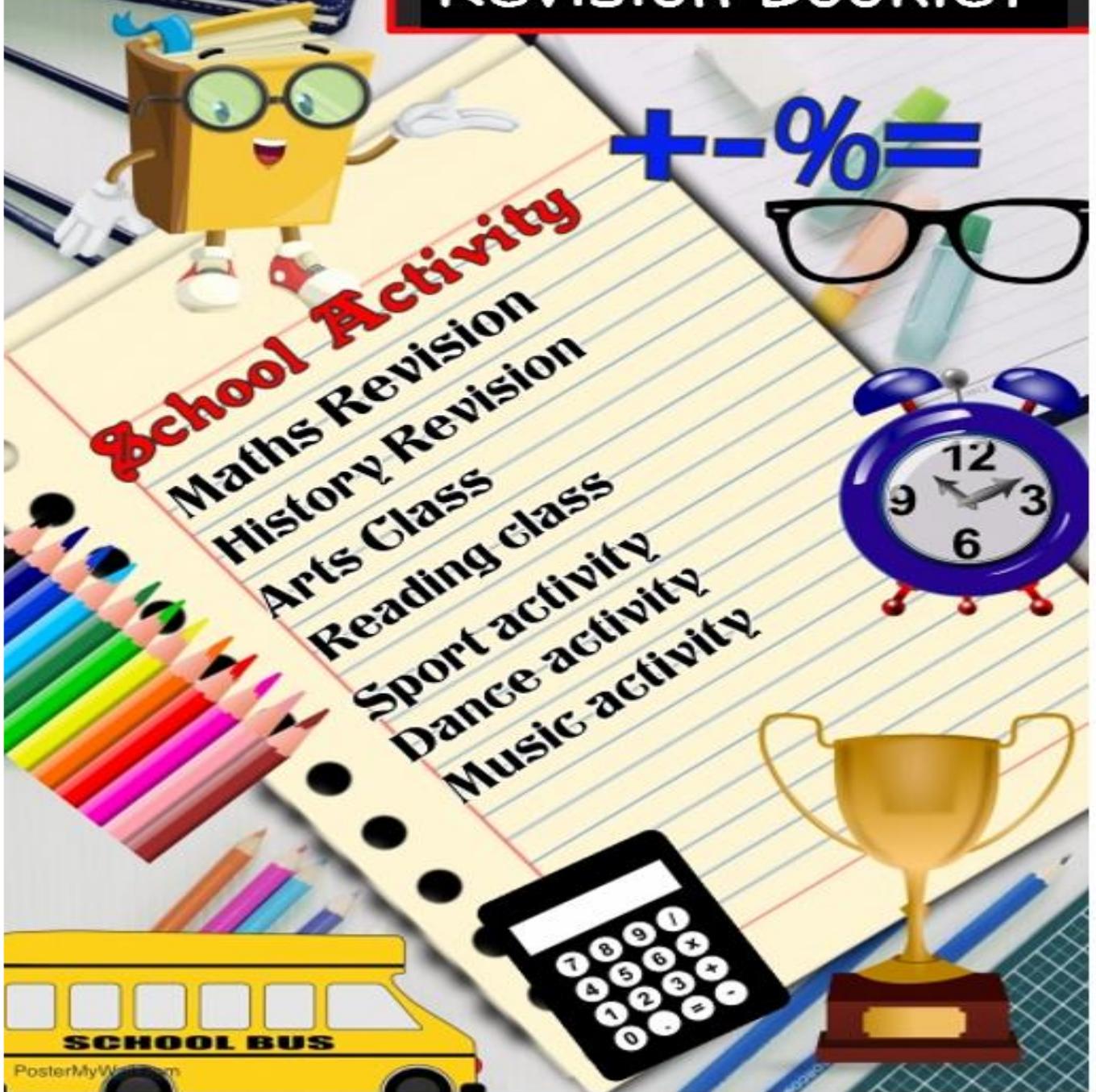


Year 1 Revision Booklet



Pupil Name:

Class:

Parent/Guardian:

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Wellbeing for revision & exams – A Student Guide

Wellbeing for revision & exams

A Student Guide

Know that everyone will have different experiences when studying for exams. It's perfectly normal to feel stressed & anxious

