

KS4 effective revision session

Subject specific

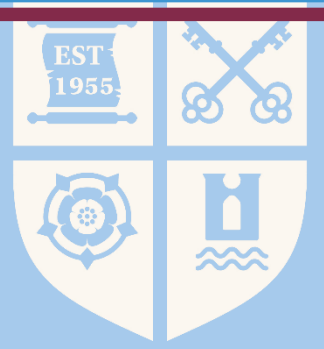
Stepping up to grab the keys to unlock your success

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English Revision Strategies

- **What is Retrieval Practice?**

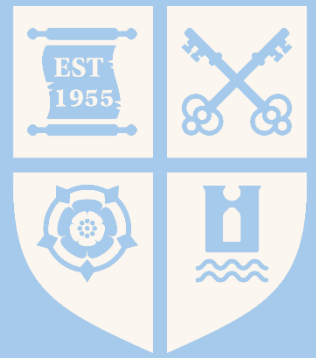
- Actively recall information without looking at your notes.
- Strengthens memory and makes learning stick.
- •

- **Why is it important for English?**

- It helps you remember the plot, themes, characters and context of Literature texts
- It helps you remember the key quotations needed for exploration of literature texts
- It helps you remember key strategies for approaching questions, E.G DARFORREST
- •

- **How to Do It in English with examples**

- 1. Flashcards - write down key quotations with words missing - test yourself on the words and then explode the quotation to explore meaning
- 2. Timeline cards - write the plot in sections on flashcards and see how quickly you can put the events in order
- 3. Match up cards - create quotations cards about each character and a picture of the characters. See if you can match the quotation to the character. You could do the same for poetry by matching the quotation to the poem.
- 4. Hide and remember - write down information about the context of each text or poem. Revise and then hide the cards and write down what you can remember.
- 5. Re-read - It is important to re-read the texts and poems between now and the exam. Read or listen to a section and then write down what you can remember. You could also watch the Mr Bruff poetry videos on poetry on YouTube and make notes. You could then use the notes to create any of the activities above.
- 6. Exam practice - repeated practice of exam skills is vital for the recall of skills for this exam
- Figurative language match up. Write down the method on one card, a definition on a second and an example on the third. You can then match them up.
- •



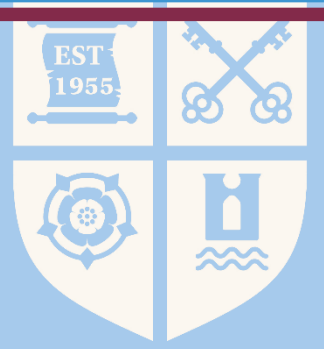
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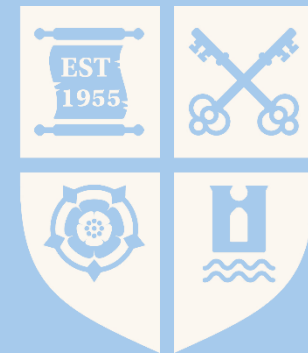
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MFL Revision Strategies



- **What is Retrieval Practice?**

- Actively recall information without looking at your notes.
- Strengthens memory and makes learning stick.
- •

- **Why is it important for MFL?**

- - Helps you remember vocabulary, grammar, and sentence structures.
- - Prepares you for real-life language use.
- •



- **How to Do it in MFL**

- 1. Flashcards - Translate words or phrases without checking.
- 2. Cover & Recall - Hide your notes and write down what you remember.
- 3. Self-Testing - Quiz yourself on vocab, grammar, and verbs.
- 4. Mix It Up - Combine tenses, vocab, and speaking tasks.
- 5. Teach Someone Else - Explain meanings and usage to a friend.
- •



LIST & TEST & CHECK & RECALL & CHECK				
Look/Key	Write / Check	Write / Check	Write / Check	Write / Check



- **Example Activity:**

- Pick 10 random words from your vocab list and write a sentence for each.

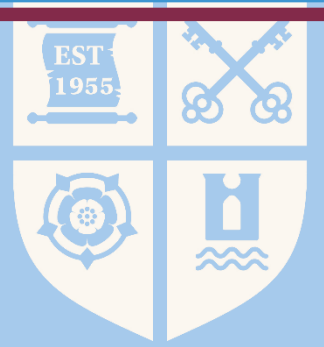
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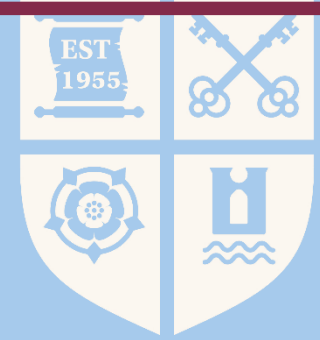
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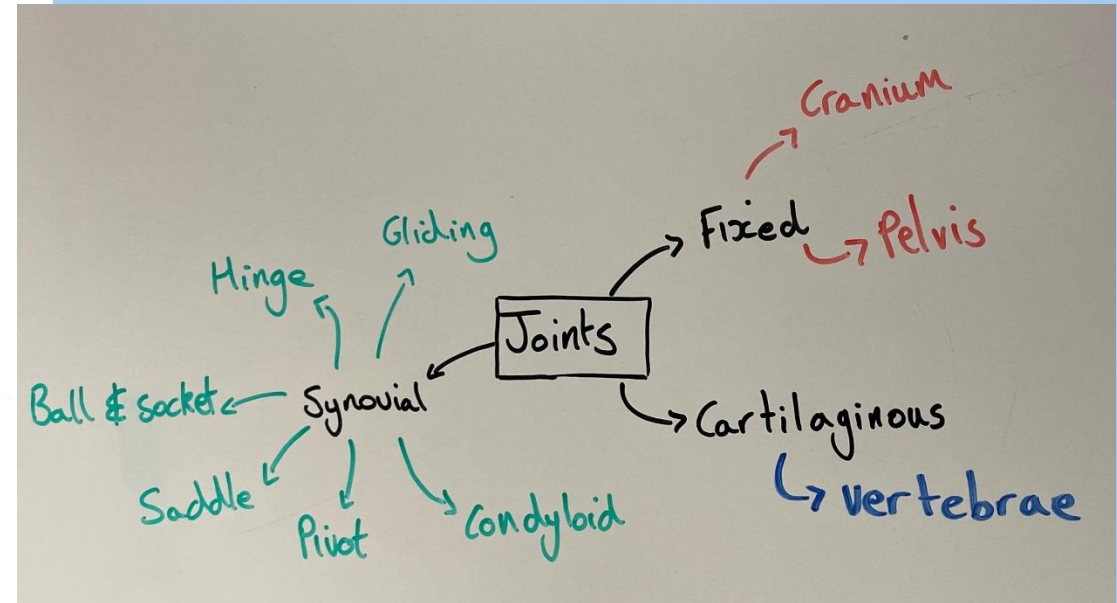
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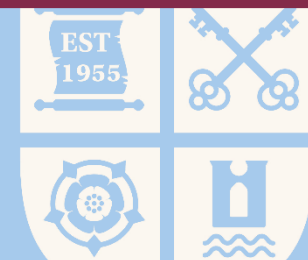


