

Name:.....

Tutor:.....



# Exam Preparation Homework Booklet 2025

Term 5 Week 3 Edition

**Hand in Date Thursday 15<sup>th</sup> May**

## **Student Instructions**

- Set aside plenty of time to complete this booklet
- Let other people at home know so that they can support you
- Complete the tasks for all subjects you take in Yr11
- Research answers if necessary using books/internet
- Review your effort and progress in the student review section
- Remember to return my booklet to school by the deadline

## **Parent Information**

- Try and provide a quiet place for your child to complete this booklet
- Advise them to avoid distractions such as social media & gaming
- Encourage them to complete as much work as possible
- Monitor them and ensure they take regular rest breaks and are not stressed
- Support them with tasks if they are struggling to complete them
- Review their effort, progress and successes by completing the review section
- Ensure that they return this booklet to school by the deadline

<b><u>Please sign the most appropriate box</u></b>	<b>Successful</b>	<b>Knowledgeable</b>	<b>Aspiring</b>	<b>Acquiring</b>
	All sections completed to a high standard and student gained significant knowledge	All sections completed to a good standard and student has gained knowledge in all subjects	All subjects attempted and student has worked as hard as possible to gain knowledge in most subjects	Most subjects attempted and student has improved their knowledge in some subjects
<b>Student</b>				
<b>Parent</b>				
<b>Form Tutor</b>				



## How to Revise?

Your teacher has assigned a specific topic for you to revise in preparation for your exams. We recommend using the **Look/Cover/Write/Check** method for revision. Here is how it works:

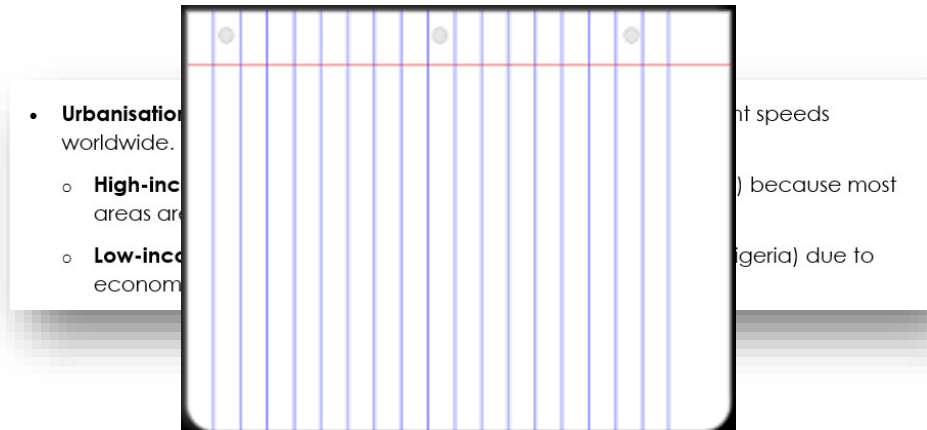
### Step 1: Look

- Look at the first bullet points or sentences
- Read through it three to five times

- **Urbanisation:** More people moving to cities, happening at different speeds worldwide.
  - **High-income countries (HICs):** Slower urbanisation (e.g. UK, US) because most areas are already urbanised, and birth rates are lower.
  - **Low-income countries (LICs):** Faster urbanisation (e.g. India, Nigeria) due to economic, industrial, and trade improvements.

### Step 2: Cover

- Cover it with a piece of paper.



### Step 3: Write

- Write it out as it was in your booklet

- *urbanisation:* More people moving to cities, happening at different speeds worldwide.
  - *High-income countries (HICs):* Slower urbanisation (e.g. UK, US) because most areas are already urbanised and birth rates are lower.
  - *Low-income countries (LICs):* Faster urbanisation (e.g. India, Nigeria) due to economic, industrial, and trade improvements.



## Step 4: Check

- Remove the piece of paper and grab your red pen
- Check what you wrote and tick if correct
- Make corrections in red pen to match your booklet
- Repeat
- Once you have it correct, move on to the next chunk of information

**In addition, your teacher has given you 10 questions to assess your knowledge and understanding after you have reviewed the entire topic.**

We suggest doing it in the following way:

1. Cover up the answers, answer all the questions on a sheet of paper.
2. Check your answers.
3. Repeat if necessary.
4. Once you have answered all questions correctly, move on to the next subject.





