

Name:

Tutor:



# Year 10 Exam Preparation Homework Booklet 2025- Term 6 (booklet 1)

Due in Thursday 19<sup>th</sup> June 2025

Mock exam preparation  
Please note this is all key  
content for your mock  
examinations.

## Student instructions:

- Set aside plenty of time to complete this booklet.
- Let people at home know so that they can support you.
- Only complete the subjects that you take; all subjects have been included.
- Try to work in a location free of distractions; avoid having your phone or other forms of social media as it is too easy to procrastinate.
- Try to take breaks in your revision; avoid cramming it all into one session as this will make you feel overwhelmed.
- Ensure you return the booklet to your tutor by the deadline.



**SKEGNESS ACADEMY**



## 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.





## 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:

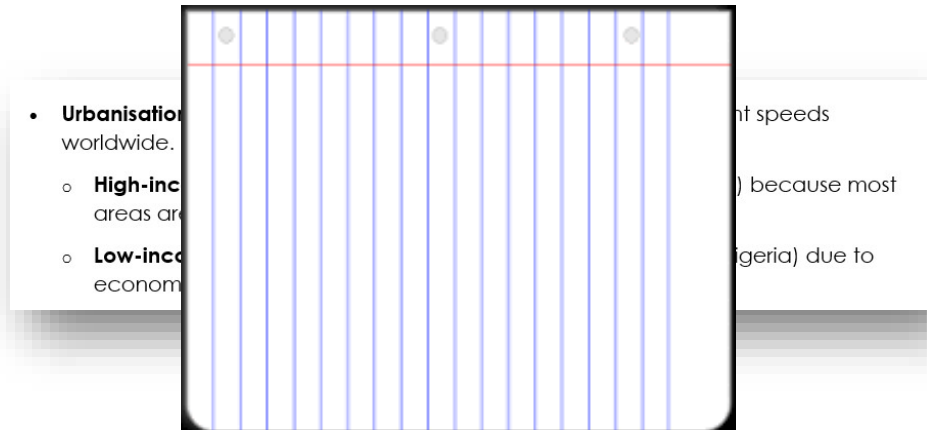
### Step 1: Look

- 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.



## English Mock Examinations June 2025

This June, you will take your first mock examinations. You will take an exam on English Language, paper 2 (non-fiction) and English Literature, paper 2 – An Inspector Calls, Power and Conflict poetry and unseen poetry.

The following task is to help you revise section B: Power and Conflict poetry.

<b>Bayonet Charge</b>	
<b>2</b>	Suddenly he awoke and was running – raw
<b>3</b>	In raw-seamed hot khaki, his sweat heavy, Stumbling across a field of clods towards a green hedge
<b>4</b>	That dazzled with rifle fire, hearing
<b>5</b>	Bullets smacking the belly out of the air –
<b>6</b>	He lugged a rifle numb as a smashed arm;
<b>7</b>	The patriotic tear that had brimmed in his eye
<b>8</b>	Sweating like molten iron from the centre of his chest, –
<b>9</b>	In bewilderment then he almost stopped –
<b>10</b>	In what cold clockwork of the stars and the nations
<b>11</b>	Was he the hand pointing that second? He was running
<b>12</b>	Like a man who has jumped up in the dark and runs
<b>13</b>	Listening between his footfalls for the reason
<b>14</b>	Of his still running, and his foot hung like
<b>15</b>	Statuary in mid-stride. Then the shot-slashed furrows
<b>16</b>	Threw up a yellow hare that rolled like a flame
<b>17</b>	And crawled in a threshing circle, its mouth wide
<b>18</b>	Open silent, its eyes standing out.
<b>19</b>	He plunged past with his bayonet toward the green hedge,
<b>20</b>	King, honour, human dignity, etcetera
<b>21</b>	Dropped like luxuries in a yelling alarm
<b>22</b>	To get out of that blue crackling air
<b>23</b>	His terror's touchy dynamite.

### Questions:

1. What is a bayonet?
2. The poem begins: a) a *premis res*, b) in *medias res*, c) in *final res*
3. What colour is the soldier's uniform?
4. What is he running across?
5. What are smacking the belly?
6. What does he almost stop in?
7. How was he running?
8. What was his foot doing?
9. What rolled like a flame?
10. What did he do with his bayonet towards the hedge?
11. What has he dropped like luxuries?
12. On line 23, which word relates to explosions?

### Exam Question:

Compare how poets present the ways people are affected by conflict in 'Bayonet Charge' and in one other poem from 'Power and Conflict'.





## Algebra Revision for PPEs

### Factorising

Fully factorise:

- a)  $4x + 20$   
 b)  $6x - 9$   
 c)  $4ab + 6ac$

### Completing the square

Write in the form  $a(x + b)^2 + c$ :

- a)  $x^2 - 4x + 3$   
 b)  $x^2 + 5x + 6$   
 c)  $2x^2 + 4x + 9$

### Algebraic fractions

Simplify:

a)  $\frac{1}{x+3} + \frac{3}{2-x}$

b)  $\frac{x^3 + 11x + 30}{x^2 - 36}$

Solve for  $x$ :

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

### Simplifying expressions

Simplify:

- a)  $2a \times 3b \times 4c$   
 b)  $28xy \div 4y$   
 c)  $4a + 3b - 5a$

### Expanding brackets

Remove the brackets by multiplying:

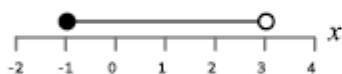
- a)  $3(x + 2)$   
 b)  $-2(3x - 5)$   
 c)  $x(x - 4)$

### Changing the subject

- a) Given  $v = u + at$  make  $a$  the subject  
 b) Given  $P = I^2 R$  make  $I$  the subject.

