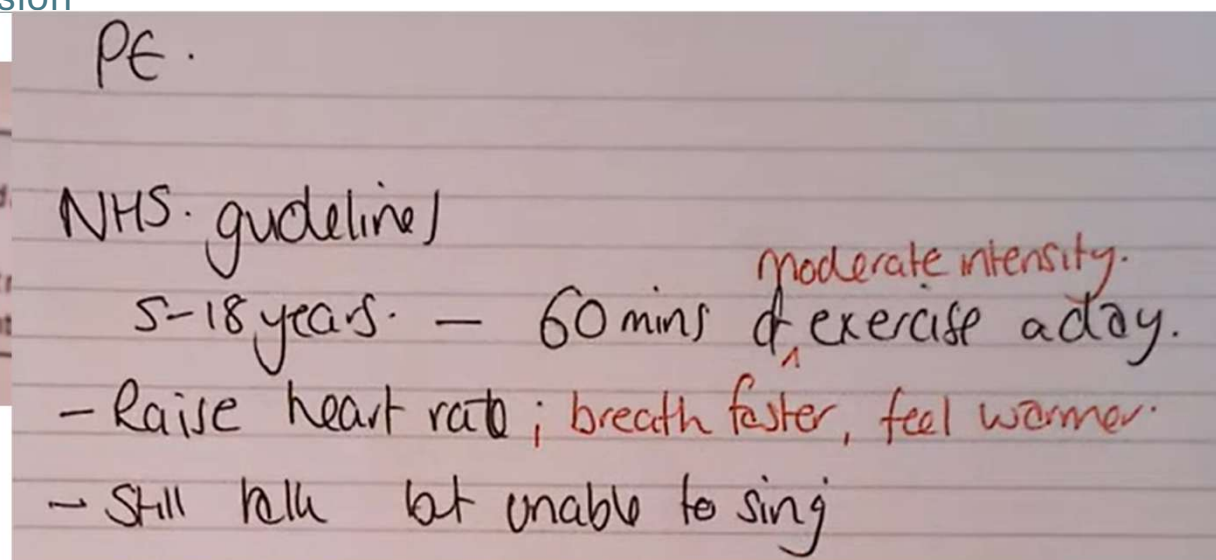
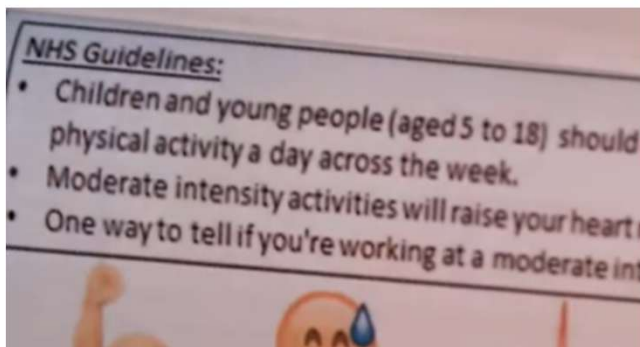
MEMORISE – Black pen/Red pen



2. Red pen, Black pen / Look cover write check

MEMORISE

- Study a section of your knowledge information and try to remember it. Give yourself 30 seconds to do this
- Cover the knowledge information and write what you can remember in black pen.
- Check your knowledge organiser and add anything that you had forgotten in red pen.
- Repeat the whole process, but use your red pen, black pen page this time → Focus your attention on the parts you had written in red pen to try and ensure that you remember those this time.
- Repeat until all of the information is memorised correctly.
- [Red Pen Black Pen – YouTube](#)
- [Look - cover - write - check #revision](#)



Forces

Basics

Friction / Drag

- Are resistive forces
- To reduce friction, use lubrication
- To reduce drag streamline the object

Free Body Diagrams

- Show the forces on an object
- Draw the object as a circle or square
- Draw arrows from the middle
- The length shows the size
- The point shows the direction
- Examples $\leftarrow \rightarrow$



