

# Post PPE metacognitive reflection booklet

NAME:

FORM:





This diagram represents three zones of challenge

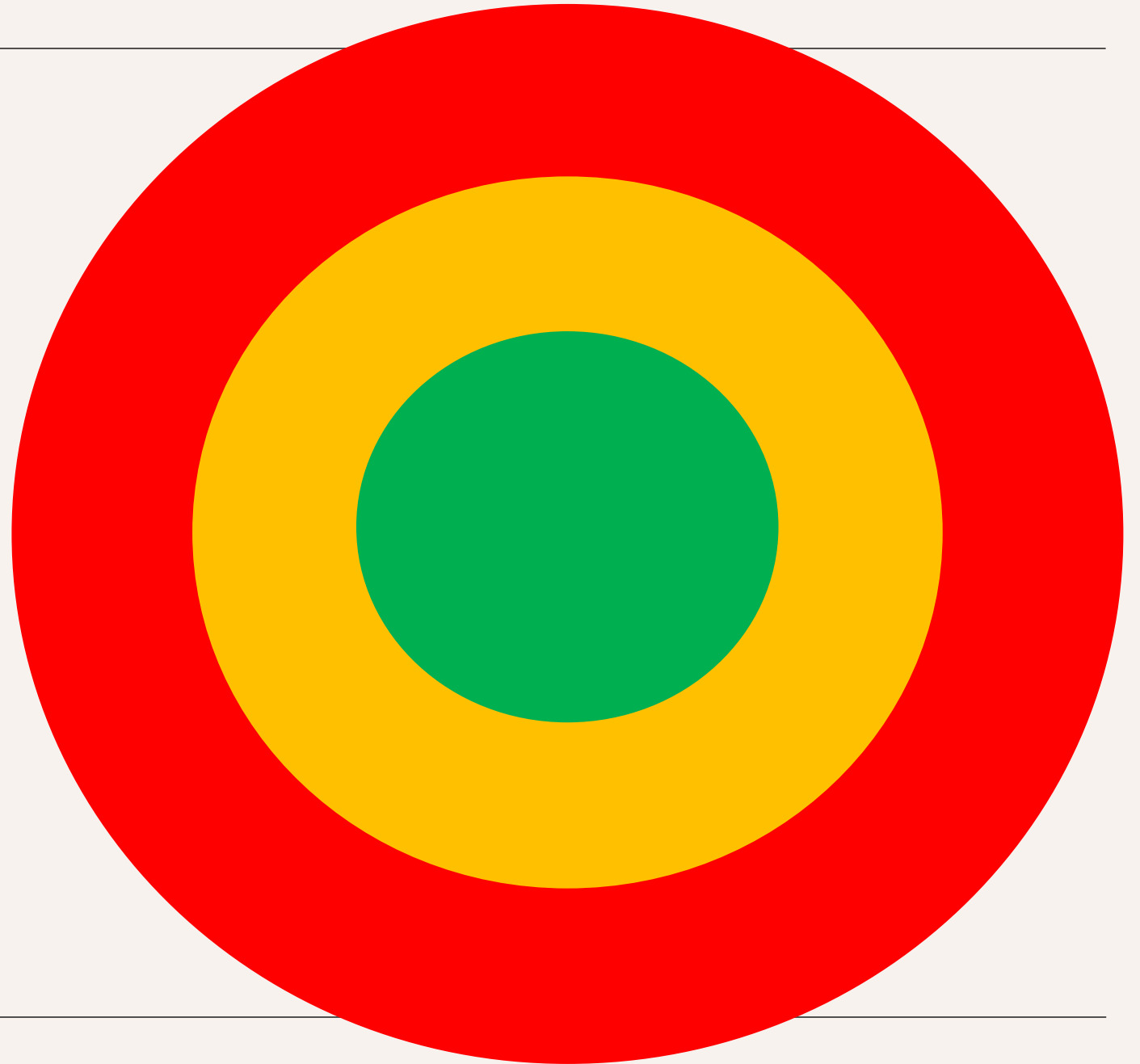
- **Comfort**
- **Challenge**
- **Uncertainty (sometimes known as panic.)**

You will be using this to reflect metacognitively on each of the subjects you took a PPE exam for.

Comfort zone tasks are easy, they do not stretch you as a learner.

Challenge tasks can be a struggle, but you are confident in your knowledge, will attempt them and know you can achieve some sort of positive outcome.

Tasks where you are uncertain may make you feel worried or frustrated, because you don't have the knowledge or skill. Therefore, you may lack confidence.



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# What are generic exam skills?

Form time  
metacognitive  
reflection  
activity

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- Stay calm
- Read the question more than once
- Understand the command words.
- Attempt all the questions.
- Notice obvious clues **in** the question.
- Plan your time in the exam.
- Plan your answer, for exams with BIG mark questions.
- Make sure you understand any resources you are given to support you in the exam, e.g. extracts, formulae sheets, periodic tables.
- Knowing how to use your calculator.
- Annotate questions with any knowledge you think you will need, as you read through the question.

**Activity 1** Rank these skills in order of importance.

**Activity 2** Group these skills according to which subject they apply to.

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# My PPEs were:

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- English
  - Mathematics
  - Combined Science or Triple Science
  - Spanish or French
  - Geography or History
- Option 1: .....
  - Option 2: .....
  - Option 3: .....
  - Option 4: .....
-

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# What was on my English PPE?

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## Language

- Which question tripped you up?
- What were the skills needed for this question?
- Did you remember **and** use the key vocabulary?
- Did you understand the language in the insert?
- Did you follow the 5-step plan for the creative writing?
- Did you have enough time?
- Did you plan?
- Did you write enough?