### Remains by Simon Armitage

Themes: Conflict, Suffering, Reality of War

Tones: Tragic, Haunting, Anecdotal



### Content, Meaning and Purpose

- Written to coincide with a TV documentary about those returning from war with PTSD. Based on Guardsman Tromans, who fought in Iraq in 2003.
- Speaker describes shooting a looter dead in Iraq and how it has affected him.
- To show the reader that mental suffering can persist long after physical conflict is over.

### Language

- "Remains" - the images and suffering remain.
- "Legs it up the road" - colloquial language = authentic voice
- "Then he's carted off in the back of a lorry" –reduction of humanity to waste or cattle
- "he's here in my head when I close my eyes / dug in behind enemy lines" – metaphor for a war in his head; the PTSD is entrenched.
- "his bloody life in my bloody hands" – alludes to Macbeth: Macbeth the warrior with PTSD and Lady Macbeth's bloody hands and guilt.

### Form and Structure

- Monologue, told in the present tense to convey a flashback (a symptom of PTSD).
- First four stanzas are set in Iraq; last three are at home, showing the aftermath.
- Enjambment between lines and stanzas conveys his conversational tone and gives it a fast pace, especially when conveying the horror of the killing
- Repetition of 'Probably armed, Possibly not' conveys guilt and bitterness.

## Power and Conflict Poetry

There are 15 poems in the anthology. You will be asked a question linked to one of the poems.

You will write about the poem they have chosen.

You will then compare it to another poem from the anthology.

Here are three summaries of four poems you could revise.

The fourth poem you will need to revise independently to answer the exam question.



### Exposure by Wilfred Owen

Themes: Conflict, Suffering, Nature, Reality of War, Patriotism

Tones: Tragic, Haunting, Dreamy

### Content, Meaning and Purpose

- Speaker describes war as a battle against the weather and conditions.- Imagery of cold and warm reflect the delusional mind of a man dying from hypothermia.
- Owen wanted to draw attention to the suffering, monotony and futility of war.

### Context

- Written in 1917 before Owen went on to win the Military Cross for bravery, and was then killed in battle in 1918: the poem has authenticity as it is written by an actual soldier.
- Of his work, Owen said: "My theme is war and the pity of war".
- Despite highlighting the tragedy of war and mistakes of senior commanders, he had a deep sense of duty: "not loath, we lie out here" shows that he was not
- bitter about his suffering.



### London By William Blake

Themes: Power, Inequality, Loss, Anger

Tones: Angry, Dark, Rebellious



### Content, Meaning and Purpose

- The narrator is describing a walk around London and how he is saddened by the sights and sounds of poverty.
- The poem also addresses the loss of innocence and the determinism of inequality: how new-born infants are born into poverty.
- The poem uses rhetoric (persuasive techniques) to convince the reader that the people in power (landowners, Church, Government) are to blame for this inequality.
- **Context**
- The poem was published in 1794, and time of great poverty is many parts of London.
- William Blake was an English poet and artist. Much of his work was influenced by his radical political views: he believed in social and racial equality.
- This poem is part of the 'Songs of Experience' collection, which focuses on how innocence is lost and society is corrupt.
- He also questioned the teachings of the Church and the decisions of Government.

### Exam Question

Compare the ways poets present the power of the natural world in Storm on the Island and in one other poem from Power and Conflict.

(30 marks)

### Storm on the Island

We are prepared: we build our houses squat,  
Sink walls in rock and roof them with good slate.  
This wizened earth has never troubled us  
With hay, so, as you see, there are no stacks  
Or stooks that can be lost. Nor are there trees  
Which might prove company when it blows full  
Blast: you know what I mean – leaves and branches  
Can raise a tragic chorus in a gale  
So that you can listen to the thing you fear  
Forgetting that it pummels your house too.  
But there are no trees, no natural shelter.  
You might think that the sea is company,  
Exploding comfortably down on the cliffs  
But no: when it begins, the flung spray hits  
The very windows, spits like a tame cat  
Turned savage. We just sit tight while wind dives  
And strafes invisibly. Space is a salvo,  
We are bombarded by the empty air.  
Strange, it is a huge nothing that we fear.

SEAMUS HEANEY

### TOP TIPS

- Highlight the key words in the question – what is it asking you to talk about?
- Look at the poem and highlight ideas which link to the question
- List your ideas.
- Think about which poem you can compare it to – use the previous page in the anthology to jog your mind about the other poems.
- Look at the question and write down your ideas on how your second poem links.
- You should now be ready to start writing.

### Vocabulary you can use when comparing

- Similarly, ...
- Both poems convey / address...
- Both poets explore / present...
- This idea is also explored in...
- Whereas...
- In contrast, ...
- On the other hand, ...



