



Key Stage 4 Passport

Year 11

Name:

Mentor Group:

Room:

Dates for your Diary

Date	Event	Time
10th October	GCSE information evening	6.00pm
10th October	Managing Year 11 and Beyond	P1-4
12th November	PPE start	
21st November	Hillview 6th Form Open evening	
10th December	Parents evening	4.00pm
4th March	CORE PPE start	
May 2025	Summer exams start	
21st August	Results Day	

Please add to your diaries

Future Pathways

Have you completed your Career Pilot Pathway Planner Questionnaire? Yes/ No



Careerpilot
PATHWAY PLANNER

I am interested in: (tick all that apply)

College	<input type="checkbox"/>	BTEC	<input type="checkbox"/>
6th Form	<input type="checkbox"/>	T-Levels	<input type="checkbox"/>
A Levels	<input type="checkbox"/>	Apprenticeships	<input type="checkbox"/>

Future Pathway Meeting with _____

Date __/__/____ Time _____

Action Points (To do/Next Steps)

<ul style="list-style-type: none">• • •

Please remember to discuss next step options with people at home

Your Team



Friends



Home



School

Mrs Waite– Student Support Year 11

Miss Thomas – Head of Key Stage 4

Mr Ryder – Assistant Headteacher

Post-16 Plan

Destination	
Course/s	
How to apply	
Deadline to apply	
Entry requirements	
Pros of destination	
Cons of destination	

I hope this plan will lead to _____

Subject RAG

RED – Limited understanding of topics and a subject that you are worried about

AMBER – Feeling ok about the subject

GREEN – Confident in this subject and achieving my target grade

Subject	Term 2	Term 3	Term 4
English Lang			
English Lit			
Maths			
Biology			
Chemistry			
Physics			
Option A			
Option B			
Option C			
Option D			

PPE Revision Plan

RED Subjects =

AMBER Subjects =

GREEN Subjects =

TIMING	Morning	Afternoon	Evening
Mon			
Tues			
Weds			
Thurs			
Fri			
Sat			
Sun			

Revision Pointers

- **Start revision sessions with a topic that you enjoy to get you in revision mode**
- **Test yourself regularly after topics**
- **Include in your schedule your prior commitments, for example, training for a club, family meals**
- **Sessions should be around 30-45minutes with short breaks, ensure you are keeping study to a maximum of 4 hours a day**
- **Set mini goals to keep yourself motivated and give yourself some treats**
- **Revise with others at times to keep each other on track and accountable**
- **Mix your revision style up, use videos, mindmaps, revision cards, past papers to aid your brain**

REMEMBER – It is NEVER too early to revise, cramming subjects does not work the night before!

Term 2 Targets

Term	Target
2	Academic 1.
	2.
	Wellbeing 1.
	2.

Examples

Academic	Wellbeing
- Complete 1 hour of revision each day	- Walk for 30mins each day, even in the rain!
- Complete 30mins on GCSEPOD each day	- To explore ways to control my stress levels

'Managing Year 11 and Beyond'

Revision and Memory	<u>Notes</u>
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Well-Being	<u>Notes</u>
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Future Pathways	<u>Notes</u>
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Exam Rules	<u>Notes</u>
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6th Form Advice	<u>Notes</u>
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General Notes

Term 2



Sixth Form Open Events

**Please see the school's website as you may
need to register to attend**

School/ College	Date	Interested Y/N	Attend ✓
Hillview 6th Form	21st November		
North Kent College	5th November		
Weald of Kent (Tonbridge)	14th November		
Hadlow	9th November		
Knole Academy	7th November		
TGG	15th October		
Judd	6th November		
Skinner's Kent Ac	14th November		
Bennett	9th November		
Leigh Academy Hugh Christie	17th October		
Mascalls	7th November		
TW Grammar Boys	14th November		
TW Grammar Girls	9th October		
Leigh Tonbridge	21st November		
Trinity	14th November		
Wrotham	5th October		

PPE November 2024

Subject	Grade	On Target?	What I need to do...
Maths			- -
English Lang			- -
English Lit			- -
Biology			- -
Chemistry			- -
Physics			- -
Option A			- -
Option B			- -
Option C			- -
Option D			- -

Term 2 Reflection

- This term, I am proud that I

- _____

- _____

- I feel, I have worked really hard with

- _____

- _____

- My results that I am most pleased with are

- _____

- _____

Term 3 Targets

Term	Target
3	Academic 1.
	2.
	Wellbeing 1.
	2.

- Examples

Academic	Wellbeing
- Complete 1 hour of revision each day	- Walk for 30mins each day, even in the rain!
- Complete 30mins on GCSEPOD each day	- To explore ways to control my stress levels

Term 3



New year's, need a fresh outlook...


Answering honestly, what do you think about the following



Do you...	Scale (1 = never, 5 = most of the time)				
Embrace challenge	1	2	3	4	5
Give up	1	2	3	4	5
Embrace feedback from others	1	2	3	4	5
Push through barriers	1	2	3	4	5
Believe effort is important	1	2	3	4	5
Embrace mistakes	1	2	3	4	5
Are you...					
Open to new ideas	1	2	3	4	5
Inspired by others success	1	2	3	4	5
Afraid of failing	1	2	3	4	5
Persistent	1	2	3	4	5



Mindfulness – What’s the big deal?

Mindfulness can help us enjoy life more and understand ourselves better.

What can I do?	How?	More Information
Breathing exercises	7/11 – breathe in while counting to 7, breathe out while counting to 11. FOFBOC – ‘Feet on floor, bum on chair’ sit in a chair and notice your breath, stay with your breath for 5 cycles .b – stop and stand/sit still and just breathe, do this for 5 cycles of breath	
Get out in nature for a walk	Head out for a walk, take a friend if you can, try and walk without any music and notice the sounds, smell and colours that you see on your walk (even better with your dog too!)	