## Literature

- Did you understand what the question was asking you?
  - Was the issue with knowing the plot?
  - Did you struggle with the words in the extract?
  - Did you remember key quotations?
  - How clear were your ideas about the author?
  - Had you got some good contextual notes to link to the question?
  - Did you have enough time?
  - Did you plan?
  - Did you write enough?
-

Write content/topics/key ideas/themes on the relevant zone on this target.

Which aspects of the content were you:

\* Comfortable with

\* Challenged by

\* Uncertain/unclear about

My strongest area is...

The next area(s) I need to develop is/are...

This will have a positive impact on my work because...

An exam skill I need to develop further is...

To develop this skill further I need to...

How do I access support?



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# What was on my Mathematics PPE?

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See full topic list towards the end of the booklet

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Write content/topics/key ideas/themes on the relevant zone on this target.

Which aspects of the content were you:

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My strongest area is...

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To develop this skill further I need to...

How do I access support?



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# What was on my Science PPE?

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See full topic list at the end of the booklet

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Write content/topics/key ideas/themes on the relevant zone on this target.

Which aspects of the content were you:

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My strongest area is...

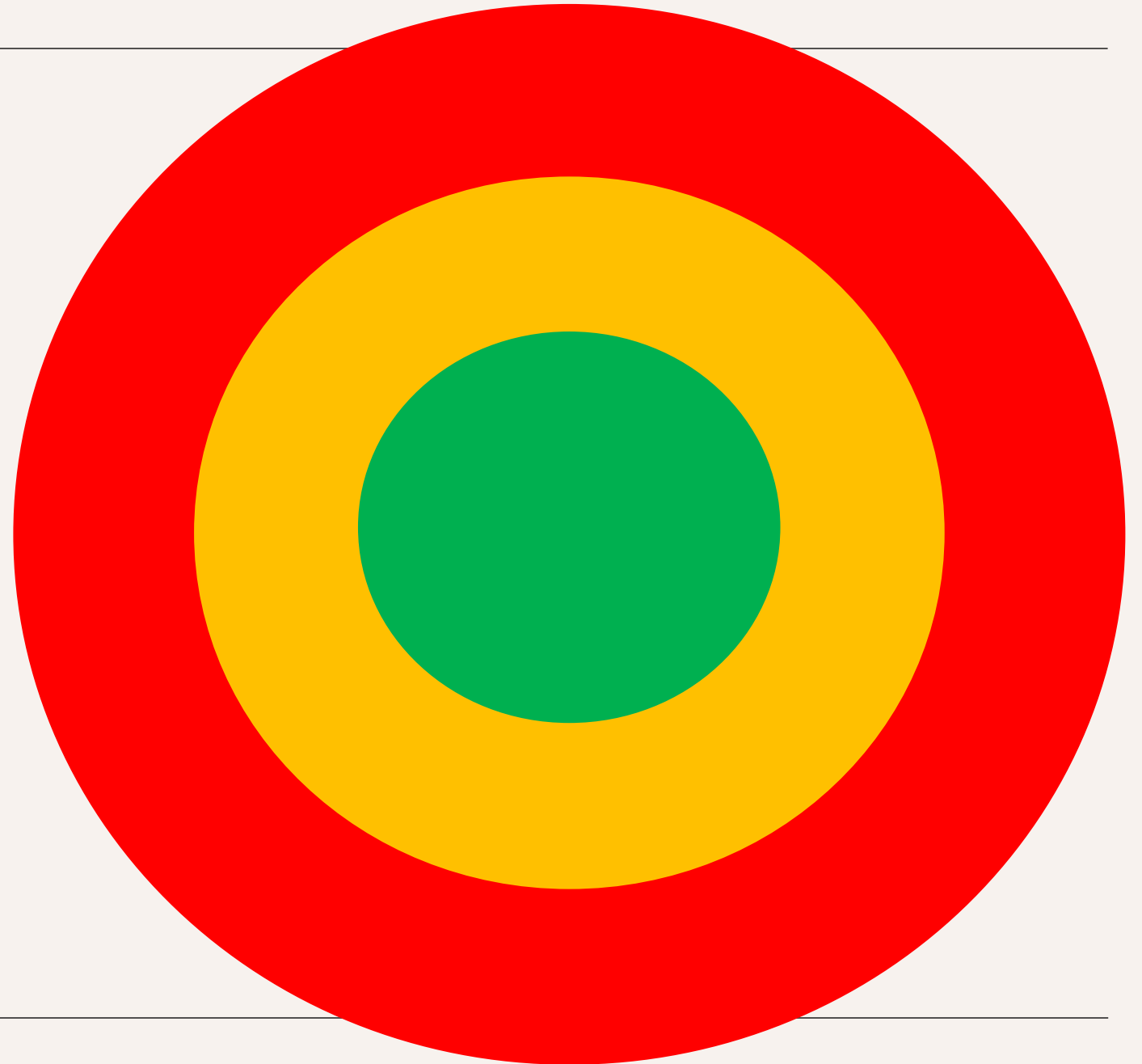
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# What was on my Language PPE?

