



Adnoddau Adolygu

2022-2023

Revision Resources



Cyfnod Allweddol 4 / Key Stage 4



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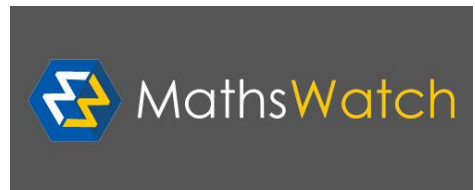
E.e. o Amserlen Adolygu

Example of Revision Timetable



WEEKLY REVISION PLANNER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:30AM -4PM	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	9AM- 10AM	BREAKFAST/ SHOWER	BREAKFAST/ SHOWER
4PM- 5PM	HOMEWORK	TV/ GAMING/ SOCIAL MEDIA	HOMEWORK	TV/ GAMING/ SOCIAL MEDIA	HOMEWORK	10AM- 11AM	REVISION - ENGLISH	REVISION - SCIENCE
5PM- 6PM	DINNER	DINNER	DINNER	DINNER	DINNER	11AM- 1PM	SEEING FRIENDS/ LUNCH	SPORT/ LUNCH
6PM- 7PM	REVISION - GEOGRAPHY	HOMEWORK	REVISION - HISTORY	REVISION - FRENCH	REVISION - SCIENCE	1PM- 3PM	REVISION - MATHS	REVISION - FLASH CARDS
7PM- 8PM	REVISION - MATHS	REVISION - ENGLISH	FREE TIME	HOMEWORK	FREE TIME	3PM- 5PM	OUT WITH FAMILY	SPORT/ TV/ GAMING
8PM- 9PM	FREE TIME/ SHOWER	FREE TIME/ SHOWER	FREE TIME/ SHOWER	FREE TIME/ SHOWER	FREE TIME/ SHOWER	6PM- 8PM	DINNER/ FREE TIME	DINNER/ FREE TIME





Strategaethau / Strategies

Everyone has their own unique strategies and techniques to help calm their nerves. Be aware of useful coping strategies and apply them when necessary.

E.e / E.g:

- Ymarfer Corff **Exercise**
- Celf **Art**
- Sgwennu neu mapio emosiynau a phryderon

Write down, mindmap emotions and worries

- Darllen **Read**
- Gemau **Gaming**
- Yoga **Yoga**
- Cerddoriaeth **Music**
- Gwyllo fideo doniol **Watch a funny video**
- Defnyddio iaith gadarnhaol **Use positive language**

Do you have access to the basics?

- Nutritious food in the cupboards at home
- Eat breakfast or lunch, especially before an exam
- A decent sleep routine
- Someone to talk to if you are anxious about a subject. Remember that a small amount of anxiety is normal and not harmful
- The equipment required for an exam eg ruler, pen, pencil and scientific calculator
- A copy of your exam timetable (when they are released)
- A clear, full water bottle for every exam



Practical and visual advice

- Wash out 2 empty jars and add the same amount of treats, marbles or beads as the amount of exams in one jar. After every exam, take out one marble and put it in the other jar. This encourages focus on how many exams you have completed, rather than how many you have left.
- Instead of counting how many days until the exams start, countdown how many days there are until they are over! Plan an exciting event at the end of the exams as something to look forward to.
- Section each day into three parts: Revision or Study/Free or Family time/Sleep or Rest. This will show you that there should be time for everything and that your exams (although important) shouldn't take over your life.

People that can help

- **Jess Metcalf** – Jess comes into school on a Wednesday to support pupils with a range of challenges
- **Xenzone** counselling service – school can refer or you can register online.
- **Tara Evans** – Credu young carers
- **Cariad Griffiths-Cox** – Youth intervention officer
- **Sarah Langford** – CAIS
- **Lorna Jones** - Mind
- **Your Mentor**
- **Form Tutor** and other **teachers**
- **Wellbeing team**
- **Family**
- **Friends**

Cyn-bapurau CBAC / WJEC Past Papers

<https://www.wjec.co.uk/home/past-papers>



Gwyddoniaeth / Science

- On the school website there are the free Bangor revision guides for Science
- <https://www.ysgolcalon.cymru/scitech-ks4>



- WJEC also produced knowledge organisers for each topic which include 1 or 2 sides of A4 revision pages.