1)  $558 + 198 =$

2)  $302 - 59$

3)  $62 \times 37$

4)  $96 \div 8$

5)  $\frac{2}{3} \div \frac{1}{4}$

6) What is the value of the underlined figure  $3.\underline{5}4$ ?

7) 8% of £48

8) A distance of 2.1 m is shown on a plan with scale 1:10. Find the length on the plan

9) A prize is divided in the ratio 3:4. If the largest share is £48, what is the other amount?

If the exchange rate is  
£1 = \$1.80  
Work out the missing values

a) £520 = \$.....

b) \$135.90 = £ .....

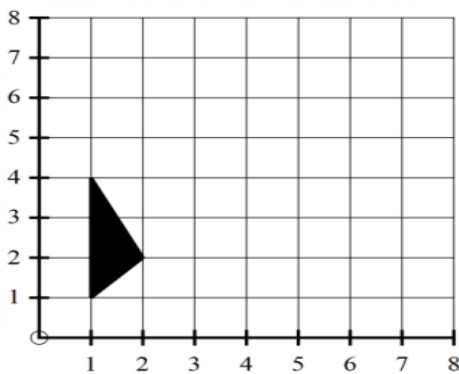
Calculate the mean

x	f
15	5
16	9
17	21
18	3
19	2

What is the median value?

Expand and simplify  
 $(x - 4)(x + 9)$

Enlarge the triangle with centre (0,0) and scale factor 2

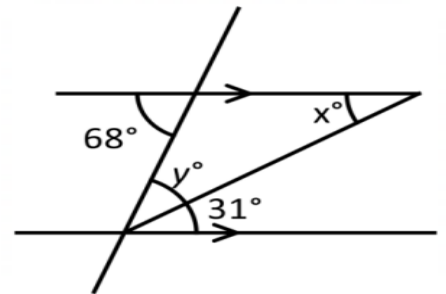


Express in standard form

0.00026

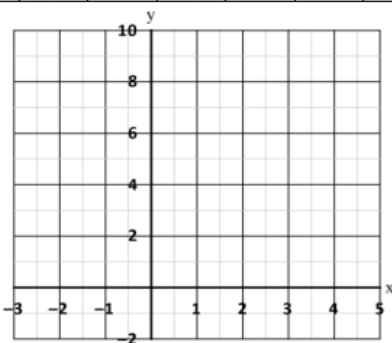
2100

Calculate angles x and y



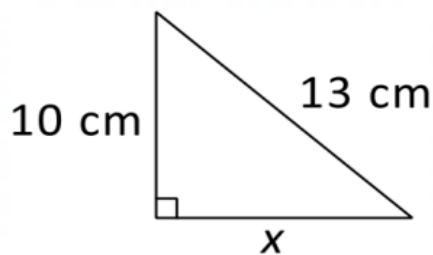
Complete the table of values for  $y = 2x^2 - x$  and plot the graph

x	-2	-1	0	1	2	3
y		3				



Calculate x

Give your answer correct to 1 d.p.



Find the nth term of  
6, 9, 12, 15, 18, .....

What is the value of the 50<sup>th</sup> term?



Work out

$$2\frac{1}{2} \times 1\frac{2}{3}$$

Solve

$$\frac{2x - 5}{3} = -3$$

Work out

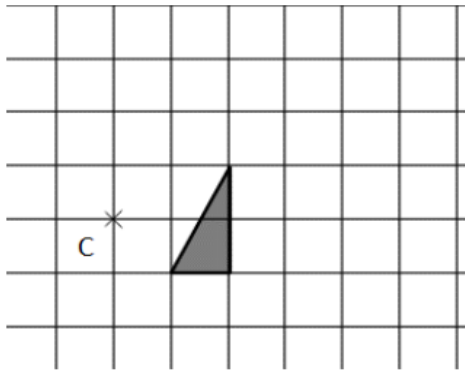
$$1.6 \div 0.04$$

Increase £64 by 5%

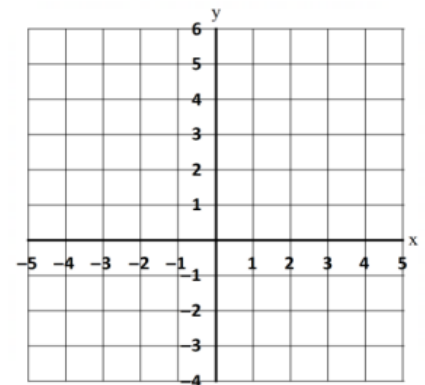
Divide £126 in the ratio 2 : 4 : 1

Simplify  $\sqrt{56}$ 
 $f(x) = 3x^2 - x^3$   
Find  $f(-2)$ 
Evaluate  $27^{-\frac{1}{3}}$ 