Basics

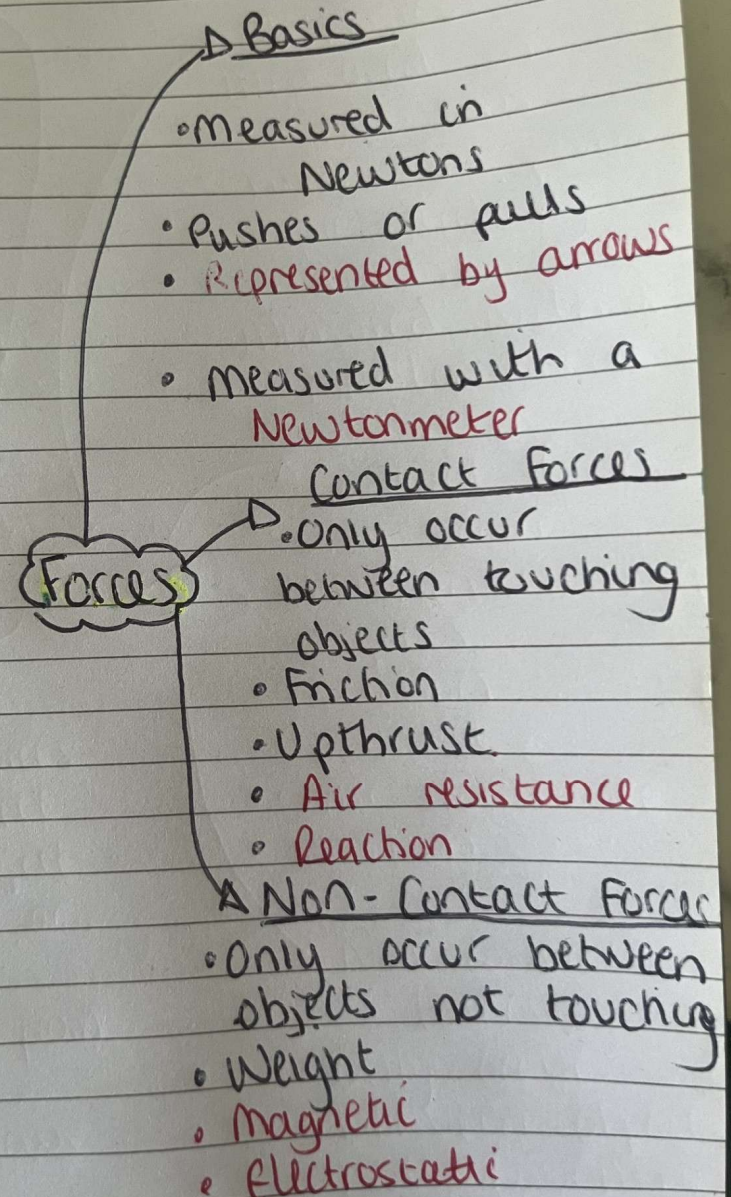
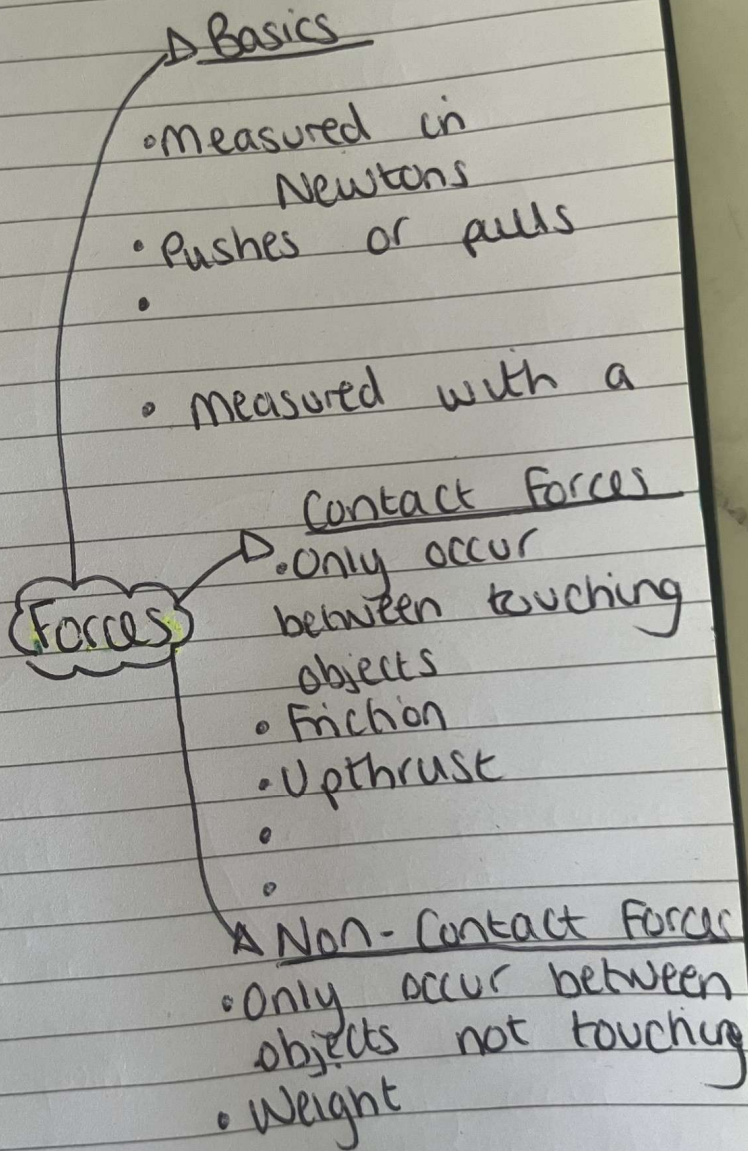
- Measured in Newtons
- Pushes or pulls
- Represented by arrows
- Measured with a Newtonmeter

Contact Forces

- Only occur between touching objects
- Friction
- Upthrust
- Air resistance
- Reaction

