

Year 11 Essential Information

Colchester County High School for Girls

2019-2020



Year 11 Essential Information

The Year 11 Tutor Team

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Contacting us

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Dates for your diary

October

09 Drama Devised Piece (evening)
21 Progress Check 1
23 Parent consultation evening 16.15 – 19.15

November

14 Sixth Form Taster Day
20 GCSE Music Ensemble Recital 17.00 – 18.00

December

5 – 17 Mock Examinations

January

20 Exam results sent home

February

10-14 GCSE Mock Language Orals
14 Reports sent home

March

25 History Greenwich Visit
30-31 GCSE Art Exams (Provisional)

April

1-2 GCSE Art Exams (Provisional)
23-24 GCSE French speaking assessment
27-1 May GCSE German speaking assessment

May

11 GCSE Exams begin

June

25 End of Exam Celebration

August

20 GCSE Results Day

DofE dates will be advised on a separate programme – they have been scheduled to avoid the examination period.

Subject Examination Board Specification	Text book	Website
Art & Design Edexcel 1FA0	Not applicable Visiting Art exhibitions is recommended	http://qualifications.pearson.com/en/qualifications/edexcel-gcses.html http://www.bbc.co.uk/schools/gcsebitesize/art/ http://www.studentartguide.com/ http://www.pinterest.com/studentartguide/beautiful-igcse-gcse-art/ https://www.tate.org.uk/art/student-resource/exam-help
Biology Edexcel 1BI0	New Biology for You by Gareth Williams Nelson Thornes	Website with full specification and some past papers: http://qualifications.pearson.com/en/qualifications/edexcel-gcses/sciences-2016.html#tab-1 Useful revision sites: http://www.s-cool.co.uk/gcse/biology http://www.docbrown.info/gcsebiology.htm http://www.bbc.co.uk/education/subjects/z9ddmp3 http://www.bbc.com/earth/uk and www.bbc.co.uk/science https://www.physicsandmathstutor.com/biology-revision/
Chemistry Edexcel 1CH0	Chemistry for You by Lawrie Ryan	https://qualifications.pearson.com/content/dam/pdf/GCSE/Science/2016/Specification/GCSE_Chemistry_Spec.pdf Useful revision site: http://www.bbc.co.uk/schools/gcsebitesize/science/
Computer Science OCR J276	PG Online - OCR GCSE (9-1) Computer Science – S Robson and PM Heathcote Online resources Teach-ICT Username: co33us Password: python1 CraignDave	https://www.ocr.org.uk/qualifications/gcse/computer-science-j276-from-2016/ https://www.teach-ict.com/2016/GCSE_Computing/OCR_J276/OCR_J276_home.html https://student.craigndave.org/
Drama WJECeduqas 601/8420/6 C690QS	Not applicable	http://www.eduqas.co.uk/

Subject Examination board specification	Textbook	Website
English Language AQA 8700	Text books used in class: Book1 – AQA GCSE English Language. Developing the skills for learning and assessment. Helen Backhouse and Beverley Emm. Book 2 – AQA GCSE English Language. Assessment preparation for Paper 1 and Paper 2. Jane Branson and Peter Ellison.	http://www.aqa.org.uk/subjects/english/gcse/english-language-8700
English Literature AQA 8702	A range of texts are used: An Inspector Calls Romeo & Juliet Poetry Anthology Pride And Prejudice	http://www.aqa.org.uk/subjects/english/gcse/english-literature-8702
French AQA 8658	GCSE French Higher (AQA) Students will have access to an electronic copy of the text book and resources using an individual kerboodle login. AQA GCSE French Higher Student Book Publisher: Oxford University Press ISBN 978 019 836583 583 9	http://www.aqa.org/ http://www.languagesonline.org.uk/ www.memrise.com/
Geography AQA 8035	AQA GCSE (9-1) Geography Publisher: Hodder Education ISBN-13: 9781471859922 GCSE Geography AQA Student Book Publisher: Oxford University Press ISBN-13: 9780198366614 GCSE Geography for AQA Student Book Publisher: Cambridge University Press ISBN-13: 9781316604632 CGP AQA GCSE Revision Guide	http://www.aqa.org.uk/qualifications.php