### Inequalities

- a) Write the inequality that is described by the number line:



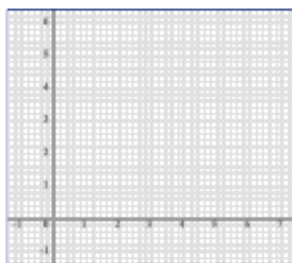
- b) Find the set of integers satisfying the inequality:

$$-3 \leq n < 2$$

- c) Solve the inequality  $2x + 7 > 5$ , representing your solution on the number line:



- d) Shade the region that simultaneously satisfies the inequalities  $x < y$ ,  $x + y \geq 6$  and  $x \leq 5$



- e) Solve the inequality:  $x^2 - 2 \geq 23$

### Solving quadratic equations

Solve by factorising:

a)  $x^2 + x - 6 = 0$

b)  $x^2 - 64 = 0$

Solve by factorising:

$$x^2 - 5x - 13 = 0$$

Solve by completing the square:

$$x^2 + 3x - 7 = 0$$

### Simultaneous equations

Solve each pair of equations for  $x$  and  $y$ :

a)  $x + y = 21$   
 $x - y = 9$

b)  $4x + 3y = 23$   
 $3x - 2y = -4$

c)  $y = 2x^2 - 4x + 1$   
 $y = 5 - 2x$

### Equations of one unknown

Solve for  $x$ :

a)  $17 - x = 9$       c)  $5x + 2 = 16 - x$

b)  $3x + 7 = 22$       d)  $18 - 7x = 31 - 9x$

### Factorising quadratics

Factorise:

a)  $x^2 - 7x + 12$       c)  $6x^2 + 17x + 12$

b)  $x^2 - 25$       d)  $8x^2 - 52x + 24$



## Algebra Revision for PPEs

### Expanding single brackets

Remove the brackets by multiplying:

- a)  $3(x + 2)$
- b)  $5(4 - x)$
- c)  $-2(3x - 5)$
- d)  $x(x - 4)$

### Linear equations one unknown

Solve for  $x$ :

- a)  $17 - x = 9$
- b)  $4x = 24$
- c)  $3x + 7 = 22$
- d)  $19 - 2x = 26$
- e)  $2x + 5 = 1 + x$
- f)  $5x + 2 = 16 - x$
- g)  $18 - 7x = 31 - 9x$

### Product of binomials

Expand and simplify:

- a)  $(x + 3)(x + 5)$
- b)  $(x - 4)(x - 1)$
- c)  $(2x + 1)(3x - 1)$
- d)  $(3x - 2)^2$
- e)  $(x + 3)(x - 1)(x + 2)$

### Solving quadratic equations

Solve for  $x$ :

- a)  $x^2 - 8x + 7 = 0$
- b)  $x^2 + x - 6 = 0$

### Factorising

Fully factorise:

- a)  $4x + 20$
- b)  $6x - 9$
- c)  $24 - 14y$
- d)  $4ab + 6ac$

### Simplifying expressions

Simplify:

- a)  $x + x + x + x$
- b)  $5y - 8y + 4y$
- c)  $2a \times 3b \times 4c$
- d)  $28xy \div 4y$
- e)  $4a + 3b - 5a$

### Simultaneous equations

Find values for  $x$  and  $y$  that satisfy:

- a)  $x + y = 21$   
 $x - y = 9$
- b)  $2x + y = 14$   
 $x - y = -5$
- c)  $4x + 3y = 23$   
 $3x - 2y = -4$

### Substitution

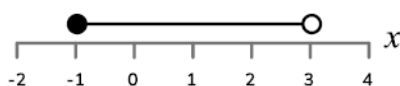
Let  $a = 4$ ,  $b = -1$ ,  $c = 5$ ,  $d = -2$

Evaluate:

- a)  $a + b + c$
- b)  $d - 3b$
- c)  $b^2$
- d)  $ad - bc$
- e)  $\frac{abc}{d}$

### Inequalities

- a) Write the inequality that is described by the number line:



- b) Find the set of integers satisfying the inequality:

$$-3 \leq n < 2$$

- c) Solve the inequality:

$$3x - 4 > 11$$

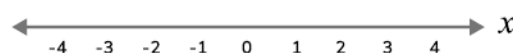
- d) Solve the inequality:

$$1 < 2x - 5 < 11$$

- e) Solve the inequality:

$$2x + 7 > 5$$

Now represent your solution on the number line:



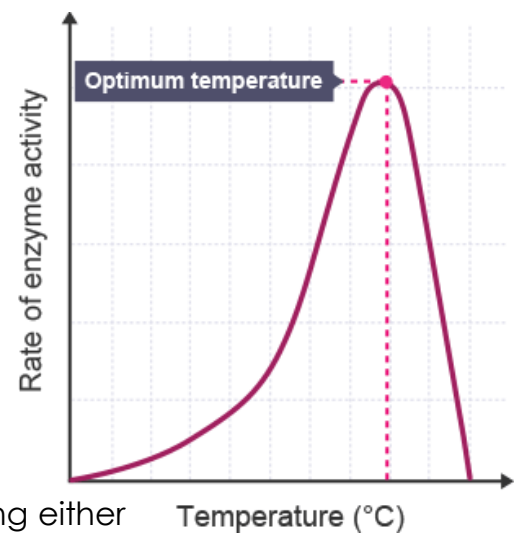
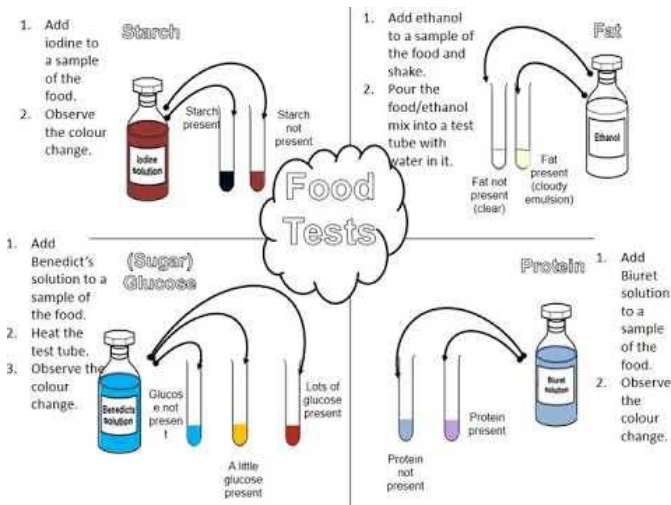


## Biology Paper 1 Revision

Organ systems you should know are the digestive system (digests and absorbs food) and circulatory system (transports oxygenated blood around the body).