Non-Contact Forces

- Only occur between objects not touching
- Weight
- Magnetic
- Electrostatic



3. Quizzes / Questions and answers

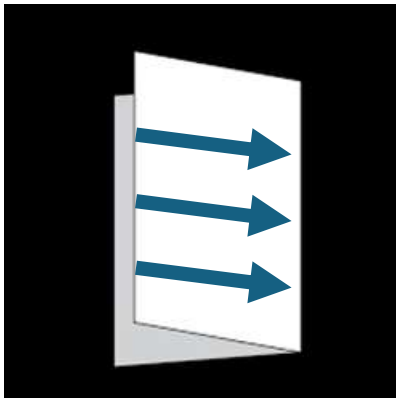
MAKE

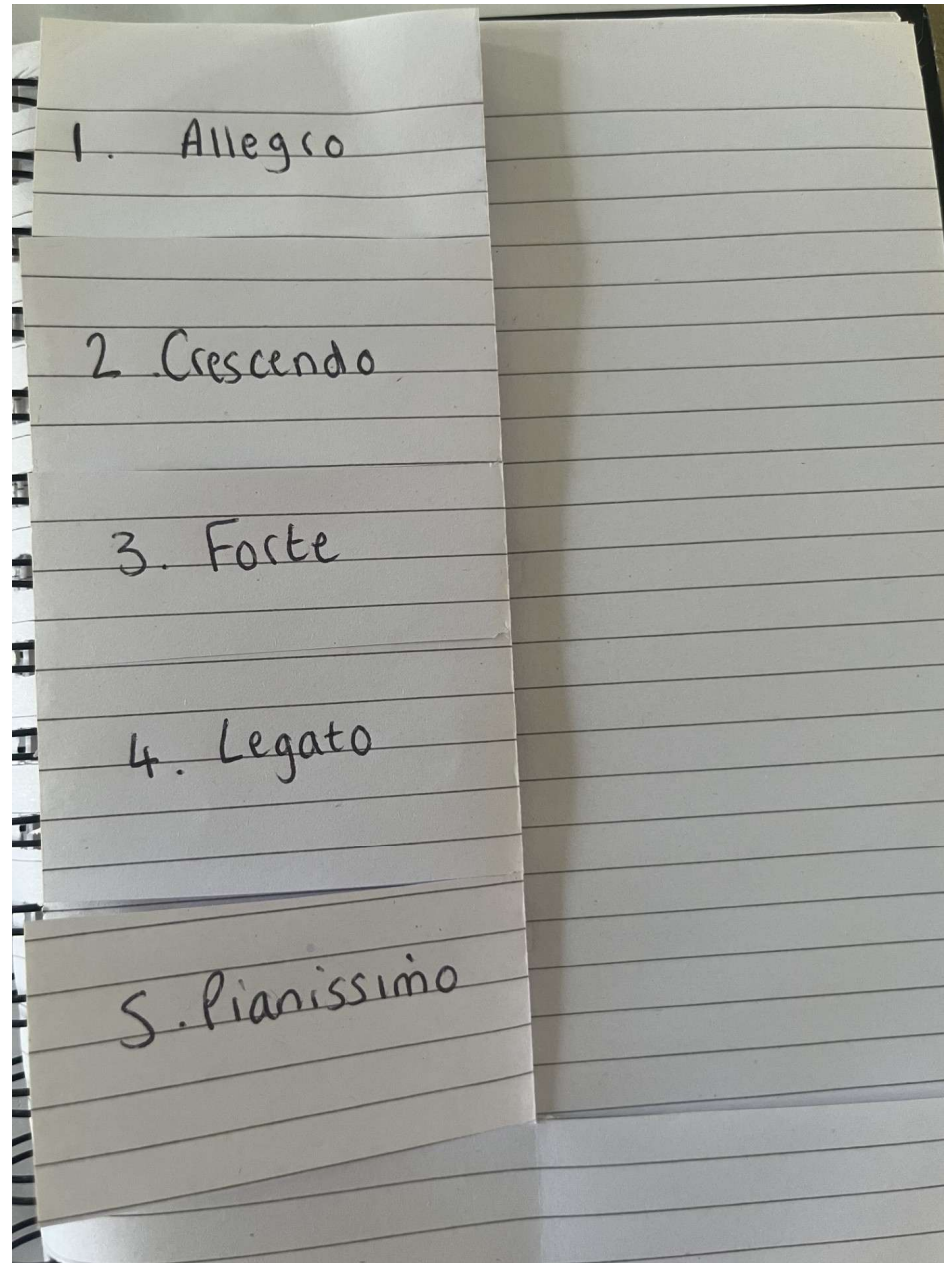
- Try folding your page in half vertically and cutting slits or ripping it to the halfway line
- Write the question on the left side of the paper, fold the right side over and write the answer

