HARTFORD
CHURCH OF ENGLAND
HIGH SCHOOL

Year 7 Assessment Preparation

Monday 23 November to Friday 4 December 2026

Student Name: _____

Ready, Revise, Together

Information, advice and guidance for students, parents and carers to support success in assessments

A Message from your Head of Year

Dear Year 7 Students,

As you approach your end-of-year assessments, you may begin to hear more about them from your teachers, family, and friends. Although assessments can sometimes feel challenging, they are a valuable opportunity to reflect on your learning and demonstrate how much you have achieved since starting secondary school in September.

Now is the perfect time to start preparing and building your confidence. Use this booklet to guide your revision, go over the topics you have studied, and practise anything you find difficult. If you are unsure about something, speak to your teachers, who will be happy to support you. Remember, you do not have to prepare on your own; there are people around you who are always willing to help you do your best.

Looking back over this year, I hope you feel proud of how far you have come. Starting secondary school is a big step, and you have already learned so much, both inside and outside the classroom. Many of you have shown enthusiasm, resilience, and a willingness to challenge yourselves. Your end-of-year assessments will give you the chance to put these qualities into practice and show what you have learned.

However, it is important to understand that your success is not defined by a test result alone. Everyone has different strengths, and everyone learns at their own pace. There may be questions you find difficult or moments when you feel unsure, but these are all part of learning. Instead of worrying about getting everything right, focus on giving your best effort and using any feedback to improve.

As you grow older, you will encounter new challenges and opportunities that require you to prepare, practise, and believe in yourself. The habits you develop now, such as managing your time, staying organised, and persevering when things become difficult, will be valuable throughout your education and beyond.

So, make a revision plan, take regular breaks, and give yourself enough time to feel prepared. Go into each assessment with confidence, knowing that your hard work matters. Whatever the outcome, remember that you have made an important start to your secondary school journey. Keep aiming high, continue learning from every experience, and be proud of everything you have accomplished this year.

Mr Hardwick
Head of Year 7

Preparing for your assessments



Ensure you have a quiet space to work

This enhances concentration, improves information retention, and reduces stress. By minimizing distractions, a quiet environment allows the brain to focus on learning, leading to better academic performance and the development of long-term study habits.



Revision Timetable

Plan a revision timetable. Break down your revision into manageable chunks and allocate specific times for each subject. If you have commitments like sports etc then build these in and plan around them.



Remove Distractions

Make sure your mobile phone is out of sight and out of mind so that you can concentrate fully on your revision.



Be Organised

Make sure you have all of your revision resources to hand so you can use your time effectively to revise rather than wasting time looking for stationery and notes, etc.



Stay Healthy

Eat a balanced diet to keep your energy levels up. Exercise regularly as this is good for reducing stress and improving concentration. Sleep well (7-8 hours a night) to ensure your brain is well rested.



Seek Help

If you're struggling with a particular topic, don't hesitate to ask teachers, friends, or family for help.



Stay Positive

Break your revision into small, manageable tasks and reward yourself when you achieve them.

My Exam Timetable

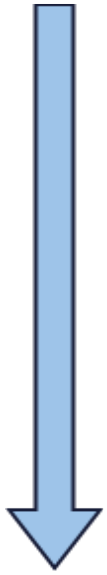
You need to take responsibility for asking your teachers when your assessments are so you can record the dates in your exam timetable below:

	Mon	Tue	Wed	Thu	Fri
Lesson 1					
Lesson 2					
Lesson 3					
Lesson 4					
Lesson 5					

	Mon	Tue	Wed	Thu	Fri
Lesson 1					
Lesson 2					
Lesson 3					
Lesson 4					
Lesson 5					

Revision Techniques

Low Cognitive Demand



High Cognitive Demand

Flash Cards	Useful for focusing on simple recall of facts, key words and definitions.
Revision Clocks	Useful for structuring and summarising content around a topic.
Cornell Note Taking	Useful for summarising and identifying key ideas, using your class notes, revision guides or information on reliable websites.
Mind-maps	Useful for organising, connecting and synthesising ideas across a topic.
Self Quizzing	Useful for active retrieval of information from memory without prompts and strengthening recall and understanding.
Practice Exam Questions/Papers	Useful for developing application, analysis and evaluation of knowledge in unfamiliar contexts. Develops real exam thinking and problem-solving.