PE Revision Strategies











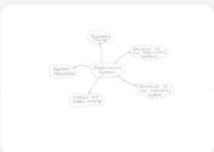




Mind Maps





Mind Maps

Templates for all topics available in the VCERT Revision Area

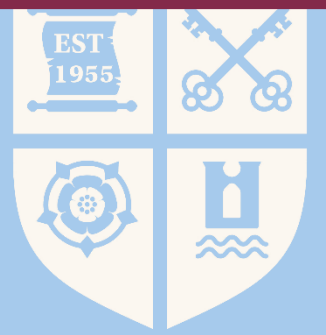
 <p>Applying Health and Fit... May 19</p>	 <p>Cardiovascular System T... February 26</p>	 <p>Effects of Health and Fit... May 19</p>	 <p>Energy Systems Templat... February 26</p>	 <p>Health and Fitness and ... May 19</p>	 <p>Impact of Lifestyle on H... May 19</p>
 <p>Muscular System Templ... February 26</p>	 <p>Principles of Training.pdf May 19</p>	 <p>Respiratory System Tem... February 26</p>	 <p>Skeletal System Templat... March 3</p>	 <p>Specification Mind Map... May 19</p>	 <p>Structure of a Health an... May 19</p>
 <p>Testing and Developing ... May 19</p>					

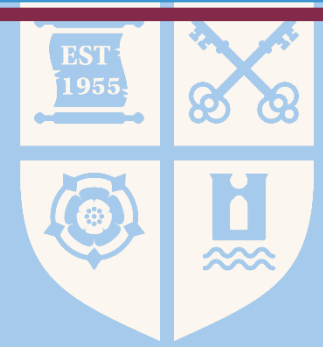
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Flashcards

There are a number of different ways in which flashcards can be utilised:

1. Topic on one side – Information on the other
2. Questions on one side, answers on the other





Flashcards – Topic-content

Content area: 1.2.5 – Muscle fibre types

Front

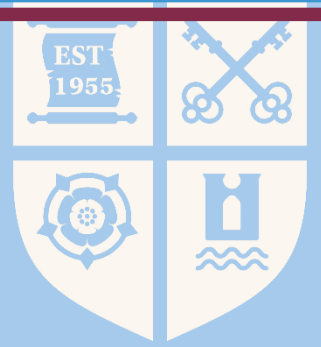
Topic: Muscle fibre types

Back

Type 1: Slow twitch. Dark red in colour.
High resistance to fatigue. Marathon.
Slow contraction speed.

Type 2a: Fast twitch. Lighter in colour.
Lower resistance to fatigue.
Fast contraction speed. 800m

Type 2b: Fast twitch. Lightest in colour.
Lowest resistance to fatigue.
Fast contraction speed. 100m



Flashcards – Question-answer

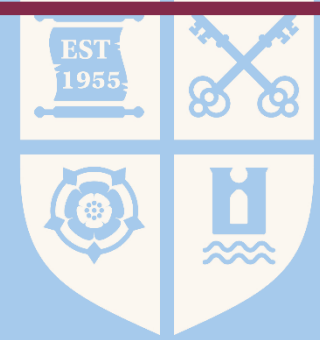
Content area: 1.2.3 – Muscle movements

Front

Question: What is an antagonistic pair? Give examples of antagonistic pairs.

An antagonistic pair is two muscles that work together to generate movement. Examples of antagonistic pairs are: Bicep + tricep & quadriceps + hamstring.

Back



Pictorial representation

Pictorial representation is using pictures or diagrams to explain a key word or concept

Research shows that our learning is improved when images are used to support an explanation

Key word/concept:	
Definition/explanation:	Picture/diagram:



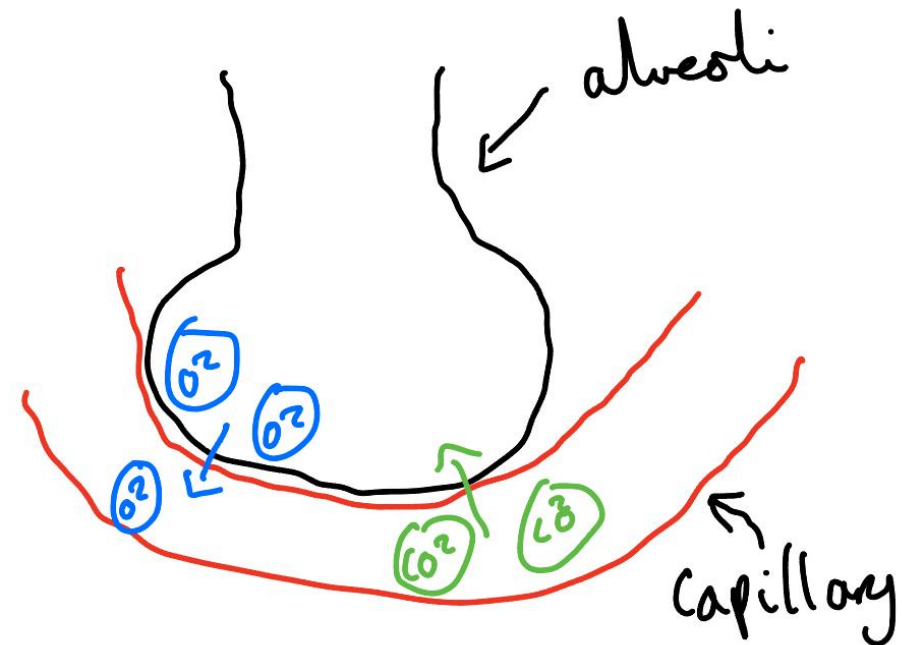
Pictorial representation

Key word/concept: *Gaseous exchange*

Definition/explanation:

The transfer of oxygen and carbon dioxide between the lungs and the blood

Picture/diagram:



Pictorial representation

Key word/concept: Response to exercise

Definition/explanation:	Picture/diagram:
As a result of exercise, tidal volume will increase. Reserve volume will decrease. Breathing rate increases.	<p>TV ↑</p> <p>IRV ↓</p> <p>ERV ↓</p> <p>BR ↑</p> <p>RS —</p> <p>VC —</p>

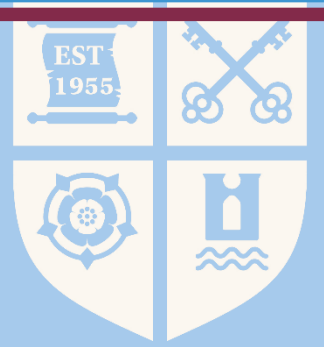
kw/c: Diaphragm

Explanation:	Diagram:
- A sheet of muscle located underneath the lungs. Aids expansion of chest cavity.	

Respiratory system

kw/c: Tidal volume (TV)

Explanation:	Diagram:
- The volume of air breathed in & out during a normal breath.	



Chunking + Transforming

Chunking involves breaking large amounts of information down into smaller, more manageable chunks.

The reduced information could then be transformed into lists, mind maps, flow charts etc

Reducing down the information into the most crucial points is key to this technique





Chunking + Transforming

Step 1: Highlight the key words, phrases or sentences

L01 Body systems and how they apply to health and fitness

1.3 Respiratory system

1.3.1 Structure of the respiratory system

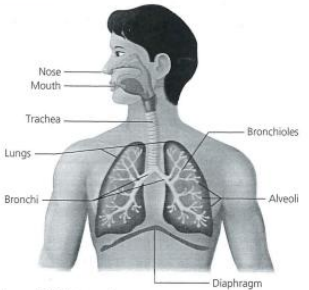


Figure 1.51 The respiratory system

The respiratory system involves those parts of the body that are concerned with breathing.

When we breathe in, air moves through the **mouth and nose** and then travels through the **pharynx and larynx** into the **trachea (windpipe)**. The trachea carries air, which contains oxygen, from the **pharynx to the lungs**.

The pharynx and larynx are the names given to the chambers at the back of the **throat (pharynx)** and the **voice box (larynx)**.

The inner surface of the trachea is covered in tiny hairs called cilia, which catch particles of dust, which are then removed when coughing. The trachea is kept open by rings of cartilage.

Near the lungs, the **trachea divides into two tubes called bronchi**, one to each lung. Once inside the lung the bronchi split several ways, forming **smaller and smaller bronchi**.

The small bronchi further divide **into bronchioles**, which are very narrow tubes, less than 1 millimetre in diameter. There is no cartilage within the bronchioles.

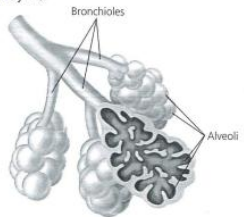
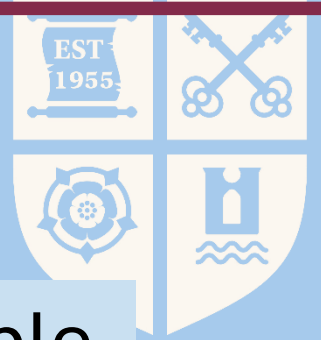


Figure 1.52 Alveoli

At the end of each bronchiole are openings **to the alveoli**. There are usually several alveoli coming from one bronchiole, forming a little clump that resembles a cluster of grapes.

Key words

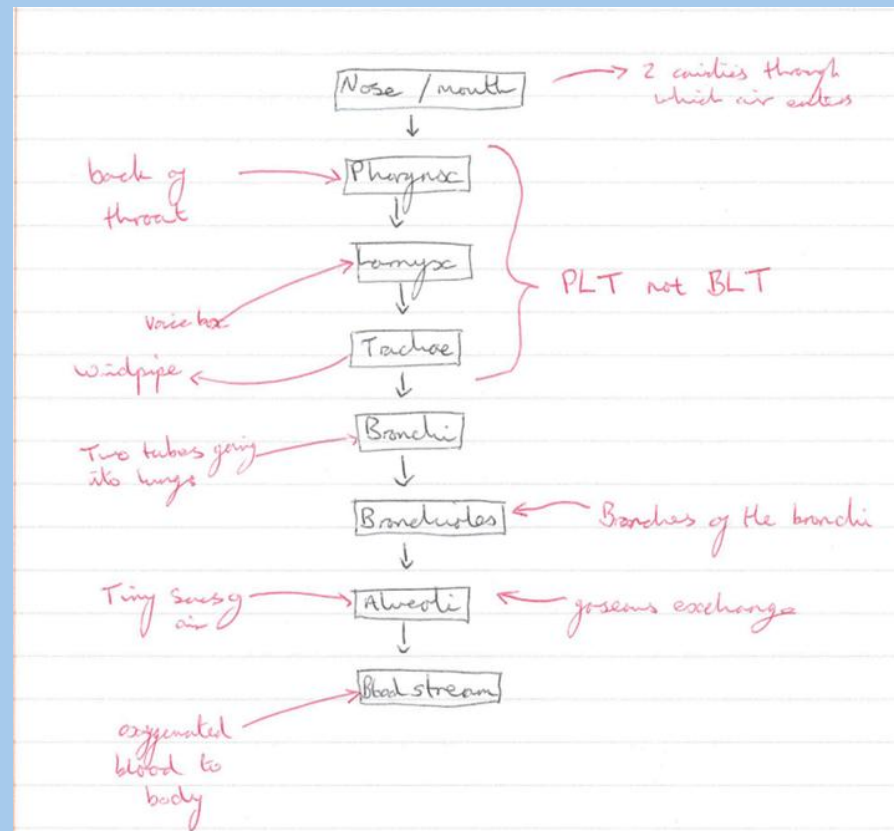
- Mouth and nose:** air enters the body through these.
- Pharynx:** chamber at the back of the throat.
- Larynx:** voice box.
- Trachea:** often called the windpipe, lined with rings of cartilage and carries air from the pharynx to the bronchi.
- Bronchi:** two tubes that carry air from the trachea into each lung.
- Bronchioles:** tiny tubes that carry air to the alveoli.
- Alveoli:** minute air sacs in the lungs.



