



St. Benedict's College


Summer Examinations

14 – 16 June 2021

Year 11 Revision Lists

Irish

All students will need to prepare for the speaking, writing and reading elements of this exam as outlined below.

Class: 11C	
Speaking (in class) 30%	Conversation on the topic of 'Mo Cheantar' – My Area
Writing (45 mins) 30%	<p>Write an essay about your area.</p> <p>Include:</p> <ul style="list-style-type: none"> • where you live / situated • house type – Describe the house / rooms • facilities in the area • what is there for young people • advantages of leaving there • what you do at the weekend • member of a club? / details <div style="text-align: right;">  </div>
Reading (45 mins) 40%	<ul style="list-style-type: none"> • Numbers, dates and clocks • Weather and counties • Months and seasons • Time frames • Classroom objects and school subjects + opinions • Self and Family Life • Technology, hobbies and weekend activities • Food and drink

Construction

All students will need to revise the following topics:

Class – 11A

- Safety (Chapter 26 pages 202 -211 in the text book)
- Careers – plumber and bricklayer (Use the CITB webpage to research these jobs – complete the page on google classroom as your guide)
- Chapter 7 – Finance plant and labour (Pages 52 -62 in the book)
- Chapter 9 – Materials (Page 66 of the text book)
- Chapter 2 – The construction cycle (Pages 14-22 in the text book. This is a long answer question)
- Chapter 10 – The Foundation details (Pages 84-90 in the book)
- Chapter 17 – Changes in methods of Construction (Pages 138-146. Again, a long answer question)



PE

All students will need to revise the following topics:

Class – 11B

- Health, Fitness & Well-Being
 - Know the definition for Health, Fitness & Well-Being
 - The Contribution Physical Activity makes to health and exercise
 - Consequences of a sedentary life style
- Diet & Nutrition
 - Energy Balance
 - The function of nutrients
 - The role of nutrients in different intensities of exercise
 - The dangers of over & under hydrating
 - The importance of nutrition for overall health
- Components of Fitness
 - The links of the components of fitness to specific sports
 - The definitions of the components of fitness – health related and skill related
- Measuring Health & Fitness
 - The importance of measuring health & fitness - reasons, methods & protocol
- Training Methods
 - Know the different methods of training including:
 - Continuous
 - Interval
 - Circuit
 - Weight training
 - Plyometric
 - Flexibility training
 - Know the suitability of the training to the individual and the activity
- Principles of Training
 - Definitions for Specificity Progression, Overload & Variance
 - Know the training zones & Heart rates for each zone
 - How to apply the principles to improve health & fitness
- Training Zones
 - Anaerobic Zone - Lactic Acid System
 - Aerobic Zone – Cardiovascular System (CV)
 - Calculate MHR & the percentage for different training zones
 - Intensities & durations of training for these training zones
- Warm-Ups & Cool Downs
 - Why you need to warm-up
 - Why performers need to cool down
 - How do performers warm-up
 - How do performers cool down
- The Skeletal System
 - The structure & function of the skeletal system
 - Identify the main bones in the body involved in movement
 - Identify the joints and their location in the body - Ball & Socket, Hinge and Pivot
 - Movements at different joints
- The Muscular System
 - The structure and function of the muscular system
 - Identify the main muscles and the movements they cause
 - Types of muscle fibre and their characteristics & functions

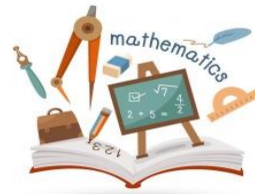


Maths

All students will need to revise the following topics:

Class – 11F & 11G (Mrs Magill)

- Fractions
 - Add
 - Subtract
 - Multiply
 - Divide
- Decimals
 - Recurring
- Decimal to Percentage to Fraction conversions
- Percentages
 - Percentage of amounts
 - Increasing/decreasing by a percentage
 - Repeated percentage change
 - Reverse percentages
 - Successive percentages
- Simple Interest and Compound Interest
- Personal finance
- Exchange rates
- Rules of indices
- Prime factors, HCF and LCM
- Timetables and distance tables
- Handling Data
 - Types of data
 - Pie charts
 - Stem and leaf diagrams
 - Scatter graphs
 - Frequency Diagrams
 - Frequency Polygons
- Cumulative Frequency and Box Plots
- Averages from a table and Estimate of the mean
- Questionnaires
- Circles
 - Area and Circumference
 - Area and Perimeter of Semi-circles and sectors (quadrants and with degrees)
- Pythagoras
- Straight Line Graphs
 - Midpoint of lines
 - Drawing linear graphs
 - Finding gradient of a line
 - Finding equation of a line
- Algebra
 - Simplifying expressions
 - Expanding brackets (single and double brackets)
 - Factorising (single and double brackets needed)