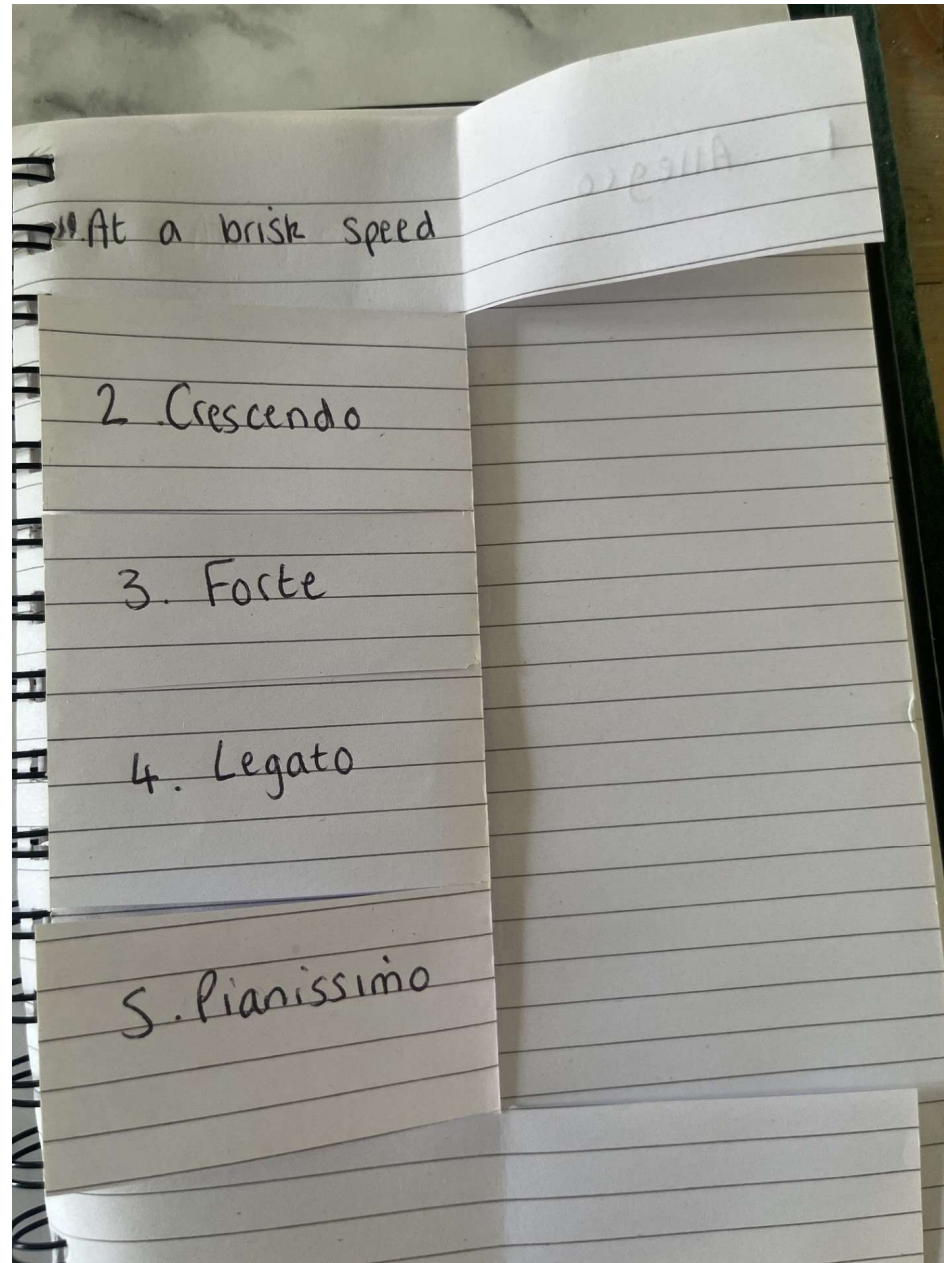
MEMORISE

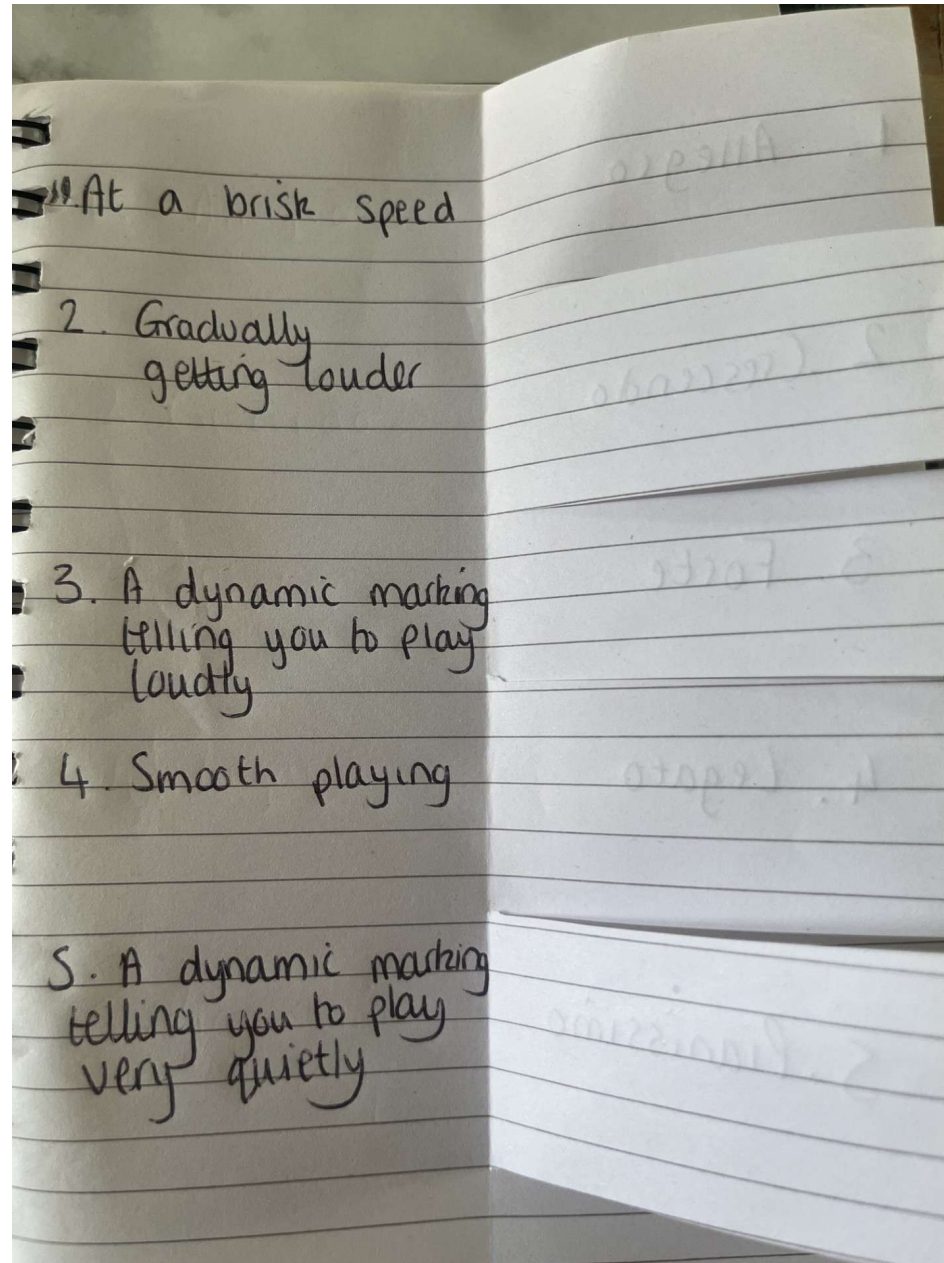
Use to quiz yourself or ask someone at home to help

