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# Raising Achievement Evening

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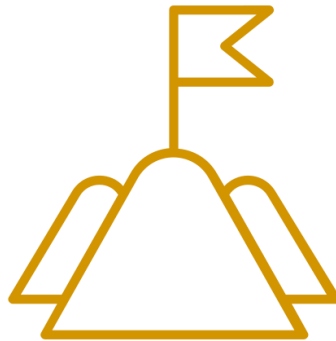
**Can you remember this number?**

CREATING A CLIMATE FOR GREAT LEARNING, SUCCESS AND OPPORTUNITY



# Creating the Vision

Creating a climate for great learning, success and opportunity



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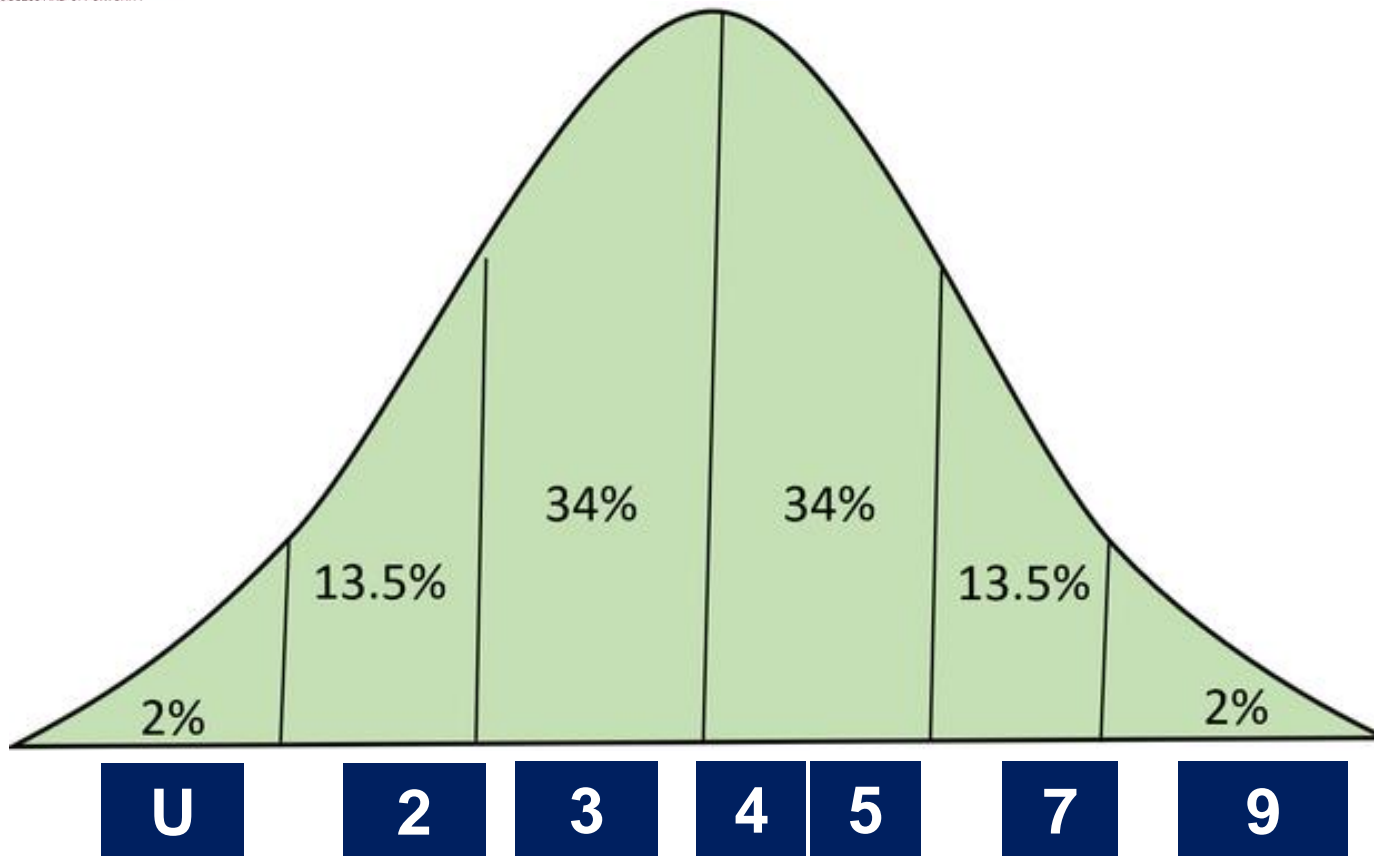