Subject Examination board specification	Textbook	Website
<p>German AQA 8668</p>	<p>GCSE German Higher (AQA) Students will have access to an electronic copy of the text book and resources using an individual kerboodle login.</p> <p>AQA GCSE German Higher Student Book Publisher: Oxford University Press ISBN 978 019 836587 7</p>	<p>http://www.aqa.org/ https://www.languagesonline.org.uk/ www.memrise.com/</p>
<p>History AQA 8145</p>	<p>Oxford AQA GCSE History; Germany 1890-1945 AQA GCSE History; Understanding the Modern World AQA GCSE History; Health and the People AQA GCSE History; Elizabethan England c1568-1603 Oxford AQA GCSE History; Thematic Studies c.790-Present Day</p>	<p>http://www.aqa.org.uk/subjects/history/gcse/history-8145/assessment-resources</p>
<p>Latin OCR J282</p>	<p>Cambridge Latin Course Book III</p>	<p>http://www.ocr.org.uk/qualifications/type/gcse/classics/latin/</p>
<p>Mathematics Edexcel 1MA1</p>	<p>Edexcel GCSE (9-1) Mathematics: Higher Student Book (for lesson use) and an accompanying Problem Solving and Practice Book for homework.</p>	<p>http://www.edexcel.org.uk/ www.corbettmaths.com www.nrich.maths.org www.bbc.com/education www.mathsgenie.co.uk</p>
<p>Music Edexcel 1MU0</p>	<p>Edexcel GCSE (9-1) Music by John Arkell & Jonny Martin (Pearson) Anthology of Music – Edited by Julia Winterson (Pearson)</p>	<p>https://qualifications.pearson.com/en/qualifications/edexcel-gcses/music-2016.html</p>
<p>Physical Education AQA 8582</p>	<p>AQA GCSE (9-1) PE Ross Howitt Mike Murray</p>	<p>www.aqa.org</p>
<p>Physics Edexcel 1PH0</p>	<p>Physics for You by Keith Johnson</p>	<p>http://www.edexcel.com/ Useful revision site: http://www.bbc.co.uk/schools/gcsebitesize/science/</p>

Subject Examination board specification	Textbook	Website
Psychology Edexcel 1PS0	Edexcel GCSE (9-1) Psychology Student Book by Christine Brain et al Or Psychology GCSE Revision Guide for Edexcel by Ali Abbas	https://qualifications.pearson.com/en/qualifications/edexcel-gcses/psychology-2017.html

Please contact the Head of Department for subject specific queries

Department	Head of Department	Email address
Art	Mrs Saunders	msaunders@cchsg.com
Biology	Dr Martin	imartin@cchsg.com
Chemistry	Dr van Mierlo	cvanmierlo@cchsg.com
Computer Science	Mr Nachman	cnachman@cchsg.com
Drama	Mrs Cudmore-Rice	mcudmore@cchsg.com
English	Miss Bowdidge	kthornton@cchsg.com
French	Mme Ollite	kollite@cchsg.com
Geography	Mr King	jking@cchsg.com
German/Head of Modern Foreign Languages	Miss Davison	adavision@cchsg.com
History	Mrs Sanderson	ssanderson@cchsg.com
Latin	Miss Hodgkinson	bhodgkinson@cchsg.com
Mathematics	Mrs Roshen	broshen@cchsg.com
Physical Education	Miss Wiseman	nwiseman@cchsg.com
Physics	Mr Stebbings Cox	jstebbing@cchsg.com
Psychology	Miss McKenna	smckenna@cchsg.com
Science	Dr Cox	ncox@cchsg.com

E-Safety - Who you can turn to:

All students receive e-safety guidance both in lessons and assemblies; however, we strongly encourage parents to take an active role in monitoring their daughter's on-line and social media activity to ensure they are safe. These websites are useful for more information or to report any negative experiences online. There is an important e-Safety event and John & John workshop on Tuesday 31 March 2020.

CEOP – <https://www.ceop.police.uk>

Share Aware - <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware/>

Common Sense Media - <https://www.commonsensemedia.org/>

Think U Know - <https://www.thinkuknow.co.uk/>

Recording Progress in Year 11 2019-20

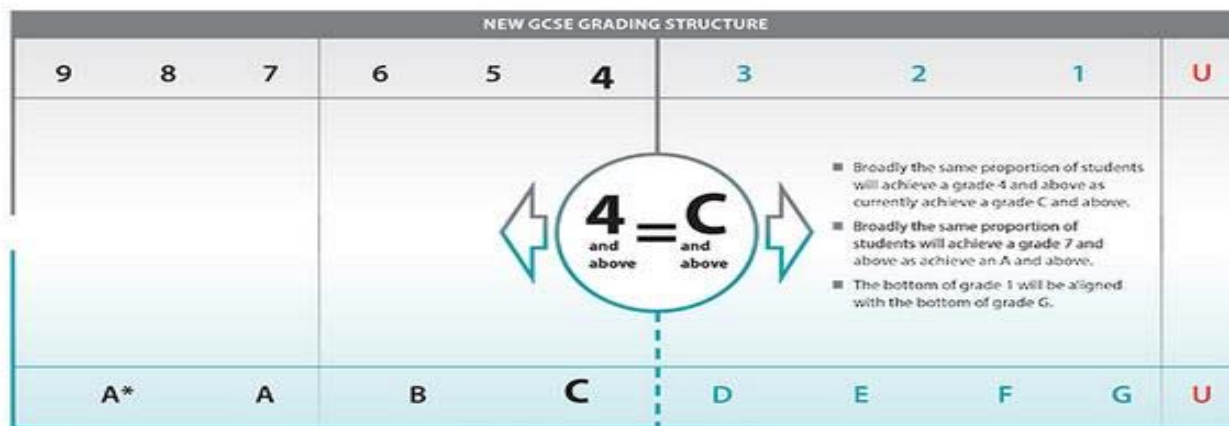
Your daughter's attainment and progress will be measured using the GCSE Grades 9 to 1.

