



REVISION SUPPORT: PLANNING YOUR REVISION TIME

HOPE

ENDURANCE

FORGIVENESS

TRUST

Planning revision time

How to get your revision plan right

- Be **realistic** and plan time away from your work to avoid burn-out!
- Make sure you study your least favourite / most challenging subjects first, and not at end of day when you are tired
- **Be focused:** Give yourself short breaks
- Planning helps you to balance your time so that you don't spend all your time revising one subject
- If you **share** your revision plan with friends or family then you are more likely to stick to it
- Don't worry about other students' revision plans, everyone does it differently!

Week beginning: 23.11.2015 REVISION TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EARLY MORNING	Biology Osmosis	Chemistry Chemicals	Geography Continents	English Spelling		
LATE MORNING	Chemistry Molecules	English Reproduction	Geography Ecosystems	English Reading		
EARLY AFTERNOON	Biology Photosynthesis	Geography Proteins	English Theater	English Writing		
LATE AFTERNOON	English Poetry	English Theater	English Writing	English Writing		
EVENING	Biology Plant Cells	Chemistry Chemicals	Geography Genetics	English Cell Structure		

Legend:
Biology (blue) Geography (green)
Chemistry (yellow) English (pink)

Your weekly revision plan

A school week

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend	Saturday	Sunday
School lessons	Period 1	Period 1	Period 1	Period 1	Period 1	8-9am		
	Period 2	Period 2	Period 2	Period 2	Period 2	9-10am		
	Period 3	Period 3	Period 3	Period 3	Period 3	10-11am		
	Period 4	Period 4	Period 4	Period 4	Period 4	11-12pm		
Lunch						12-1pm		
						1-2pm		
School lessons	Period 5	Period 5	Period 5	Period 5	Period 5	2-3pm		
After-school session						3-4pm		
4-5pm						4-5pm		
5-6pm						5-6pm		
6-7pm						6-7pm		
7-8pm						7-8pm		
8-9pm						8-9pm		

Example: A school week plan

- 1) Block out *hobbies / interests or other commitments*
(time that you are unable to study)

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend	Saturday	Sunday
School lessons	Period 1	Period 1	Period 1	Period 1	Period 1	8-9am		
	Period 2	Period 2	Period 2	Period 2	Period 2	9-10am		Football training
	Period 3	Period 3	Period 3	Period 3	Period 3	10-11am	Badminton	
	Period 4	Period 4	Period 4	Period 4	Period 4	11-12pm		
Lunch						12-1pm		
						1-2pm		
School lessons	Period 5	Period 5	Period 5	Period 5	Period 5	2-3pm		
After-school session						3-4pm		
4-5pm						4-5pm		
5-6pm			Music lesson			5-6pm		
6-7pm						6-7pm		
7-8pm						7-8pm		
8-9pm						8-9pm		

Example: A school week plan

2) Timetable the *school sessions* you will attend at lunch or straight after school

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend	Saturday	Sunday
School lessons	Period 1	Period 1	Period 1	Period 1	Period 1	8-9am		
	Period 2	Period 2	Period 2	Period 2	Period 2	9-10am		Football training
	Period 3	Period 3	Period 3	Period 3	Period 3	10-11am	Badminton	
	Period 4	Period 4	Period 4	Period 4	Period 4	11-12pm		
Lunch						12-1pm		
						1-2pm		
School lessons	Period 5	Period 5	Period 5	Period 5	Period 5	2-3pm		
After-school session		Art		Maths		3-4pm		
4-5pm						4-5pm		
5-6pm			Music lesson			5-6pm		
6-7pm						6-7pm		
7-8pm						7-8pm		
8-9pm						8-9pm		

Example: A school week plan

3) Record the time you will plan to complete revision activities / retrieval practice for *each of your subject areas*

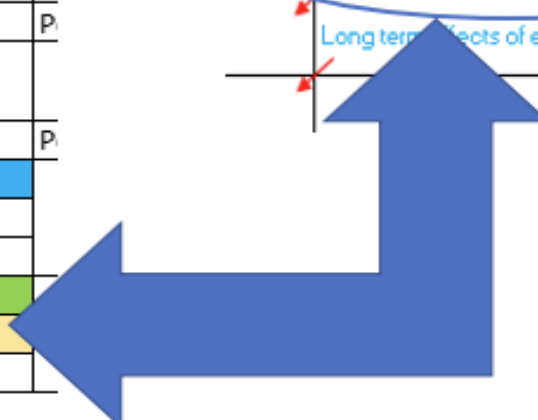
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend	Saturday	Sunday
School lessons	Period 1	Period 1	Period 1	Period 1	Period 1	8-9am		
	Period 2	Period 2	Period 2	Period 2	Period 2	9-10am		Football training
	Period 3	Period 3	Period 3	Period 3	Period 3	10-11am	Badminton	
	Period 4	Period 4	Period 4	Period 4	Period 4	11-12pm		History
Lunch						12-1pm	English	Physics
						1-2pm		
School lessons	Period 5	Period 5	Period 5	Period 5	Period 5	2-3pm		
After-school session				Maths		3-4pm		
4-5pm	PE	Art	English		Chemistry	4-5pm	PE	
5-6pm			Music lesson			5-6pm	Geography	
6-7pm	History	Maths		Geography		6-7pm		
7-8pm			Biology			7-8pm		
8-9pm						8-9pm		

Example: A school week plan

4) Now use this **weekly plan with revision packs, topic overviews and knowledge folders** for each of your subject areas to ensure you cover specific topics as guided by your teacher

Weekdays	Monday	T
8:40-9:40am	Period 1	P
9:40-10:40am	Period 2	P
10:55-11:50am	Period 3	P
11:50am-12:50pm	Period 4	P
Lunch		
1:30-2:30pm	Period 5	P
After-school Session	Maths	
4-5pm		
5-6pm		
6-7pm	Geography	
7-8pm	PE	
8-9pm		

over	At home, make flashcards & test yourself on these topics	Revision sessions or master classes this week will cover the following topics
	Immediate/short term effects of exercise	Obesity, sedentary lifestyle, diet
	Long term effects of exercise	Muscular system
		Hydration and Somatotypes



Check with each of your subject teachers if you're not sure what topic areas to focus on