

Girvan Academy PE Dept - Pupil Weekly Revision Timetable

Fill in the timetable below at the start of each week (in pencil). Firstly put in the activities you definitely do not want to miss eg training, work, Eastenders! Then use the remaining time to plan out your revision/homework for the week ahead. As it gets closer to exams you may look to sacrifice some of the things you like doing to increase your revision time. Repeat weekly

Peak for Exam

Using your Peak for Exam poster score off which step you are on for each subject as you take away the supports available to you while completing past papers

| | 8-9 | 9-10 | 10-11 | 11-12 | 12-1 | 1-2 | 2-3 | 3-4 | 4-5 | 5-6 | 6-7 | 7-8 | 8-9 | 9-10 | Subject | Subject | Subject | Subject | Subject | Subject | |
|-------|---------|---------|---------|---------|-----------|-----------|-----------|-----------|---------|---------|---------|---------|---------|---------|----------|----------|----------|----------|----------|----------|----------|
| | Morning | Morning | Morning | Morning | Afternoon | Afternoon | Afternoon | Afternoon | Evening | Evening | Evening | Evening | Evening | Evening | Exam | Exam | Exam | Exam | Exam | Exam | |
| Mon | | | | | | | | | | | | | | | | | | | | | |
| Tues | | | | | | | | | | | | | | | 6 |
| Weds | | | | | | | | | | | | | | | 5 |
| Thurs | | | | | | | | | | | | | | | 4 |
| Fri | | | | | | | | | | | | | | | 3 |
| Sat | | | | | | | | | | | | | | | 2 |
| Sun | | | | | | | | | | | | | | | 1 |

Tip 1 - Condition yourself for the exam

Think about the exam conditions will be in and try (as best you can) to replicate them while studying eg No listening to music, get yourself used to sitting in silence while working/concentrating. Put your phone away and no checking social media(you wouldn't do this in exam unless you want thrown out). Get yourself used to not checking your phone. Sit on seat at a desk. You won't get to lay down in exam hall.

Tip 3 - Feedback is your friend

There is no point in completing past papers if you do not get them marked by your teacher. The teacher can let you know what you are doing well and, more importantly, what you need to work on. Constant feedback is the surest way to develop and improve.

Tip 4- Revise smarter/Use Active revision

Avoid passive revision techniques such as re-reading, copying out again, putting notes on computer. Look to be more active with your revision with techniques like mind mapping, annotating texts, making index cards and (in my opinion the best one) completing past paper questions (always getting them marked)

Tip 5- You are not a machine

To combat stress/anxiety of exams/studying ensure you have some "me time". Ideally this would involve being active. Physical activity is key way of combating stress/anxiety.

Tip 6- Think of this quote below

"It is better to fail in practice in preparation for the big stage (exam) than in the big stage (exam) itself. The more we can fail in practice, the more we can learn, enabling us to succeed when it really matters (the exam)"

Tip 2 - Use the Peak for Exam steps

For your exam you will be under time constraints and also not have your notes in front of you. In your revision in the lead up to the exam you should be looking to gradually remove these supports from your studying/revision. Even look at doing your own prelims under time constraints. This will also help you practice sitting for the length of time required as well getting you ready for exam. Remember to always bring your work in to get marked for feedback.