Chunking + Transforming

Step 2: Transform it into some thing more memorable

Example:
Annotated
flow chart





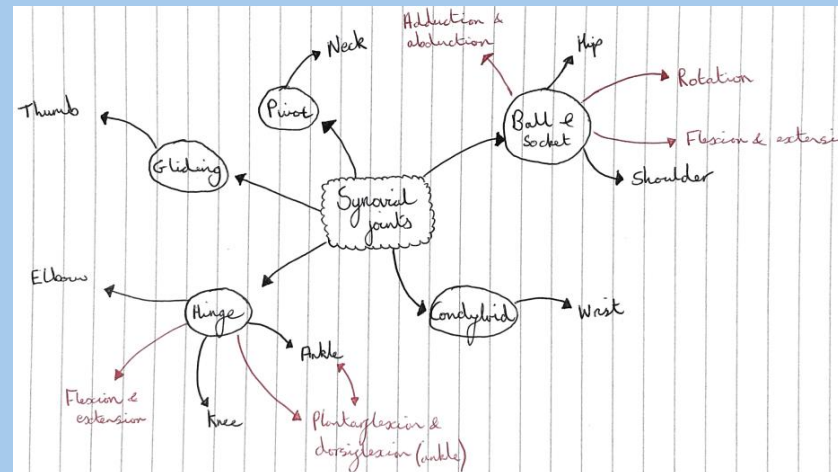
Chunking + Transforming

What else could you transform it into?

1. Lists
2. Mind maps
3. Tables
4. Diagram

Arteries	Veins	Capillaries
Thick muscular walls	Large lumen	Smallest blood vessel
...

- Bones**
- Femur
 - Tibia
 - Fibula
 - Tarsals
 - Metatarsals
 - Phalanges
 - Humerus
 - ...



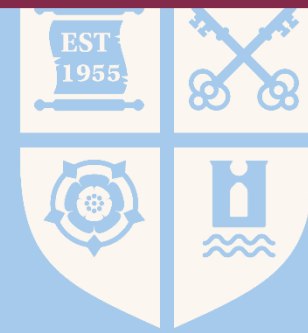
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Chunking + Transforming

Chunking doesn't have to take place just using texts.

Videos can be used and information can be reduced from there.

VCERT Revision Series

Video 1 - The Skeleton... September 19, 2023	Video 2 - Joints and joints... September 25, 2023	Video 3 - Structure of systems... October 5, 2023	Video 4 - Types of muscles... October 5, 2023	Video 5 - Antagonistic muscles... October 13, 2023
Video 6 - Muscle fibre types... October 31, 2023	Video 7 - Structure of the heart... November 17, 2023	Video 8 - Gaseous Exchange... November 20, 2023	Video 9 - Lung volumes... November 24, 2023	Video 10 - Blood Vessels... December 8, 2023
Video 11 - Structure of the heart... January 3	Video 12 - Cardiac Cycle... January 4	Video 13 - Cardiac Measurements... January 5	Video 14 - Blood Pressure... January 22	Video 15 - Energy Systems... February 6

Past papers + exam questions

ncfe.

To be completed by the examiner	MARK
Section 1	
Section 2	
Section 3	
TOTAL MARK	

NCFE Level 1/2 Technical Award in Health and Fitness (603/2650/5)

Unit 01 Introduction to body systems and principles of training in health and fitness

Paper number: **SAMPLE**

Sample 2018 9.30am – 11.00 am

Time allowed: 1 hour 30 minutes

Learner instructions

- Use black or blue ink.
- Answer all questions.
- Read each question carefully.
- You **must** write your responses in the spaces provided.
- You may do rough work in this answer book. Cross through any work you do not wish to be marked.
- All of the work you submit **must** be your own.

Learner information

- The marks available for each question are shown in brackets.
- The maximum mark for this paper is 80.
- You may use a calculator.

Please complete the details below clearly and in **BLOCK CAPITALS**.

Learner name _____

Centre name _____

Learner number Centre number

Do not turn over until the invigilator tells you to do so.

The EverLearner

National Mock Exams 2024
POWERED BY ExamSimulator

NCFE Level 2 Technical Award in Health and Fitness

Please read before distributing to students.

Purpose of this document

The questions contained within this document and the associated mark scheme are based on the data analysis performed by The EverLearner Ltd. Please note the following:

- We believe this paper has a very strong association with the actual external exam in 2024 in relation to command terms, skills, AO distribution, extended writing requirements and topics.
- However, this is categorically **NOT** a predicted paper. No one can accurately predict an exam paper and we make no claim to this end.
- It is vital that you only use this document internally in your school/college. Publishing the document online or sharing it in any other way is strictly prohibited as this will undermine the potentially educational experiences of students in other schools/colleges.
- Finally, please check the publication dates of the mark scheme and model answers for this paper as well as the associated revision session in May.

This paper contains:

- Questions in the format of the (new) NCFE Level 2 Technical Award Health and Fitness exam
- Multiple choice questions
- Short-answer questions
- Extended writing

How should schools use these papers?

This paper has been constructed specifically for use as a mock exam but can be used less formally as a practice paper or model paper. The content and skills of the paper will be developed within the free-to-air revision sessions offered by James Simms on Thursday 9th of May 2024 at 16:30.

All questions are available on ExamSimulator, where they can be practised multiple times in both online and printable format. ExamSimulator is a premium resource available via TheEverLearner.com and provides immediate diagnostics of student writing performance after every exam answer.

