BALLYMENA ACADEMY

Helping Your Child Revise Biology

Year 9 • A guide for parents and carers

You do not need to be a Biology expert.
Help your child recall, check and revisit.

Start with the school resources

- **Booklet:** check accurate answers.
- **Infographic:** choose a topic.
- **Revision trail:** write, draw and label.
- **Current scope:** learning outcomes 1–25 and 28–39, plus graph skills.

Three research-supported habits

- **RECALL:** Close the notes. Answer, explain or draw from memory. Then check and correct. [1,2]
- **SPACE:** Return to topics on different days. Revisit difficult questions sooner. [1,2]
- **PLAN AND REVIEW:** Ask what to practise, how to check it and what to try next. [3]

A 20-minute revision routine

1. **2 min** **CHOOSE** one small goal
2. **8 min** **RECALL** without notes
3. **5 min** **CHECK** and correct
4. **3 min** **RETRY** a missed question
5. **2 min** **PLAN** when to revisit

Suggested timings: adapt to your child's concentration and needs.

Biology questions to ask



Cells: Draw and label a plant and an animal cell. Compare them.



Microscopes: Why start on low power? Calculate total magnification.



Specialised cells: How does a root hair cell's shape help its job?



Plants: Explain pollination, fertilisation and germination.



Graphs: First table column → x-axis; second column → y-axis.

If your child gets stuck

- Give a small hint. Read the relevant explanation together. Close the booklet and try a smaller question.
- Let your child do the thinking and writing.
- Praise checking, effort and useful corrections.
- Keep practice calm; contact school if difficulties persist.

Check progress by what your child can explain or draw without notes after a gap.

Sources: [1] Dunlosky et al. (2013), *Improving Students' Learning With Effective Learning Techniques.*
[2] EEF (2021), *Cognitive science approaches in the classroom.*
[3] EEF (2025), *Metacognition and Self-Regulated Learning.*
Practical adaptations of research; benefits depend on the learner, task and context.

Care Engage Excel Respect