Enlarge the triangle with centre C and scale factor 2

Expand and simplify  
 $(x - 3)(x + 4)$ Complete the table of values for  $y = x + 1$  and plot the graph

x	-2	-1	0	1	2	3
y		0				



$r$  is directly proportional to the square of  $x$ . When  $r = 48$   $x = 4$   
Find the value of  $x$  when  $r = 243$

Ed buys a PC for £1140.  
This includes VAT at a rate of 20%.  
How much is the VAT?

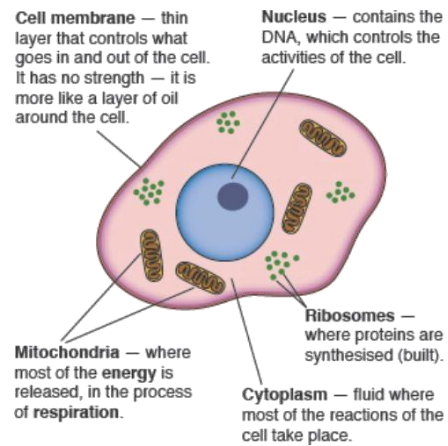
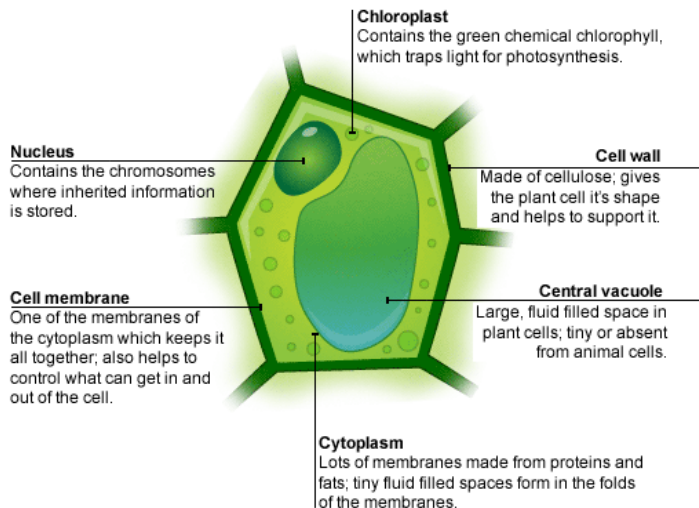
Express  $0.4\dot{6}$  as a fraction in its lowest form

Simplify

$$\frac{x + 4}{2} + \frac{x - 1}{3}$$

A ship leaves port P and sails due north for 8km and then due west for 12 km. Calculate the bearing of P from the current position of the ship.

In a wildlife park, 12 badgers are caught, marked and released. A week later 40 badgers are caught and 3 are found to be marked. Estimate the number of badgers in the park

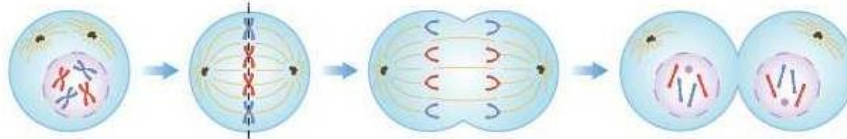


The essential features on an animal cell

There are many types of cells – animal (left), plant (right), bacteria, fungi, etc.

Cells contain many organelles which carry out different functions. Main differences between animal and plant – animals do not have chloroplasts, vacuoles, or cell walls. Bacteria do not have a nucleus surrounding their DNA.

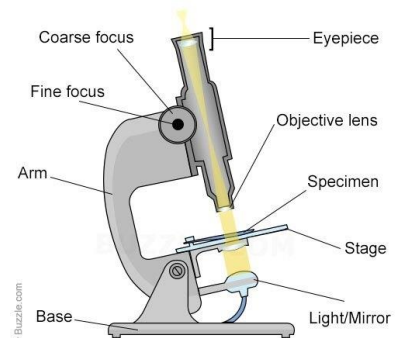
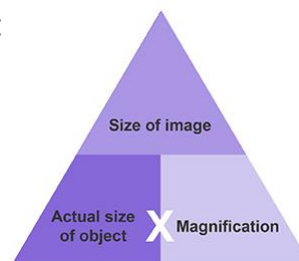
Cells create more copies of themselves (in animals for growth and repair) through **mitosis** – the cell doubles its DNA and then splits into two new identical cells. Bacteria undergo binary fission to double in number very quickly.