James Simms

Exam-style questions Practise it

1. What is an antagonists muscle? (1 marks)
2. Explain the difference between an eccentric and concentric muscle contraction (2 marks)
3. Explain the suitability of Type 1 muscles fibres for 100m sprinters (4 marks)

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Exam-style questions Practise it

1. Identify an artery of the heart? (1 marks)
2. State two differences between veins and arteries (2 marks)
3. Describe and explain changes in two named cardiac measurements as a result of exercise (4 marks)

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Exam-style questions Practise it

1. What is the axial skeleton? (1 marks)
2. One function of the skeleton is protection, state two other functions (2 marks)
3. Explain how the joint actions possible at the elbow allow a bicep curl to be completed (4 marks)

Exam-style questions Practise it

1. What is the name for the sheet of muscle that sits below the ribcage? (1 marks)
2. State two characteristics of alveoli (2 marks)
3. For two named lung volumes, explain what happens to them as a short-term response to exercise (4 marks)

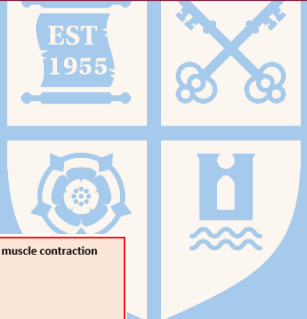
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Exam-style questions Practise it


1. Identify a by-product of anaerobic respiration? (1 marks)
2. State two differences between the aerobic and anaerobic energy systems (2 marks)
3. Discuss the energy system requirements when taking part in a game of cricket (4 marks)


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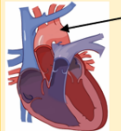
Revision Mats

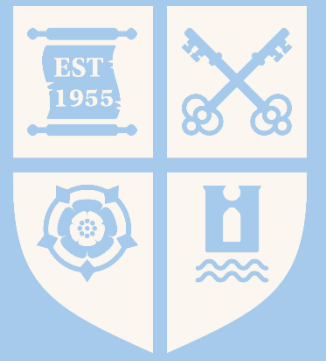


Draw and label the skeleton	Functions of the skeleton	Types of bones	Functions of each type of bone	Examples of each type of bone
Knee joint in detail	Characteristics of synovial joints	Examples of each joint	Classification of joints	Definition of a joint
Draw and label the vertebral column	What type of joint is the vertebral column	How many bones are in the vertebral column	Draw and label postural defects	Describe postural defects

	Types of muscle	Functions of each type of muscle	Location of each type of muscle	Types of muscle contraction
Name the three muscle fibre types	Draw and label an antagonistic pair	Name two antagonistic pairs	Types of isotonic contraction	Examples of isometric exercises
Characteristics of Type 1 muscle fibres	Characteristics of Type 2a muscle fibres	Characteristics of Type 2b muscle fibres	Which athletes are most suited to each muscle fibre types?	How would you train each category of fibre? (Slow-twitch and fast-twitch)

	List the air pathway from nose to bloodstream	Name the two parts of breathing	Describe the role of the diaphragm	How do the intercostal muscles aid breathing?
Explain the process of diffusion	Which two gases are exchanged during gaseous exchange?	What is the primary function of alveoli?	Name 3 types of blood vessel and highlight which one surround the alveoli	What are alveoli?
How are lung volumes measured?	Name the 5 lung volumes	How does each lung volume respond to exercise?	Why is residual volume important?	What happens to breathing rate during exercise and why?

	Name the three types of blood vessel	What is vascular shunting?	Describe the difference in lumen structure between veins and arteries	Name the four major blood vessels connected to the heart
Define Cardiac Output	Define Stroke Volume	Calculate your maximum heart rate (show working)	Which state of blood would appear within the left atrium?	Which state of blood would appear within the Aorta?
What equation would you use to work out Cardiac Output	What factors can effect blood pressure?	What is the normal range for blood pressure	What is systolic blood pressure?	What is diastolic blood pressure?



Humanities revision strategies

Subject specific

Stepping up to grab the keys to unlock your success

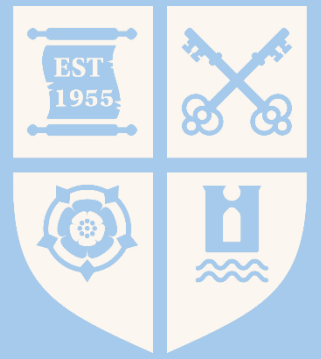
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History



What is Retrieval Practice?

- Actively recall information without looking at your notes.
- Strengthens memory and makes learning stick.

Why is it important for History?

- Helps you to remember key events, dates and people

• How to Do It in History

1. Flashcards - Put a name, event or date on the front - have the answer on the other side
2. Cover & Recall - Hide your notes and write down what you remember.
3. Self-Testing - Quiz yourself - names, dates, events
4. Chronological events - can you put events in the right chronological order
5. Teach Someone Else - Explain events to a friend or trusted adult



Example Activity:

- Make a pictorial timeline of key events

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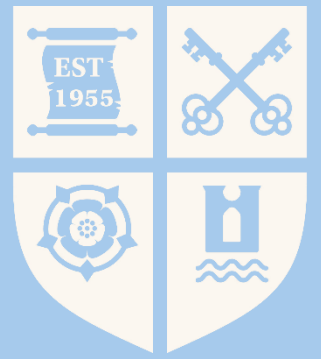
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RE



What is Retrieval Practice?

- Actively recall information without looking at your notes.
- Strengthens memory and makes learning stick.

Why is it important for RE?

- Helps you to remember key events, quotes and teachings

• How to Do It in RE

1. Flashcards - question on the front - have the answer on the other side
2. Cover & Recall - Hide your notes and write down what you remember.
3. Self-Testing - Quiz yourself -
4. Match up cards - create quotations cards about the different religious texts. See if you can match the quotation to the text.
5. Teach Someone Else - Explain events to a friend or trusted adult

Example Activity:

- Make a pictorial timeline of key events

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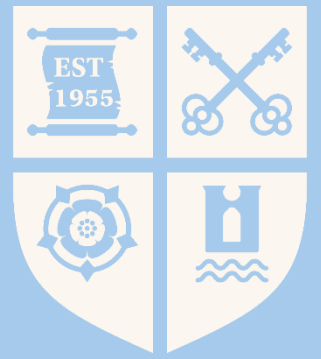
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Childcare



What is Retrieval Practice?