Create a revision timetable & balance that with a plan for rest and social interaction. Quality time away from studying resets your body and your mind

Data, test and exams does not define you as a person. You can only do your best and know that a troubled mind will soon pass

When you are feeling anxious or tired, breathe slowly and deeply. Breathe in, and slowly release your breathe counting

1 2 3 4 5

Practice mindfulness in whenever and wherever possible. It's an excellent form of relaxation and time for you

Create a calming music playlist as this will help to reduce your heart rate and help you with your anxiety

Get plenty of sleep. Drink water and try and stay away from caffeine and fizzy drinks. Water helps with hydration and focusing on your studies

Jot, Write, Doodle, Draw or Audio or Video record your anxiety. Vent your worries in a way that works for you.

Do not suffer in silence. Share your worries and concerns with a friend, parent or teacher

Wellbeing for revision & exams – A Parent Guide

Wellbeing for revision & exams

A Parent Guide

Help your child stick to a revision, study and social timetable so that they can get some focussed rest time as well as study time. Stick them all over the house

Check-in regularly with your child to see if they are ok? Simple questions like 'Is there anything you need...?' can go a long way

Encourage them to eat a well balanced healthy diet, if possible as this will keep their brains focussed and their bodies healthy. A few cheeky treats here and there

Make or purchase a very special DO NOT DISTURB sign to show how supportive you are of them dedicating revision & study time toward their exams

Never over hype the importance of an exam. Don't put hard pressure on them, just be as emotionally supportive as you can. Remember to tell them how important they are in your life

Create special revision & wellbeing spaces in the home and make sure you inform other members of the family when they need time for revision. Sharing is caring

Reward your child verbally and with a treat such as a mystery drive, cinema, bowling or whatever you know will have an impact. Offer to spend time with them is what helps

Encourage them to stick to a good sleep pattern. Don't be forceful, just lead by example if need be

Exams and revision can be stressful for you too as parents, so be mindful of your own stress and anxiety triggers. Show them your coping mechanisms too

Message from Ms Elena Ignatiou

April 2021

Dear Students,

As you enter into the final phase of this academic year, you should reflect on your efforts and achievements in the first two terms, and begin your systematic revision for End-of-Year exams.

You have learned to adapt to this new normal, and have become masters of Teams and the various educational resources used to supplement remote lessons. You must be very proud of yourselves!

Due to this year's disruptions and the prolonged period at home, we have adapted the End-of-Year Exam programme and incorporated revision weeks into Term 3. You will only have four final exams, in the core subjects.

Examination time can be stressful. However, having a solid revision plan in place, managing your time wisely, and working systematically will prepare you for the final stretch. In this package, you will find information about the topics to revise for each subject, as well as tips for studying.

Your teachers and parents are here to support you throughout this time, offering encouragement and guidance along the way. We believe in you – set the bar high!

The journey to learning is not an easy path. Learn from your mistakes. Plan accordingly. Revise thoroughly.

Remember: success is a reflection of your efforts. With great effort, comes great reward.

Wishing you all the best.

Sincerely,
Ms Ignatiou

Message from your Head of Year: Ms Elena Chrysanthou-Yiatrou

During revision and exam period, anxiety and stress are very common problems for students – even for those who appear confident and calm.

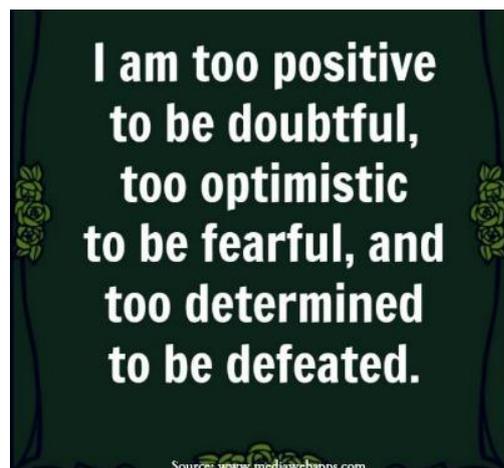
A small amount of anxiety can actually be beneficial – it can make you alert and focused- but too much anxiety means you will have trouble thinking clearly and this means you aren't likely to do your best work.