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## **French Foundation**

- Writing - 40 words – holidays
- Writing - Free time, hobbies & family relationships
- Reading – All Topics

## **French Higher**

- 90 words: Free-time, hobbies & family relationships (Mod 1&2) OR
- Diet, stressful aspects of life & Sport (Mod 2, 3 & 6).  
150 words: Holidays (Mod 5) OR
- School (Mod 6).
- Reading – All Topics

## **Spanish**

- Writing - 40 words – Free time - (mods 3 and 4)
- Writing - 90 words: Holidays & Local area (Mods 1 and 5) OR
- School (Mod 2).
- Reading – All Topics

## **Spanish Higher**

- Writing - 90 words: Holidays & Local area (Mods 1 and 5) OR
  - School (Mod 2). 150 words: Social media and plans for the future (Mods 3 and 7) OR
  - Happiness about living in a city and helping others.
  - Reading – All Topics
-

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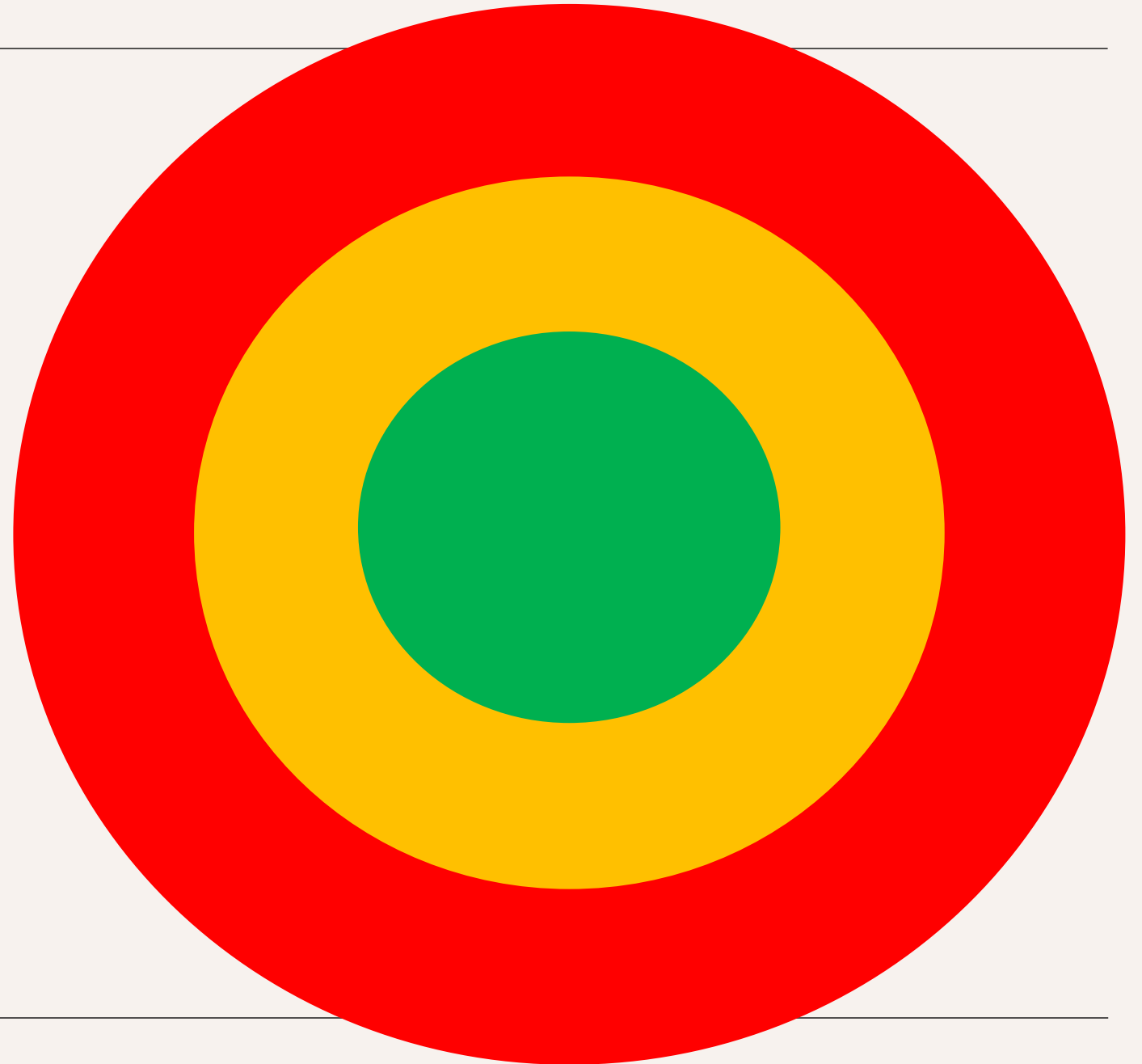
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# What was on my Humanities PPE?

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## History

Paper Two:

**Part A** Migration, Empires and the People, C.790-Present. This paper will be on the migrations we've studied in Y11, Viking, Norman, Colonisation, Slavery, Convict Transportation, Huguenots, Highland Clearances, Urbanisation, Ulster Plantations, Irish, Jewish, Windrush, Post-War, EU.

**Part B** is on Elizabethan England, so will cover the Problems of a Female Ruler, Religious Issues, Exploration and the Armada and Elizabethan Society. You'll have a Sixteen Mark Question on Sheffield Manor Lodge

## Geography

**Exam 1** - Glaciated landscapes, Coastal landscapes, Ecosystems, Tropical Rainforests, Hot Deserts, Tectonic Hazards, Weather Hazards, Climate Change.

