

KS4  
BOOKLET –  
YEARS 10  
AND 11

Preparation work

STUDY  
SKILLS FOR  
KS4  
SUCCESS  
ACTIVITIES





# INTRODUCTION

- One of the most important skills that you will gain over the next few weeks is understanding how to make the most of your time and study/revise in effective ways.
- Research has shown, there are ways in which you can organise your work that will mean that what you are learning will go into your brain and stay there!
- Be smart! Please read through the following pages and watch the videos so that you can become familiar with and understand how to study effectively - make sure that you make every minute count.



# Smart study technique 1 - Interleaving

## What is interleaving?

Interleaving is the idea that you switch between topics/subjects rather than spending a long block of time just studying one thing. This helps ideas/skills/knowledge stick in your brain.

For example, if you wanted to study for three hours, it would be better to do some Maths, some English and a bit of another subject. You could then re-visit these subjects later on in the week. This is better than spending a three hour session just doing Maths.

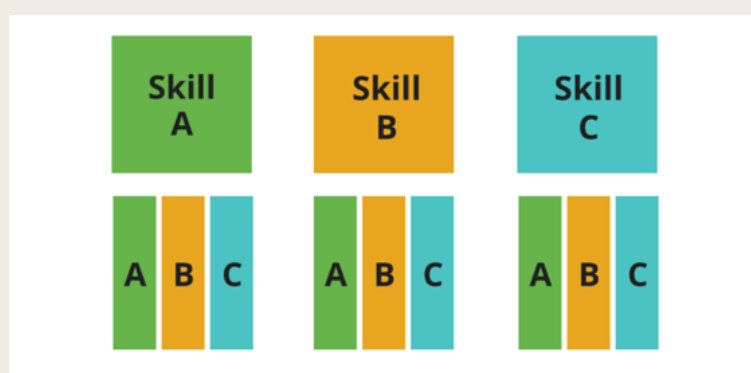
## Why does Interleaving work?

Switching between subjects/topics and then re-visiting them has been proven to help ideas **stick in your long term memory**. The reason for this is because you are having to re-visit topics or subjects regularly rather doing lots of one subject and then forgetting about it for weeks.

Watch the video below:

[https://www.youtube.com/watch?time\\_continue=9&v=WbDpYMp8F6o&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=9&v=WbDpYMp8F6o&feature=emb_logo)

Look at the diagram below, notice that rather than doing the work in a big block, the work is spread out over a few sessions.



# Smart study technique 2 – The Pomodoro Technique

## What is the Pomodoro Technique?

The Pomodoro Technique is a way of organising your time so that your brain is able to keep the information stored effectively. Don't sit doing the same thing for long periods of time! Research has shown that your brain copes better with taking in information if you spend chunks of time studying and then taking regular breaks.

## How do I organise my time using the Pomodoro Technique?



Watch the video below:

[https://www.youtube.com/watch?time\\_continue=5&v=ykMzzZolhdk&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=5&v=ykMzzZolhdk&feature=emb_logo)

# HOW TO BE PRODUCTIVE USING



# THE POMODORO TECHNIQUE

NAMED AFTER THE ITALIAN WORD FOR TOMATO SINCE THE TIMER USED BY THE TECHNIQUE'S CREATOR WAS SHAPED AS A TOMATO

## PICK A TASK



A list should be planned ahead of time.

## SET THE TIMER TO 25 MINUTES



Although a mechanical timer is suggested (like this tomato-shaped kitchen timer), any type will do.

## GET TO WORK



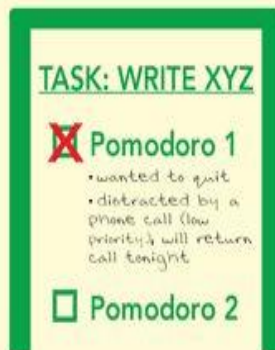
**NO DISTRACTIONS ALLOWED**

## STOP WHEN TIME IS UP



This block of work time is called a POMODORO.