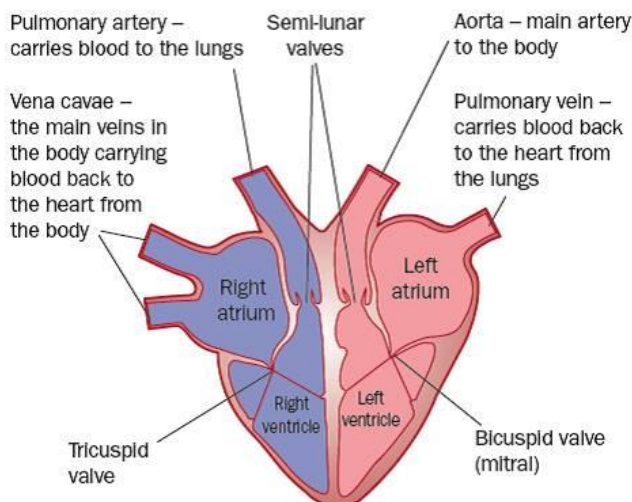
The digestive system relies heavily on enzymes which are biological catalysts that speed up chemical reactions. They have an optimal pH and temperature where they are most effective and can denature (stop working) if temperature too high or pH changes too much. Enzymes use the lock and key model – molecules they react with fit perfectly inside their active site (locks in a key). Examples include proteases, lipases and carbohydrases. Enzymes break down food into smaller, soluble molecules that can be absorbed into blood.

• **Required practical:** We carried out food tests. Benedict's for sugar (turns blue to red), iodine for starch (turns blue/black), biuret for proteins (turns purple).



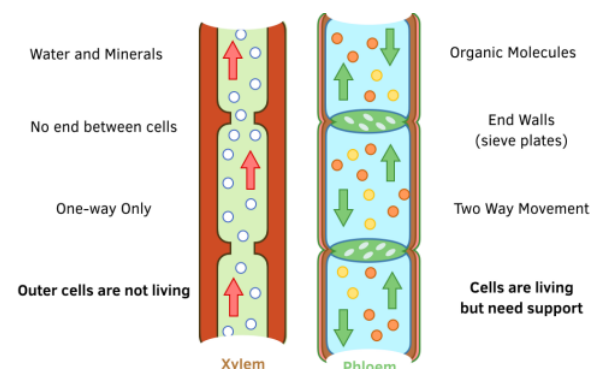
• **Required practical:** We investigated the effect of changing either pH or temperature on the enzyme activity – testing for whether starch had been broken down or not, using the iodine starch test to determine the time taken for amylase to work.

Cross section of a heart.



- Your heart pumps blood around the body through arteries (away from the heart), capillaries (connects arteries and veins), and veins (back in to the heart).
- Arteries are thicker because the blood is pumped at higher pressure, veins have valves to prevent backflow and capillaries have very thin walls to speed up diffusion.
- Blood contains plasma (the liquid part), red blood cells (carry oxygen), white blood cells (fight infection) and platelets (help clot at scabs).

Plants are organised in a complicated system like us, with the main organs being roots, stem, leaves and flowers. Water is transported around the plant, carrying dissolved ions, through the xylem. It is transported from the roots to the leaves in a process called transpiration. Phloem transports the glucose.





What type of circulatory system do humans have?	
What blood vessel takes blood from the heart to the lungs?	
What blood vessel takes blood from the heart to the body?	
Blood is a tissue; what does it consist of?	
In coronary heart disease, what happens to the coronary arteries?	
What can faulty heart valves be replaced with?	
What does the Xylem carry?	
What four things affect the rate of transpiration?	
What is the role of stomata?	
Put the following in order from Largest → Smallest Tissue, Organ system, Organ, Cell, Organism	
What is an enzyme?	
If an enzyme works best at 37°C this temperature would be called it's _____ temperature.	
If an enzyme changes shape due to temperature, the enzyme has become _____.	
What other factor affects an enzyme's efficiency?	
What is the digestive system an example of?	
What does amylase break down?	
What converts protein into amino acids?	
What does lipase break down?	
What is the biochemical food test for starch?	
What is unique about the benedicts test method?	
What does biuret solution test for?	
What does ethanol test for?	



## Probability Revision for PPEs

### Sample space

Two 6-sided dice are rolled and their scores added together.

- Complete the sample space to represent this.
- When the two dice are rolled, what is the probability of scoring a total that is a multiple of three?

+	1	2	3	4	5	6
1						
2						
3						
4						
5						
6						

### Independent events

A bag contains 3 red chips, 2 blue chips and 4 green chips. A chip is drawn, its colour recorded and replaced, then a second chip is drawn.

- What is the probability of getting a red chip on both draws?
- What is the probability of getting a different colour chip on each draw?

