

Revision Guide for Parents – how to support at home

Research and experience shows that children whose parents/carers take the opportunity to be frequently interested in their child's learning make most progress.

- You will get to know your child's strengths and difficulties and find out what they are studying.
- Helping them do their work is not the same as doing it for them
- Discussing work with them strengthens their understanding
- Let them be the teacher – if you don't know anything about what they need to know in a subject – ask them to teach you.

How can you help them revise?



How can you support them?

- Help them work out how much time they have – ensure they are being realistic. Students already have had the opportunity to create a revision timetable during form time
- Encourage them to revise by TASK rather than TIME
- Break it down into manageable “**chunks**” e.g. ‘revising characters in ‘Blood Brothers’ sounds more manageable than ‘revising for English’
- It is human nature to put things off, but this can lead to additional stress

- Reinforce positivity. Your child will go through the motions, it is important for us to support them emotionally and mentally.

How long should they be revising for?

- Ideally they should be revising for at least 12 hours a week
- Encourage your child to take breaks. Never let your child work for more than an hour without a 10 minute break – 20 minutes work, 5 minutes break
- Change subjects frequently.



You need 8½ to 9 hours sleep per night

How can you help them?

- Create a revision timetable and plan out what work will be done and when.
- Remember to include breaks and find time for other activities.

	7:00 – 8:30 AM	LESSONS	4:00 – 5:00 PM	5:00 – 7:00 PM	7:00 – 9:00PM
Mon	MATHS – self quiz <u>forumale</u>		Chemistry – Atoms, elements and compounds	English – R&J Tybalt character study	
Tues	SCIENCE – self test atoms, elements, compounds			French – Healthy living	Maths – Exam paper non <u>calc</u>
Wed	FRENCH – town vocabulary		HOMEWORK	HOMEWORK	
Thurs	ENGLISH – literary terms		Maths – Pythagoras' Theorem	Art homework/ sketchbook improvement	Gym
Fri	GEOG – plate tectonics		Biology – Cell structure	Night off	Night off

	7:00 – 8:30 AM	LESSONS	4:00 – 5:00 PM	5:00 – 7:00 PM	7:00 – 9:00PM
Mon					
Tues					
Wed					
Thurs					
Fri					

	7:00 – 9:00 AM	9:00 – 11:00 AM	11:00 – 1:00 PM	1:00 – 3:00 PM	3:00 – 5:00 PM	5:00 – 7:00 PM	7:00 – 9:00 PM
Saturday							
Sunday							