

# Year 10 Support Sheet

*Anything is possible, Believe in yourself, Don't just fly, soar, Strive further, reach higher*

*Year 10 Exam Support - Google Classroom - students have been added to this automatically*

## Year 10 Subject Information:

Our website provides a clear summary of what you have studied, along with supporting materials & links.

## Year 10 Support Information:

Here is a summary of revision and exam details for you.

## Revision Support:

[Blank Revision Timetable with Example](#)

[Timetables & planning support](#)

[How to Boost Your Resilience When Studying](#)

## Sample exam timetable:

[Revision strategies](#)

## Exam Materials - what do I need?

2 black pens that are comfortable to hold (in some exams you will be writing for more than 2 hours)

2 pencils

A ruler

A rubber

A protractor

A scientific calculator

2 highlighter pens

A clear pencil case to keep your equipment in

A full bottle of water without a label

## Preparation:

[The Top 9 Brain Foods for Studying and Exam Success](#)

[How Drinking Water Increases Your Concentration](#)

## Destinations:

[Five Ways to Start Thinking About Your Future](#) - Even if you're not sure what to do yet!

## Wellbeing section:

[How Sleep Can Help You Study](#)

[Why Taking Study Breaks is a Good Thing](#)

## Useful links:

English - Google Classroom: a7h73kb Seneca (Edexcel): [English Language/English Literature](#)

Maths - [Sparx](#), [CorbettMaths](#), [MathsGenie](#)

Science - [Kerboodle](#), [Seneca](#), [Cognito](#)

Geography - [Seneca](#), [Internet Geography](#), [PMT Geography](#), [Past Papers](#)

History - [Seneca](#), [Bitesize \(Medicine\)](#), [Bitesize \(Weimar & Cold War\)](#), [Past Papers](#)