### Dependent events

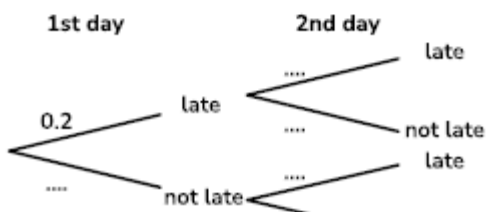
A bag of sweets contains 6 mints, 4 toffees and 10 chocolates. A sweet is taken and eaten, then a second sweet is taken.

- What is the probability of getting a toffee twice?
- What is the probability of getting a mint and a chocolate?

### Probability trees

The probability that Pol is late for work is 0.2. Complete the probability tree and calculate,

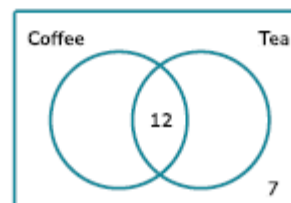
- $P(\text{not late both days})$
- $P(\text{late only once})$



### Venn diagrams

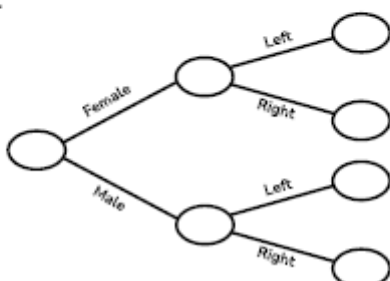
In a survey of 32 people, 20 people liked coffee. 7 people did not like coffee or tea.

- Fill in the missing values in the Venn diagram.
- Calculate the probability that someone likes coffee but not tea.



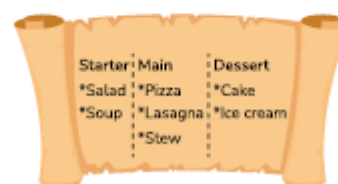
### Frequency trees

In a survey of 220 people, out of 108 females 97 were right-handed. There were 14 left-handed males. Use this information to complete the frequency tree.



### Combinations

How many different 3 course meals can be composed from these menu options?





## Key vocabulary to know for PPEs

# Data Sources

- **Primary** – Data that you have collected yourself, or someone has collected on your behalf.
- **Secondary** – Data that has already been collected.

# Populations and Sampling

- **Population** – Everyone or everything that could be involved in the investigation e.g. when investigating opinions of students in a school, the population would be all the students in the school.
- **Census** – A survey of the entire population.
- **Sample** – A smaller number from the population that you actually survey. The data obtained from the sample is then used to make conclusions about the whole population, so it is important that the sample represents the population fairly.
- **Sampling Frame** - A list of all the members of the population. This is where you will choose the sample from. E.g. electoral roll, school register.
- **Sampling Unit** – The people that are to be sampled e.g. students in a school.
- **Biased Sample** – a sample that does not represent the population fairly. Example, if surveying students at a mixed school and the sample only contains girls. Avoid bias by using random sampling methods.



## **Paper 1 Revision:** **The Western Front (Section A) for mock examinations**

### **The First Battle of Ypres (1914)**

The Germans attacked British positions in the Belgian town of Ypres in October 1914. The British lost over 50,000 troops but managed to keep control of the important English Channel ports.

### **Hill 60 (1915)**

Hill 60 was a man-made hill near Ypres that was captured by the Germans in December 1914. Its height gave them a strategic advantage. In April 1915, the British tunnelled under the hill, placed five mines under it, then blew the top off to recapture it.

### **The Second Battle of Ypres (1915) April and May 1915.**

It was the first time the Germans used chlorine gas.

### **The Battle of the Somme (1916)**

Around 20,000 British soldiers died on the first day alone. The British tried out two new tactics, which both increased casualties:

- The creeping barrage: This was where artillery was launched from the trenches just ahead of the British infantry as it advanced forwards.
- Tanks: These were unsuccessful because of their low speed and unreliability.

In total, the Somme cost the British about 400,000 lives.

### **The Battle of Arras (1917)**

In 1916, the British linked the existing chalky tunnels, caves and quarries at Arras to create a safe underground network, dug by tunnelling companies from Britain and New Zealand. In April 1917, 24,000 men who had been hiding in the tunnels attacked. The British advanced about 8 miles. However, their progress slowed and by the end there were nearly 160,000 British and Canadian casualties.

### **The Third Battle of Ypres (1917)**

The aim of this battle was for the British to break out of the Ypres Salient. A salient is an area of a battlefield that is surrounded by the enemy on three sides, so is very vulnerable. The weather turned to rain, and the ground became so waterlogged that men would drown in the mud. By the end the British had regained about 7 miles, but with about 245,000 casualties.

### **The Battle of Cambrai (1917)**

Cambrai saw the first large-scale use of tanks – nearly 500 were used. They could move easily over the barbed wire and their machine guns were effective.





## Western front knowledge check:

1. Who first used chlorine gas, and at which battle?
2. What happened at Hill 60?
3. Why were there so many casualties at the Battle of the Somme?
4. What was significant about the Third Battle of Ypres?
5. What was underground at Arras?
6. List three illnesses on the Western Front?
7. How was trench foot prevented by the British Army? What measures were taken?
8. What is the Carrell Dakin method?

## Exam practice:

**Source B:** From *A Nurse at the Front, The First World War Diaries of Sister Edith Appleton* by Edith Appleton. Edith's handwritten diaries were kept by her family until they were published in 2012. She was a trained nurse, working at a military base hospital in northern France. Here Edith is describing the arrival of wounded soldiers at the hospital during the early days of the Battle of the Somme, 1916.

July 4

Wounded! Hundreds upon hundreds, some on stretchers, some being carried, and some walking – and all covered from head to foot in mud. We had to deal with large numbers of horribly bad wounds. Some were crawling with maggots while others were stinking and full of gangrene. One poor lad had been shot in both eyes. Three men had died on the way to the hospital and two died before they could be treated.