- Actively recall information without looking at your notes.
- Strengthens memory and makes learning stick.

Why is it important for Childcare?

- Helps you to remember key developmental stages and how children learn

• How to Do It in Childcare

- 1. Flashcards - question on the front - have the answer on the other side
- 2. Cover & Recall - Hide your notes and write down what you remember.
- 3. Self-Testing - Quiz yourself -
- 4. Scenarios- create your own scenarios and explain what children will learn, how the task will help them progress
- 5. Teach Someone Else - Explain events to a friend or trusted adult

Example Activity:

- Make a pictorial timeline of key events

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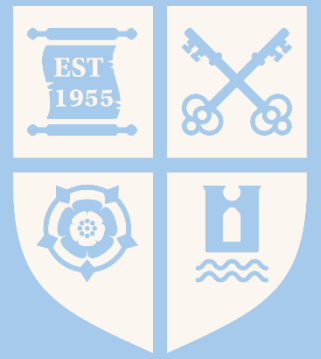
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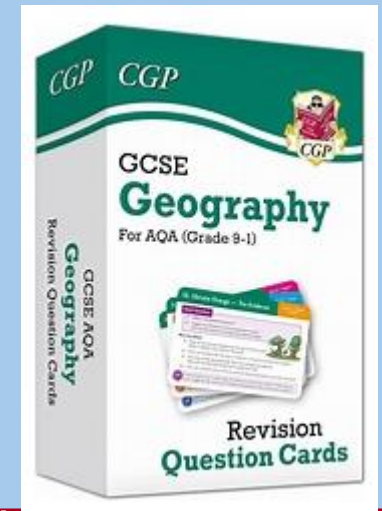
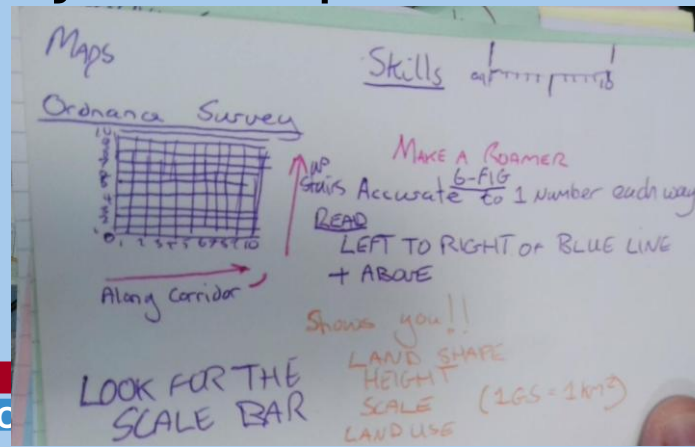
Geography



Flash Cards are an amazing tool to revise from in Geography.

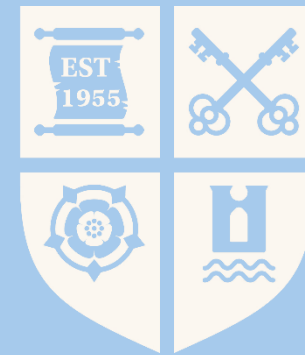
Once you have reduced your information to a mind map (practice 1), you reduce it again onto a flash card (Practice 2) and then use Look, Cover, Say to see if you can explain the piece of information. Use diagrams “A picture saves 1000 words”.

Hand made ones are better, but you can purchase a set



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Math revision strategy

Subject specific

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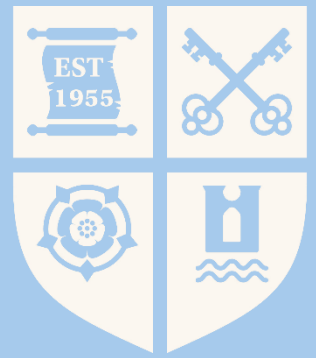
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Why is Retrieval Practice important for Maths Revision?

- Retrieval practice must be combined with spaced learning to help ensure transfer of learning to your long-term memory
- This means regularly revisiting past learning in Maths - from key fact recall such as $1\text{m} = 100\text{cm}$, to more complex methods or processes such as how to calculate the area of a trapezium
- Spaced learning means leaving a little time between retrievals, but not too long!
- Ideal time frames can be weekly or monthly, depending on the complexity of the learning and how well you can retrieve it
- For anything you struggle to retrieve, decrease the time between next testing yourself - e.g. from each month to once a week

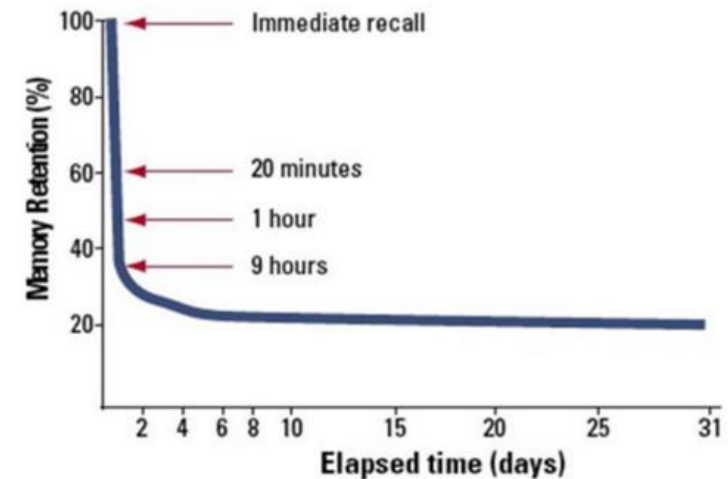


LITTLE AND OFTEN IS
THE KEY!
USE PAST EXAM
QUESTIONS!

What helps us learn?

