



# Aylsham High School

Part of the Aylsham Learning Federation  
It takes a Whole Community to Educate a Child

Dear Parent/Carer

January 2026

## Year 10 Internal Assessments 2026

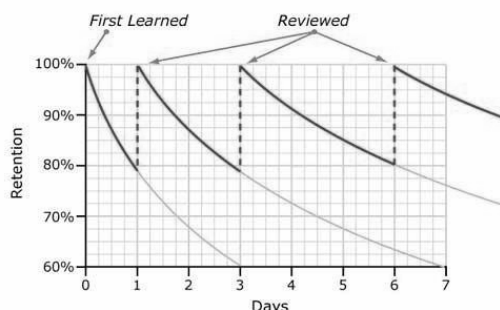
As part of your child's studies, they will complete internal assessments for some of their subjects; a timetable is attached for your reference.

These assessments will form part of the information used to show the progress which your child has made. They will also provide your child with an experience which will be similar to the exams they will face in the summer. Therefore, in order for your child to get the most out of this experience, and in order for them to be successful, they will need to carefully plan, prepare and revise in the run up to these assessments. It will be crucial for students to use this opportunity as a way to practise their revision strategies, improve the core knowledge that they will need, identify topics in which they may need additional support and practise completing assessments under exam conditions.

Further guidance is outlined below to support your child's preparations.

- During the next week** - your child should speak with their subject teachers so that they know the length and style of each assessment and are aware of any equipment they will need. They also need to ensure that they have the revision material and past papers required to support their preparation.
- Revision plan** – your child should make a revision timetable and stick to it. Put a copy somewhere central in your home so that everyone can see it and work together to keep to it. The timetable needs to space sessions out so that there is time to forget information and then re-learn it. This strengthens the memory of this knowledge as shown in the graph.
- Mix up the subjects** – your child should break up the subjects and topics they need to learn into smaller blocks of around 30 minutes. They should plan to revise these topics in a mixed order. This strategy, called interleaving, has been shown to lead to deeper memory and understanding or mastery.
- Core knowledge** – this is the crucial knowledge required to understand a subject. High levels of recall and understanding of this knowledge are required to successfully complete an exam. Repetition and quizzing are good ways to learn this material.
- Past paper questions** – your child should practise these to gain experience of answering exam style questions. These are a good way to identify areas of misunderstanding. These are the aspects on which they need to focus.

Typical Forgetting Curve for Newly Learned Information



LEADERSHIP in LEARNING  
The Cambridge Network

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Please follow the QR code to the right to view a copy of the 'How to learn effectively' document which provides further information on the areas mentioned above. Implementing these strategies has been shown to have the greatest impact on learning and we would recommend that students use these to support their preparation for these assessments. Alternatively, please visit [www.aylshamhigh.com](http://www.aylshamhigh.com) where this document can be accessed under the learning & subjects tab.



If you would like a further explanation of the effective learning strategies, please follow this QR code to a video which covers each of the strategies. Alternatively, please [click here \(https://youtu.be/CPxSzxylRCI\)](https://youtu.be/CPxSzxylRCI) to access this video.



During the week commencing 26<sup>th</sup> January, students are watching a video during a lesson about the internal assessments and revision. We are sharing this video with families too so that you are aware of what has been discussed, and to enable those students who were absent to watch the video at home with you. Please follow this QR code to access the video, or alternatively, please click on this link <https://youtu.be/NTDE8sc77g0>.



Results will be used to identify areas of strength or any aspects which your child may not fully know yet. The results will also be included as part of your child's next report. The summer report will contain your child's percentage success alongside the average performance for the group. Therefore, it is very important that your child prepares as fully as possible for these assessments. If your child has internal exams in option subjects for which they will be sitting their final exam this summer, the results will be shared with students once the papers have been marked. These will become areas to work on as they complete their final preparations for their summer exams.

We know that hard work leads to success, and I would like to thank you for your support in helping your child to work hard and prepare for these assessments. I would like to share a quote about success from John Wooden, renowned American basketball player and coach, with you:

"Success is the peace of mind in knowing that you did your best to become the best you are capable of becoming."

Thank you again for your continued support in helping your child to do their best.