Required Practical: We look at cells using a microscope, by placing what we want to look at onto a glass slide, adding a stain and covering with a cover slip. We then place it on the stage and use the lowest objective lens to view it, focussing with the fine focus. We zoom in by changing the objective lens.

Magnification is calculated with the formula:

$$\text{Magnification} = \frac{\text{Image Size}}{\text{Actual Image}}$$



Cells specialise to carry out specific functions (i.e. sperm, nerves and muscles in animals, root hair, xylem and phloem in plants). Ideally you can recognise these cells and link how they are adapted to their function.

Unspecialised cells are called stem cells and can be found in bone marrow (adult stem cells) or embryos (embryonic stem cells). We may be able to use stem cells to treat diseases such as diabetes but they pose ethical questions.

**Diffusion, osmosis and active transport** are cellular processes that transport substances. They all involve concentration gradients – diffusion and osmosis both transport substance from high to low concentration (although osmosis is water only and must be across a membrane), active transport goes from low to high and takes energy so the substance must be worth it (ions in roots, glucose in intestines).



Plant & animal cells are both types of what cell?

What type of cell is a bacterial cell?

Which organelle is the site of aerobic respiration?

What does a ribosome produce/synthesise?

Which organelle controls the movement of substances in and out the cell?

What organelles are found in a plant cell but not an animal cell?

How do you calculate magnification?

How many new cells are made during mitosis?

What is a partially permeable membrane?

Define Diffusion

Define Osmosis

Define Active Transport



A town council is proposing to build a new leisure centre.  
Michelle is going to carry out a survey to find out what all the people in the town think of the proposal.

Michelle thinks that she should take a sample rather than a census.

(a) Give **two** reasons why Michelle might think this.

(2)

Michelle plans to use the electoral register as the sampling frame.

(b) (i) Explain what you understand by the term sampling frame.

(1)

(ii) Give one problem Michelle may have using the electoral register as the sampling frame.

(1)

Michelle intends to conduct a pilot study.

(c) Give **two** reasons why it is a good idea to conduct a pilot study.

(2)



David asked 15 of his friends about the number of pets they each have. Here is the data he collected.

0 0 0 0 0 1 1 2 2 2 4 4 4 4 8

(a) Circle the word in the list below that describes this type of data.

continuous

qualitative

discrete

grouped

(1)

(b) Write down the modal number of pets.

.....  
(1)

(c) Find the median number of pets.

.....  
(1)

(d) State which average, the mode or the median, best represents these data.  
Give a reason for your answer.

.....  
.....  
.....  
(1)

(e) Find the interquartile range of the number of pets.

.....  
(2)



## Florence Nightingale – Edexcel GCSE Fact File



### Who Was She?

- **Born:** 1820, Florence, Italy
- **Died:** 1910, London, England
- **Famous for:** Transforming nursing and hospital care, especially during and after the **Crimean War (1854–1856)**.



### What Did She Achieve in the Crimean War?

- Arrived at the Scutari hospital in 1854 with a team of 38 nurses.
- Found **overcrowded, dirty conditions** causing infections and high death rates.
- Introduced **practical improvements**:
  - Thorough cleaning of wards, clothes, and bedding.
  - Organizing food supplies and basic nursing care.
- As a result, **death rates fell from 42% to 2%**.



### Impact on Hospitals in Britain

- After the war, Nightingale became a **national hero** and used her fame to push for reforms:
  - ✓ **Published books and reports** on hospital design (e.g., *Notes on Nursing*).
  - ✓ Designed hospitals with **pavilion-style layouts**: improved ventilation, separate wards to reduce infection spread.
  - ✓ Influenced the 1859 **Royal Army Medical College** reforms and civilian hospital improvements.
  - ✓ Founded the **Nightingale School of Nursing (1860)** at St. Thomas' Hospital, training nurses to professional standards.



### Why Is She Important in Edexcel Exam Terms?

- **Not linked to germ theory** (she believed in miasma) but still improved health through hygiene.
- Example of **individual influence** on medicine and hospital care.
- Contributed to the **professionalisation of nursing**.
- Part of the broader story of **public health reform** in the 19th century.
- Shows how **government attitudes** changed (her work helped shape official army and hospital policies).