**Exam 2** - Urbanisation and urban trends, Rio de Janeiro (urban issues), London (urban issues), Economic development, Nigeria's economy, UK economy, Resources in the UK, Global energy resources

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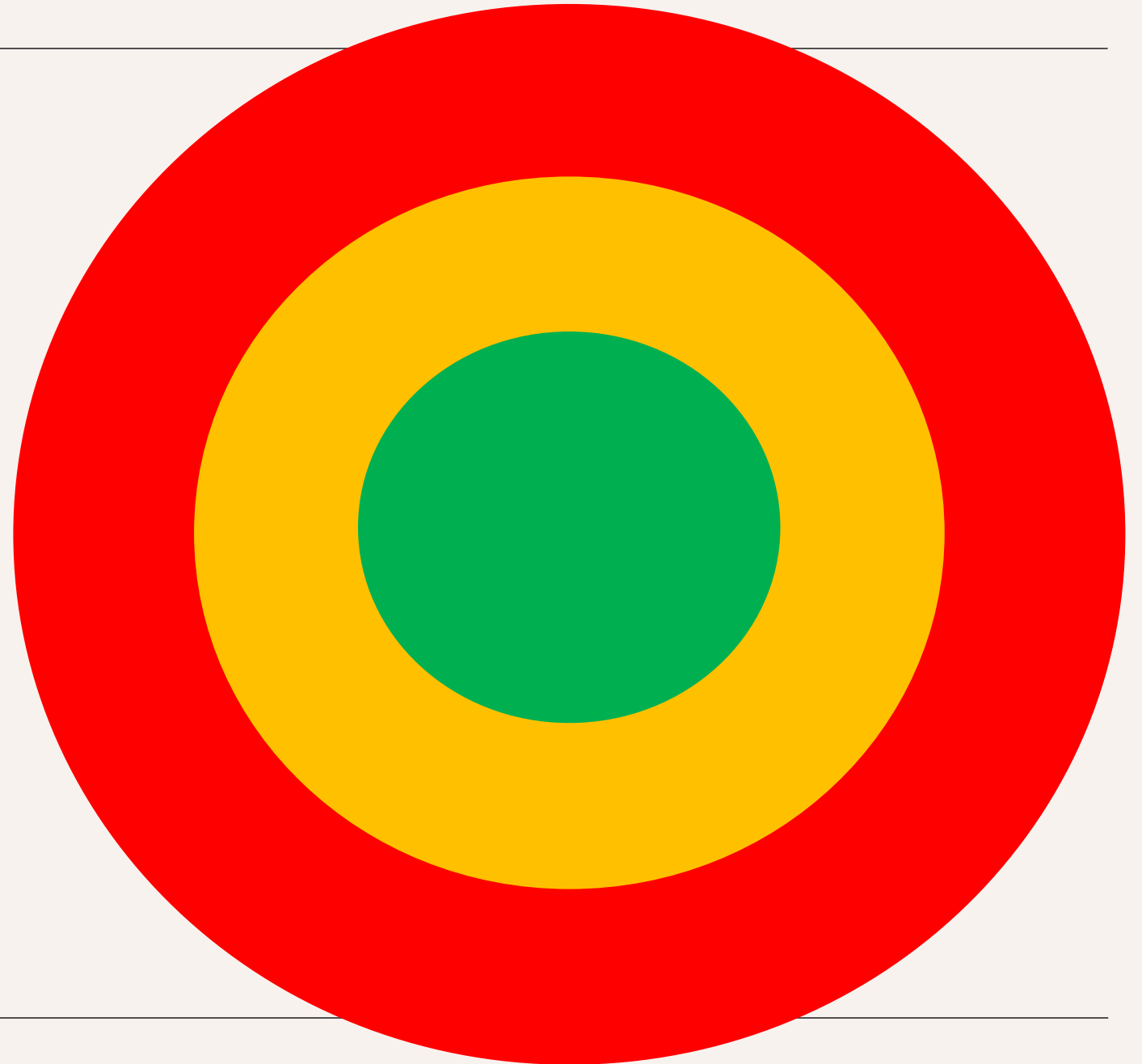
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How do I access support?



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# What tasks were set for my Art PPE?

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- Creative Statement of Intent.
  - Evaluations for both projects and their final outcomes.
  - Review of all annotations.
  - Extension practical tasks, bespoke to my requirements.
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Write content/topics/key ideas/themes on the relevant zone on this target.

Art

Which aspects of the content were you:

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The next area(s) I need to develop is/are...