Lastly I would like you to know how proud I am of you all!!

Even though you have spent a good part of your first year as ES students online you managed to shine and adjust to the circumstances!!

Tips to help you during the exams period:

- Follow an effective daily programme – your Form Tutor will help you.
- Have healthy meals – Don't skip breakfast
- Stay active - don't cancel your hobbies/activities
- Be proactive – plan ahead
- Be optimistic – believe in yourself
- A break or a chat with someone who knows the pressure you're under will get things into perspective.
- Go to bed early.
- Avoid discussing the exams with classmates if that stresses you more.
- Remember: Mistakes are welcome! Your persistence will pay off!!



Study Skills

Study skills or *study strategies* are approaches applied to learning. They are generally critical to success in school and are essential for acquiring good grades. Learning these skills will be beneficial to you throughout your life. Any skill which boosts a person's ability to study and pass exams can be termed a study skill, and this could include time management and motivational techniques.

Study Skills are discrete techniques that can be learned, usually in a short time, and applied to all or most aspects of study.



At The English School we recognise that examinations can cause fear and panic. Everyone who has ever taken an exam remembers the racing pulse and damp palms right before they turned the paper over and began to work on it. Don't worry: there are ways for you to become more confident when it comes to taking exams. Preparation is key to success.



Time is the most valuable resource a student has. It is also one of the most wasted of resources. Avoiding study is the easiest thing in the world. It's up to you to use your time effectively and efficiently. We recommend that you spend 1 -1 ½ hours studying each night. Don't ignore the tougher topics: it is important that you devote sufficient time to all your subjects. Use this revision list to guide you! Before you know it the exams will be over and you'll be accepting congratulations on your fine results!



Preparing for Exams

The most important part of preparing for an exam is knowing *what* to study. Look back over subjects you've spent a long time with during classes, check back over what you were assigned to read and topics of essays and homework, and even ask your teacher in case they are willing to give a few hints. Once you know what to study, all you have left is to know *how* to study.

Remember to study:

- In comfortable clothes.
- In a well lit, quiet and cool room.
- Having eaten a good meal.
- Without the television, radio or Internet disrupting you.
- A little bit every night- not by cramming everything in the night before the exam.
- Class and homework notes.
- Past exam papers.
- By predicting and answering questions that may come up.
- With a study partner
- By making flashcards.
- By making a final, one page "review sheet" that you can carry with you for final moments of studying on the bus or before entering your exam.

"If you employed study, thinking and planning time daily, you could develop use the power that can change the course of your destiny!" - W. Clement Stone

While we know or think studying can be dull, studying is part and parcel of being a student, so why not make it as easy as possible? This revision guide will help!



Do you **ASPIRE** to achieve exam success? If the answer is 'yes'- think:

A: Approach/attitude/arrange

- Approach your studies with a positive attitude
- Arrange your time to avoid distractions



S: Select/scan

- Select a reasonable chunk of material to study
- Scan the text for keywords and vocabulary: highlight keywords and mark what you don't understand

P: Put/Piece

- Put aside your books and notes
- Piece together what you've studied, either alone or with a parent/guardian



I: Inquire/inspect:

- Inquire from teachers if you require academic support or assistance
- Inspect what you did not understand.

R: Re-examine the content | Reflect on the material

- Re-examine: What questions are there yet to ask? Is there something I am missing?
- Reflect: Can I improve my understanding?



E: Evaluate/examine/explore:

- Evaluate your results on tests and tasks: what are your strengths and weaknesses?
- Examine your progress: toward achieving your goals
- Explore options: with a teacher or parent/guardian if you are not satisfied.

Working successfully towards the end-of-year exams

Planning your revision

1. Count the sessions / topics
2. Write them down by filling in the date boxes in the below Revision Schedule. In this Revision Guide, you will see the date of each of the exams you will take. Please also review your exam timetable as distributed by the Exams office. Using this decide on your revision plan for the week before the beginning of the exams as well as the time during the exams.
3. Leave time for RELAXATION, HOBBIES, GOING OUT – it is, of course, useful to cut down during the weeks just before the exams.
4. Again, put a copy somewhere in your study area and refer to it on a daily basis.