Retrieval practice + Spaced practice = Long term memory
Long-lasting memory requires 4-5 correct retrievals or recalls

The Ebbinghaus forgetting curve on the right shows how information is lost over time when there is no attempt to retrieve it



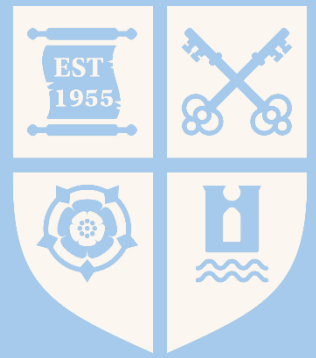
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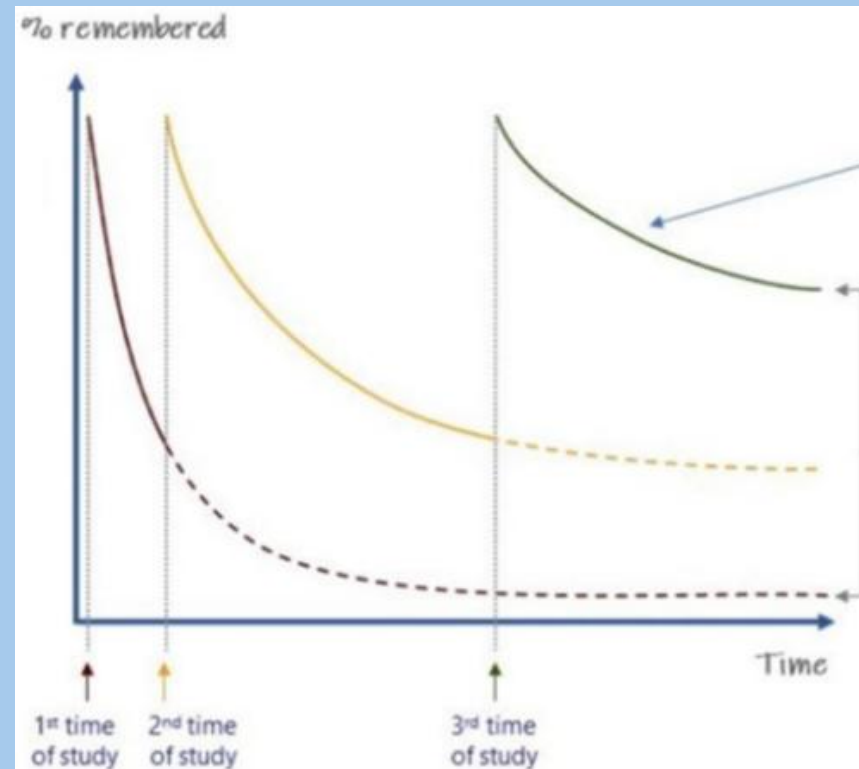
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Retrieval Techniques for Maths

- Fact recall: Use flashcards with a questions on the front and answers on the back
- Methods and processes: Use past paper questions, and self-assess using a mark scheme or model answers
- Use the online resources available in Maths to help you!
- Speak to your teacher



Look at how much more you can remember after revisiting the material a few times versus only studying it once!

Stepping up to grab the keys to unlock your success

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Key Revision Websites to aid Retrieval Practice in Maths

Video explanations and questions:

- <https://vle.mathswatch.co.uk/vle/>
- <http://www.corbettmaths.com/>

Online predicted papers

- <http://www.onmaths.com/>
- <http://www.mathsmadeeasy.co.uk/>

Video solutions to past papers

<https://www.youtube.com/@162maths>

Revision by topic:

- www.missbresources.com
- www.piximaths.com



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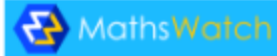
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Math Year 11 Independent Revision Help



<https://vle.mathswatch.co.uk/vle/>

- Weekly homework is set on here
- Grade 3 – 7 tasks have been set under classwork all year on specific topics
- One minute videos to help explain topics
- Message your teacher and we can add question specific personalised help
- Available 24/7

Example: John Smith

Username: john.smith@warblington

Password: warblington

Hannah Kettle
MATHS TUTORIALS

<https://www.tiktok.com/@hannahkettlemaths>

Thursday Evening Walking Talking Mocks:

Foundation 7 – 7.45pm Higher 7.45-8.30pm

Offers free help videos on most topics

PIXL

<https://mathsapp.pixl.org.uk>

Personalised videos and questions based on in class assessments.

Go Green/Level Up for general revision

Example: John Smith

Centre: WB2255

Username: smithj

Password: warblington

dawsonmaths

<https://www.dawsonmaths.co.uk>

GCSE Exam Papers to print and videos of all questions/papers being answered

Select GCSE – Foundation/Higher – J560

REMEMBER: We are YOUR Math Team! We are available at break/lunch/after school and can reply on Teams.
We want to help you, we are here to help you, make sure you ask us!

Growing Minds,
Successful Futures

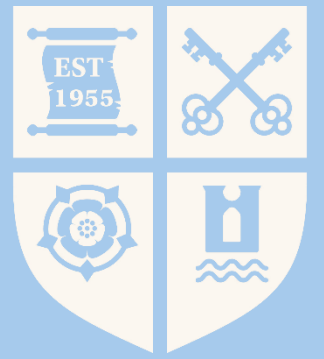
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Computer Science revision strategy

Subject specific

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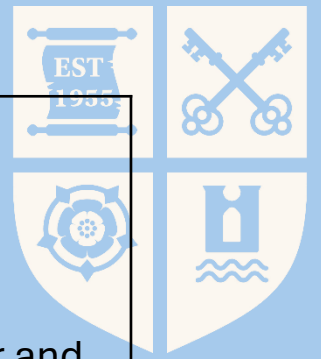
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Computer Science



Paper 1 – Computer Systems

Smart Revise :

- Complete the quizzes based on your Amber and Red topics. **Don't** do your green topic, you know these

Longer Questions

For your 8 markers, keep an on the news. Think about how computers are being used around the world. AI is likely to come up- how could it be used in schools and healthcare?

Teams Resources

Have a look on Teams assignments at our revision resources- these are active all the time.