July 8

The surgeons are amputating limbs and boring holes into skulls at the rate of 30 a day.

July 13

I fear one boy may not get better. He has pneumonia caused by a lump of metal in his left lung and I suppose they will not be able to operate on him.

**How useful is source B for an enquiry into the treatment of battle injuries by medical staff on the Western Front? Explain your answer, using source B and your knowledge of the historical context.**

(Remember in the exam, you will have to do source A and source B. I want you to practice by only doing source B)

Tips: Content (what you learn), Knowledge (support it with your own knowledge), Provenance (Nature, Origin, Purpose), Limitations



## Rivers – AQA GCSE Geography Paper 2

### **Content Summary**

#### 1. River Processes

##### **Erosion**

- *Hydraulic action*: force of water breaks rock particles away
- *Abrasion*: rocks scrape and grind the river bed and banks
- *Attrition*: rocks smash together, becoming smaller and rounder
- *Solution*: soluble materials dissolve in the water

##### **Transportation**

- *Traction*: large boulders rolled along the river bed
- *Saltation*: small pebbles bounce along the bed
- *Suspension*: fine material carried in water
- *Solution*: minerals dissolved in water

##### **Deposition**

- Happens when the river loses energy, e.g., inside a meander, at the mouth

#### 2. Long and Cross Profiles of a River

##### • **Upper Course**

- Steep gradient
- V-shaped valleys
- Interlocking spurs
- Waterfalls

##### • **Middle Course**

- Gentler gradient
- Wider valley
- Meanders
- River cliffs and slip-off slopes

##### • **Lower Course**

- Very gentle gradient
- Wide, flat floodplains
- Levees
- Estuary at the mouth

#### 3. River Landforms

- **Upper Course**: V-shaped valleys, waterfalls, gorges
- **Middle Course**: Meanders, ox-bow lakes
- **Lower Course**: Floodplains, levees, estuaries



## 4. Flooding

### Causes

- *Physical*: heavy rainfall, snowmelt, impermeable rock, steep slopes
- *Human*: deforestation, urbanisation, poor drainage systems

### Impacts

- *Social*: damage to homes, displacement, death/injury
- *Economic*: business closure, insurance claims, repair costs
- *Environmental*: pollution, erosion, damage to habitats

## 5. Flood Management Strategies

### Hard Engineering

- Dams and reservoirs
- Embankments
- Channel straightening

### Soft Engineering

- Flood warnings
- Afforestation
- Floodplain zoning

### Case Study Examples

- *River Tees* – landforms (Upper Course)
- *Boscastle* – flood management (Soft engineering focus)

### Knowledge recall.

- What are the four main processes of erosion in a river?
- Describe the characteristics of a river in its upper course.
- What is the difference between traction and saltation?
- Name two causes of river flooding.

### Short Explanation

- Explain how an ox-bow lake is formed.
- Describe how meanders and floodplains are created and changed over time.
- How can urbanisation increase the risk of flooding?
- Give two advantages and two disadvantages of building a dam.



## Exam unit – Reducing the risk of injury in Sport

In the last booklet we looked at psychological factors, for this week we will focus on the reasons for aggression in sport.

### **Reasons for Aggression**

There are multiple reasons why a performer may become aggressive in sport:

**Level of Performance** – This is where the in the sport or event you play against a good opponent. If you get frustrated, you may become aggressive and do something silly or act out. For example, if you are losing by a lot of points in a netball match you may push a player to try to get the ball in frustration.

**Pressure to win** – Performers may feel under pressure to play well or win – especially in certain games (like a cup final or to avoid relegation) Pressure can come from themselves (the *performer*), the *coach* – who may say you need to win to keep your place in the team, the *spectators* (crowd) who may be family or fans who put pressure on players to do well. If you feel under pressure, you may act aggressively as you are desperate to win.

**Retaliation** – If an opponent is aggressive to you or does a bad tackle on you and you get annoyed. You may become aggressive and retaliate. This could be an opponent tripping you up, you turn round and push them on the floor.

**Decisions of officials** – If an official in a sport makes a decision which you disagree with you may become frustrated and act aggressively. For example, if a referee in a football match gives a penalty against your team and you think it is unfair. You may then make a silly tackle in frustration and become aggressive.

**Performance Enhancing Drugs** – If a performers takes illegal drugs which helps performance, it impacts your hormones and the way you act. Drugs such as anabolic steroids can cause a performer to become aggressive – this can be known as 'roid rage'



**Q 1** - Name 5 reasons for aggression:

- 1 –
- 2 –
- 3 –
- 4 –
- 5 –

**Q 2**- Describe how 'Pressure to Win' may cause aggression in a basketball match:

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.....

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.....

.....

.....

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.....

.....

**Q 3** - In a football match a player is given a red card for handball, as the player is walking off, they push an opponent to the ground. Which reasons for aggression was this ?

.....

**Q 4** - In a rugby match a player is tackled around their neck, as the player gets to their feet, they grab the player who tackled them and punches them. Which reason for aggression was this ?

.....

**Q 5** – In a netball match, the other team pass the ball around you for 20 passes in a row, you don't touch the ball. You are getting frustrated and pull a players arm to grab the ball. Which reason for aggression is this ?

.....



## Level 1/2 Hospitality and Catering: Unit 1

### Contributing Factors to the Success of Hospitality and Catering Provision (AC1.4)

#### Economy

- The economy affects how well restaurants, hotels, and catering businesses do.
- When people have more money (good economy), they spend more on things like eating out or going on holiday.
- When the economy is bad (recession), people try to save money and spend less on these “luxury” activities.
- This means businesses in hospitality and catering make less money during tough economic times.
- VAT (Value Added Tax) is a tax added to the price of food, drinks, or services in these businesses.
- The VAT money goes to the government to pay for important services like the NHS (healthcare).
- Because VAT raises prices, businesses have to think about it when they set prices, so customers still want to buy from them.
- Overall, the economy and taxes like VAT can make a big difference to how successful hospitality and catering businesses are.