Bioleg / Biology

<https://resources.wjec.co.uk/Pages/ResourceSingle.aspx?rlid=3072>



CHEMISTRY

- <https://resources.wjec.co.uk/Pages/ResourceSingle.aspx?rlid=3690>



Ffiseg / Physics

<https://resources.wjec.co.uk/Pages/ResourceSingle.aspx?rlid=3690>

<https://resources.wjec.co.uk/Pages/ResourceSingle.aspx?rlid=3332>



Mathemateg / Mathematics

<https://resources.wjec.co.uk/Pages/ResourceByArgs.aspx?subid=38&lvlid=2>

www.mathsdiy.com



Saesneg Iaith (Bl.11) / English Language (Yr.11)

<https://resources.wjec.co.uk/Pages/ResourceSingle.aspx?rId=3030>



Llenyddiaeth Saesneg (Bl.10) / English Literature (Yr.10)

<https://resources.wjec.co.uk/Pages/ResourceSingle.aspx?rId=3692>



Cymraeg Iaith / Welsh Language

[Clipiau Sain a Fideo \(google.com\)](https://www.youtube.com/watch?v=3643)



<https://www.youtube.com/user/AthroCymraeg>



<https://adnoddau.cbac.co.uk/Pages/ResourceSingle.aspx?rliid=3643>

Cymraeg Llên/ Welsh Literature

[Clipiau Sain a Fideo \(google.com\)](https://www.google.com)



[https://adnoddau.cbac.co.uk/
Pages/ResourceSingle.aspx?rli
id=3541](https://adnoddau.cbac.co.uk/Pages/ResourceSingle.aspx?rliid=3541)

[https://www.youtube.com/us
er/AthroCymraeg](https://www.youtube.com/user/AthroCymraeg)



[https://sites.google.com/
hwbcymru.net/llyfr-glas-
nebo/cartref](https://sites.google.com/hwbcymru.net/llyfr-glas-nebo/cartref)

Cymraeg (ail iaith) / Welsh (second language)

<https://resources.wjec.co.uk/pages/ResourceSingle.aspx?rId=3838>



Celf / Art

<https://resources.wjec.co.uk/Pages/ResourceSingle.aspx?rId=3994>



Gwyddoniaeth Cyfrifiadurol / Computer Science

<https://resources.wjec.co.uk/Pages/ResourceSingle.aspx?rId=3345>



Dylunio a Thechnoleg / Design and Technology

<https://resources.wjec.co.uk/Pages/ResourceSingle.aspx?rlid=4069>



Drama / Drama

DRAMA

<https://resources.wjec.co.uk/Pages/ResourceSingle.aspx?rlid=3256>



Bwyd a Maeth / Food and Nutrition

[GCSE Food Preparation and Nutrition - YouTube](#)



[GCSE Food and Nutrition \(wjec.co.uk\)](http://wjec.co.uk)



[Seneca - Learn 2x Faster \(senecalearning.com\)](http://senecalearning.com)

Daearyddiaeth / Geography

<https://resources.wjec.co.uk/Pages/ResourceSingle.aspx?rlid=3461>



Gofal Iechyd a Chymdeithasol / Health and Social Care

<https://resources.wjec.co.uk/Pages/ResourceSingle.aspx?rId=4128>



Hanes / History

<https://resources.wjec.co.uk/Pages/ResourceSingle.aspx?rlid=3982>

<https://resources.wjec.co.uk/Pages/ResourceSingle.aspx?rlid=3984>



Cerddoriaeth / Music

<https://resources.wjec.co.uk/Pages/ResourceSingle.aspx?rlid=3361>



Addysg Gorfforol / Physical Education

<https://resources.wjec.co.uk/Pages/ResourceSingle.aspx?rId=3941>