In Year 10 each student was issued with a School Target Measure (GCSE Grade) for each subject. GCSE Grades (9-1) are in line with the reformed examination specifications for GCSE and are generated from the FFT Aspire database. This database uses the school context and Key Stage 2 information to provide an indication of the GCSE Grade the student should achieve at the end of Year 11. We take these grades as a starting point, but also took into consideration progress in years 7, 8 and 9.

Progress Checks and School Reports issued during Year 11 will provide a Working at Measure (GCSE Grade) for each subject that will be generated as a result of the consideration of the classwork, homework, assessment tasks and in-school examinations carried out by the student. It suggests the **GCSE grade** the subject teacher considers the student **will achieve in their GCSE at the end of the GCSE course if they continue to work in the current manner**.

All students will sit School Examinations in all of their subjects at the end of the Autumn term. School Examination Results will provide the Progress Measure (GCSE Grade) the student achieved in the assessment set by the subject.

GCSE Grades (9-1) are in line with the reformed examination specifications for GCSE.



The chart above shows the link between the reformed GCSE (9-1) grades and the recently used GCSE (A*-G) grades with which you are probably more familiar.

In the autumn term each student will be issued with a School Target Measure for each subject. The School Target Measure for each subject is generated for each student using Fischer Family Trust (FFT) estimates from KS2 and/or CAT Tests and considering progress at KS3.

Progress Checks and School Reports issued during Year 11 will provide a Working at Measure for each subject that will be generated as a result of the consideration of the classwork, homework, assessment tasks and in-school examinations carried out by the student. It suggests the **GCSE**

grade the subject teacher considers the student **will achieve in their GCSE at the end of the GCSE course if they continue to work in the current manner.**

School Mock Examination Results will provide the Progress Measure (GCSE Grade) the student achieved in the assessment set by the subject. All students in the year group studying a subject will sit the same assessment during the Year 11 Mock Examinations later in the autumn term.

Attitude to Learning

After each progress check students will also be issued with an Attitude to Learning Measure (ATL) which indicates the current approach they are taking towards their studies. They will be issued with a measure between 1 and 4; the descriptors of which can be found below:

- 1 – Attitude to learning is outstanding
- 2 – Attitude to learning is good
- 3 – Attitude to learning requires improvement
- 4 – Attitude to learning is unsatisfactory

Examinations

If there are any circumstances you feel may affect your daughter's examination performance please ensure that you have informed Mrs Mandal our Examinations Officer. Mrs Mandal can be contacted by telephone on 01206 576973 or via email at smandal@cchsg.com. If your daughter is ill on the day of the examination Mrs Mandal must be informed that day and a letter from her GP is required for the school to be able to apply for special considerations.

Year 11

Year 11 Curriculum Outline 2019/20

The table below provides an outline of which topics/modules are planned to be taught in each of the three terms across the year. The topics/modules may not be taught in the order listed, but should be taught during the term outlined.