Class – 11F & 11G (Mrs O’Neill)

- Product of prime factors
- Lowest common multiple and highest common factor
- Rounding
- Adding and subtracting fractions with mixed numbers
- Dividing fractions with mixed numbers
- Percentage of an amount
- Increase and decrease using percentage
- Express as a percentage
- Percentage change
- Compound interest
- Reciprocal
- Bidmas
- Simplify an expression
- Identify types of data
- Averages from a list of numbers
- Averages from a grouped frequency table
- Stem and leaf draw and interpret
- Pie charts – bring a protractor!! (ADAM)
- Pythagoras – in disguise
- Distance, speed and time (don’t stop talking)
- Mass, density and volume (my dear valentine)
- Straight line graphs (LOL – remember points)

Science – Single Award

All students will need to revise the following topics:

Class – 11F, 11G & 11H

- Electrical circuits
- Ohms Law
- Resistance
- Household electricity
- Energy
- Renewable and non-renewable energy resources
- Efficiency
- Heat transfer
- Waves



Science – Double Award

All students will need to revise the following topics:

Class – 11A

- Motion
- Forces
- Density
- Energy
- Atomic and Nuclear Physics

History

All students will need to revise the following topics:

Class – 11B

Life in Nazi Germany Check list

Hitler and the Nazis establish control of Germany

- The Reichstag Fire
- Removal of opposition
- The Enabling Act
- Gleichaltung
- Night of the Long Knives



Control and Opposition

- SS and gestapo
- Courts and Concentration camps
- Establishing a Police State

Propaganda and Censorship

- Goebbels and the Ministry of Propaganda
- Censorship and how this impacted German life

Opposition to Hitler and the Nazis

- Opposition and support from the Protestant Church
- Opposition and support from the Catholic Church
- Opposition from Young people

Life for Workers in Nazi Germany

- Schachts New Plan
- Gorings Four Year Plan
- How the Nazis reduced unemployment (Target groups, Conscription, rearmament, public works/RAD)
- Successes and Failures of AUTARKY
- Strength Through Joy (KdF)
- The Beauty of Labour (SdA)
- German Labour Front (DAF)

Life for Women and the Family in Nazi Germany

- Aryan ideals
- Employment
- KKK
- Appearance
- Marriage and Babies
- Sterilisation and imprisonment

Life for Young people in Nazi Germany

- The Hitler Youth
- BDM (League of German Maidens)
- Education
- The Nazi Curriculum
- Nazi Special Schools
- Effectiveness of these policies

RE



Class – 11F

Prepare for your controlled assessment - using the notes you have prepared in class on the Identity of Jesus unit.

Geography

All students will need to revise the following topics:

Class – 11C

Urban land use, students should be able to:

- Identify the characteristics and location of the following
 - CBD
 - Inner city
 - Suburbs
 - Rural – Urban fringe



Issues facing inner city areas in MEDCs

- Demonstrate knowledge and understanding of the following issues facing many MEDC inner city areas (with general reference to a place or places for illustration purposes only)
 - Housing – Poor quality and gentrification
 - Traffic
 - Congestion (air quality and journey time)
 - Public transport (cost and efficiency)
 - Parking (cost and availability)
 - Cultural mix – Ethnic tensions, religious tensions and language barriers

English

All students will need to revise the following topics:

Class – 11F & 11G

- Writing to Persuade- (speech)
- Reading media for meaning

Class – 11H (Essential Skills)

- Notes from Essential Skills work booklets.
- Focus on developing your writing skills (SPAG)
- Remember to structure your writing appropriately for the correct format.
- Look at genre, audience, and purpose. (GAP)
- Writing emails and letters