# The Bank of Achievement

- £54,600
  - £67,200
  - £71,400
  - £1,440
- The school day
  - Homework
  - Intervention + Homework
  - Every holiday in Year 11

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# Your time | Achievement



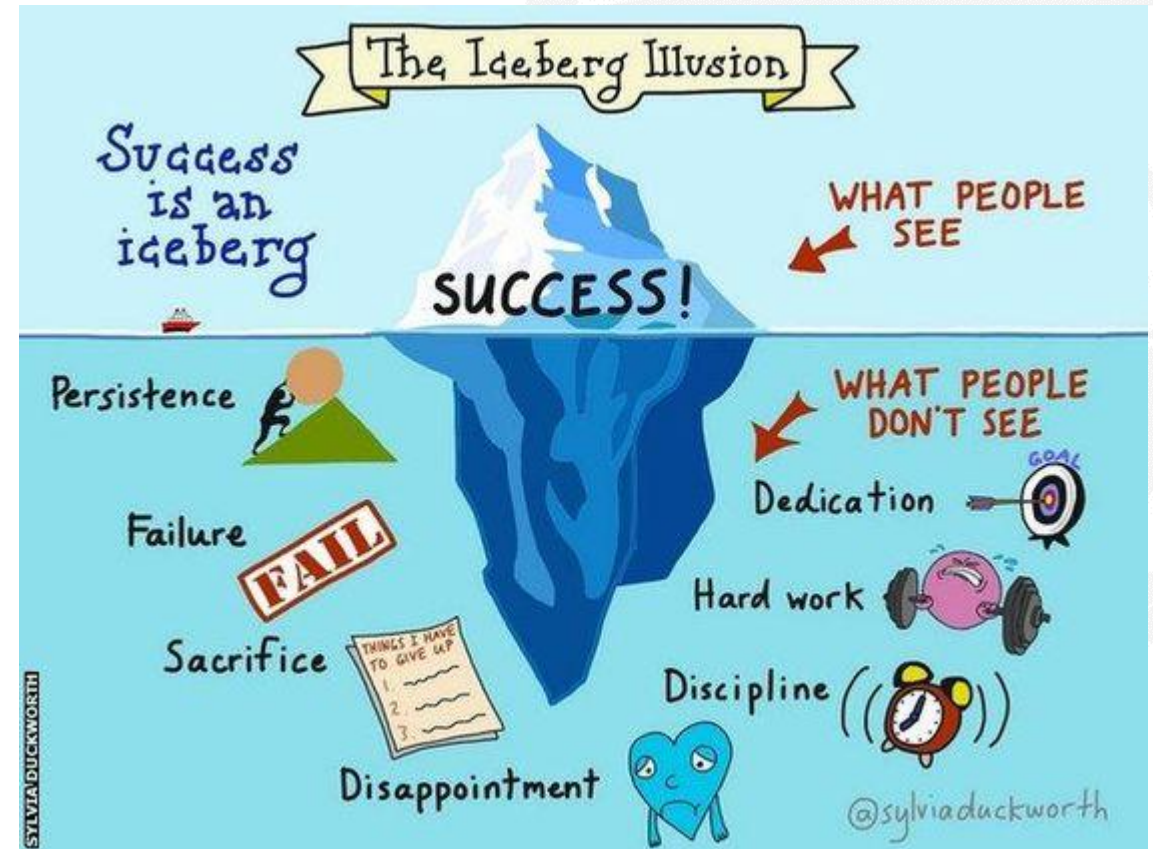
Everyone has  
£ 54,600

How will we spend our  
time?