Subject	Autumn Term	Spring Term	Summer Term
Art and Design (GCSE) Pearson Edexcel 1FA0	TOPIC: THE HUMAN CONDITION Key Skills: painting/ drawing/ sculpture/ mixed media/ composition <ul style="list-style-type: none"> • development of supporting sketchbooks and making clear contextual links • extending ideas to fully meet all four assessment objectives • exploring new media and techniques • reviewing and refining ideas • final outcome(s) 	TOPIC: FINAL EXAM PREPARATION (ESA) Key Skills: painting/ drawing/ mixed media/ composition Preparatory planning sheets <ul style="list-style-type: none"> • ideas generation • examination development/ controlled assessment • sketchbook/portfolio presentation • preparation studies for examination • gallery visit / contextual links 	TOPIC: FINAL PORTFOLIO PREPARATION/ HANGING EXHIBITION Key Skills: critical review and reflection/ selection/ contextual/ cultural development/ assessment <ul style="list-style-type: none"> • portfolio completion and selection for marking • planning for exhibition • preparing for moderation, maximising potential to meet assessment objectives
Biology (GCSE) Pearson Edexcel 1BI0	<ul style="list-style-type: none"> • Ecosystems and interdependence continued, including Field trip to Fingringhoe nature reserve • Nervous system 	<ul style="list-style-type: none"> • Health, disease and development of medicines • Plant structure and function 	<ul style="list-style-type: none"> • Revision of all topics
Chemistry (GCSE) Pearson Edexcel 1CH0	<ul style="list-style-type: none"> • Quantitative Analysis (Titrations) • Energy Changes • Rates of Reaction 	<ul style="list-style-type: none"> • Reversible reactions and dynamic equilibria • Qualitative analysis • Group Trends 	<ul style="list-style-type: none"> • Materials and Nanoparticles • revision programme
Computer Science (GCSE) OCR J276	<ul style="list-style-type: none"> • 1.8 Ethical, legal, cultural & environmental issues • Programming skills audit • NEA Preparation • NEA • Mock exam revision • Mock exams process 	<ul style="list-style-type: none"> • NEA • 1.6 System security • Catch-up • Target setting • Revision • Revision 1.1 – 1.7 • Revision 2.1 – 2.6 	<ul style="list-style-type: none"> • Personalised/targeted revision • Exam practice • Open revision sessions
Drama (GCSE) WJEC 3690QS	Final preparation of devised unit Public performance and written evaluation under controlled conditions Revision of set text and launch of performance from a text unit Mock Examination	Preparation and rehearsal of performance from a text practical unit Practical examination of performance from a text unit with visiting examiner	Revision and examination preparation

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Subject	Autumn Term	Spring Term	Summer Term
English (GCSE) Language AQA 8700 Literature AQA 8702	<ul style="list-style-type: none"> • 'Pride and Prejudice' – preparation for Literature Paper 1 • Revisiting 'An Inspector Calls' • Revisiting English Language Paper 1 • Poetry comparison and unseen skills • Revisiting 'Romeo and Juliet' • Revisiting English Language Paper 2 	<ul style="list-style-type: none"> • Mock exams • Revisiting 'An Inspector Calls' • Revisiting English Language Paper 1 • Poetry comparison and unseen skills • Revisiting 'Romeo and Juliet' • Revisiting English Language Paper 2 	<ul style="list-style-type: none"> • Revision for all units
French (GCSE) AQA 8658 French Higher Textbook OUP	<p>Theme 1: Identity and culture</p> <p>Free-time Activities (Food and Sport)</p> <p>Theme 2: Local, national, international and global areas of interest</p> <p>Social Issue Healthy/Unhealthy living</p> <p>Theme 3: Current and future study and employment</p> <p>Life at school/College</p> <ul style="list-style-type: none"> • Essay Writing and Translation practice for each topic • Role play practice for each topic <p>(Weekly vocabulary tests and regular translation practice throughout)</p>	<p>Theme 3: Current and future study and employment</p> <p>Education post-16</p> <p>Theme 2: Local, national, international and global areas of interest</p> <p>Travel and Tourism</p> <p>Theme 1: Identity and culture</p> <p>Marriage and partnerships</p> <ul style="list-style-type: none"> • Essay Writing and Translation practice for each topic • Role play practice for each topic <p>(Weekly vocabulary tests and regular translation practice throughout)</p>	<p>Exams Preparation</p> <p>Consolidation and Revision in preparation for Exams</p> <p>Past exam papers practice</p> <p>Essay Writing and Translation practice</p> <p>Role play practice</p>

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Subject	Autumn Term	Spring Term	Summer Term
Geography (GCSE) AQA 8035	The Changing Economic World <ul style="list-style-type: none"> • Development Gap • Economic futures in the UK 	The Living World <ul style="list-style-type: none"> • Ecosystems (TRF) • Hot Desert Environments 	Geographical Issue Evaluation <ul style="list-style-type: none"> • Exam Pre-release study Exam revision and preparation
German (GCSE) AQA 8668 German Higher text book OUP	<p>Writing tasks and Translation Weekly vocabulary tests Development of examination skills Fortnightly preparation of conversation topic questions for the GCSE Speaking test.</p> <p>Theme 1: Identity and Culture Topic 1: Me, my family and friends Topic 2: Technology in everyday life Topic 3: Free-time activities Topic 4: Customs and festivals</p> <p>Theme 2: Local, national, international and global areas of interest. Topic 5: Home town, neighbourhood and region Topic 6: Social issues. Charity / voluntary work, healthy living Topic 7: Environment, poverty / homelessness</p> <p>GCSE Mock Examinations (Listening, Reading and Writing)</p>	<p>Theme 2: Local, national, international and global areas of interest Topic 6: Social issues. Charity / voluntary work, healthy living Topic 7: Environment, poverty / homelessness Topic 8: Holidays and travel, regions of Germany</p> <p>GCSE Mock Speaking Examination</p> <p>Theme 3: Current and future study and employment Topic 9: Life at school/college Topic 10: Jobs, career choices and ambitions</p> <ul style="list-style-type: none"> • continuation of advanced grammar • essay writing and translation practice for each topic • role play practice for each topic 	<p>GCSE German Speaking exam.</p> <p>Practice for GCSE Examinations (Listening, Reading and Writing)</p>

