


How to help your child revise for exams

1. PLANNING

Supporting Your Child's Revision

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Head of English*



★ **CREATE A SPACE** – Make sure they have a quiet, tidy and organised space to revise in with minimal distractions.

★ **BUILD A PLAN** – Work with your child to devise a realistic revision timetable. Each subject should have a fairly equal share of time, but they may know there are areas they need to spend more time on.

SET YOUR OWN BOUNDARIES – Having a parent's involvement and encouragement is really beneficial to your child, but know when to let them get on with it, so that they don't feel pressured.

★ **GET INFORMED** – Research the exam boards they are using, subject specifications and the structure of the exam. Knowing as much as possible about what they are facing will help you to help them. Some schools will have this information for you.

★ **TIMING** – Cramming doesn't work, but some teens think they don't need to revise until the exams are near. Create a clear visual timeline so they know when things like mocks are and emphasise the benefits of consistent revision, not cramming.



Dedicated Revision Area

- Improves productivity
- Develops organisation skills
- Removes distractions
- Increases focus



Find a quiet space!

When students revise they need a designated place where they can work uninterrupted.

Preferably this place has a table/desk and space where they can set up (& leave ready) everything they will need (ie books & stationery) and not be disturbed.

Plan early

- Planning a revision timetable **should be done before anything else**, to ensure there is enough time for comprehensive coverage of all subjects.
- GCSE students usually **study between eight and twelve subjects**. If students plan to devote a week revising each subject, then that will require **months of revision**.
- We recommend small increments each term to build up from **30 minutes of revision per night in Term 1, 60 minutes in Term 2 and up to 120 minutes in Term 3**.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 – 9							
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Firstly, block out any commitments that do not change very often, particularly school related activities.

	School

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 – 9							
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9:30 - 10							
10 - 10:30							

Firstly, block out any commitments that do not change very often, particularly school related activities.

	School
	P6 or Revision in School

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 – 9							
9 – 9:30							
9:30 – 10							
10 – 10:30							
10:30 – 11							
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9:30 - 10							
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Sleeping actively moves information from short to long term memory, so is essential for these types of information retrieval exams. *Schedule in bedtime at a reasonable hour!*

	School
	P6 or Revision in School
	Sleep

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 – 9							
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8:30 - 9							
9 - 9:30							
9:30 - 10							
10 - 10:30							

Students should continue with the sports/activities they enjoy; this is an important way of blowing off some steam. **Healthy body = healthy mind.**

	School
	P6 or Revision in School
	Sleep
	Rugby training

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 – 9	Green	Green	Green	Green	Green	Purple	Purple
9 – 9:30	Green	Green	Green	Green	Green	Purple	Purple
9:30 – 10	Green	Green	Green	Green	Green	Purple	Purple
10 – 10:30	Green	Green	Green	Green	Green	Blue	
10:30 – 11	Green	Green	Green	Green	Green	Blue	
11 – 11:30	Green	Green	Green	Green	Green	Blue	
11:30 – 12	Green	Green	Green	Green	Green	Blue	
12 – 12:30	Green	Green	Green	Green	Green		
12:30 – 1	Green	Green	Green	Green	Green		
1 – 1:30	Green	Green	Green	Green	Green		
1:30 – 2	Green	Green	Green	Green	Green	Red	Red
2 – 2:30	Green	Green	Green	Green	Green		
2:30 – 3	Green	Green	Green	Green	Green		
3 – 3:30	Light Green	Light Green	Light Green	Light Green	Light Green		
3:30 – 4	Light Green	Light Green	Light Green	Light Green	Light Green		
4 - 4:30							
4:30 - 5		Blue					
5 - 5:30		Blue					Red
5:30 - 6		Blue			Blue		Red
6 - 6:30		Blue			Blue		
6:30 - 7	Red	Red	Red	Red	Blue	Red	
7:30 - 8					Red	Red	
8 - 8:30							
8:30 - 9							
9 - 9:30							
9:30 - 10							
10 - 10:30	Purple	Purple	Purple	Purple	Purple		Purple

Set aside time to eat properly as a family. ***Students should not eat and revise simultaneously.*** Socialising with family and being able to verbalise the things they have been revising, actually further helps students' revision.

Green	School
Light Green	P6 or Revision in School
Purple	Sleep
Blue	Rugby training
Red	Dinner

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 – 9							
9 – 9:30							
9:30 – 10							
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7:30 - 8							
8 - 8:30							
8:30 - 9							
9 - 9:30							
9:30 - 10							
10 - 10:30							

Students should make allowances for life outside of revision. Meeting friends, watching TV and reading for pleasure are all important outlets to help recharge the mind. Total abstinence is not necessary or practical. Try to find a healthy balance which is constantly **weighed in favour of revision.**

	School
	P6 or Revision in School
	Sleep
	Rugby training
	Dinner
	Relaxation

Now fill in the blanks!