#### Environmental Impact

- Hospitality and catering businesses use a lot of resources, so they need to think about protecting the environment to succeed and be sustainable.
- Businesses are encouraged to follow the “3 Rs”: Reduce, Reuse, and Recycle to lower waste and save money.
- Using energy-efficient equipment like low-energy light bulbs helps save energy and reduces costs.
- Buying ingredients that are local and seasonal is better for the environment because it lowers the carbon dioxide (CO<sub>2</sub>) released from transporting food long distances.
- Properly sorting all waste to recycle or compost it when possible helps protect the environment.
- Good waste management also improves a business’s public image and helps them follow laws.
- Overall, these eco-friendly practices make hospitality businesses more efficient and responsible.

#### Basic Costs

- Success in hospitality and catering depends on managing three main types of costs carefully.
- **Labour Costs:** This includes paying employees’ wages, plus extra costs like National Insurance and pensions. Managing staff properly is important to keep the business profitable without losing good customer service.
- **Material Costs:** These cover everything needed for the business such as décor, furniture, kitchen and dining equipment, food and drink ingredients, printed menus, and health and safety tools. It’s important to keep these costs under control.
- **Overheads:** These are regular running costs like rent, utility bills (gas and electricity), insurance, licenses, staff training, and upkeep of buildings and equipment. Some overheads are fixed, others might change.
- Knowing and controlling these costs helps businesses set prices that attract customers and still make a profit.
- Good management of costs is key for a business to survive and succeed long-term in the competitive hospitality sector.



## Media

- With a highly competitive marketplace, hospitality and catering businesses place great emphasis on effective media use for promotion and customer engagement.
- **Print Media:** Traditional advertising methods such as ads in magazines and newspapers, distribution of flyers, and offering money-off vouchers remain common. These can attract local customers and increase awareness.
- **Broadcast Media:** Television and radio ads, along with online video marketing, help to reach broader audiences and build brand recognition.
- **Social Media:** Platforms like Facebook, Instagram, and Twitter are crucial for real-time customer interaction. They allow businesses to share menus, promote special offers, and encourage feedback and customer reviews, which influence public perception and attract new clientele. Moreover, the rise in mobile technology means an increasing number of consumers use smartphones not only to research and book services but also to order food, pay bills, and leave ratings in real-time. Adapting to this trend is vital for maintaining relevance and accessibility.

## New Technology

- Technological advancement has provided numerous benefits to hospitality and catering businesses, improving efficiency and customer experience:
- **Cashless Systems:** Contactless cards and mobile payment applications have simplified transactions, offering convenience and speed to customers while reducing the risk of handling cash.
- **Digital Systems:** Online booking and ordering platforms streamline service delivery and enable businesses to manage reservations and orders effectively. Key card systems enhance security and ease of access in accommodation settings.
- **Office Software:** Stock management systems and other office software tools assist in monitoring inventory, automating orders, and controlling costs, helping businesses to run smoothly and prevent waste.
- Incorporating these technologies helps establishments keep pace with evolving customer expectations and operational demands.

## Contributing Factors

- The hospitality and catering industry is very competitive, and many new businesses fail within their first year.
- To succeed and last a long time, businesses must balance many important factors carefully.
- These factors include managing costs well, such as paying staff, buying materials, and covering bills like rent and utilities.
- Pricing food and services correctly is essential, so customers want to buy but the business still makes a profit.
- Good staff management and excellent customer service keep customers happy and coming back.
- Marketing is important too—businesses use websites, social media, ads, and promotions to attract customers.
- Combining all these parts properly helps create a strong, sustainable business that can survive tough competition and make money over time.

## Profit

- **Gross Profit** is the money made after paying for ingredients; ingredient costs should be less than 30% of the selling price to keep good profits.
- **Net Profit** is what's left after paying all other costs like wages, bills, and taxes—this shows if the business is really making money.
- To keep a business successful, owners must watch costs carefully, set good prices, and regularly check how much profit they are making.



**Explain** how the economic environment can impact the success of hospitality and catering businesses. (4 marks)

*Hint: This question requires students to give detailed reasons why a strong or weak economy affects consumer spending and business revenue in the hospitality sector.*

**State** three types of costs that hospitality and catering businesses must manage to remain profitable. (3 marks)

*Hint: This question asks for a clear, straightforward listing of three cost categories such as labour costs, material costs, and overheads.*

**Discuss** why managing gross profit and net profit is important for the long-term success of hospitality and catering businesses. (4 marks)

*Hint: This question expects students to explain the role of gross and net profit, including controlling ingredient costs, covering all expenses, maintaining business sustainability, and ensuring there are enough funds for growth and survival.*



## Exam Unit R057 Health and Well-being for Child Development

Before deciding to have children, a couple will want to be sure that they are ready.

Considering their pre-conception health has an important part to play.

To ensure that they do not conceive before they are ready, and that they know what to expect when they do try to conceive, couples need a good understanding of reproduction and contraception.

**Pre-conception health** is the health and lifestyle of the mother and father are important factors before becoming pregnant:

**Diet:** Eat a healthy balanced diet to give all the vitamins and minerals needed to help the baby grow and develop well.

**Exercise:** Being fit will help a woman carry the extra weight during pregnancy and help the birth go well.

**Healthy weight:** it can stop her getting pregnant the midwife might be able to monitor the baby properly cause the woman to have high blood pressure.