### Exam Tip

In an Edexcel question, remember:

- Nightingale improved **cleanliness and organization**, **not** the understanding of disease causes.
- Her work led to **short-term improvements** in military hospitals and **long-term changes** in civilian hospitals.
- Link her to **Florence Nightingale + hospital care + public health + impact of individuals**, not scientific breakthroughs.



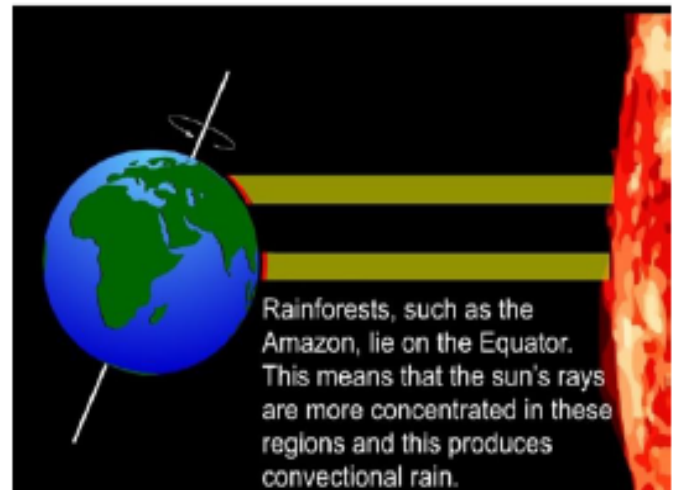


## Tropical Rainforests

The tropical rainforest is a hot, wet ecosystem found on and near the Earth's equator. Tropical rainforests contain far more species of plants and animals than any other biome. They cover approximately six per cent of the Earth's surface, and because they get 2,000 mm of rain per year and temperatures range from around 27 to 32°C, conditions are wet and hot all year round so it is a good environment for growth.

### Why is it hot & wet in a rainforest?

- The sun's rays shine directly on the land and sea at the equator, so it is the hottest part of the earth.
- The sun's heat warms the land, the air and the sea and causes water to evaporate into the air.
- The warm air can hold a lot of water.
- As the air rises it cools and the water turns back into rain, creating clouds.
- This means that there is lots of rain in the forests around the tropics.



#### • The emergent layer

The tallest layer - over 40 metres. Contains only a few tall trees which grow taller than the trees of the canopy. The plants are made for living in dry conditions because it's very sunny. They have small, waxy leaves to prevent them drying out.

#### • Canopy

The second highest layer - 30-45 metres. The canopy blocks out the sun from lower layers and intercepts (catches) rainfall. It contains the most plant species. This layer contains the most animal species.

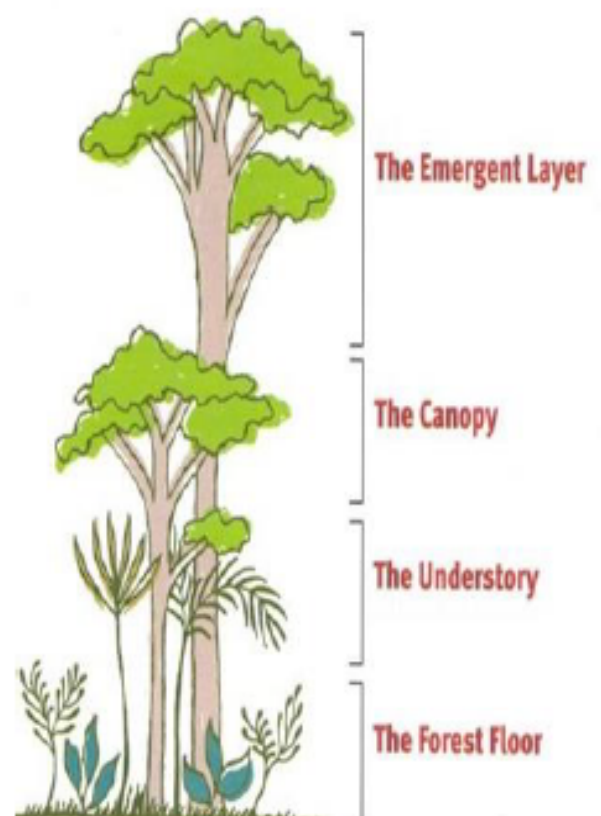
#### • Understory

Low light conditions (2-15%). Plants adapted to low light grow here. Birds, butterflies, frogs, snakes and lots of insects live here.

#### • Forest floor

Very little light reaches the forest floor (2%) - so plants grow slowly. The ground is covered in fallen leaves, rotting branches and twigs and a network of shallow roots. Lots of insects live here.