- [Creating quizzes to test yourself](#)



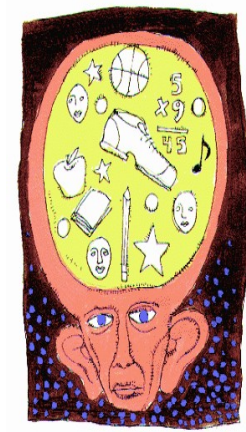






4. Collective memory – in a different way

- Look at a piece of information for a short amount of time. Try to remember it.
- Move to a different part of the room and write down what you remember.
- Go back and ‘fetch’ some more information.
- Keep going until you know it all!





Can you remember these?

Mercedes

Desert

Eighteen

Cactus

Ford

Red

November

Toyota

Blue

Yellow

January

Thirty Six

Twelve

Oasis

March





You will forget You will forget You will forget
You will forget You will forget You will forget
You will forget You will forget You will forget
You will forget You will forget You will forget
You will forget You will forget You will forget
You will forget You will forget You will forget
You will forget You will forget You will forget
You will forget You will forget You will forget
You will forget You will forget You will forget
You will forget You will forget You will forget
You will forget You will forget You will forget
You will forget You will forget You will forget





How many did you remember?
Write down as many as you can





How many did you remember?

Mercedes
Desert
Eighteen
Cactus
Ford
Red
November
Toyota

Blue
Yellow
January
Thirty Six
Twelve
Oasis
March





Let's try this again but using categories now to help

4. Collective memory – using chunking (categories)

Colours

Numbers

Months

Cars

Environment





Can you remember these?

Mercedes

Desert

Eighteen

Cactus

Ford

Red

November

Toyota

Blue

Yellow

January

Thirty Six

Twelve

Oasis

March



Colours

Blue

Red

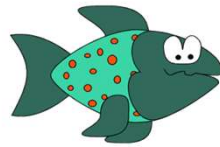
Yellow

Environment

Cactus

Oasis

Desert



Months

November

January

March

Numbers

Twelve

Eighteen

Thirty Six

Cars

Toyota

Ford

Mercedes

(Toy Former)





How many did you remember
this time?

Mercedes
Desert
Eighteen
Cactus
Ford
Red
November
Toyota

Blue
Yellow
January
Thirty Six
Twelve
Oasis
March



5. Past papers

- Use past exam questions and papers from the GCSE specification



6. Fold and Flip

↓ E) Leave blank for test

↩ D) Practice by writing out the definition or term here ↓

Ecological validity

Contracts to produce movement also known as the prime mover.

A detailed description of how to make or do something.

Perpendicular

Value Consensus

Appeasement

A powerful computer that stores files and applications for sharing across the network.

Complex changes including an increase in skills, abilities and capabilities.

Independent variable

4

5

6

B) Fold p1 under here to recall terms →

A) Fold p3 over here to "Cover and Check" definitions →

C) Test a partner

B) Write the key terms here ↓

Agonist muscle

Contracts to produce movement also known as the prime mover.

Server

A powerful computer that stores files and applications for sharing across the network.

Ecological validity

The extent to which the methods, materials and setting of the experiment approximate the real life situation being studied.

Appeasement

The name given to the British policy of 'giving in' to Hitler in exchange for peace in the late 1930s.

Value Consensus

An agreement on the key values in a particular society.

Development

Complex changes including an increase in skills, abilities and capabilities.

Specification

A detailed description of how to make or do something.

Independent variable

The variable that is changed when carrying out an investigation.

Perpendicular

Is the relationship between two lines which meet at a right angle, for example coordinate axis.

