

Year: 10

Module: Self-Regulated Learning.

Lesson 1: The Plan for Year 10

Dual coding symbols and meanings.



Look or watch



Write, state



Sketch/draw



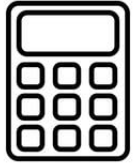
Practical activity



Hazard/Safety



Time limited task



Calculate/ work out



Plot/interpret graph



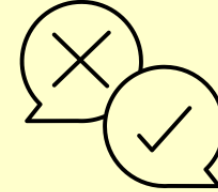
Read information



Evaluate information/data



Give ideas



Self assess



Answer questions



Hinge question



Upgrade work



Share ideas/ work together

The School calendar



The school calendar is:

Advent 1: Thursday 28th August 2025 → Friday 17th October (7 weeks + 2 days)

Advent 2: Monday 27th October 2025 → Friday 19th December (8 weeks)

Training day: Friday 21st November

Lent 1: Monday 5th January 2026 → 13th February (5 weeks)

Lent 2: Monday 23rd February → 27th March (4 weeks)

Bank Holiday Monday: 4th May

Pentecost 1: 13th April → 22nd May (6 weeks)

Pentecost 2: 1st June → 10th July (6 weeks)

L.O: Know the school year

Learning Objectives.

At the end of this session, you should be able to:

1. Know the school year and what time is available
2. Identify all equipment you will need for lessons and examinations.
3. Know key areas of the Advent, Lent and Pentecost terms

Equipment essentials:



Equipment for lessons	Equipment for examinations
Pen (black/blue) Pencil Ruler Rubber Pencil sharpener Protractor Calculator Compass Pencil case	Pen (black) x 3 (<u>you may require spares</u>) Pencil x 2 (<u>you may require spares</u>) Clear ruler Rubber, not in a case that is opaque Pencil sharpener (<u>clear case or simple basic</u>) Protractor: clear Pencil case (<u>must be clear</u>)

Other VERY useful equipment and items:



1. A monthly calendar
2. A daily schedule that you have designed.
3. Pen, pencil, ruler and rubber with paper (lots of paper).
4. Ear plugs or defenders.



L.O: Identify all equipment you will need for lessons and examinations.

Key points in the year ahead: Advent.



Term	<i>Independent Revision 1: Planning and organisation phase (15 weeks).</i>
Advent 1	<ul style="list-style-type: none">• Plan of the year ahead• How your planner can help you• Creating a revision timetable• The Pomodoro Technique of organisation• Flexibility of your revision timetable
Advent 2	<ul style="list-style-type: none">• Using and writing lists• Flash Card catch up• What to expect during the mock examinations• How to deal with exam stress• Reflecting on your experiences of mock examinations• Examination technique development

L.O: Know key areas of the Advent, Lent and Pentecost terms

Key points in the year ahead: Lent



Term	<i>Independent Revision 2: Practicing skills phase (9 weeks)</i>
Lent 1	<ul style="list-style-type: none">• Mock 2 preparation• Using Educake to create personalised revision questions• Using Maths & Physics Tutor to find and use revision questions• Marking responses using marking schemes
Lent 2	<ul style="list-style-type: none">• Writing the perfect answer (two sessions)• Self quizzing as a human being• Self quizzing with a robot (AI)

L.O: Know key areas of the Advent, Lent and Pentecost terms

Key points in the year ahead: Pentecost

GRASP

Term	<i>Independent Revision 3: Planning, Practice and Pulling it all together (12 weeks)</i>
Pentecost 1	<ul style="list-style-type: none">• Self regulated learning in the workplace• Talking to your teachers and other adults• Using your voice to revise• Creative revision techniques: walking around the school• Memory techniques for revision and for fun
Pentecost 2	<ul style="list-style-type: none">• Creative revision techniques: flash cards and games• Creative revision techniques: flash cards and oracy• Subject development: key words into brain dumps• Advanced Mind Maps• We're all going on a summer holiday, but the mind isn't!

L.O: Know key areas of the Advent, Lent and Pentecost terms

How much time until year 11?



Term	Weeks	Days	Hours (approx.) of full lessons
Advent	15wks +2 days (exc. T.D)	106	530
Lent	9wks (exc. B.H)	61	305
Pentecost	12wks	84	420

N.B. This does not account for: form times; trips; illness; inclement weather; or other non-class-based lessons.