- Curriculum time
- After School Targeted Intervention Programme
- Year 11 personalised exams package

# Revision | Parental Support

- Parental support is 8 times more important in determining a child's academic success than social class.
- Parental involvement, such as working with children at home, accounts for up to 25% of the exam success enjoyed by high flying 16 year olds.



The Sutton Trust (2016)



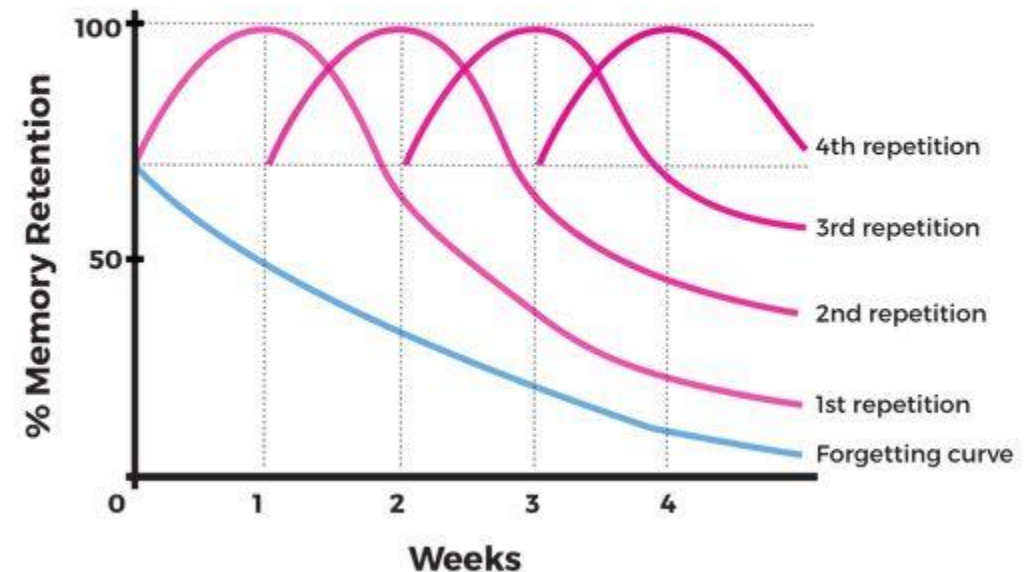
# Revision | The Science of Learning

## What do we know?

- We all have a limited working memory – usually 4 – 7 pieces of information.
- Students need multiple opportunities to recall and reapply information.
- Students need to experience recall and reapplication in similar conditions to that of an exam.
- Students need a variety of different techniques to learn different types of information.