**Smoking:** affects the fertility of women and reduces the sperm count in men.

**Alcohol:** Too much alcohol can reduce the amount of sperm produced by men and disrupt the menstrual cycle of women.

during pregnancy can cause FAS: Foetal Alcohol Syndrome,

**Recreational Drug taking:** reduces both men and woman's fertility. In women drugs cause hormones to be unbalanced

preventing ovulation and causing birth defects.

**Parental Age:** Fertility for both Men and Women is affected

by their age. This is due to the reduction in the quality of the sperm and eggs

**Folic Acid—Vitamin B9:** is needed by the woman to help

make the central nervous system in an embryo, stopping birth defect such as: spina bifida.

**Up to date Immunisations:** The baby can be at risk if the

mother becomes ill with whopping cough or German measles (rubella).

## Hormonal Methods of Contraception

**Contraceptive implant** sometimes know as the **rod**. This is a small, **flexible plastic rod** that is placed just **under the skin in the upper arm**. It releases the hormone progesterone to control your fertility by **stopping eggs being released** and making the womb less likely to receive a fertilised egg. This is **99% effective** is used correctly.

- +** Doesn't interrupt sex, works for 3 years before needing to be replaced, fertility returns as soon as removed, safe to use when breast feeding,
- Needs to be inserted by a medical professional, can make period irregular or change periods, does not prevent STI's, weight gain and headaches

**Contraceptive Patch** this is a **5cm by 5cm beige patch**, applied to the skin like a plaster. It releases the hormones oestrogen and progesterone through the skin. This prevents pregnancy by thickening the mucus to prevent sperm getting through and thins the uterus lining to stop eggs becoming implanted. **It must be changed weekly for three weeks then a week off**. This is **99% effective** is used correctly.

- +** Doesn't interrupt sex, patches only need changing every weeks
- Doesn't protect against STIs, can have side effects; headaches, raised blood pressure.

The **contraceptive injection** contains the hormone progesterone. This is similar to the progesterone naturally produced in women's ovaries and works to control your fertility. 99 per cent effective if used correctly

- +** Doesn't interrupt sex, last for 8-13 weeks and means you don't need to remember other contraception.
- Doesn't protect against STI's, once give it cannot be stopped so you have to follow the full course.





What is meant by the term pre-conception health? (2marks)

.....  
.....  
.....  
.....

Name three ways a couple planning on starting a family could ensure good pre- conception health (3marks)

1.....  
.....  
2.....  
.....  
3.....  
.....

One contraception which is a hormonal method is the contraceptive patch, describe how the contraceptive patch works. (3 marks)

.....  
.....  
.....  
.....  
.....  
.....  
.....

Complete the table below (4 marks)

Contraceptive implant	
Advantages	Disadvantages





## Makaton

### Who Uses Makaton?

Makaton is often used by: Children and adults with learning disabilities, People with autism, Down's syndrome, or developmental delays, Teachers, carers, and health professionals to support communication, Even TV shows like CBeebies' "Something Special" use it—Mr Tumble is a popular character who signs in Makaton!

### How Does It Work?

- You say the word out loud while doing a simple sign at the same time, You can also use pictures or symbols to help the person understand.
- For example: "Eat"
-  → you say "eat" while tapping your fingers to your mouth.
- "Toilet"  → you say "toilet" while making a "T" shape with your hands.

### Why is Makaton Important?

It helps people understand and be understood when words are hard to use. It reduces frustration and builds confidence. It encourages learning and social interaction.

### Makaton vs Sign Language

Makaton is used with speech and is more simplified. Sign language (like BSL) is a full language on its own, used mainly by deaf people



Identify

Who uses Makaton to communicate?

.....  
.....

Describe

How do people use Makaton to communicate? .....

.....  
.....

Explain

Why is Makaton important to help people?

.....  
.....  
.....  
.....

Explain

How is Makaton different to Sign Language?

.....  
.....  
.....  
.....



Exam  
Style  
Q's

When there is a scenario within the question, you need to tailor your response to fit in with that scenario. You may need to think about how the business operates and or the product it sells.

When answering any question other than a multiple-choice question or an “identify” question, we should use **MED**:

- **Make your point**
- **Explain your Point**
- **Describe the impact of your point**

This should help support you achieve the most marks.

When describing the impact, you should link it back to the scenario, e.g. what is the impact on that specific business?



Scenario:

After working in a shop selling cosmetics for 5 years you decide to start your own small sustainable business in BodyCare, selling refillable bottles of shampoo and shower gel. You set up as a partnership with your sister.



Capital: Money needed to set up a business

### Business Ownership:

**Sole Trader:** 1 owner, you get to keep all the profits and make all your own decisions however, there is a heavy workload, no one to share ideas with, limited access to finances and long working hours.

**Partnership:** 2-20 owners, you get to share ideas, greater access to raising capital, share workload and hours however, you have to share the profit and working with other owners can cause conflict

### Sources Capital:

**Bank Loan:** Large sums of money is available, fixed interest rate of the duration of the loan period. But it does need paying back and you must pay additional interest.

**Family and Friends:** They don't charge interest, but they may want something in return, and it can cause conflict if you struggle to maintain repayments.

### Pricing Strategies:

**Psychological Pricing-** Adding 99p at the end to make prices appear cheaper, this can attract new customers, but most are aware of this tactic.

**Price Skimming:** Setting the price high when its first launched to make customers think it's a high-end product and allows the business to make high levels of profit whilst interest is high, however, high prices can put some customers off.



**Make your point, Explain your Point, Describe the impact of your point**

**Explain two risks of setting up your own BodyCare business.**

Risk 1

.....  
.....  
.....

Risk 2

.....  
.....  
.....(6)

**Explain 1 advantage and 1 disadvantage of using family and friends as a source of capital for your BodyCare business.**

Advantage .....

.....  
.....

Explanation

.....  
.....

Disadvantage

.....  
.....