### What is the structure of the Rainforest?



**10 questions**

1. What percentage of the Earth's surface do tropical rainforests cover?
2. How much rain do tropical rainforests receive annually?
3. What is the temperature range in tropical rainforests?
4. Why is it hot and wet in a rainforest?
5. What is the emergent layer and what types of animals live there?
6. Describe the canopy layer and its significance.
7. What types of plants grow in the understory layer?
8. What percentage of sunlight reaches the forest floor?
9. What are lianas and what is their purpose?
10. What are buttress roots and why are they important in tropical rainforests?



1. Name 2 symptoms of hyperthermia
2. Give an example of skin damage
3. What is meant by the term intrinsic?
4. Name 2 environmental factors
5. What are the two types of activity?
6. How would you treat a sprain?
7. What are the 3 types of stretches performed in a cool down?
8. Name 4 individual variables
9. How can a coach teaching correct technique help prevent injury?
10. Name 2 physiological benefits of a warmup
11. How can poor weather conditions increase the risk of injury?
12. What is an acute injury?
13. Give an example of what could cause shin splints
14. Give one example of direct aggression
15. Name 2 different types of tendonitis
16. Name 2 components of an Emergency Action Plan
17. Give 2 examples of performance equipment
18. Give 2 examples of protective equipment
19. What does PRICE stand for?
20. Other than aggression name 2 psychological factors



21. What is SALTAPS used for?
22. Name 3 types of fractures
23. Name 2 reasons for aggression
24. Give an example of skill rehearsal for a badminton player
25. What does a Risk Assessment do?
26. Name 2 symptoms of asthma
27. Name 2 examples of how coaching/supervision may cause injury
28. DRABC stands for what?
29. How can sleep increase the risk of injury?
30. How can arousal levels increase the risk of injury?
31. Medial Epicondylitis is also known as?
32. What is meant by the term anxiety?
33. What is the purpose of a warm up?
34. What is meant by the term extrinsic?
35. What is a dislocation?
36. If someone is unconscious but breathing what should you do?
37. Give 1 example of mental rehearsal
38. How would you treat heat exhaustion?
39. What is a chronic injury?
40. What are the 4 stages of a warm up? (in the correct order)





# Subject Information Hospitality and Catering



Hospitality and Catering Exam Date  
**Thursday 12 June 2025 (Afternoon)**

You have **23 School Days** remaining until this exam takes place. Within this you will have between **3-5 full lessons** with your Hospitality and Catering teacher as the exam season and revision may mean you are not in your timetabled lessons. So, what can you do in the next 23 days to help with final preparations for the exam?

## Planning and Preparation

### **Create a timetable for topping up your Hospitality and Catering Knowledge**

You should be revising small amounts of information every day. Five-ten minutes of revision on a topic each day will be more helpful than trying to cram the night before. With lessons being less frequent you need to take responsibility for your revision to ensure you are ready for the exam.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 am							
8:30 am							
9:00 am							
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7:00 pm							
7:30 pm							
8:00 pm							

### **Prioritise Your Weakest Areas**

You will know from question practice where your weaknesses are. You also have a personal learning checklist where you have indicated what your strengths and areas for development are. Use this carefully so you are spending more time on the areas where you need the most help. BUT don't forget to revisit other areas too as you don't want to miss anything.

### **Use Revision Aids**

You have created your own revision materials, have notes from all the taught content, have practiced exam questions and have access to the knowledge organisers online. Now it is up to you to revise in a way that helps you. Don't be afraid to use different revision techniques if you are finding that traditional methods such as "writing notes" or "making flashcards" are not helping.

### **Break Down Topics**

There is no point trying to learn everything, all at once, about each topic. Remember to chunk this information into smaller sections, giving you more success with your revision.

## Revision Techniques

### **Active Recall**

Test yourself on what you know, by trying to remember information without looking at your notes.

### **Spaced Repetition**

For topics that are harder for you to remember, start by revising this less often and then increase how many times you revisit the topic so that you are regularly reminding yourself of the content.

### **Practice Questions**

Work through past papers that you have in your folder and ask AI to create different types of question for you to test yourself.

### **Vary Your Revision**

Combine different techniques to keep your revision interesting and engage your brain.

## Time Management Skills

### **Time Yourself**

Check the number of marks awarded for each question and time yourself answering these with one minute allowed per mark.

### **Time Management Strategy**

Remember finishing first does not get you a prize. Exam boards work hard to ensure the time allocated to the exam is the most accurate. If you are finishing too soon, you probably haven't put enough depth in your answers.



