

# Year 7

**Mid-Year  
Assessment  
Countdown  
Booklet  
2025/26**

Head of Year  
**Mrs Davies**

Respect | Enthusiasm | Ambition | Determination | Resilience



**Irlam and Cadishead Academy**

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# A Message from Mr Smith

Dear Student,

## Year 7 Mid-Year Assessment

This booklet has been put together to help you prepare fully for your Y7 Mid-Year Assessments which are taking place from the 12th -16th January. These are important exams which your teachers will use to see whether you are working towards your full potential and to identify areas where you may need support to do so. As a result, it is critical that you prepare yourself fully to show your best on these assessments.

Use the following pages to form a revision timetable which will ensure you have looked over all the relevant information before your exam. If you are not sure about any of the topics or content listed then please speak to your teacher and ask for more guidance. They will be happy to help!

When revising try to use a variety of strategies and formats to ensure you have reviewed to help you. This could include making mindmaps, writing out key term definitions (and testing yourself!), doing practice questions on Seneca or Sparx, making flashcards with key facts, watching YouTube videos, and much more. When used together they will ensure you are fully prepared for your assessments. Don't forget to also use your knowledge organisers.

Have a look for more tips on BBC Bitesize by following this link [Top revision techniques for exams - BBC Bitesize](#)

Remember, the effort that you put in will be reflected in your achievements. We are all here to support you to achieve your full potential and if you need any additional guidance or have any concerns please speak to your subject teacher, form tutor, or Head of Year.

All the best,

Mr Smith  
Assistant Principal

# Top Revision Tips

- **HABIT** - Get into the habit of working in a regular routine.
- **PLAN** - Plan your weekly revision, homework and leisure time on the timetables provided. Make sure you can realistically keep to the schedule that you have planned.
- **PLACE** - Make sure that you work in the best possible environment:
  - The room should be well lit to reduce eye strain
  - Quiet with few distractions – no TV or Phones. Sit on a chair at a table or desk rather than lounging on your bed or so close to a window that you might get distracted.
  - Identify a set time and place for studying – most people study best in the mornings and evenings, but you need to work out the best time for yourself.
- **ORGANISATION**
  - Be fully prepared. Books, paper, pens, drinks etc. should all be organised before you start.
  - Break each subject down into manageable chunks so that you can read over a topic once or twice in about 20 to 30 minutes. If you come across topics that you really don't understand, make a note of them and ask the subject teacher for help.
- **VARIETY** - Get some variety into your revision. Vary your use of revision materials: notes, revision cards, books, websites, podcasts and videos. Keep a record of what you have done in this booklet to make sure you cover all topics and don't avoid the more difficult ones.
  - Begin your revision by re-reading your notes from the previous session. This will improve your recall. At the end of the week revise the whole week's work. Revision should involve checking your notes and writing down the main points may help you learn them more than you would by just reading them.
  - As the exam draws nearer have 'key words' which trigger your memory.
  - Saying things out loud can help you to learn and can improve your use of appropriate vocabulary. It is important to test yourself after each piece of work. Identify some questions you might think will be on the paper and write an outline answer for each one.
- **RELAX** - Try to stop revising at least an hour before you go to bed. Relax to help you sleep. Working late will make you feel tired the next day. Only watch TV programmes that you enjoy rather than to fill in time. Get up early to make good use of your time.
- **HONESTY** - Always be honest with yourself. Teachers can help you but they cannot do the work for you. Ask for help when you need it.
- **PERSEVERE** - Don't give up: it really is not a long time and it will be worth it! Good luck!

# English

## Reading Assessment - What to Expect

You will complete a 1-hour assessment divided into five short sections that test your reading comprehension, grammar, punctuation and vocabulary. Some of the questions will be based on an extract from Treasure Island.

### The reading section:

Students will complete five short sections designed to check:

- Checks understanding of key language methods when reading.
- Checks accurate interpretation of punctuation and grammar in texts.
- Checks understanding of important vocabulary in context.
- Checks recall of key information from Treasure Island.
- Checks ability to analyse an extract and explain the writer's effects.

### Assessment Structure

The paper is divided into five sections:

1. Essential Technical Knowledge - Focus on language methods.
2. Punctuation and Grammar - Accuracy in written English.
3. Key Vocabulary - Understanding and application of words.
4. Recall- Questions based on prior study of Treasure Island.
5. Method and Effect- Analysis of a short extract from Treasure Island.