What can I do?	How?	More Information
Pick up an hobby or activity	Trying something new helps relieve stress, could be crafting, puzzling, Lego, remember its all about balance	
Gratitude list	Write a list of at least 3 things you are grateful for each day Example – I am grateful to have a hot shower to help me feel relaxed	
Yoga or Pilates	Head to the local leisure centre and complete a class	
Phone apps	Examples include the calm app, headspace, a quick search will bring lots of options	
Talk	Seems silly, make a point of talking to a friend, family member, put the kettle on, share your feelings and maybe come up with a play together	

Core Subjects

Subject	<i>English Literature</i>
Exam board	<i>Edexcel/Pearson</i>
Components and assessments	
Grade aiming for	
Notes	

Subject	<i>English Language</i>
Exam board	<i>Edexcel/Pearson</i>
Components and assessments	
Grade aiming for	
Notes	

Subject	<i>Maths</i>
Exam board	<i>Edexcel/Pearson</i>
Components and assessments	
Grade aiming for	
Notes	

Subject	<i>Biology</i>
Exam board	<i>AQA</i>
Components and assessments	
Grade aiming for	
Notes	

Subject	<i>Chemistry</i>
Exam board	<i>AQA</i>
Components and assessments	
Grade aiming for	
Notes	

Subject	<i>Physics</i>
Exam board	<i>AQA</i>
Components and assessments	
Grade aiming for	
Notes	

Option Subjects

Subject	<i>Option A -</i>
Exam board	
Components and assessments	
Grade aiming for	
Notes	

Subject	<i>Option B -</i>
Exam board	
Components and assessments	
Grade aiming for	
Notes	

Subject	<i>Option C -</i>
Exam board	
Components and assessments	
Grade aiming for	
Notes	

Subject	<i>Option D -</i>
Exam board	
Components and assessments	
Grade aiming for	
Notes	

Term 3 Reflection

- This term, I am proud that I

- _____

- _____

- I feel, I have worked really hard with

- _____

- _____

- My results that I am most pleased with are

- _____

- _____

Term 4 Targets

Term	Target
4	Academic 1.
	2.
	Wellbeing 1.
	2.

- Examples

Academic	Wellbeing
- Complete 1 hour of revision each day	- Walk for 30mins each day, even in the rain!
- Complete 30mins on GCSEPOD each day	- To explore ways to control my stress levels

Term 4



Useful Revision



MathsBot.com
Tools for Maths Teachers



PiXL



 **SENECA**
Free interactive content to
keep students engaged

BBC
Bitesize

PPE March 2025

Subject	Grade	On Target?	What I need to do...
Maths			- -
English Lang			- -
English Lit			- -
Biology			- -
Chemistry			- -
Physics			- -

Revision Timetable Example

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
8.30am – 4.30pm	School	School	School	School	School	9.00am – 10.00am	Breakfast/ Shower	Breakfast/ Shower
4.30pm – 5.30pm	Homework	Free time	Homework	Homework	Free time	10.00am – 11.00am	Revision	Revision
5.30pm – 6.00pm	Dinner	Dinner	Dinner	Dinner	Dinner	11.00am – 1.00pm	Free time/ Lunch	Free time/ Lunch
6.00pm – 7.00pm	Revision	Revision	Revision	Revision	Revision	1.00pm – 3.00pm	Revision	Socialising
7.00pm – 8.00pm	Revision	Revision	Free time	Revision/ Past papers	Free time	3.00pm – 5.00pm	Socialising	Revision
8.00pm onwards	Down time/ Relaxation	Down time/ Relaxation	Down time/ Relaxation	Down time/ Relaxation	Down time/ Relaxation	6.00pm onwards	Dinner/ Downtime	Dinner/ Downtime

Term 4 Reflection

- This term, I am proud that I

- _____

- _____

- I feel, I have worked really hard with

- _____

- _____

- My results that I am most pleased with are

- _____

- _____

Term 5 Targets

Term	Target
5	Academic 1.
	2.
	Wellbeing 1.
	2.

- Examples

Academic	Wellbeing
- Complete 1 hour of revision each day	- Walk for 30mins each day, even in the rain!
- Complete 30mins on GCSEPOD each day	- To explore ways to control my stress levels

Term 5



Final Grades – CORE Action Plan

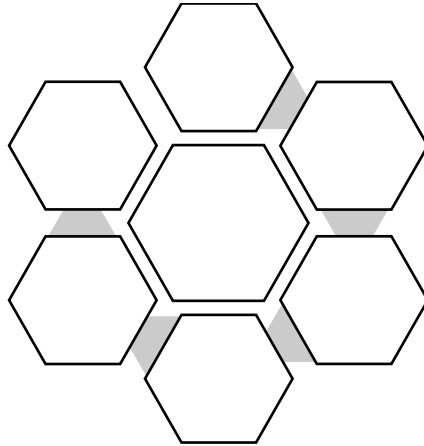
Subject	Grade	Grade wanted	Areas of improvement	What I need to do...
Maths				
English Lang				
English Lit				
Biology				
Chemistry				
Physics				

Final Grades – OPTION Action Plan

Subject	Grade	Grade wanted	Areas of improvement	What I need to do...
Option A				
Option B				
Option C				
Option D				
Wellbeing and general				

Mental Health Assistance

Stress Busters



NOTES



From all at Hillview School for Girls,
we wish you the best with your
exams, we know you will do your
absolute best!

You got this!