Explanation

.....  
.....(4)

**Explain one advantage and one disadvantage of using the Price Skimming strategy for your BodyCare products.**

Advantage .....

.....  
.....

Explanation

.....  
.....

Disadvantage

.....  
.....

Explanation

.....  
.....(4)



## Technical Codes

### Description:

Technical codes are created using technology or skills. The acronym **SCALE**, can be useful to help remember these: Special effects, Camerawork, Audio, Lighting, Editing.

Camera shots	Camera angles	Camera movements
<p><u>Description:</u></p> <ul style="list-style-type: none"> <li>This is can also be referred to as 'framing', it's what you can see in the frame.</li> </ul> <p><u>Examples:</u></p> <ul style="list-style-type: none"> <li>Establishing shot</li> <li>Long shot</li> <li>Crowd shot</li> <li>One shot</li> <li>Medium shot</li> <li>Medium close-up</li> <li>Close-up</li> <li>Extreme close-up</li> <li>Over the shoulder shot</li> <li>Wide shot</li> </ul>	<p><u>Description:</u></p> <ul style="list-style-type: none"> <li>This is determined by the position of the camera and the direction it is pointing to.</li> </ul> <p><u>Examples:</u></p> <ul style="list-style-type: none"> <li>Eye-level shot</li> <li>Low angle</li> <li>High angle</li> <li>Dutch angle</li> <li>Shoulder level</li> <li>Hip level</li> <li>Ground level</li> </ul>	<p><u>Description:</u></p> <ul style="list-style-type: none"> <li>This also determines the position of the camera but may also use additional equipment to allow them to position the cameras where humans can't.</li> </ul> <p><u>Examples:</u></p> <ul style="list-style-type: none"> <li>Dolly and Track</li> <li>Pan</li> <li>Zoom</li> <li>Crane</li> <li>Handheld</li> <li>Pedestal</li> </ul>

### CM3: Technical codes

#### Description:

Technical codes are created using technology or skills. The acronym **SCALE**, can be useful to help remember these: Special effects, Camerawork, Audio, Lighting, Editing.

#### Editing

##### Description:

- An editor, under close guidance from the director, makes choices about when to cut a shot/sound, when to end a particular shot/sound and move on to another.

##### Examples:

- Continuity editing: Cutaway shot, Shot reverse shot, Eyeline match, Cross cutting,
- Non-continuity editing: Flashback, flash forward, montage.
- Transitions: Wipe, Dissolve, Fade and Cut

#### Audio

##### Description:

- Audio plays a significant role in conveying meaning to a media product.

##### Examples:

- Diegetic and non-diegetic sounds
- Foley (artificial audio recording)
- Soundtrack
- Silence
- Dialogue
- Sound effects

#### Sound editor

##### Description of the role:

- create, update, maintain and add to sample and sound libraries.
- develop the sound concept for a project and a sound map or storyboard from a script or project description.

### Knowledge Organiser 2



#### Lighting

##### Description:

- Lighting helps to create an atmosphere and helps to convey meaning within the narrative and this could be to emphasise the characters emotions

##### Examples:

- High-key lighting
- Low-key lighting
- Back lighting
- Fill lighting

#### Audio technician

##### Description of the role:

- preparing and operating sound equipment.
- running audio equipment so everything is properly connected.
- testing audio equipment for volume, tone, and clarity.



Exam Style Question

c) The camera operator’s shot list will include: camera shots, angles and movements.

State **one** camera shot, camera angle shot and camera movement.

Camera shot: .....

Camera angle shot: .....

Camera movement: .....

[3]

d) The director has decided low-key lighting should frequently be used in this film.

Explain **one** reason low-key lighting is best suited to Scary Street.

.....  
.....  
.....

[2]

Revision Video:

R093: Media Codes - Creative iMedia in the Media Industry

<https://www.youtube.com/watch?v=PxNZTRJwcQk>

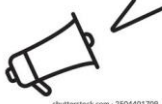
Technical codes are **all the ways in which equipment is used to tell the story in a media text**, for example the camera work in a film.



Symbolic codes show what is **beneath the surface** of what we see.



COMMAND



**Explain:** Make (an idea or situation) clear to someone by describing it in more detail or revealing relevant facts.

In a question like we have above, you need to provide a supportive point to the answer provided.









# Mock examination timetable



June 2025 Mock Exam Timetable										
	Breakfast + Revision	P1	P2		P3	P4	Lunch	Tutor	P5	
	8.00am	AM Start 9am					PM Start 1pm			
Monday 16th June 2025		No Exams			B R E A K			No Exams		
Tuesday 17th June 2025		English Literature- 1hr 45 mins					Early lunch for History students	GCSE History 1hr 20mins A-Level History Paper 1- 1hr 40 mins		
Wednesday 18th June 2025		Maths Paper 1- 1hr 30 mins					Early lunch for Geography students	Geography- 1hr 30 mins		
Thursday 19th June 2025		Combined Science Biology- 1hr 15 mins Separate Science Biology- 1hr 45 mins					Early Lunch for all Year 11	Statistics- 1hr 30 mins		
Friday 20th June 2025		English Language Paper 1- 1hr 45 mins						No Exams		
June 2025 Mock Exam Timetable										
	Breakfast + Revision	P1	P2		P3	P4	Lunch	Tutor	P5	
	8.00am	AM Start 9am					PM Start 1pm			
Monday 23rd June 2025		Combined Science Chemistry- 1hr 15 mins Separate Science Chemistry 1hr 45 mins			B R E A K		Early lunch for hospitality and catering students	Hospitality and Catering 1hr 20mins		
Tuesday 24th June 2025		Maths Paper 2- 1hr 30 mins A-Level History Paper 2-1hr 20 mins					Early lunch for all Year 11	Combined Science Physics- 1hr 15 mins Separate Science Physics- 1hr 45 mins		