# English

**Writing Assessment – You will complete a 1 hour extended writing task that checks your ability to plan and write a narrative.**

**Students will:**

- **write a narrative using the ‘Drop, Shift, Zoom, Link’ structure taught in lessons**
- **begin their story using a given sentence starter**
- **use a range of descriptive and narrative methods to create effective writing**
- **show accurate spelling, punctuation and grammar throughout**
- **aim to write in a clear, engaging and creative way**

**An example sentence starter for a story:**

**If only I could turn back the clock...**

# Maths

## Mid-Year Calculator Assessment

Unit	Topic	Sparx topics – highlight as you complete these clips using the independent learning function
7.01	Numerical Skills	M763, M704, M522, M527, M135, M111, M431, M878
7.02	Order of operations	M521
7.03	Introduction to algebra	M106, M830, M813, M795, M531, M417, M327, M208, M979
7.04	Primes, Factors and Multiples	M227, M823, M698, M322, M829
7.05	Expanding and factorising	M288, M237, M792, M100
7.06	Addition and Subtraction	M928, M429, M347, M152, M899
7.07	Perimeter	M920, M635, M690

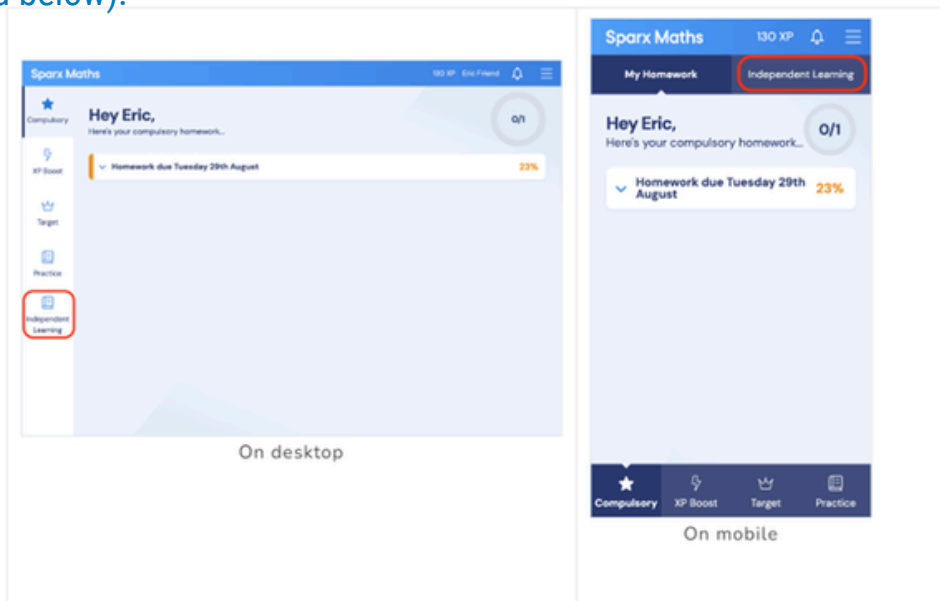
**See the next page for how to use Sparx independently if you're not sure...**

# Maths

## Revising Independently with SPARX

### STEP ONE: Finding independent learning

When you log in you will see the independent learning feature in the top right hand corner (circled in red below).



You can choose to work on any topic by:

- Typing one of the following in the Search for topics field:
  - The name of a topic
  - A keyword
  - A code given to you in the list on page 5.
- Browse the content by clicking on one of the main Strands.