Subject Exam Dates and Revision Topics



English

Exam Date: Wednesday, 9th June 2021

Duration: 1h30m **Time:** 08:00-09:30

Non-Native

Over the course of the year you have been working on developing your Reading and Writing Skills by engaging with a variety of fiction as well as non-fiction texts.

The English End-of-Year Exam requires you to respond to an unseen extract through comprehension questions. Additionally, there will be a usage section and a narrative composition where you will be required to write an opening to a narrative.

In preparation for your exam you should undertake a number of revision tasks including what is outlined below.

Topics of revision:

Grammar

- Present simple – continuous
- Past simple – continuous
- Countable – uncountable nouns
- Present perfect
- Comparative – superlatives
- Too and enough
- Future = will, going to, present continuous, present simple
- Zero, first conditional, unless

Resources:

- Gateway student's book and Workbook Units 1-6
- Grammar 2 Unit = 1, 2, 3, 7, 10, 11, 12, 13, 14

Vocabulary

Vocabulary from 'Gateway' units 1-6

Narrative Writings:

- Openings
- Setting
- Characters

Resources:

- PowerPoints available through TEAMS outlining key techniques for narrative writing
- Review revision handouts.

Near-Natives / Native

Over the course of the year you have been working on developing your Reading and Writing Skills by engaging with a variety of fiction as well as non-fiction texts.

The English End-of-Year Exam requires you to respond to an unseen extract through comprehension questions which will include analysis questions where you will use the P.E.E. technique. You will also be asked to write an empathy task based on the novel 'Hatchet'. Additionally, there will be a narrative composition section where you will be required to write an opening to a narrative.

In preparation for your exam you should undertake a number of revision tasks including what is outlined below.

Topics of revision:

1. **Reading Comprehension** to included language analysis
2. **Directed Writing** based on 'Hatchet'
3. **Narrative Writing:** Openings, setting, characters.

Resources:

'Hatchet' – Re-read chapters 10-19 + the epilogue.

Revision Tips:

- Revise the PEE method (see leaflet on TEAMS).
- Revise language techniques e.g. metaphors, similes, alliteration, onomatopoeia etc. and think about their effects.
- Revise narrative features (different types of openings e.g. in the middle of the action + narrative hooks).
- Directed Writing Features - Go over the different features of a diary entry, letter, monologue.

Greek

Mainstream

Exam Date: Tuesday, 8th June 2021

Duration: 1h30m **Time:** 08:00-09:30



- To compare a prescribed text with an unseen one
- To understand the background and the plot of a text
- To know the name of the author and the title of a text and identify the genre of the text (poem, modern or traditional, or folk song, extract from a novel)
- To evaluate the characters, their emotions and motives and the moral values of the era
- To identify the techniques, e.g. figures of speech, imagery, use of language and narrative, description, dialogue

Topics of revision:

A. ΚΕΙΜΕΝΑ ΛΟΓΟΤΕΧΝΙΑΣ

Εισαγωγή στο παραμύθι

Παραδοσιακά και Νεότερα Παραμύθια

1. «Το παραμύθι του γρουσόψαρου» (σ. 104)
2. «Η Σιχούνα» (σ. 109)

Παιδικά-σχολικά χρόνια

3. «Αναφορά στον Γκρέκο», Νίκος Καζαντζάκης (σ.24)
4. «Ανδρομάχης επάνοδος», Γιάννης Κουβαράς (σ. 56)
5. «Τα παιδιά», Θοδόσης Πιερίδης (σ. 59)

B. ΝΕΟΕΛΛΗΝΙΚΗ ΓΛΩΣΣΑ: ΓΡΑΜΜΑΤΙΚΗ ΚΑΙ ΠΑΡΑΓΩΓΗ ΕΠΙΚΟΙΝΩΝΙΑΚΟΥ ΛΟΓΟΥ

1η – 2η ενότητα «Οι πρώτες μέρες σε ένα νέο σχολείο» (1η ενότητα: Κείμενο 1 σ. 10, Κείμενο 7 σ. 19, 2η ενότητα: Κείμενο 2 σ. 26) + Φύλλα εργασίας με γλωσσικές ασκήσεις

