

	Monday / /	Tuesday / /	Wednesday / /	Thursday / /	Friday / /
Lunch					
P6					
Home Learning					

3pm-4pm					
4pm – 5pm					
5pm – 6pm					
6pm - 7pm					
7pm – 8pm					
8pm – 9pm					
9pm – 10pm					

	Saturday / /	Sunday / /
9am – 10am		
10am – 11am		
11am – 12pm		
12pm – 1pm		
1pm – 2pm		
2pm – 3pm		
3pm – 4pm		
4pm – 5pm		
5pm – 6pm		
6pm - 7pm		
7pm – 8pm		
8pm – 9pm		
9pm – 10pm		

# How to create an effective revision timetable

## (1) Use revision lists to plan your revision

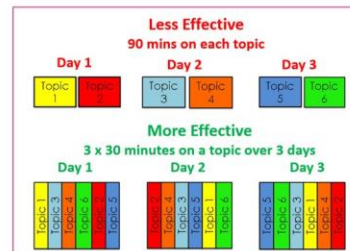
- Each of your subjects will provide you with a list of topics to revise for your exams to plan your revision.
- Prioritise topics to revise based on feedback from your mock exams, assessments and your own self-assessment and confidence.
- Use colour, smiley faces or numbers to rank your topics to revise.
- Make sure you record and track which topics you then revise.

Developing skills, techniques and motivation			
	Green	Amber	Red
Description and application of these methods of skill learning using practical examples:			
• Practice/rehearsal (e.g. to repeatedly practise your shooting in basketball)			
• Learning others and the use of appropriate role models (e.g. to watch a demonstration of an arabesque in gymnastics carried out by an expert/guest)			
• Trial and error (e.g. to try a backhand volley in tennis and to learn from your mistakes when playing the short)			
How each of these can motivate participants to follow an active, healthy lifestyle:			
• Intrinsic feedback			
• Extrinsic feedback			
• Knowledge of performance			
Description and application of these motives using practical examples:			
• Intrinsic motivation			
• Extrinsic motivation			
Description and application of goal setting with practical examples:			
• To enhance performance			
• To ensure exercise adherence			
• To control anxiety			
Description and application of these components with practical examples:			
• Specific			
• Measurable			
• Achievable			
• Realistic			
• Time-phased			

## (2) Use interleaving to space out your revision

- Interleaving is essentially spreading out your revision of the same topic over different days.
- Avoid revising one topic in a single 2-hour block but never returning to it again.
- It is more effective to revise a topic in three thirty-minute sessions, spread out over of time over a few different days, instead of one 90-minute session of revision.
- The gaps of time (spacing) between sessions allow you to forget and then retrieve your knowledge and allow you to check how much you can remember.

Self-assess your confidence and learning of each topic:



## (3) Plan specific tasks to complete

- When planning your revision you should decide on the subject, topic and task to complete. For example, (i) Geography (ii) Paper 1 – Tropical Rainforests (iii) Complete 2018 and 2019 exam questions.

## (4) Create a weekly planner

- It is usually more effective to plan your revision one week at a time using weekly planner.
- Commit to specific times each day that you will revise for.
- Be realistic and include any personal hobbies, and responsibilities (white)
- Include your home learning tasks (green)
- Finally, include the revision tasks you want to complete for the week (yellow)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3:00	THE DANCING FUND	HOMEWORK - ENGLISH	HOMEWORK - ENGLISH	FIND	RELAY	9-10:30 SHOPPING	
4:00			BALANCE SHEET	HOUSEY TRAINING	RELAY		10:30 RESEARCH FOR THE HOME
5:00	DINNER	DINNER	DINNER	DINNER	DINNER	FROM HOMEWORKS FINISHED	
6:00	HOUSEWORK MATHS	HOMEWORK MATHS	DINNER	DINNER	GET READY	BUSINESS	12PM HOMEWORK
7:00	NEE NOTES ENGLISH	NEE NOTES ENGLISH	NEE NOTES ENGLISH	NEE NOTES ENGLISH	JOB'S BIRTHDAY	FEELING OK MATHS	1:30 HOMEWORK
8:00	KEEPING UP WITH THE KANGAROO	NEE NOTES MATHS	ESTABLISHING ENGLISH	FINISHED V-BO	FINISHED US ELLC		RELAY
9:00	READ ENGLISH NEWS MAGAZINE	EXPLOREING MATHS	ENGLISH TEST HAMLET	ENGLISH REVISION BUSINESS			1PM DINNER
10:00		READ ENGLISH NEWS MAGAZINE					2PM DINNER
11:00							3PM DINNER
12:00							