# Subject Information and Knowledge Check Hospitality and Catering



## Hospitality and Catering Exam Date Thursday 12 June 2025 (Afternoon)

### Well-Being and Stress Management

#### **Maintain a Healthy Lifestyle**

Get enough sleep, eat nutritiously and exercise regularly.

#### **Take Breaks**

Short regular breaks in your revision timetable will help improve focus and reduce stress.

#### **Reward Yourself**

Set yourself small targets and celebrate these successes as you achieve them.

#### **Break Down Topics**

There is no point trying to learn everything, all at once, about each information into smaller sections, giving you more success with your revision.

### Seeking Support

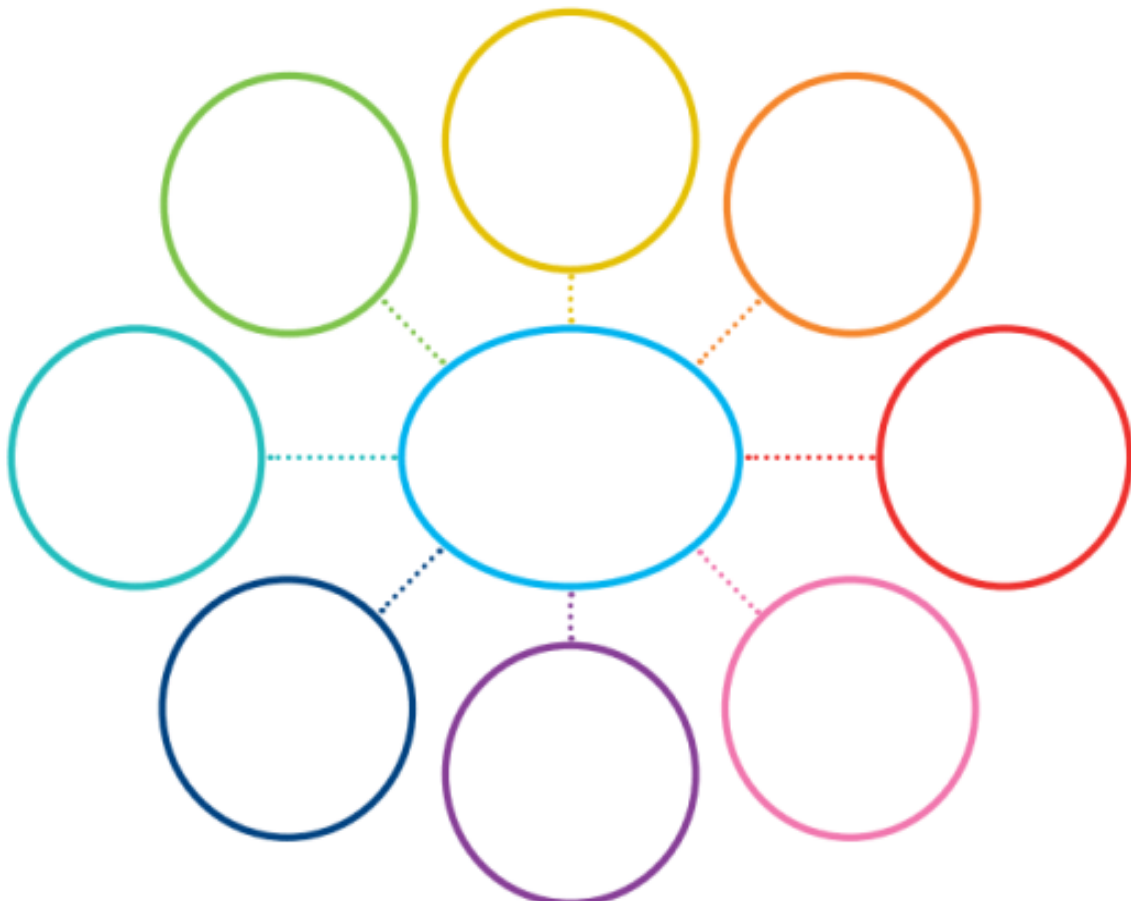
#### **Talk to Your Teachers**

If you are struggling with a part of your revision, speak to us so that we can help.

#### **Form a Revision Group**

Arrange to meet with other Hospitality and Catering students and revise together.

Use the template below to help with creating a min-map for one topic this week. Remember to start with topics you find more difficult



# Subject Knowledge Check



# Subject Knowledge Check



# Subject Knowledge Check



# Subject Knowledge Check



# Subject Knowledge Check