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Subject	Autumn Term	Spring Term	Summer Term
History (GCSE) AQA 8145	Britain: Health and the People (Paper 3) <ul style="list-style-type: none"> • Medicine stands still <ul style="list-style-type: none"> ○ Medieval medicine ○ Medical progress ○ Public health in the Middle Ages • The beginnings of change <ul style="list-style-type: none"> ○ The impact of the Renaissance on Britain ○ Dealing with disease ○ Prevention of disease • A revolution in medicine <ul style="list-style-type: none"> ○ Advances in medical science in nineteenth century Britain ○ Improvements in public health • Modern medicine <ul style="list-style-type: none"> ○ Modern treatment of disease ○ The impact of war and technology on surgery ○ Modern public health 	Elizabethan England, 1568-1603 <ul style="list-style-type: none"> • Elizabeth's court and parliament <ul style="list-style-type: none"> ○ Elizabeth I and her court ○ The difficulties of a female ruler • Life in Elizabethan times <ul style="list-style-type: none"> ○ A 'Golden Age' ○ The poor ○ English sailors ○ Historic Environment • Troubles at home and abroad <ul style="list-style-type: none"> ○ Religious matters ○ Mary, Queen of Scots ○ Conflict with Spain 	<ul style="list-style-type: none"> • Revision
Latin (GCSE) OCR J282	<ul style="list-style-type: none"> • Grammar revision • Translations using GCSE style and level • Second literature set text 	<ul style="list-style-type: none"> • Complete grammar revision with focus on translation work 	<ul style="list-style-type: none"> • Intensive revision of all Units

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Subject	Autumn Term	Spring Term	Summer Term
Mathematics GCSE (Cont'd) Pearson Edexcel 1MA1	15) Equations and graphs (Edexcel SOW Unit 15): 15.1 Solving simultaneous equations graphically 15.2 Representing inequalities graphically 15.3 Graphs of quadratic functions 15.4 Solving quadratic equations graphically 15.5 Graphs of cubic functions 17) More algebra (Edexcel SOW Unit 17): 17.1 Rearranging formulae 17.2 Algebraic fractions 17.3 Simplifying algebraic fractions 17.4 More algebraic fractions 17.5 Surds 17.6 Solving algebraic fraction equations 17.7 Functions 17.8 Proof 18) Vectors and geometric proof (Edexcel SOW Unit 18): 18.1 Vectors and vector notation 18.2 Vector arithmetic 18.3 More vector arithmetic 18.4 Parallel vectors and collinear points 18.5 Solving geometric problems	19) Proportion and graphs (Edexcel SOW Unit 19): 19.1 Direct proportion 19.2 More direct proportion 19.3 Inverse proportion 19.4 Exponential functions 19.5 Non-linear graphs 19.6 Translating graphs of functions 19.7 Reflecting and stretching graphs of functions <p style="text-align: center;">REVISION</p> <p>NOTE: As well as the above, sets 1 and 2 will study elements of the OCR FSMQ Additional Mathematics course (6993) with a view to entering for the qualification in year 11 (on a voluntary basis and with the agreement of teaching staff/SLT)</p>	<p style="text-align: center;">REVISION</p> <p style="text-align: center;">EXTERNAL GCSE EXAMINATIONS</p> <p>(+ ADDITIONAL MATHEMATICS for some set 1/2 students)</p>
Music (GCSE) Edexcel 1MU0	<p>Component 1 – Performing Performance of Final Ensemble Piece (Oct)</p> <p>Component 2 – Composition Brief-based composition work</p> <p>Component 3 – Appraising Set work study and related listening: J. Williams: Soundtrack to <i>Star Wars Episode IV: A New Hope</i> Afro Celt Sound System: <i>Release</i> Esperanza Spalding: <i>Samba Em Prelud</i></p>	<p>Component 1 – Performing Final Solo Performance (Feb)</p> <p>Component 2 – Composition Completion of Free Composition and Brief Composition</p> <p>Component 3 – Appraising Development of wider listening for set works Melodic and Rhythmic dictation practise</p>	<p>Component 3 – Appraising</p> <p>Continued focus on Appraising exam practise</p> <ul style="list-style-type: none"> - Unrelated listening - Wider knowledge and musical context - Final question evaluative response.