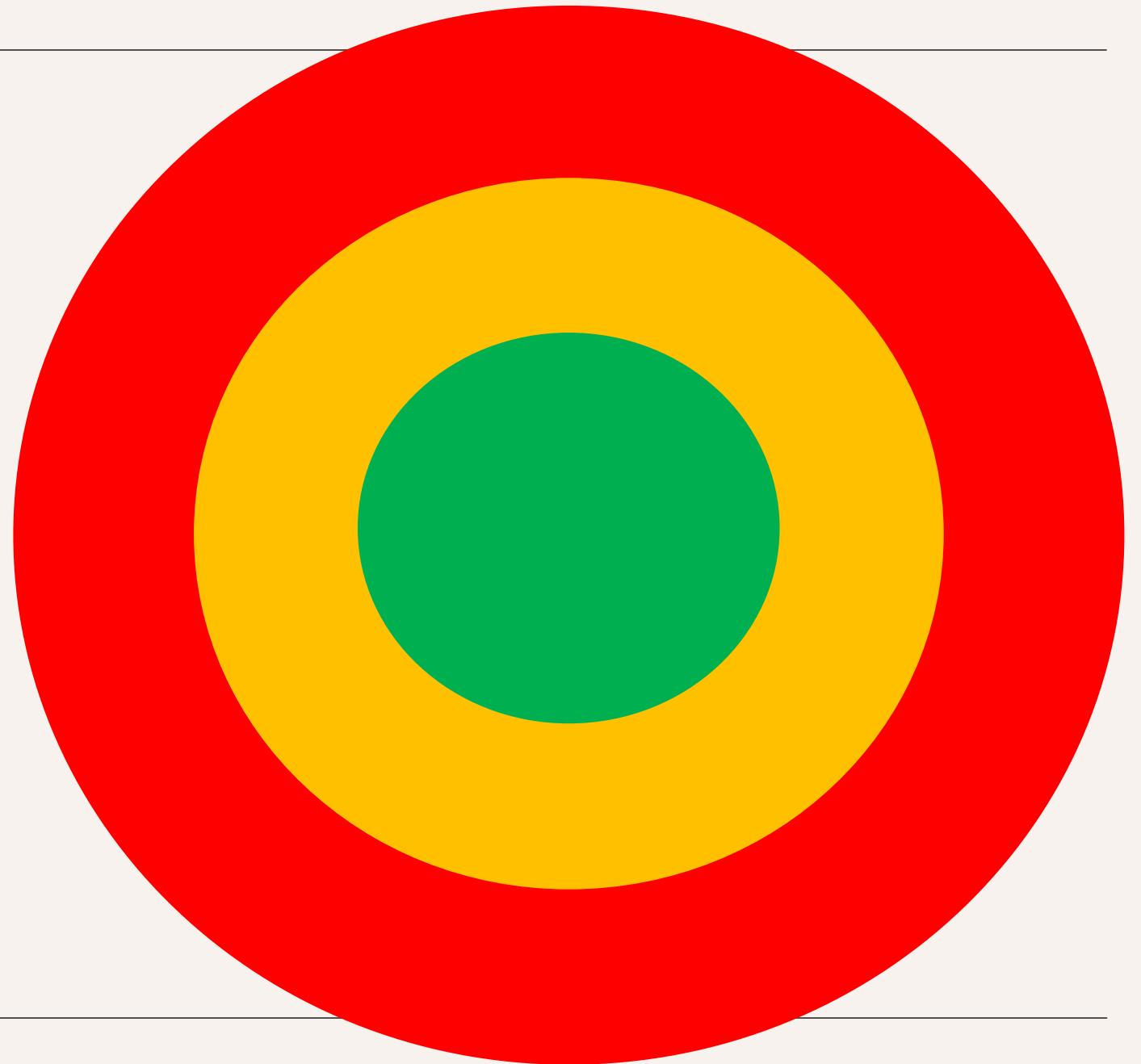
This will have a positive impact on my work because...

A practical skill I need to develop further is...

To develop this skill further I need to...

A written skill I need to develop is...

To develop this skill further I need to....



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# What tasks were set for my Design Technology (Resistant/Textiles) PPE?

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## Design

- Conductive textiles, Micro encapsulation, technical textiles, Material properties, Papers, Inputs/Processes/Outputs, Classifications of metals, Manufactured boards, Renewable/Non-renewable resources, Material properties, Sustainability. Process of laser cutting, Forces and the reinforcement of materials, Use of templates, Environmental issues, and carbon footprints of products.
  - Maths: trigonometry/angles, Factors affecting the selection of materials
  - Manufacturing processes, Different types of diagrams/drawing styles, Datum point and their uses, Vacuum forming and quality control checks, Evaluating with developing prototypes.
-

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Which aspects of the content were you:

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My strongest area is...

The next area(s) I need to develop is/are...

This will have a positive impact on my work because...

An exam skill I need to develop further is...

To develop this skill further I need to...



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What was on my \_\_\_\_\_ PPE?

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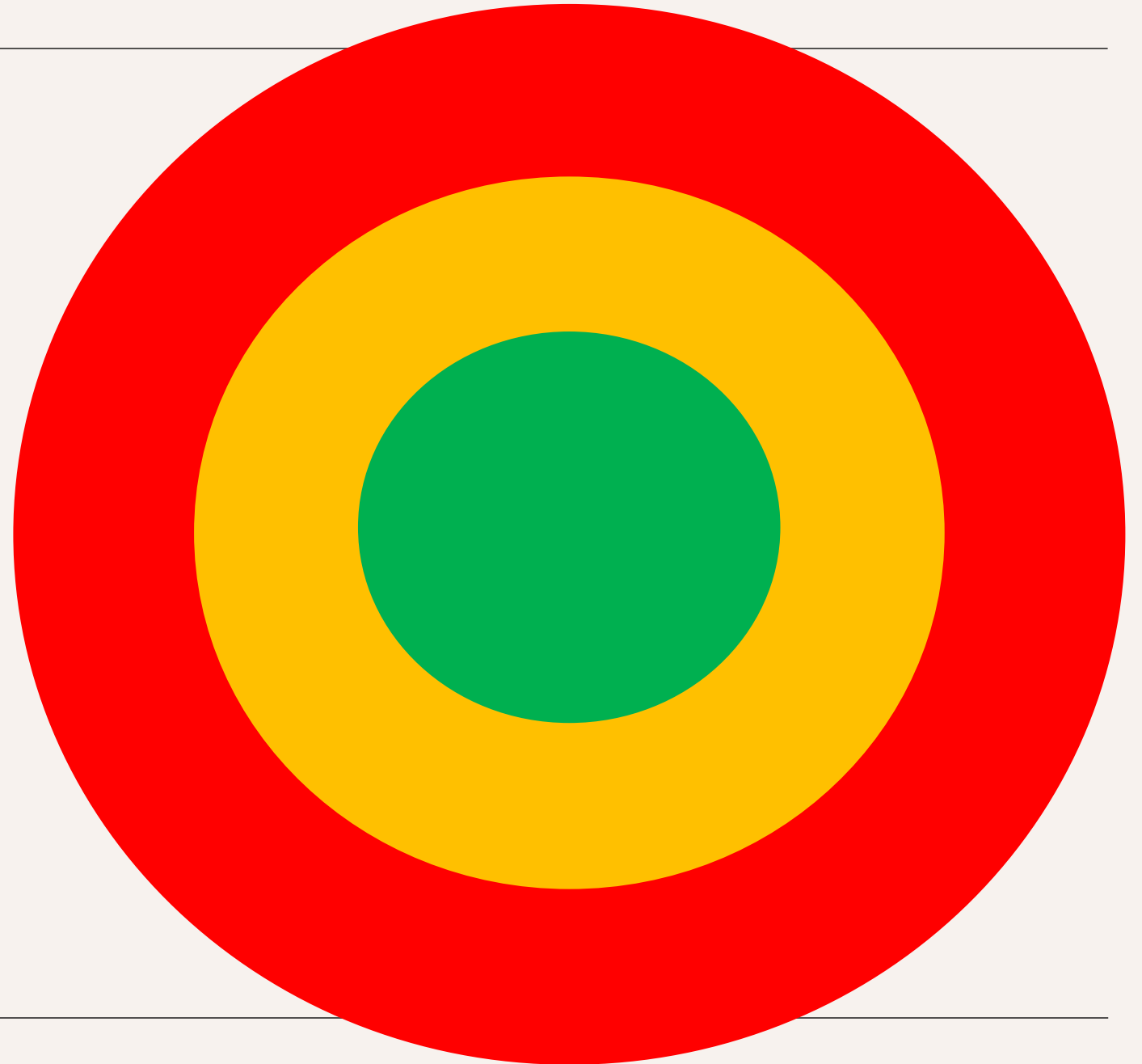
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What was on my \_\_\_\_\_ PPE?