Weekly Revision Planner

Check list of things to do:

- Make a list of all your subjects
- Add any non-school commitments for the week e.g. leisure activities, going out, seeing friends and time to relax, into your weekly revision planner
- Write into your revision planner when you are going to revise each subject that week
- Try to plan 40 minutes revising, 10 minutes testing, 10 minutes resting, or
- 20 minutes revising, 5 minutes testing, 5 minutes resting
- Tick off when you have completed each subject

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday

Topic Lists

The Autumn assessments will take place from Monday 23 November to Friday 4 December. A detailed timetable showing when each in-class assessment will take place will be shared with you and your child the week before the assessment period. Students can use this information to create their own exam timetable in this booklet.

During the half terms where students have formal assessments, we launch our 'Ready, Revise, Together' initiative. This initiative is designed to encourage students to proactively manage their own study habits, moving away from last-minute cramming and building strong revision skills and good habits over time. Students will be explicitly taught revision strategies in their lessons which they should then use to revise independently at home. This booklet contains revision support, revision lists and a revision timetable template for students to use to plan their revision.

These assessments are a valuable tool for both teachers and students. They have been carefully designed to evaluate your child's understanding of the curriculum content covered so far and to consolidate their knowledge. The assessments also identify areas of strength and highlight areas that may require additional focus.

This booklet is designed to help parents, carers, and students plan and prepare for the upcoming assessments. Please note that the topic lists provided are not exhaustive; tests will assess both recent classwork and prior learning from previous years.

The results are used to inform the Autumn CRU Grade.

There will be no formal Autumn assessment for DT and PE; students will be graded by ongoing assessments. For Dance, Drama and Music, students will complete a portfolio of work across the term and an assessment mark out of 39 will be awarded.

Kate Booth
Assistant Headteacher

English Language & English Literature

Language

Descriptive Writing: Myths and Legends

- The origins of storytelling
- Aesop's Fables
- Mythological beings
- Convincing characters
- Character descriptions
- 'Show not tell'
- Vocabulary (see vocab list)
- Narrative Viewpoint

Literature

My Sister Lives on the Mantelpiece

- Characters (Dad, Jamie, Sunya)
- Plot
- Themes (Islamophobia, Prejudice, Grief)
- Word classes
- Analytical paragraph writing

Mathematics

- Rounding
- Four rules of number
- Highest common factors
- Prime and square numbers
- Factors
- Multiply and divide by powers of 10
- Lowest common multiples
- Area of 2D shapes
- Multiplying decimals
- Order of operations
- Negative numbers
- Estimation

Religious Studies

- Ultimate Questions
- Worldviews
- Beliefs About God
- The Nature of God
- Experiencing God

Science

- 8A – Food & Digestion
- 8E – Combustion

Design Technology

Within the subject of Design Technology students complete 3 different projects through the academic year. Each project is 12 lessons in length and each project reflects the GCSE options we have within the department: Design Technology, Engineering and Food.

Students are on a carousel where they move between teachers who deliver their specialist project.

Assessment within Design Technology happens within each project. Each project will allow staff to input 2 assessment scores: 1 theory (end of unit examination), 1 practical. (final assessed model)

The metals awarded within Design Technology will be a calculation based on students' performance in all project areas using all assessment scores.

Art

Colour project, including:

- Colour – Colour mixing and colour theory
- Mattisse – Research and visual representation of the artist's work in sketchbooks
- Self-portrait in the style of Mattisse
- Tone – Basic shapes, tone and rendering

Geography

- Weather and climate (equipment used to measure the weather, definitions, types of rainfall, air masses, climate graphs, microclimates)
- Climate change (causes: natural and human, impacts on people and the environment

History

How British was Cheshire before 1066?

- The Celts
- Celtic tribes in Cheshire
- The Romans, the Roman settlements of Deva Victrix (Chester) and Condate (Northwich)
- The Anglo-Saxons
- Offa's Dyke, Aethelflaed
- The Vikings and Alfred the Great

Information Technology

- Sending an email
- Using CC/BCC
- Attaching files to an email
- Advanced features of email
- Filters in email
- Contacts in email

PE

Assessment will take place during practical lessons

Spanish

Vocabulary

- Numbers
- Months
- Brothers and Sisters
- Pets
- Colours
- Personality
- Physical Description

Grammar

- Present Tense
- Adjectival Agreement

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