Yours sincerely



Mr C Bridge  
Deputy Headteacher



Mr G Ravasse  
Lead Practitioner for Curriculum and Assessment

# Year 10 Internal assessments - March and April 2026

Week	Date	Day	1	2	tutor & break	3	lunch	4	5	
2	9/3	Monday	Y10 English literature paper 2 2 hr 30 mins (3 hr 7 mins)							
	10/3	Tuesday	Y10 geography (Op2 groups) 1 hr 40 mins (2 hr 5 mins)					Component 3: Texts in Practice exam for Drama groups - Miss Carr will confirm timings and groups for students.		
			Y9-11 DT (Op2 groups timber) 1 hr 45 mins (2 hr 12 mins)							
	11/3	Wednesday						Y10 maths (non-calc) 1 hr 30 mins (1 hr 53 mins)		
	12/3	Thursday	Y10 geography (Op1 groups) 1 hr 40 mins (2 hr 5 mins)					Y9-11 Health and social care (Op1 group) 1 hr (1hr 15 mins)		
			Y9-11 Health and social care (Op2 group) 1 hr (1hr 15 mins)							
Y9-11 DT (Op1 groups metal and timber) 1 hr 45 mins (2 hr 12 mins)										
			Component 3: Texts in Practice exam for Drama groups - Miss Carr will confirm timings and groups for students.					Component 3: Texts in Practice exam for Drama groups - Miss Carr will confirm timings and groups for students.		
13/3	Friday									
	Saturday									
	Sunday									
1	16/3	Monday	Catch up exams year 9 and 10						Y10 maths (calc) 1 hr 30 mins (1 hr 53 mins)	
	17/3	Tuesday	Y10 history (Op1 groups) 1 hr 20 mins (1 hr 40 mins)					Y10 history (Op2 groups) 1 hr 20 mins (1 hr 40 mins)		
			Y10-11 history (1 year group) 1 hr 20 mins (1 hr 40 mins)					Y9-11 Drama paper 2 (Op2 group) 1 hr 45mins (2 hr 12 mins)		
			Y9-11 Drama paper 2 (Op1 group) 1 hr 45mins (2 hr 12 mins)					Y9-11 PE paper 1 (Op2 groups) 1 hr 30 mins (1 hr 53 mins)		
	18/3	Wednesday	Y10 chemistry 1hr 10mins (1hr 28mins)							
	19/3	Thursday	Y10 French listening side 2 H 1hr 5mins (1hr 21mins) F 50 mins (1hr 3mins)					Y10 French listening side 1 H 1hr 5mins (1hr 21mins) F 50 mins (1hr 3mins)		
20/3	Friday	Y10 physics 1hr 10mins (1hr 28mins)								
	Saturday									
	Sunday									
2	23/3	Monday	Y10 biology 1hr 10mins (1hr 28mins)					Catch up exams year 9 and 10		
	24/3	Tuesday	Y10 French Writing side 2 H 1hr 20 mins (1hr 40 mins)					Y10 French Writing side 1 H 1hr 20 mins (1hr 40 mins)		
			Y9-11 PE paper 2 (Op2 groups) 1 hr 15 mins (1 hr 34 mins)					Component 2: ESA Sustained Focus GCSE exam for <b>Art, Graphics, Textiles</b> groups (Op1 groups) in normal timetabled lessons		
			Component 2: ESA Sustained Focus GCSE exam for <b>Art, Graphics, Textiles</b> groups (Op2 groups) in normal timetabled lessons						Component 2: ESA Sustained Focus GCSE exam for <b>Art, Graphics, Textiles</b> groups (Op2 groups) in normal timetabled lessons	
	25/3	Wednesday	Y10 Religious Studies 50 mins (1hr 3 mins) - B1, B2, B3, B4					Catch up exams year 9 and 10		
			Component 2: ESA Sustained Focus GCSE exam for <b>Art, Graphics, Textiles</b> groups (Op1 groups) out of normal timetabled lessons						Component 2: ESA Sustained Focus GCSE exam for <b>Art, Graphics, Textiles</b> groups (Op1 groups) out of normal timetabled lessons	
26/3	Thursday	Y10 French Reading side 1 H 1hr (1hr 15mins) F 45 mins (58 mins)						Y10 French Reading side 2 H 1hr (1hr 15mins) F 45 mins (58 mins)		
		Component 2: ESA Sustained Focus GCSE exam for <b>Art, Graphics, Textiles</b> groups (Op1 groups) in normal timetabled lessons						Component 2: ESA Sustained Focus GCSE exam for <b>Art, Graphics, Textiles</b> groups (Op2 groups) in normal timetabled lessons		
27/3	Friday	Catch up exams year 9 and 10								
		Component 2: ESA Sustained Focus GCSE exam for <b>Art, Graphics, Textiles</b> groups (Op2 groups) out of normal timetabled lessons						Component 2: ESA Sustained Focus GCSE exam for <b>Art, Graphics, Textiles</b> groups (Op2 groups) out of normal timetabled lessons		
Easter holidays										

Y10 French speaking mocks will take place after timetable rollover (Monday 15th June). This will therefore take place at the start of year 11 for these students. French teachers will communicate the individual time slots nearer the time.