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Subject	Autumn Term		Spring Term		Summer Term	
	Theory	Practical	Theory	Practical	Theory	Practical
PE (GCSE) AQA 8582	<ul style="list-style-type: none"> • Classification of skills • Goal setting • SMART targets • Information processing • Guidance and feedback • Arousal • Aggression • Personality • Motivation 	Netball Trampolineing Dance Cross County	<ul style="list-style-type: none"> • Social groups • Commercialisation • Sponsorship • Media • Technology in sport • Conduct of performers • Prohibited substances • Hooliganism 	Netball Trampolineing Dance Cross County Moderation preparation	<ul style="list-style-type: none"> • Revision 	Moderation
PSHCE	<ul style="list-style-type: none"> • Diversity • Theory of Learning • Careers 11.1 Options at 16+ (Careers Advisor) • Apprenticeships Talk • Careers 11.2 & 11.6 How to choose A Levels How & an Introduction to Russell Group (Careers Advisor) • Memory • Careers 11.3 Kudos • Progress Check 1 • SLT Discussions • Stress Management • Healthy Choices • British Values • Budgeting • Revision • Mocks 		<ul style="list-style-type: none"> • Year 12 Subject Roundabout • Sexual ethics: who should decide and what are my values? • Mock Exam Results • SRE1 • SRE2 • Report Reading • SRE3 • SRE4 • Mental Health Lesson 1 • Mental Health Lesson 2 • Wellbeing/mindfulness • Celebrating difference through religion, philosophy and ethics 		<ul style="list-style-type: none"> • Religion, philosophy and ethics in the news: why is this impotent to study in the modern world? • Careers 11.4 – Possible Activities for the Summer • Revision 	

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Subject	Autumn Term	Spring Term	Summer Term
Physics (GCSE) Pearson Edexcel 1PH0	<ul style="list-style-type: none"> • Static Electricity • Atomic Structure and Nuclear Radiation 	<ul style="list-style-type: none"> • Uses and Dangers of Nuclear Radiation • More Forces and Motion 	<ul style="list-style-type: none"> • Solids, Liquids and Gases • Revision and past papers
Psychology (GCSE) Edexcel 1PS0	<p>Core Topic 3: Psychological problems – How do they effect on the individual?</p> <ul style="list-style-type: none"> • Two mental health problems unipolar depression and addiction - symptoms and features according to the International Classification of Diseases (ICD) of • How the incidence of mental health problems changes over time • How mental health problems affect individuals and society • The influence of genes as an explanation • The use of cognitive theory as an explanation of depression • The use of learning theory as an explanation of addiction <p>MOCK EXAM - preparation and exams</p>	<p>Core Topic 3: Psychological problems – How do they effect on the individual?</p> <ul style="list-style-type: none"> • The use of cognitive behavioural therapy (CBT) and drugs as a treatment • The key Studies of Caspi et al. (2003) Influence of Life Stress on Depression: Moderation by a Polymorphism in the 5-HTT Gene Addiction and Young (2007) Cognitive Behaviour Therapy with Internet Addicts • The nature and nurture debate in relation to Mental health problems <p>Revision of Yr 9 Content –</p> <ul style="list-style-type: none"> • Moral development, Reductionism & 9 mark answers <p>Revision of Yr 10 Content</p> <ul style="list-style-type: none"> • Psychology over Time and Social & Cultural issues & 9 mark answers <p>Revision of Yr 11 Content</p> <ul style="list-style-type: none"> • Nature vs Nurture & 9 mark answers <p>Paper 1 – Practice and Mock</p>	<p>Revision of Paper 2 Content</p> <ul style="list-style-type: none"> • Sleep and Dreaming, Perception - 9 mark answers • Research methods – 12 mark answers <p>Exam Preparation and practice exams</p> <p>EXAMS</p>

Year 11 Core PE Curriculum Outline 2019-20

	11AA 11BB 11CC			11DD 11EE	
3 Weeks	Netball	Badminton	Swimming	Netball	Badminton
3 Weeks	Football	Table Tennis	Basketball	Table Tennis	Swimming
<i>Half Term</i>					
4 Weeks	Netball	Badminton	Swimming	Football	Basketball
2 Weeks	Year 11 Examinations	Year 11 Examinations	Year 11 Examinations	Year 11 Examinations	Year 11 Examinations
<i>Christmas Break</i>					
3 Weeks	Badminton	Swimming	HRF	Swimming	Badminton
3 Weeks	Football	Table Tennis	Ultimate Frisbee	Ultimate Frisbee	Table Tennis
<i>Half Term</i>					
6 Weeks	Cricket	Ultimate Frisbee	Swimming	Swimming	Cricket
<i>Easter</i>					
5 Weeks	Rounders			Rounders	

Options between the selected sports. You have to do the sport you have selected for the amount of weeks noted.