## RECORD PROGRESS



Make note of anything that could aid future improvement.

## TAKE A FIVE MINUTE BREAK



GET YOUR MIND OFF THE TASK

NOURISH YOURSELF

Breaks keep you fresh.

## GET BACK TO WORK



AND REPEAT PREVIOUS STEPS

## AFTER THE FOURTH POMODORO TAKE A LONGER BREAK (15 - 30 MINUTES)



Squeeze in mindless chores for increased productivity.

## CONTINUE LIKEWISE UNTIL CALLING IT A DAY



With such focus and flow, time is used more efficiently while reducing mental fatigue.

# Science Work

Keep your brain busy! Have a go at some of this work:

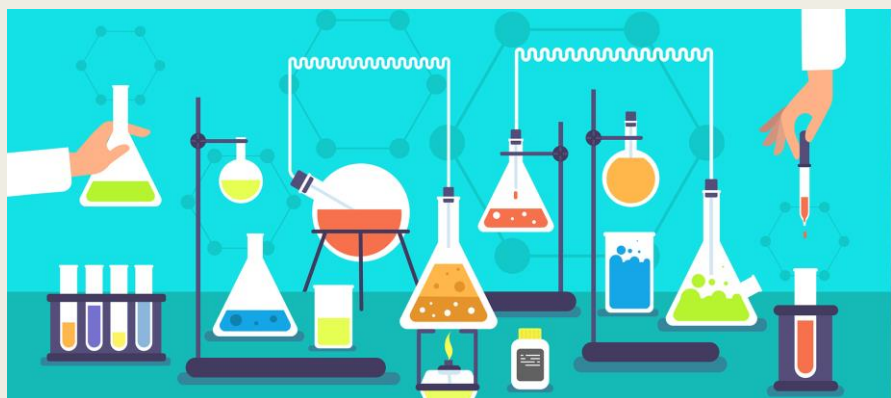
## ■ Year 10

- atomic structure & the Periodic Table -  
<https://www.bbc.co.uk/bitesize/topics/zcckk2p>
- Energy -  
<https://www.bbc.co.uk/bitesize/topics/z89ddxs>
- Cell Biology -  
<https://www.bbc.co.uk/bitesize/topics/z2mttv4>

## ■ Year 11

- quantitative chemistry -  
<https://www.bbc.co.uk/bitesize/topics/zsnny4j>
- forces -  
<https://www.bbc.co.uk/bitesize/topics/ztmstv4>
- bioenergetics (respiration) -  
<https://www.bbc.co.uk/bitesize/topics/zgr997h>

- Year 11 Triple science - carry on with the work that was sent on Frog and on email at the end of last term





# English Work

Keep your brain busy! Have a go at some of this work:

Y10

Log onto GCSEpod and watch podcasts on the plot, background and characters within An Inspector Calls. Make notes on what you learn in readiness for studying the play. You can also use GCSE Bitesize to help you.

<https://vle.nhtschool.co.uk/app/os>

<https://www.bbc.co.uk/bitesize/subjects/zckw2hv>

Y11

Log onto GCSEpod and watch podcasts on the plot overview, context and characters within Romeo and Juliet. Make notes on what you learn in readiness for studying the play. You can also use GCSE Bitesize to help you.

<https://vle.nhtschool.co.uk/app/os>

<https://www.bbc.co.uk/bitesize/subjects/zckw2hv>



# Maths Work

Keep your brain busy! Have a go at some of this work:

- Click on the link to the 'mini mocks' page on 'onmaths' The tasks are can be selected as higher or foundation as appropriate for all students and can be completed online with instant feedback. No logins or registration are needed.

[https://www.onmaths.com/mock\\_exams/?dashboardType=minimocks&dashboardTier=higher&dashboardBoard=edexcel&dashboardTopic=number](https://www.onmaths.com/mock_exams/?dashboardType=minimocks&dashboardTier=higher&dashboardBoard=edexcel&dashboardTopic=number)

