

Planning your revision

Hello Year 11!

With your second set of mocks behind you and your GCSEs fast approaching, these blank timetables are a useful tool to help you be successful. Managing your time effectively is the difference between feeling overwhelmed and feeling in control.

Here is how to transform the blank grids into a high-impact revision plan. You can either fill it in a week at a time, or plan further ahead.

1. How to Fill In Your Revision Timetable

- **Non-Negotiables First:** Before adding revision, fill in your "life" events. This includes school hours (Pd 1–5), meals, sports, and sleep.
- **The "Subject" Column:** Use the column on the far right to list your subjects and tally how many sessions you aim to complete per week.
- **Colour Coding:** As suggested in the document, assign a specific colour to each subject (e.g., Green for Biology, Blue for History). This helps you see at a glance if your schedule is balanced.
- **Be Specific:** Don't just write "Maths." Write "Maths – Quadratic Equations." Specific goals make it easier to get started.

2. Good Revision Practice

- **The Pomodoro Technique:** Work in blocks. A common rhythm is 25 minutes of intense focus followed by a 5-minute break. After four blocks, take a longer break.
- **Active Recall:** Don't just re-read your notes. Use flashcards, blurting (writing everything you know on a blank page), or practise exam questions.
- **Interleaving:** Instead of studying English all day Monday, mix it up. Do an hour of English, then an hour of Physics etc. This keeps your brain more alert and improves long-term memory.
- **Prioritise Weaknesses:** It is tempting to revise the subjects you like. Spend more time on the topics that you are currently less confident in.

3. Making the Most of Your Time

- **Utilise "Dead Time":** Use your lunch break or travel time for light revision, like quick flashcards, but only if you feel up to it.
- **Evening Wind-down:** Avoid heavy revision right before bed. Aim to stop at least an hour before you sleep to let your brain relax.
- **The "Half Term" Opportunity:** The half term week falls in the middle of your exams and is a crucial window. Use it to catch up on larger topics, but ensure you still maintain a routine so you don't lose momentum. It is also very important that you use this time to re-charge and look after yourself.

4. Avoiding Pitfalls

- **The "Passive" Trap:** Highlighting an entire exercise book or set of knowledge organisers isn't revising. If your brain isn't "working" to retrieve information, you aren't learning.
- **Over-scheduling:** Don't fill every single hour from 9am to 8pm. You will quickly burn out. Be realistic about what you can actually achieve.
- **Comparing Progress:** Everyone's timetable will look different. Focus on your own goals rather than what your friends claim to be doing.

5. Staying Balanced

- **Plan Sensible Breaks:** Plan for breaks—and look forward to them. A tired brain retains almost nothing.
- **Physical Activity:** Go for a walk, hit the gym, or kick a ball around. Exercise clears the "brain fog" that builds up during long study sessions.
- **Social Connection:** Schedule time to see friends or talk to family. Isolation is the enemy of productivity.

Please try to take some of this advice on board - it will help! **Also, please remember that there is a wealth of information on revision techniques on the school website - it is under the 'Curriculum' tab and also includes information on wellbeing.**