1

2

3

7. Mnemonics

BIDMAS

$() X^Y \div \times \pm$

Airplanes
Fly
Don't
Bears
Grizzly

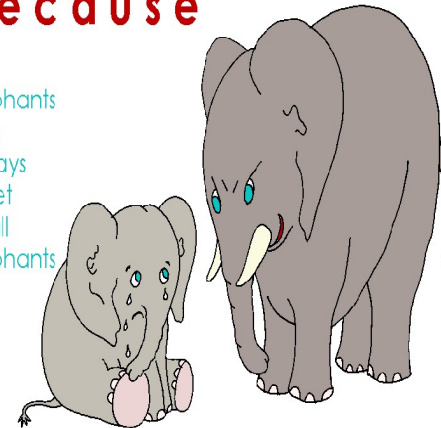
Every Good Boy Deserves Fudge

E G B D F F A C E
FACE

Never
Eat
Shredded
Wheat

b e c a u s e

big
elephants
can
always
upset
small
elephants



My **V**ery **E**asy **M**ethod **J**ust **S**peeds **U**p **N**aming **P**lanets
Mercury Venus Earth Mars Jupiter Saturn Uranus Neptune



8. Roman room and Greek loci

- Imagine a room, place or journey (e.g. your sitting room or bedroom, your route to school).
- Within that room/route are objects. Associate the things you need to remember with objects in the room or places on the journey.
- To recall information, simply take a tour in your mind, visualising the known objects/places and their associated connections.
- Remember that bizarre links can often be the most effective.



The electromagnetic spectrum goes: radio waves, microwaves, infra-red, light waves, ultraviolet radiation, X-rays and gamma radiation.

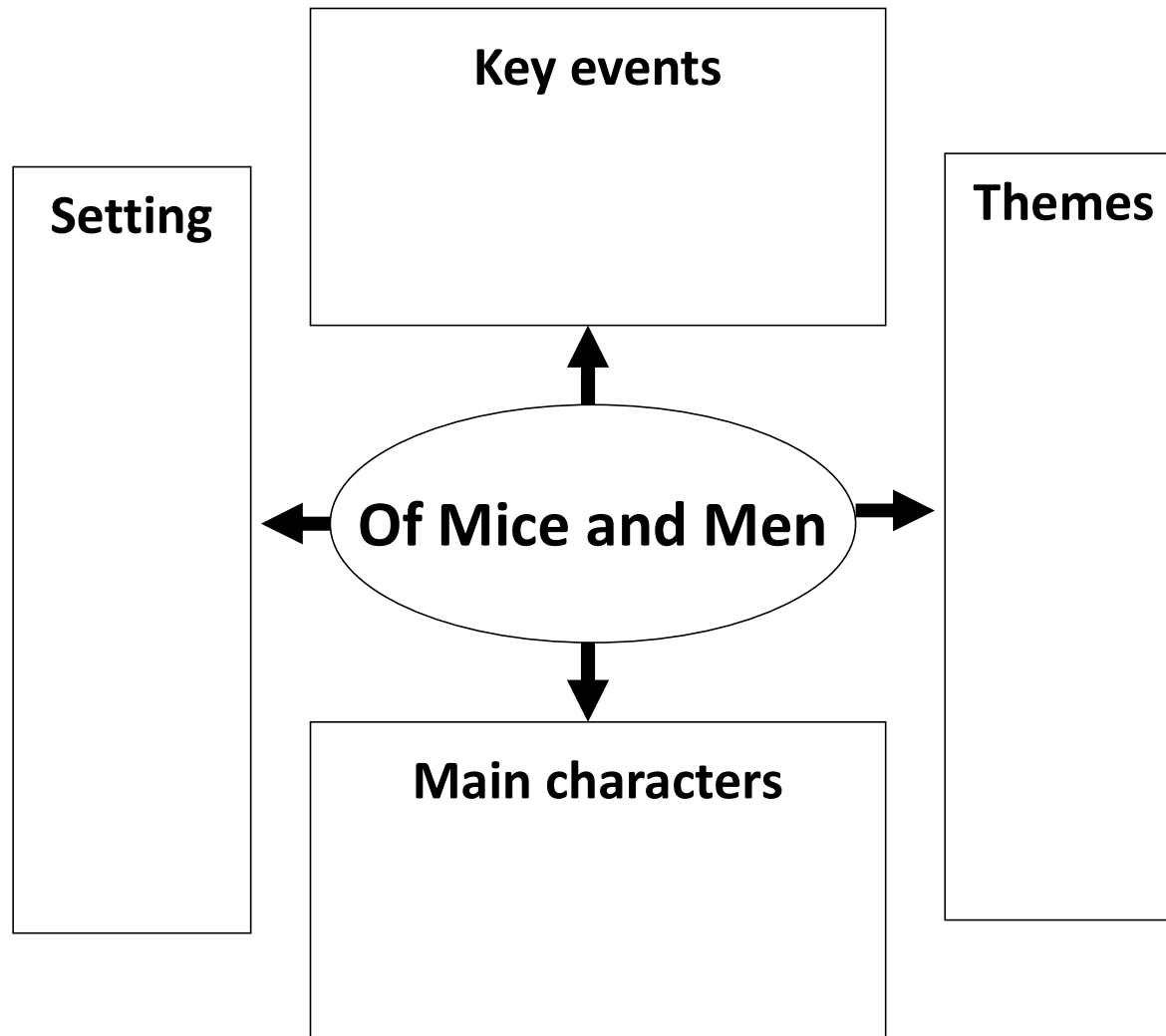


9. Key word cards

<u>Key Word</u>	<u>Definition</u>	<u>Link story</u>	<u>Picture</u>
Migrate			
<u>Sounds like</u>			