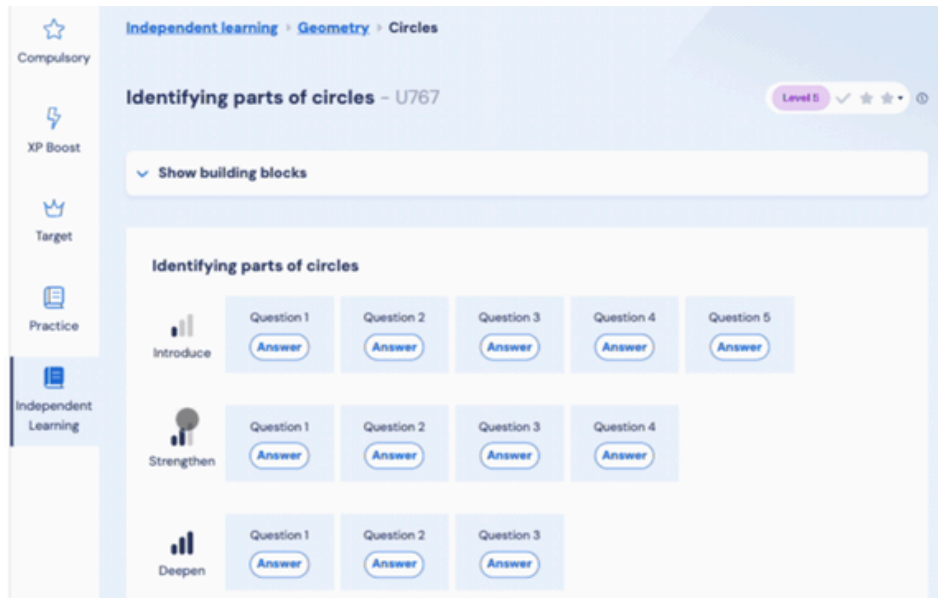
### STEP TWO: Choosing the right work

The difficulty level will be in line with that of your normal homework.

You can choose to complete questions that introduce the topic if you don't remember much about it, strengthen the topic if you need a recap or deepen the topic if you are looking to increase your knowledge.

## Revising Independently with SPARX

An example of this is shown on the right with the topic of circles.



You will see the difficulty level is set to 5 (in the top right corner) but you can change this if you are finding questions too hard or too difficult.

# Science

**Exam Format: 1 x 1 hour exam covering all topics below. Calculators will be necessary.**

## Particles

- Particle model
- Diffusion
- Changes of state
- Gas Pressure
- Mixtures
- Separating Mixtures
- Separation Techniques: filtration, crystallisation, chromatography and distillation

## Revision

- BBC bitesize
- Knowledge organisers - using look, cover, write check
- Sparx Science revision homework

## Cells

- The microscope
- Animal cells
- Plant cells
- Specialised cells
- Respiratory System
- Digestive System

## Fundamentals of Physics:

- Energy stores
- Energy transfers
- Forces
- Measuring forces
- Friction and investigating friction
- Reducing friction

## Working Scientifically

You may also be tested on working scientifically skills. This involves: variables, presenting data in tables and graphs, analysing data from tables and graphs, evaluating scientific experiments for repeatability and reproducibility and suggesting improvements to methodology.

# Geography

**1 x 60 minute exam covering Geographical Skills and Development.**

## REVISION

### Topics Covered:

#### Geographical Skills

- World continents
- Countries of the UK
- Longitude and latitude
- Map symbols
- 4 figure grid references
- 6 figure grid references
- Climate
- Causes of the greenhouse effects
- Rising sea levels
- How to reduce climate change

#### Development

- Uneven development worldwide
- Development indicators
- Reasons for the development gap

- Complete the revision topics and practice questions set on Seneca
- Use your knowledge organiser for key terms and processes
- Use BBC Bitesize – KS3 Geography – Geographical Skills – Measuring distance and Grid references
- Make revision mind maps and notes to supplement your learning using <https://www.bbc.co.uk/bitesize/topics/zm38q6f/articles/zhnrg7h>
- Use BBC Bitesize – KS3 Geography – Development
- Make revision mind maps and notes to supplement your learning using <https://www.bbc.co.uk/bitesize/topics/zvwtstk>

# History

**1 hour exam covering Units 1,2 and 3 of Year 7 curriculum.**

**Topics Covered:**

## Unit 1: Empires East and West

- Chronology and sources
- Chinese Dynasties
- Byzantine Empire
- Islamic Empire and development in science and technology
- Holy Roman Empire

## Unit 2 - The Norman Conquest

- The contenders to the throne in 1066
- The Battle of Hastings
- Norman control of England, including castles, the Domesday Book, the feudal system and the harrying of the north.

## Unit 3: Medieval Religion

- Hierarchy of the Church
- Influence of the Church
- Crusades

## REVISION

Use your knowledge organiser for key terms and dates

# Timetable

	Monday 12 <sup>th</sup> January	Tuesday 13 <sup>th</sup> January	Wednesday 14 <sup>th</sup> January	Thursday 15 <sup>th</sup> January	Friday 16 <sup>th</sup> January
Period 1 09.00 – 10.00		Maths Exam in the Sportshall	History Exam - In all Lessons	English Writing - In the Sportshall	English Reading - In the Sportshall
Period 2 10.00 – 11.00					
<b>Break</b>					
Period 3 11.15 – 12.15					
Period 4 12.15 – 13.15		PRE Exam - In all Lessons	Science Exam - In all lessons	Languages Exam - In all lessons	Geography Exam - In all lessons
<b>Lunch</b>					
Period 5 14.00 – 15.00	Practice Line up for the sports hall				