Paper 2 – Algorithms

Smart Revise :

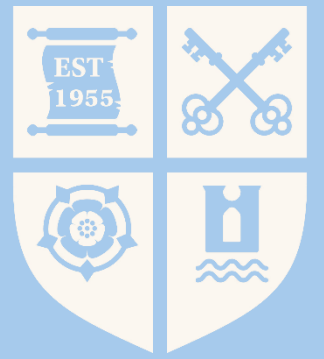
- Complete the quizzes based on your Amber and Red topics. **Don't** do your green topic, you know these. Focus on topics 2.1, 2.4 and 2.5

Algorithm Questions

Use the algorithm planning sheets to help you, focus on inputs, selections and outputs these easily get your 3 marks. Use the planning sheets to help you map out an answer

Turing Labs

Use your turing lab account to practice your logical thinking and decomposition skills. Focus on how you would break down the problem, remember in your exam you hand write your answers!



Business Studies revision strategy

Subject specific

Stepping up to grab the keys to unlock your success

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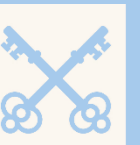
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Business Studies



Paper 1 – Computer Systems

Smart Revise :

- Complete the quizzes based on your Amber and Red topics. **Don't** do your green topic, you know these
- Focus on key areas: **Business in the real world, Influences on business, Business operations, Human resources, Marketing, and Finance.**

Longer Questions

Keep your eye on the news, see what is happening it is important that you understand current affairs and potential business issues.

Revise with Real Examples

- Apply concepts to real businesses (e.g. Amazon, Greggs, JD Sports).
- Use examples to support 6- and 9-mark answers.
- Remember your BLT and MELIBA paragraphs!

Teams Resources

Have a look on Teams assignments at our revision resources- these are active all the time.

Writing Structure!

Paragraph 1 – I recommend...

Make point



Explain point (BLT)

Link to the case study – use quotes

Impact on the business and

Business Areas

It depends on...

BLT

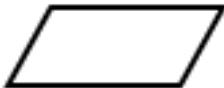
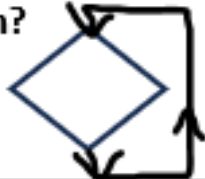
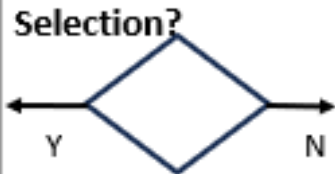


Because...

Leading to...

Therefore....



Algorithms Support Sheet

Inputs? 	<pre>var = input("") file = open("document", "rw")</pre>	<ul style="list-style-type: none"> You do not need to use <code>int(input(""))</code> when hand writing code Use sensible variable names
Iteration? 	<pre>For x in range(10): y = 1 while y <= 100: while booleanVariable:</pre>	<ul style="list-style-type: none"> Repeating a known amount of times (or over a list/array) use a for loop Repeating an unknown amount of times (or until a condition is met) use a while loop A while loop can run infinitely
Selection? 	<pre>if x == 10 AND y == 2: #do something switch colour: case "blue": #do something: end switch:</pre>	<ul style="list-style-type: none"> If the variable remains the same and you are checking against lots of criteria use <code>if/elif/else</code> Watch your indentation inside selection statements, code indented will only run if the condition is true.
Process? 	<pre>+ / - * ** MOD DIV string.upper() string.left() string.substring(start,quantity)</pre>	<ul style="list-style-type: none"> DIV will round down to the nearest int. String are zero based!
Outputs? 	<pre>print() print("Hello " + name) file.write("this string") file.write(age) file.close()</pre>	<ul style="list-style-type: none"> Use + to concatenate strings together.

Data Types

String -> collection of characters
 Character -> single letter or symbol
 Integer -> whole number
 Float/Real -> Number with a decimal place
 Boolean -> True/False value

2D Arrays

- Work out if its `[x][y]` or `[y][x]`.
- In code use for item in array to iterate through each row/record
- Then use `item[x]` to get specific data

function name (parameter1, parameter2)

Calculation to be carried out
 return value

endfunction

procedure name (parameter1, parameter2)

code to be output

endprocedure

Have you checked:

- Brackets
- Indentation
- Variable Names



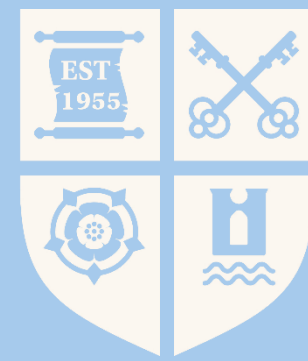
Think Twice
 Code Once!

Keywords

Casting -> do change a variables data type from one to another.

Validation -> to ensure user input meets certain requirements (e.g 7 characters long)

Authentication -> to ensure the user is who they say they are by providing credentials (username & password)



Preparation in Performing Arts



Performing Arts in Year 11 is divided into 2 Units

Unit 2 = 60 Marks

Unit 3 = 80 Marks

Whilst each unit is made up of controlled assessments → you need to be prepared for those controlled assessments with your theory notes & practical performances

Rehearsals	Research & Planning	Development Logs
<p>Groups need to rehearse performances outside of the lessons.</p> <p>You would also benefit from having additional technical rehearsals in the performance space.</p> <p>Are you filming or editing sections of your work? This needs to happen before the final performance & may take you longer than rehearsals in lesson time.</p> <p>For top band - work needs to be of a professional standard. This needs to be well rehearsed.</p> 	<p>Research your groups chosen themes & the stimulus from the brief</p> <p>Additional Preparation ideas:</p> <p>Drama:</p> <ul style="list-style-type: none"> - Research the character you are playing: - Hot - Seating notes - Role on the Wall - Writing in Role - Character Mood boards <p>Music:</p> <ul style="list-style-type: none"> - Lyric annotations - History of musical influences - Experimental notes or recordings of your composition sections in different styles <p>Dance:</p> <ul style="list-style-type: none"> - Dance notation - Song annotations, research & meaning - Music edits - Videos or photos of developed movement sequences 	<p>Keep detailed notes to help with your development log</p> <p>This can be:</p> <ul style="list-style-type: none"> - Diary entries - Voice Recordings - Videos of rehearsal work - Sketches - Notes from the lessons - Ideas mind maps - Stage layout plans - Lighting & SFX ideas - Health & Safety Risk Assessments  <p>What skills & techniques can you use to create impact in your s[performance?]</p>  

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