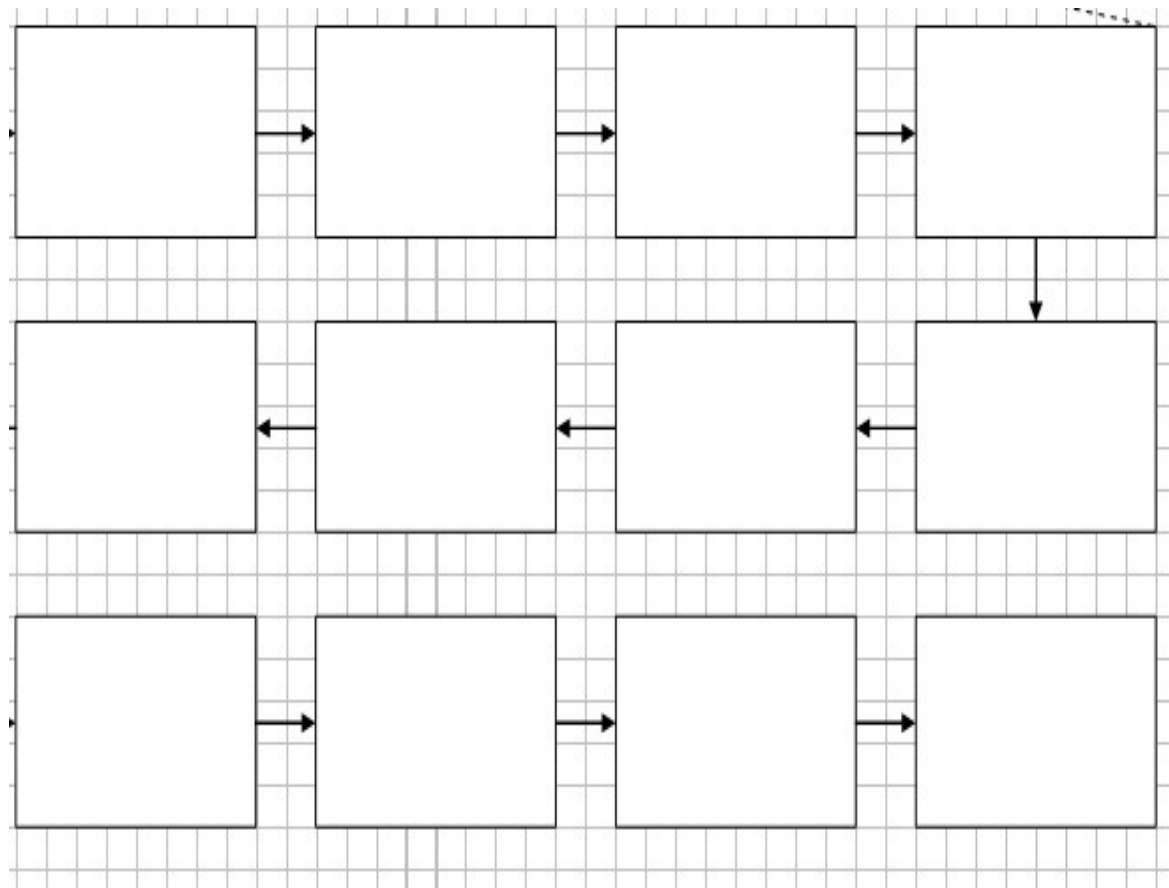


10. A5 Revision cards

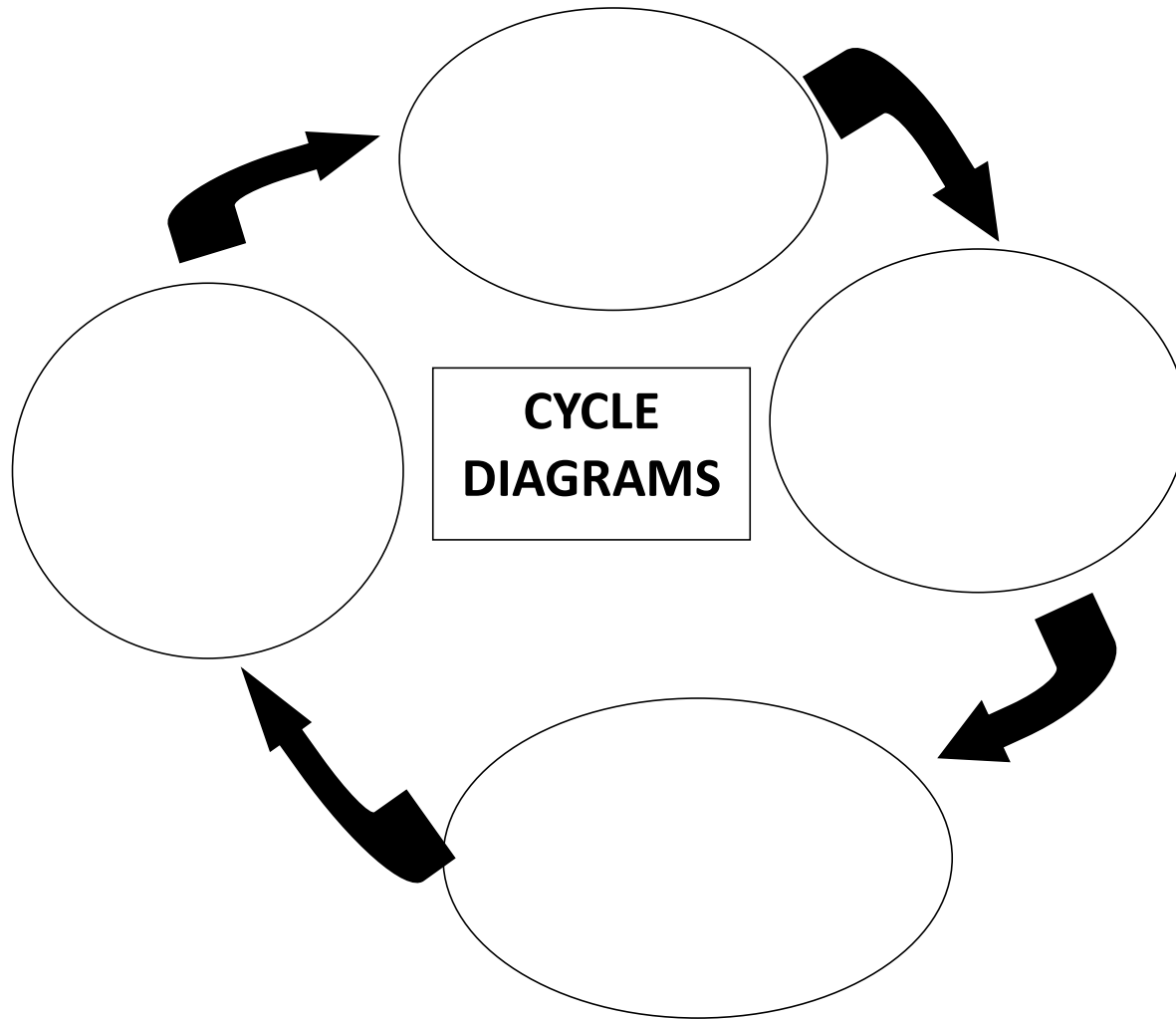


1. Flow Diagrams

Topic Area:



12. Cycle Diagrams



13. Questions and answers

- Use your knowledge organiser to write a list of questions in your prep book.
- Cover your knowledge organiser and write the answers in your prep book.
- Check your answers and correct any that you got wrong.



Don't forget the Exams section of the TCA website

[HOME](#) [OUR SCHOOL](#) [PARENTS](#) [STUDENTS](#) [SIXTH FORM](#) [NEWS & EVENTS](#) [CONTACT US](#)

This page contains information about examinations held at The Carlton Academy. Including:

- Timetables for GCSE and GCE public examinations
- Internal exams for students who attend The Carlton Academy

Students take exams regularly as part of their learning in all year groups. We believe that this prepares them for formal public examinations and helps to improve progress and attainment.

Please ensure that you do not plan for any absence during the exam period including booking holidays.

Period 6 Sessions



Booster Sessions



Summer 2024 Exam Timetables GCSE & A Level



Revision Guides



[GCSE Revision Guide](#)

Year 10 Mock Timetable



Year 12 Mock Timetable



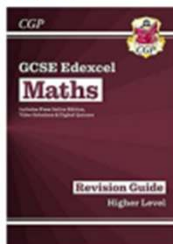
Don't forget the Exams section of the TCA website

Year 11 Revision Guide Recommendations

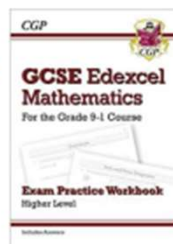
It is vital that your child revises carefully and thoroughly for their GCSE exams. The staff at The Carlton Academy have put together this recommended list of revision guides which can all be purchased from Amazon. Click the image to go directly to the Amazon page to buy the guide.