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Year 11 Homework Timetable

Week A	Monday	Tuesday	Wednesday	Thursday	Friday
	Block C Art (JHE), Drama (MUC), Geography (NKE), Geography (MHO), German (ADA), History (KKI), Latin (BHO), Music (MUL)	Mathematics (ALL)	Block B Art (MSA), French (KOL), German (HGR), German (ADA), History (IPZ), Latin (MDO), Psychology (SMC)	English (ALL)	Mathematics (ALL)
		English (ALL)			Block A Computing (CNA), Geography (NKE), Geography (JKI), German (ADA), History (SSA), PE (KDA), Psychology (SMC)
AA	Biology (CBR)		Physics (DST), Chemistry (CVA)		
BB	Physics (NCO)	Chemistry (HWA)	Biology ((MSE)		
CC	Biology (JCL)	Physics (NCO)	Chemistry (DBA)		
DD	Biology (MSE)	Physics (MJO)	Chemistry ((ANE)		
EE			Chemistry (DBA), Biology (IMA)	Physics (MJO)	
FF	Chemistry (HWA)		Physics (DST), Biology (CBR)		

Week B	Monday	Tuesday	Wednesday	Thursday	Friday
		English (ALL)	Mathematics (ALL)	English (ALL)	Mathematics (ALL)
		Block B Art (MSA), French (KOL), German (HGR), German (ADA), History (IPZ), Latin (MDO), Psychology (SMC)		Block A Computing (CNA), Geography (NKE), Geography (JKI), German (ADA), History (SSA), PE (KDA), Psychology (SMC)	
		Block C Art (JHE), Drama (MUC), Geography (NKE), Geography (MHO), German (ADA), History (KKI), Latin (BHO), Music (MUL)			
AA	Chemistry (CBA), Physics (DST)		Biology (CBR)		
BB	Chemistry (HWA), Physics (NCO)		Biology (MSE)		
CC	Biology (JCL), Chemistry (DBA)		Physics (NCO)		
DD	Chemistry (ANE), Biology (CBA)		Physics (MJO)		
EE	Physics (MJO), Biology (IMA)		Chemistry (DBA)		
FF	Physics (DST), Chemistry (HWA)		Biology (CBR)		

ATTENDANCE & PUNCTUALITY

Expectations

- ▶ It is the responsibility of everyone to ensure good attendance.
- ▶ We expect students to attend every day that the school is open.
- ▶ Attendance for most students is actually between 98% -100%
- ▶ We monitor and review the attendance of all students constantly and will involve parents when attendance falls below expectations.

Supporting Good Attendance

- ▶ **Phone** us as soon as possible to tell us why your daughter is absent, and when you expect her to return.
- ▶ Only grant days at home for **genuine** illness (please see the guide overleaf)
- ▶ If you notice a problem, contact us so that we can work together to resolve the issue. Pursuing the reason for non-attendance is important.
- ▶ Help your daughter to catch up with missed work

Please note that holidays taken in term time cannot be authorised.

Punctuality

Daily lateness adds up:

- ▶ 5 minutes late 3 days lost per school year
- ▶ 10 minutes late 6.5 days lost per school year
- ▶ 15 minutes late 10 days lost per school year
- ▶ 20 minutes late 13 days lost per school year
- ▶ 30 minutes late 19 days lost per school year

Good punctuality is as important as good attendance.

A student who is late disrupts the tutor group at an important part of the day; morning tutor time is filled with timetabled activities. In addition students might also miss any announcements of importance to them.