- **List** all of the subjects you study. You can **break them down** into units/topics. Focus on each milestone. The first being the December mocks: *i.e. for English December mocks it will be Language Paper 2 (non-fiction) and Literature (Macbeth and Poetry) therefore you don't need to be revising the other topics.*

Order subjects strategically

- Schedule English revision to appear alongside other essay-based subjects such as history.
- Similarly, revise maths alongside other numerical or statistical subjects such as the sciences.
- Balance this process with the demands of the exam timetable – for example, **start with a subject that appears early in the exam timetable**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 – 9							
9 – 9:30							
9:30 – 10							
10 – 10:30							
10:30 – 11							
11 – 11:30							
11:30 – 12							
12 – 12:30							
12:30 – 1							
1 – 1:30							
1:30 – 2							
2 – 2:30							
2:30 – 3							
3 – 3:30	Maths		History	English	Physics		
3:30 – 4							Maths
4 - 4:30					Engineering		Chemistry
4:30 - 5			German	English Lang P2 (non-fiction)			
5 - 5:30	Maths						
5:30 - 6							
6 - 6:30							
6:30 - 7							
7:30 - 8		Biology					
8 - 8:30		PE					
8:30 - 9							
9 - 9:30							
9:30 - 10							
10 - 10:30							

REVISION TIMETABLE **TERM 1**

December Mocks

Exam Subjects

Sept-Dec
30 mins

1. English Language
2. English Literature
3. Maths
4. German
5. Physics
6. Chemistry
7. Biology
8. History
9. PE
10. Engineering

	School
	P6 or Revision in School
	Sleep
	Rugby training
	Dinner
	Relaxation

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 – 9							
9 – 9:30							
9:30 – 10							
10 – 10:30							
10:30 – 11							
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11:30 – 12							
12 – 12:30							
12:30 – 1							
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1:30 – 2							
2 – 2:30							
2:30 – 3							
3 – 3:30	Maths		History	English	Physics		
3:30 – 4							Maths
4 - 4:30					Engineering		Chemistry
4:30 - 5	Maths		German L	English Lang P1 Fiction Reading	Maths		
5 - 5:30	Chemistry		German R	English Lang P1 Narrative Writing			
5:30 - 6							
6 - 6:30						An Inspector Calls	
6:30 - 7							
7:30 - 8		Biology					
8 - 8:30		PE					
8:30 - 9							
9 - 9:30							
9:30 - 10							
10 - 10:30							

REVISION TIMETABLE **TERM 2**

March Mocks

Exam Subjects

Jan-April
60 mins

1. English Language
2. English Literature
3. Maths
4. German
5. Physics
6. Chemistry
7. Biology
8. History
9. PE
10. Engineering

	School
	P6 or Revision in School
	Sleep
	Rugby training
	Dinner
	Relaxation

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 – 9							
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2 – 2:30							
2:30 – 3							
3 – 3:30	Maths		History	English	Physics		Physics
3:30 – 4							Maths
4 - 4:30					Engineering		Chemistry
4:30 - 5	Maths		German L	English Lang P1 Fiction Reading	Maths		
5 - 5:30	Chemistry		German R	English Lang P1 Narrative Writing		English Lang P2 Non-Fiction Writing	
5:30 - 6						Unseen Poetry	
6 - 6:30						An Inspector Calls	
6:30 - 7							
7:30 - 8		Biology	German S	English Lang P2			
8 - 8:30		PE					
8:30 - 9							
9 - 9:30							
9:30 - 10							
10 - 10:30							

REVISION TIMETABLE **TERM 3**

March Mocks
Exam Subjects

April-June
120 mins

1. English Language
2. English Literature
3. Maths
4. German
5. Physics
6. Chemistry
7. Biology
8. History
9. PE
10. Engineering

	School
	P6 or Revision in School
	Sleep
	Rugby training
	Dinner
	Relaxation

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 – 9 am							
9 – 9:30							
9:30 – 10							
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8:30 – 9							
9 – 9:30							
9:30 – 10 pm							

Key	
	School
	Bedtime
	Dinner
	Relaxation/Socialising time

To complete your revision timetable, remember the following things:

- Start by blanking out things that don't change often (school/sports commitments etc).
- Set a reasonable bed time – enough to give your brain recuperation time. This is essential for converting short term memories to long term.
- Keep aside a dedicated dinner time – it's important to eat well but also take time to chat with family.
- Block out some relaxation time. You do not want to burn out. *But remember to always prioritise revision*

Now you're ready to complete your revision slots...

- Break every subject down into its **component topics**
E.g. ENGLISH LANGUAGE: Reading; transactional writing; narrative writing
ENGLISH LITERATURE: A Christmas Carol; An Inspector Calls; Macbeth; unseen poetry.
- Match subjects based on *skills* (revise scientific and mathematical subjects together and essay-based subjects together).
- BE FLEXIBLE. Be prepared to alter & adapt this revision timetable every half term.