

Plan my week

Spot what needs you most, then give it a time.



NAME _____ CLASS _____ WEEK OF _____

LEARNING GOAL

I can build a realistic weekly plan that puts my revision time where it will help most.

SUCCESS CRITERIA

- ☐ I can rank subjects by confidence and exam date.
- ☐ I can plan short, specific blocks around school and rest.
- ☐ I can keep sleep, food, movement and friends in my week.

1 Subject priority audit

Circle confidence (1 = lost, 5 = could teach it). Low confidence plus an exam soon = top 3.

SUBJECT	TOPIC THAT WORRIES ME MOST	CONFIDENCE	NEXT EXAM	TOP 3
Chemistry	Moles and balancing equations	① ② ③ ④ ⑤	Mock, May	☒
		① ② ③ ④ ⑤		☐
		① ② ③ ④ ⑤		☐
		① ② ③ ④ ⑤		☐
		① ② ③ ④ ⑤		☐

2 My week at a glance

Ⓡ Revision Ⓜ Homework Ⓡ Rest Ⓜ Activity

Write the letter, then exactly what you will do. Two or three blocks on a school night is plenty.

	MON	TUE	WED	THU	FRI	SAT	SUN
Morning	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL		
Afternoon	Ⓡ Chemistry: moles quiz, then check						
Early evening							
Later evening	Ⓡ Film with my family						

3 Non-negotiables These go into your week before any revision does.



Sleep

Bed by _____ Up at _____



Meals

When _____ Snack _____



Movement

What _____ When _____



Friends and family

Who _____ When _____

Revise well

Five techniques with strong research behind them. Try at least two.



4 Five techniques that work

R Retrieval practice

What: pull information out of memory instead of rereading it. The effort of remembering makes it stick.**How:** notes closed, write all you can, then check and fill gaps in another colour.

TRY IT THIS WEEK

Topic and day _____

S Spaced practice

What: spread a topic over several short sessions with gaps between, instead of cramming it in one go.**How:** return to it after a day, then a few days, then a week or so.

TRY IT THIS WEEK

Topic and day _____

I Interleaving

What: mix related topics or question types in one session, so you practise choosing the method.**How:** instead of ten questions on one topic, try a mixed set such as A B C A C B.

TRY IT THIS WEEK

Topic and day _____

D Dual coding

What: pair words with a simple visual (labelled diagram, timeline, flowchart) for two ways to remember.**How:** turn a page of notes into one sketch, then explain it aloud.

TRY IT THIS WEEK

Topic and day _____

E Elaborative questioning

What: ask *why* and *how* questions about an idea and answer them, linking it to what you know.**How:** for each key fact ask "Why is this true?" and "How does it connect?"

TRY IT THIS WEEK

Topic and day _____

5 My 30-minute session

1 Recall

5 min

Recall last time

2 Focus

20 min

One topic, one technique

3 Check

5 min

Mark the gaps

Break

5 min

Move, drink, look away

Subject and topic _____ My recall task _____

Technique **R** **S** **I** **D** **E** circle one or two

Gaps to come back to on _____

☐ Phone in another room ☐ Water and kit ready ☐ Timer set

6 End of week reflection

WHAT WORKED

WHAT I WILL CHANGE

HOW I FELT

☐ Stretched ☒ Mixed☒ Steady

Blocks planned _____

Blocks done _____