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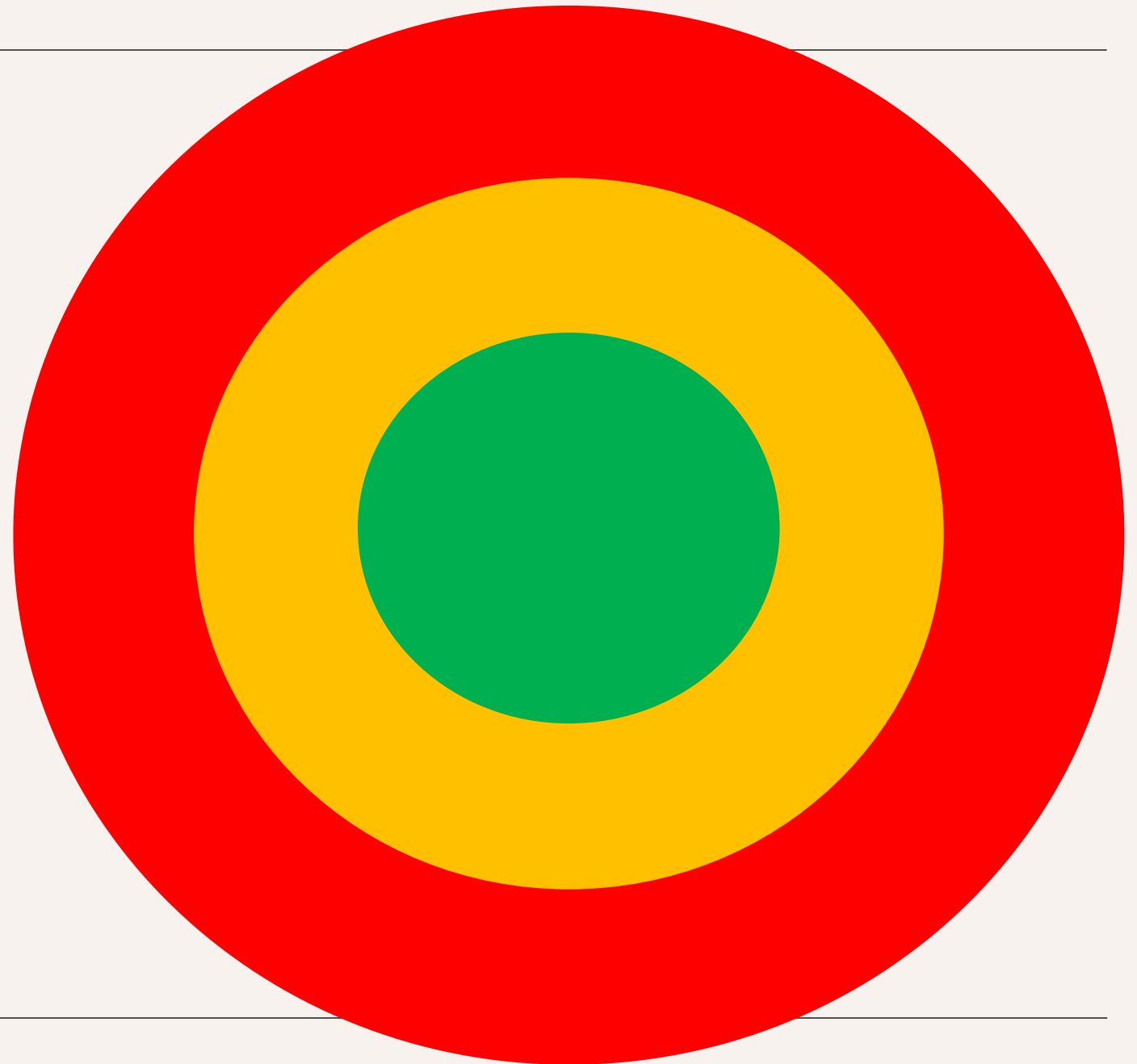
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This will have a positive impact on my work because...

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To develop this skill further I need to...

How do I access support?



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# What was on my options PPE?