2η ενότητα

«Επικοινωνία στο σχολείο»:

Η παράγραφος: Δομή και τεχνικά στοιχεία (σ. 26: κείμ. 2, σ. 31-33: γλωσσική ποικιλία, σ. 34-35, 108): παράγραφος

+ Φύλλα εργασίας με γλωσσικές ασκήσεις

3η ενότητα

«Ταξίδι στον κόσμο της φύσης»: Περιγραφή (σ. 40, 43-46). + Κείμενα από Τ.Ε. (επιλογή καθηγητή).

Αφήγηση (σ. 41, 47-51) + Κείμενα από Τ.Ε.

Resources:

- *Ο Λόγος Ανάγκη της Ψυχής* (Παιδαγωγικό Ινστιτούτο Κύπρου, ΥΑΠ)
- *Νεοελληνική Γλώσσα Α' Γυμνασίου* - εκδ. ΙΤΥΕ «Διόφαντος»

Revision Tips:

Στην Εξέταση της Γλώσσας θα υπάρχουν λεξιλογικές ασκήσεις για το κείμενο που θα δοθεί (συνώνυμα-αντώνυμα, δημιουργία προτάσεων, παραγωγή, ετυμολογία, μέρη του λόγου).

Non-Native A

Exam Date: Tuesday, 8th June 2021

Duration: 1h30m **Time:** 08:00-09:30

Topics of revision

- To compare a prescribed text with an unseen one
- To understand the background and the plot of a text
- To know the name of the author and the title of a text and identify the genre of the text (poem, modern or traditional, or folk song, extract from a novel)
- To evaluate the characters, their emotions and motives and the moral values of the era
- To identify the techniques, e.g. figures of speech, imagery, use of language and narrative, description, dialogue

Topics of revision:

. ΚΕΙΜΕΝΑ ΛΟΓΟΤΕΧΝΙΑΣ

Εισαγωγή στο παραμύθι

Παραδοσιακά και Νεότερα Παραμύθια

1. «Το παραμύθι του γρουσόψαρου»

2. Κείμενο ελεύθερης επιλογής ως συνεξέταση με «Το παραμύθι του γρουσόψαρου»

Παιδικά-σχολικά χρόνια:

3. «Αναφορά στον Γκρέκο», Νίκος Καζαντζάκης

4. «Ανδρομάχης επάνοδος», Γιάννης Κουβαράς

5. «Τα παιδιά», Θοδόσης Περίδης

B. ΝΕΟΕΛΛΗΝΙΚΗ ΓΛΩΣΣΑ: ΓΡΑΜΜΑΤΙΚΗ ΚΑΙ ΠΑΡΑΓΩΓΗ ΕΠΙΚΟΙΝΩΝΙΑΚΟΥ ΛΟΓΟΥ

1η – 2η ενότητα «Οι πρώτες μέρες σε ένα νέο σχολείο» (1η ενότητα: Κείμενο 1 σ. 10, Κείμενο 7 σ. 19, 2η ενότητα: Κείμενο 2 σ. 26) + Φύλλα εργασίας με γλωσσικές ασκήσεις

2η ενότητα

«Επικοινωνία στο σχολείο»:

Η παράγραφος: Δομή και τεχνικά στοιχεία (σ. 26: κείμε. 2, σ. 31-33: γλωσσική ποικιλία, σ. 34-35, 108): παράγραφος

+ Φύλλα εργασίας με γλωσσικές ασκήσεις

3η ενότητα

«Ταξίδι στον κόσμο της φύσης»: Περιγραφή (σ. 40, 43-46). + Κείμενα από Τ.Ε. (επιλογή καθηγητή).

Αφήγηση (σ. 41, 47-51) + Κείμενα από Τ.Ε.

Resources:

- *Ο Λόγος Ανάγκη της Ψυχής* (Παιδαγωγικό Ινστιτούτο Κύπρου, ΥΑΠ)
- *Νεοελληνική Γλώσσα Α' Γυμνασίου* - εκδ. ΙΤΥΕ «Διόφαντος»

Revision Tips:

Στην Εξέταση της Γλώσσας θα υπάρχουν λεξιλογικές ασκήσεις για το κείμενο που θα δοθεί (συνώνυμα-αντώνυμα, δημιουργία προτάσεων, παραγωγή, ετυμολογία, μέρη του λόγου).