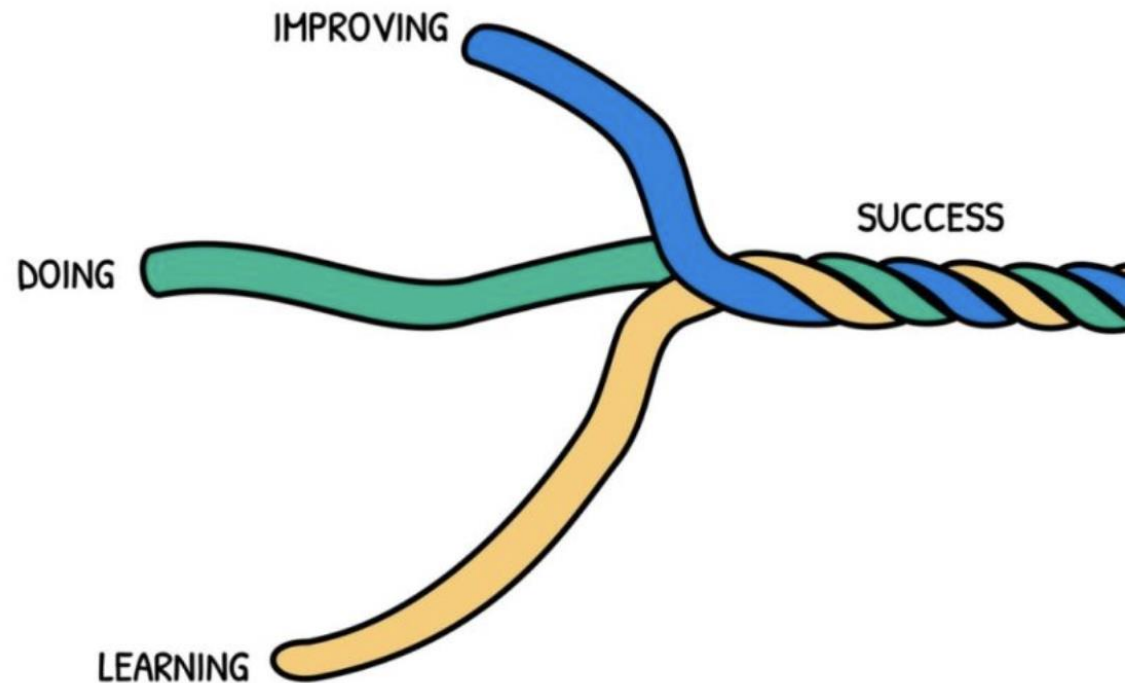
### Curve of Forgetting

For newly learned information



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# Your next phase | Actions



- “Don’t practice until you get it right, practice until you can’t get it wrong”

- Andrea Pirlo



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# Where should you revise?



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# When should you revise?

- Block out unrealistic time you know you can't commit to.
- Revision should always create positive spirals.
- Schedule at least 2 – 3 sessions per subject you study.
- Agree it, and stick to it!

	4 - 4:30	4:30 - 5:00	5:00 - 5:30	5:30 - 6:00	6:00 - 6:30
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday	9:30 - 10:00	10:00 - 10:30			



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# What should you revise?

- Revision Guide as a starting point
- The specifications
- Your feedback
- Amber topics

## English Literature

Before			Revision topic	After		
X	?	✓		X	?	✓
			Macbeth			
			Unseen Poetry			

## Aspire for More

### The most difficult:

Knowledge	Skills
<p>Macbeth context: the Divine Right of Kings; Jacobean women; the supernatural.</p> <p>Unseen Poetry: Structural techniques and their effect: enjambment, rhythm, rhyme, juxtaposition, blank verse, rhyming couplets, iambic pentameter .</p>	<p>Writing a PEAL paragraph about the structure of the text.</p> <p>Annotate a scene in Macbeth that you are unfamiliar with.</p>

### How to get top marks :

#### **Macbeth:**

Make sure you know the plot – fill in your knowledge organisers and make summaries of the key events in each Act and Scene.  
 Make sure you know the key characters and create revision cards for each of them (Macbeth, Lady Macbeth, Macduff, Banquo and the witches).  
 Revise key quote – copy out key quotes for each main character and explode them considering Shakespeare's choices.



## Year 11 Spring Mock Exam Revision Guide

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# How should you revise? The Benton Park Revision Habits