Maths

Higher

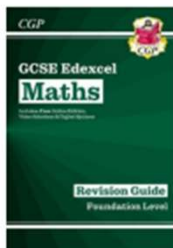


CGP GCSE
Edexcel Maths
Revision
Guide –
Higher Level

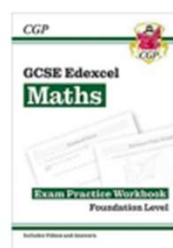


CGP GCSE
Edexcel Maths
for the Grade 9-
1 Course. Exam
Practice
Workbook –
Higher Level

Foundation



CGP GCSE
Edexcel Maths
Revision
Guide–
Foundation
Level



CGP GCSE Edexcel
Maths for the
Grade 9-1 Course.
Exam Practice
Workbook –
Foundation Level





Revision Timetables

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Period 6							
Early evening							
Evening							





The
Carlton
Academy

Y11 Wellbeing



Conquering Exam Stress



Spotting / Talking and listening /Supporting

Stress = Motivation?



- Exams can feel stressful because we can't totally control the outcome.
- A little bit of stress can be a **motivator**, and help you perform well.
- However, it's important to recognise when you're feeling stressed and take steps to keep it in proportion. Most people experience pressure, stress and anxiety when it comes to exams, and people deal with it in very different ways.

Dealing with exam stress



How you can deal with exam stress:

- Create a revision schedule to making sure you take regular breaks
- Eat well, sleep well, don't leave revision to the last minute and steer clear of the energy drinks
- Have a good breakfast, arrive in plenty of time and head to the loo before you start!
- Speak to your child's Head of House if you feel your child needs more support

Further Support

NottAlone



childline

ONLINE, ON THE PHONE, ANYTIME

HEALTH FOR TEENS