Non-Native B

Exam Date: Tuesday, 8th June 2021

Duration: 1h00m **Time:** 08:00-09:00

- 1) Able to introduce themselves and others
- 2) Able to distinguish the Greek letters and use them to form words like: Καλημέρα, Καλησπέρα
- 3) Able to identify the gender of the noun according to the ending / article ο, η, το etc
- 4) Able to use the present tense of the verbs (είμαι, verbs like μένω, μιλώ, πάω, έρχομαι)
- 5) Able to ask for and give directions
- 6) Able to talk about origin, nationality and language (selection)
- 7) They are expected to talk about themselves, their family, their free time, holidays and house
- 8) Able to use nouns in nominative and accusative (singular and plural)
- 9) Able to use numbers (up to 1000)
- 10) Expected to enrich their vocabulary with the months, days and seasons in Greek

Topics of revision

Κλικ στα Ελληνικά 1: Units 1-4 (group A)

Κλικ στα Ελληνικά 2: Units 1-4 (group B)



Mathematics

Exam Date: Monday, 7th June 2021

Duration: 2h00m **Time:** 08:00-10:00

Topics of revision:

Maths Frameworking 1.3 and 2.3 :

Using and Working with numbers

Sequences

Perimeter, area and volume

Algebra and Equations

Angles

Statistics

Coordinates and graphs

Probability

3D shapes

Ratio

Transformations

Surface Area and Volume of prisms

Circles

Percentages

Not included in the exam:

Book 1.3 Chapter 13 section 13.1(Line symmetry and rotational symmetry)

Book 2.3 Chapter 2 sections 2.1 and 2.5 (Geometric properties of quadrilaterals and Constructions)

Book 2.3 Chapter 15 section 15.4 (Rearranging Formulae)

Resources

Introductory Handout (Decimals, Fractions, Percentages)

Book 1.3

Chapters 1, 2, 3, 5, 6, 7, 9, 10, 12, 13(13.2 & 13.3), 14, 16, 17

Book 2.3

Chapters 1, 2, (2.3 &2.4), 4, 6, 10, 14, 15

Science

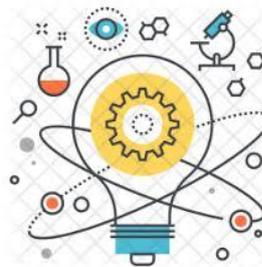
Exam Date: Thursday, 10th June 2021

Duration: 1h30m **Time:** 08:00-09:30

The science exam consists of a mix of questions to test your knowledge of the syllabus, your critical thinking and your experimental skills.

Bring the following equipment to the exam.

- ✓ Pen
- ✓ Pencil
- ✓ Calculator
- ✓ Eraser
- ✓ Ruler



Topics of revision:

- Introduction to the Science laboratory
- Cell structure and level of organisation
- Characteristics of living organisms
- States of matter
- Atoms and Elements
- Solutions
- Expansion and Contraction
- Measurements and Density

Resources:

Year 1 Science booklet pages: 4 – 156

Revision Tips / Comments:

- Exam will be divided in 3 sections
- 30 marks Biology, 30 marks Chemistry, 30 marks Physics
- You will need to plot a graph for the Solutions chapter
- Note that the chapter **Forces** is **NOT** included in the exam so you do not need to revise it

Turkish

Exam Date: Tuesday, 8th June 2021

Duration: 1h00m **Time:** 08:00-09:00



Topics of revision:

Çok anlamlılık	Page 89
Gerçek anlam, Mecaz anlam, Yan anlam, Terim anlam	Page 90
Öznel- Nesnel Yargılar	Page 93
Neden- Sonuç cümleleri	Page 94
Koşul – Sonuç cümleleri	Page 94
Noktalama İşaretleri	Page 101
Sözcükte anlam	Page 129
Paragrafta anlam	Page 135-136
Sayıların yazımı	Page 144
Kısaltmaların yazımı	Page 147
Yazım ve noktalama işaretleri	Page 163-166
Kalıplaşmış sözler, deyim ve atasözlerinin cümleye ve paragraftaki anlama katkısı	Page 239-240
Betimleyici kompozisyon yazımı	
Tartışmacı kompozisyon yazımı	