Year 11 Essential Information



Go to school; get treatment if needed

Can be catching; some restrictions for school attendance

Don't go to school; see the GP

What it's called	What it's like	Going to school	Getting treatment	More advice
Chicken Pox	Rash begins as small, red, flat spots; develop into itchy fluid-filled blisters	Yellow	Pharmacy	Back to school 5 days after onset of rash
Common Cold	Runny nose, sneezing, sore throat	Green	Pharmacy	Ensure good hand hygiene
Conjunctivitis	Teary, red, itchy, painful eye(s)	Green	Pharmacy	Try not to touch eye to avoid spreading
Flu	Fever, cough, sneezing, runny nose, headache, body aches & pain, exhaustion, sore throat	Yellow	Pharmacy	Ensure good hand hygiene
German Measles	Fever, tiredness. Raised, red, rash that starts on the face and spreads downwards	Red	GP	Back to school 6 days from onset of rash
Glandular Fever	High temperature, sore throat; usually more painful than any before, swollen glands	Green	GP	Child needs to be able to concentrate
Hand, Foot & Mouth Disease	Fever, sore throat, headache, small painful blisters inside the mouth on the tongue and gums (may appear on hands and feet)	Green	GP	Only need to stay off school if feeling too ill
Head Lice	Itchy scalp (may be worse at night)	Green	Pharmacy	No need to be off school, but please tell the school
Impetigo	Clusters of red bumps or blisters surrounded by area of redness.	Red	GP	Back to school when lesions crust or 48 hours after start of antibiotics
Measles	Fever, cough, runny nose and watery, inflamed eyes. Small red spots with white or bluish white centres in the mouth. Red, blotchy rash.	Red	GP	Back to school 4 days from onset of rash.
Ringworm	Red ring-shaped rash; may be itchy. May be dry and scaly or wet and crusty.	Green	GP	Back to school once treatment started
Scabies	Intense itching; pimple-like rash – all over body or, more commonly, between the fingers, wrists, elbows and arms.	Green	GP	Back to school after first treatment
Shingles	Pain, itching or tingling along the affected nerve pathway. Blister-type rash	Yellow	GP	Only stay off school if rash is weeping and cannot be covered
Sickness Bug/Diarrhoea	Stomach cramps, nausea, vomiting and diarrhoea.	Yellow	Pharmacy	See GP if symptoms persist after 48 hours.
Threadworms	Intense itchiness around anus.	Green	Pharmacy	Ensure good hand hygiene.
Tonsillitis	Intense sore throat	Green	Pharmacy	See GP if temperature lasts more than 48 hours or cannot swallow.
Whooping Cough	Violent cough, over and over, until child inhales with 'whooping' sound to get air into lungs.	Red	GP	Back to school after 5 days of antibiotics or 21 days from onset of illness.

See www.patient.co.uk for further information on each of these conditions.



This information is a guide and has been checked by health professionals, however, if you are unsure about your child's wellbeing we recommend you contact your Pharmacy or GP.

PRACTICAL STRESS BUSTERS FOR TEENAGERS

DIET	<p>Eat healthily – make sure you have a balanced diet. Remember your 5 a day (full of antioxidants which can help reduce stress-driven unstable free radicals). Complex carbohydrates sustain long term energy levels and brain power. Eat breakfast. If you eat late, then eat light – no heavy meals before bed. You get out of your body what you put into it – junk in/junk out!</p>
WATER	<p>Keep hydrated; drinking plenty of fluid keeps your digestion healthy and moving. Carry a small bottle of water with you and refill when empty.</p>
SLEEP	<p>Your body needs rest. Have a good bedtime routine:</p> <ul style="list-style-type: none"> • Avoid TV, games, Facebook, Instagram, phones, tablets etc., half an hour before bed as they are too stimulating. • TURN OFF PHONES – don't get distracted just before trying to get to sleep. • Read a book for 10 minutes or listen to quiet music. • Keep bedroom dark and quiet • Don't go to bed too late; you won't sleep if you are overtired.
EXERCISE	<p>Do what you enjoy – running, cycling, aerobics, football, walking, swimming, yoga, pilates, playing drums(!) – use physical exercise to work off pent up feelings of irritation, annoyance, anger, frustration, aggression, etc.</p>
BAD HABITS/PROPS	<p>Recognise when you are tempted to use bad coping strategies, such as controlling your eating; they are not answers for dealing with stress – they just cause more anxiety: Your body is your best friend, treat it well – treat it with respect.</p>
SHARE	<p>Talk. Talk to someone about your problems - don't bottle up your feelings.</p>
PRACTICAL	<p>Use small exercises to ease physical tension – for instance stretch your shoulders front and back to loosen tense neck muscles. Take time for yourself – reading, seeing friends, hobbies, etc. Watch a funny show or crack a joke with a friend and notice how a little laughter can improve your entire mood. Sit or lie quietly with eyes closed:</p> <ul style="list-style-type: none"> • Concentrate on your breathing • Breathe deeply but without force • Visualise yourself somewhere peaceful/safe/happy • Allow positive feelings to fill you from within • Use positive affirmation: 'I can' 'I am' • Open your eyes slowly, listening to external sounds, and get up gently. • YOU CAN USE THIS ANYWHERE, ANYTIME.

VALUE YOURSELF AND DON'T BE A VICTIM OF STRESS

Sources of Support

- EWMHS: <https://www.nelft.nhs.uk/services-ewmhs>
- Website for young people: <https://kooth.com/>
- Young Minds also have a parent helpline: <https://youngminds.org.uk/>
- Parent advice: <http://www.theministryofparenting.com/>
- Self- help CBT approaches www.getselfhelp.co.uk
- Childline www.childline.org.uk Tel: 0800 1111
- Samaritans www.samaritans.org/how-we-can-help-you/contact-us Tel: 116 123
- Youth Enquiry Service <https://www.yesyouthenquiry.service.org/>

What to do?

- Talk to the young person and let them talk – they need you to listen and to understand
- Refer to your GP who may make a referral to EWMHS
- Young people can also self-refer to EWMHS if 14 or over