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## **Hospitality and Catering**

- Kitchen brigade roles, hospitality and catering roles, types of food service establishments, mobile caterers and equipment, environmentally friendly packaging, disposal of waste, sustainability, health and safety laws, environmental health officers, health and safety laws, personal safety and control measures, COSHH symbols, visible and non-visible symptoms and food allergens, meeting the needs of customers, types of accommodation, catering provisions and food labelling.

## **Music**

- This is a full Component 3 Appraising paper. There will be 8 questions, two per area of study: Musical Forms & Devices, Music for Ensemble, Music for Film, Popular Music

## **Business**

- Paper 2 Building a Business Topic 2.1 Growing the Business, Topic 2.2 Making marketing Decisions, Topic 2.3 making operational decisions, Topic 2.4 Making financial decisions & Topic 2.5 Human resource decisions
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# What was on my options PPE?

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## Computer Science

- Using a systematic approach to problem solving and algorithm creation, representing those algorithms using pseudo-code. Solving computational problems using python programming techniques.
- This paper is about Fundamentals of data representation, representing images, character encoding, Data compression, systems and application software, Databases and SQL. Fundamentals of computer networks, classification of computer languages

## Media Studies

- Revise for Advertising, Magazines, Gaming, Film, Luther

## Philosophy and Ethics

- Paper 1: Christianity and Islam. This is your core 'religion' paper and includes 4 sections: Christian Beliefs, Christian Practices, Islamic Beliefs, Islamic Practices
- Paper 2: Thematic Studies. This is your Themes Paper and will include 3 Themes. Theme A (Relationships and Families), Theme D (War and Peace) and Theme E (Crime and Punishment). There will be no Theme B test - we will do that in lessons once we have completed the content

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# What was on my options PPE?

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## Psychology Exam 1

- Topic 1: Development,
- Topic 2: Memory,
- Topic 3: Psychological Problems (mental health - depression and addiction),
- Topic 4: The Brain and Topic 5: Social Influence. You also had a second section with two extended response questions. One 9 marker on either cultural issues or the brain over time, and the other required you to explain a scenario using two different topics.

## Psychology Exam 2

- Section A: Research methods.
- Section B: Criminal Psychology and Section E: Sleep and Dreaming.
- Sections C, D and F on the paper, but you did not need to answer these as they are not your option topics! This paper includes one 12 marker on research methods (questionnaires) and two 9 markers (one for criminal and one for sleep and dreaming).

## Sociology

- Component 1 - Understanding Social Processes
  - Component 2 - Understanding Social Structures
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# What was on my Combined Science PPE?

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## Biology

- Key concepts in Biology (inc microscopes, specialised cells, enzymes and transporting substances)
- Cells and control (Mitosis, growth, nervous system, brain and eye)
- Genetics
- Natural selection and genetic modification
- Health, disease and the development of medicines
- Plant structures and their functions
- Animal coordination, control and homeostasis

## Chemistry

- States of matter
- Separating substances
- Atomic structure
- Periodic table and groups in the periodic table
- Ionic and covalent bonding
- Types of substance
- Acids and alkalis
- Calculation involving masses
- Electrolysis
- Obtaining and using metals
- Reversible reactions and equilibria
- Transition metals, alloys and corrosion
- Quantitative analysis
- Dynamic equilibria, calculations involving volumes of gases
- Chemical cells and fuel cells
- Rates of reaction
- Heat energy changes in chemical reactions
- Fuels and Earth and atmospheric science

## Physic

- Motion (Graphs of motion, acceleration)
  - Forces and motion (including Newton's laws, momentum and stopping distances)
  - Conservation of energy
  - Waves
  - Light and the EM spectrum
  - Radioactivity
  - Astronomy
  - "Forces doing work / forces and their effects (work and power, contact/non-contact forces, vector diagrams)"
  - Electricity
-

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# What was on my Triple Science PPE?

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## Biology

- Key concepts in Biology (inc microscopes, specialised cells, enzymes and transporting substances)
- Cells and control (Mitosis, growth, nervous system, brain and eye)
- Genetics
- Natural selection and genetic modification
- Health, disease and the development of medicines
- Plant structures and their functions
- Animal coordination, control and homeostasis

## Chemistry

- States of matter
- Separating substances
- Atomic structure
- Periodic table and groups in the periodic table
- Ionic and covalent bonding
- Types of substance
- Acids and alkalis
- Calculation involving masses
- Electrolysis
- Obtaining and using metals
- Reversible reactions and equilibria
- Transition metals, alloys and corrosion
- Quantitative analysis
- Dynamic equilibria, calculations involving volumes of gases
- Chemical cells and fuel cells
- Rates of reaction
- Heat energy changes in chemical reactions
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## Physic

- Motion (Graphs of motion, acceleration)
  - Forces and motion (including Newton's laws, momentum and stopping distances)
  - Conservation of energy
  - Waves
  - Light and the EM spectrum
  - Radioactivity
  - Astronomy
  - "Forces doing work / forces and their effects (work and power, contact/non-contact forces, vector diagrams)"
  - Electricity
-

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# What was on my Mathematics Foundation PPE?