How to sit exams effectively

Preparation:

1. Make sure you know all you need to know about the exam: How long is the exam? This information is also added in this Revision Guide.
2. Your teacher will give you many hints about preparing and coping with the exam. They may show you past papers. They may set you practice exam questions in lessons, with a time limit. Time yourself when practising with exam questions.
3. Make sure your writing is legible.
4. Bring the right equipment into the exam room.

Exam days

As the exams get closer, you may begin to feel nervous. Almost everyone does – and that’s normal. If you are beginning to panic, ask yourself why.

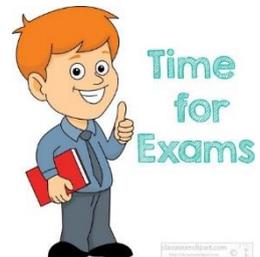
If you have done your best and followed your plan, then be calm and confident.

The week before:

1. Check you have the correct dates and times for every exam paper. Put up the timetable at home, so parents can help here.
2. Collect equipment together.
3. Eat well – regular, balanced meals. Remember the importance of a healthy breakfast.
4. Go to bed at reasonable time.
5. Take some regular exercise e.g. go for a walk. It will help reduce tension.
6. Allow yourself time to relax.

Each exam day

1. Give yourself plenty of time to do everything and arrive at school calm.
2. Have a good breakfast (do not drink too much for obvious reasons!)
3. Check the equipment needed. Make sure you have a good quality pen.
4. Arrive at the exam room a few minutes earlier and avoid talking to friends about the exam – that would make you more anxious.



In the exam room

1. Settle yourself down and layout your equipment neatly.
2. Don’t look at other students. Concentrate on feeling calm and ready to do your best.

During the Exam

1. Once you get the exam paper, resist the temptation to start writing at once, even if everyone else is. **Carefully read the instructions.**
2. If there is a choice, tick possible questions; if they look awful, do not panic. Read the questions again. They always make more sense the second time!
3. Re-read the questions and underline a highlight keywords.
4. Notice if any questions have several parts – skipping parts, is throwing marks away.
5. Keep an eye on your watch and use the time wisely. Do not look round at other students
6. Learn to choose the right question (if you have a choice).
7. Read the instructions carefully
8. Try to leave time to check your answers through at the end.

Keep focused on achieving your goals



Revision Schedule

Mon	Tue	Wed	Thu	Fri	Sat	Sun
12 th April 2021	13 th April 2021	14 th April 2021	15 th April 2021	16 th April 2021	17 th April 2021	18 th April 2021
18 th April 2021	19 th April 2021	20 th April 2021	21 st April 2021	23 rd April 2021	24 th April 2021	25 th April 2021
26 th April 2021	27 th April 2021	28 th April 2021	29 th April 2021	30 th April 2021 Orthodox Good Friday	01 st May 2021 Easter Saturday/Labour Day	02 nd May 2021 Orthodox Easter Sunday

Mon	Tue	Wed	Thu	Fri	Sat	Sun
03rd May 2021 Orthodox Easter Monday	04th May 2021	05th May 2021	06th May 2021	07th May 2021	08th May 2021	09th May 2021
10th May 2021	11th May 2021	12th May 2021	13th May 2021	14th May 2021	15th May 2021	16th May 2021
17th May 2021	18th May 2021	19th May 2021	20th May 2021	21st May 2021	22nd May 2021	23rd May 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
24 th May 2021	25 th May 2021	26 th May 2021	27 th May 2021	28 th May 2021	29 th May 2021	30 th May 2021
31 st May 2021	01 st June 2021	02 nd June 2021	03 rd June 2021	04 th June 2021	05 th June 2021	06 th June 2021
07 th June 2021	08 th June 2021	09 th June 2021	10 th June 2021	11 th June 2021 Apostolos Varnavas	12 th June 2021	13 th June 2021