- Mindmapping
- Flashcards
- Quizzing
- Model Essay Planning
- Timed Practice



- Recall and Re application
- ‘Show me you know it’ strategies



# The Evening | Subject Masterclasses

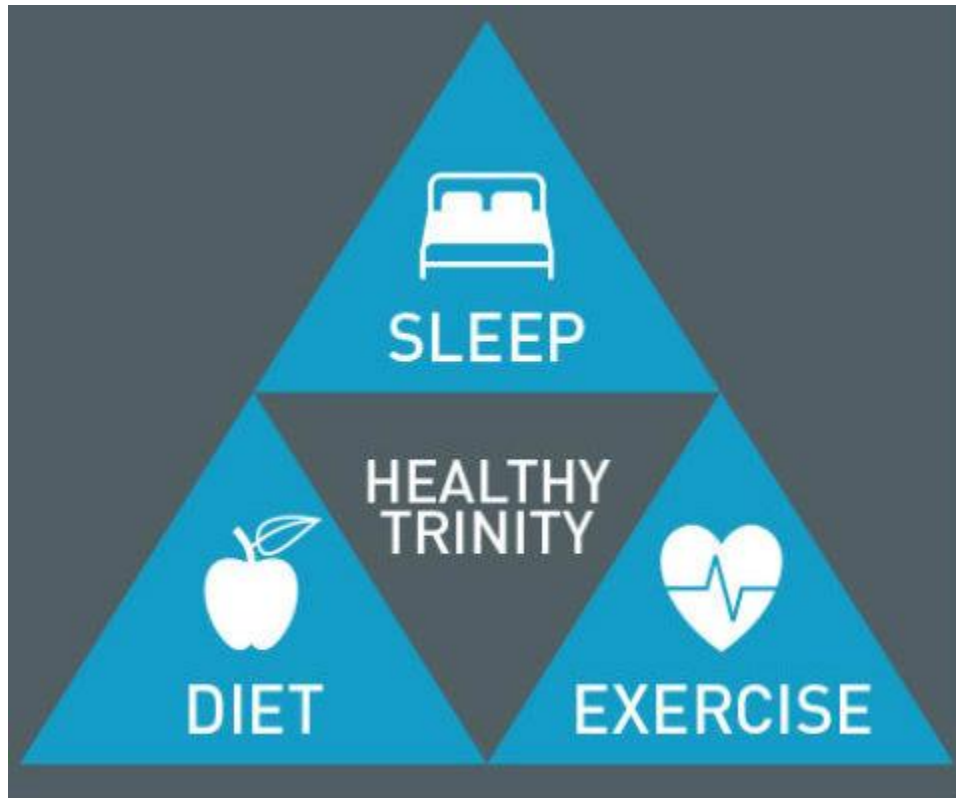
- Humanities – Main Hall
- English – PE Activity Studio 1
- Science – PE Activity Studio 2
- Maths – PA1
- Sparx and Pinpoint – PA2
- Pastoral – Library
- Exams and Revision Material - 101
- PE -105
- Business - 106

<b>Time</b>	<b>Activity</b>
<b>5pm</b>	Welcome
<b>5:20</b>	Subject 1
<b>5:35</b>	Subject 2
<b>5:50</b>	Subject 3
<b>6:05</b>	Subject 4
<b>6:20</b>	Subject 5
<b>6:35</b>	Subject 6
<b>6:45</b>	Optional Drop in

One last question – what was the number?

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# The Health Trinity | Perspective



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# Sleep

What we know	Barriers
<p>9- 10 hours</p> <p>Deep sleep is where your brain encodes knowledge</p> <p>Supports mental health</p> <p>Regulates mood</p> <p>Maintains healthy weight</p> <p>Routine and Ritual</p>	<p>School stress</p> <p>Friendship, relationships, family worries</p> <p>Caffeine consumption</p> <p>TV, gaming, social media,</p> <p>Screen time</p> <p>Sleep disorders</p>



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# Exercise

What we know	Barriers
<p>Manages stress, anxiety, releases tension, boosts energy, increases enthusiasm.</p> <p><b>60 minutes of moderate or vigorous activity a day:</b></p> <p>Walking to school / the dog</p> <p>PE and Sport</p> <p>Dancing , Cycling, Swimming, Gym</p> <p>Reduce time spent sitting or laying</p>	<p>Priorities – friends, family, work, school</p> <p>Other interests</p> <p>Busy lives</p>

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# Diet

What we know	Barriers
<p>Fruit, vegetables, starchy foods, beans, eggs, proteins, Water – 6 – 8 glasses Iron Calcium Vitamin D</p>	<p>Fast Food Energy Drinks – anxiety and sleep</p>





# So What | Now What

## Social Media

- AppBlock
- Flipd
- Focus to do

## Atomic habits

- plan
- communicate your goals
- make them SMART



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