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- Naming 2D and 3D shapes Powers and Roots
- Averages and Range Percentages in real life (problem solving)
- Angles in Parallel Lines Angles in Parallel lines
- Division in real life Distance time graphs
- Analysing Bar charts Simplifying in Algebra
- Cube and Prime numbers Change the subject of a formula
- Using a Calculator Converting metric and imperial units
- Simplifying with Algebra Percentage profits
- Factorising single brackets Reverse percentages
- Writing numbers in Standard Form Fractions in real life (problem solving)
- Frequency Trees Vertically Opposite Angles and algebra
- Converting between and Ordering fractions, decimals and percentages
- Factors and Multiples
- Drawing Quadratic Graphs Finding missing terms of sequences
- Scatter Diagrams Cube Numbers
- Solving and Drawing Inequalities BIDMAS
- Problem Solving with Money and Percentages in real life Averages and Range
- Error Intervals Naming 2D shapes, and 3D shapes (from the Plan view)
- Function Machines Percentages of Amounts
- Drawing Column Vectors Comparing Fractions

- Dividing with Ratio Writing Column Vectors
  - Reverse Percentages Tree Diagrams
  - Problem Solving with Area of Rectangles and Area of Circles Proportion using Recipes
  - Problem Solving with Fractions Scatter Diagrams
  - Problem Solving with Converting Metric Units Solving and Drawing Inequalities
  - Mean with Algebraic Expressions Drawing Quadratic Graphs
  - Problem Solving with Volume of Pyramids and Spheres Percentage Increase
  - Basic Number Operations Trigonometry to calculate sides
  - Using Inequality signs Problem Solving with Division and Exchange rates
  - Rounding significant figures Expanding two separate single brackets and collecting like terms
  - Equivalent fractions Interior and Exterior Angles of Polygons
  - Converting mixed fractions, Multiplying and dividing with decimals Rules of Powers and Indices (positive and negative)
  - Addition/subtraction of fractions Sketching graphs of Direct Proportion
  - Function machines Problem solving with Fractions in real life
  - Probability and using Probability on a line Problem Solving with Area of Triangles and Trapeziums
  - Tree diagrams Problem Solving with Coordinates and Shapes
  - Proportion using recipes Problem Solving with Ratio and Fractions
  - Scatter diagrams Problem solving with Perimeter of Rectangles
  - Enlargement Upper and Lower Bound Calculations with Mass, Density and Volume
-

# What was on my Mathematics Higher PPE?

- Writing numbers in Standard Form
- Powers and roots
- Using a Calculator
- Interior and exterior angles of polygons
- Scatter Diagrams
- Recurring decimals
- Drawing Quadratic Graphs
- Circle theorems
- Sample Spaces
- Function machines and Composite functions
- Tree Diagrams
- Composite Functions
- Calculations with Upper and Lower Bounds
- Sketching exponential graphs
- Expanding Triple brackets and Comparing Coefficients
- Proof of Similar triangles
- Problem Solving with Converting Metric Units
- Area of sectors
- Algebraic Proof
- Non-Calc Trigonometry (exact values)
- Compound Interest
- Solving using Cubic Graphs and intersections with straight lines
- Problem Solving with Pythagoras and Circumference of a Circle

- Analysing Data Collection methods and tables
- Solving and Drawing Inequalities
- Calculating Angles and Sides of Regular Polygons
- Conversion Graphs
- Reverse Percentage Multipliers
- Estimation
- Circle Theorems
- Interior and Exterior Angles of Polygons
- Equations of Circles
- Writing Column Vectors
- Subtracting Algebraic Fractions
- Sample Spaces
- Factorising and Simplifying Algebraic Fractions
- Direct Proportion
- Factorising and Solving a Quadratic Inequality
- Recurring Decimals as Fractions
- Problem Solving with Volume of Pyramids and Spheres
- Problem Solving with Tree Diagrams
- Multiplication calculations with standard form
- Upper and Lower Bound Calculations with Mass, Density and Volume
- Simplifying with Indices
- Problem Solving with Percentages
- Percentage profits
- Solving values with Parallel Column Vectors

- Reverse percentages
- Problem Solving with Tree Diagrams
- Tree diagrams
- Circle theorems and Trigonometry
- Scatter diagrams
- Functions and Function Machines
- Converting Metric Unites (problem solving)
- Solving Quadratic graphs and intersections with Straight lines
- Percentages in real life (problem solving)
- Adding/Subtracting Algebraic Fractions
- Complete the square and sketch the graph
- Geometric Sequences
- Probability from Venn diagrams
- Problem Solving with Area of triangles and Ratio
- Fractions in real life (problem solving)
- Problem solving with Volume of Cones and Cylinders



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Which aspects of the content were you:

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\* Challenged by

\* Uncertain/unclear about

My strongest area is...

The next area(s) I need to develop is/are...

This will have a positive impact on my work because...

An exam skill I need to develop further is...

To develop this skill further I need to...

How do I access support?



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Form time  
metacognitive  
reflection  
activities



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Here is a reminder of some of the exam skills you may have used during your PPEs. Use these to influence your reflection on the next page.

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- Stay calm
- Read the question more than once
- Understand the command words.
- Attempt all the questions.
- Notice obvious clues **in** the question.
- Plan your time in the exam.
- Plan your answer, for exams with BIG mark questions.
- Make sure you understand any resources you are given to support you in the exam, e.g. extracts, formulae sheets, periodic tables.
- Knowing how to use your calculator.
- Annotate questions with any knowledge you think you will need, as you read through the question.

# Focused reflection on generic exam skills

1.) Exam skills I have used in all subjects:

2.) The most important exam skill for me is...

3.) This connects with other exam skills because...

5.) This will have a positive impact on my progress, because...

4.) To develop this skill further I have to...



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# My next steps, as a metacognitive learner.

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What types of questions were the most challenging?

**Type of question**

**Why did I find this challenging?**

*e.g. drawing graphs*

I didn't practice this as part of my revision.

Next time I will do better by..

- 1.
- 2.
- 3.

What I can do to motivate myself more..

- 1.
- 2.
- 3.

I can ask my teachers for specific help with...

- 1.
  - 2.
  - 3.
-