**Instructions on how to complete your own revision timetable.**

1. Know that this is a term-time revision timetable and so you need to fill in your own lessons in the different sessions.
2. The timetable is built around Pomodoro revision; you do short, sharp chunks of work then take a 10 minute break. The breaks are already planned into the timing.
3. When you fill it in make sure you have made time to study each of your subjects regularly but not repetitively (For example, do not do English, take a break and then do more English. Instead do English take a break and then do Maths).
4. Colour-code your timetable so you can print it off at home or in the library and put it up in your room or on the fridge to help remind you what you are doing each day.
5. Plan in your evening meal times and any activities you regularly do at the weekend or in the afternoons such as attending worship, playing sports or walking a pet. These activities are good for your mental health and wellbeing and should be included.
6. Try not to study after 7:30pm as you need time for your brain to wind down and get ready to sleep.
7. It is okay if you miss a session or even a day, understand that you are not perfect and people all make mistakes and we all procrastinate at times. This timetable is to be a tool for revision, not something that you use to punish yourself with.
8. Use your 10 minute breaks wisely - do not just ignore them and carry on studying. Science has shown that your attention starts to drift away after 15-16 minutes, so by working for 20 you are already pushing your brain. Use your 10 minute break to pop to the toilet, make a cup of tea, go outside for a bit of fresh air, make a snack...the potential is endless. Just remember to get back to work after those 10 minutes!
9. Below is an example of how your timetable might look.

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Timings** | **Saturday** | **Sunday** |
| **Period 1****8:00-9:00** | **Free Time! Relax!****Eat Breakfast!** | **Period 1****8:00-9:00** | **Period 1****8:00-9:00** | **Period 1****8:00-9:00** | **8:00-8:20** | SLEEP | Breakfast |
| **8:30-8:50** | Maths |
| **Period 2****9:05-10:05** | **Period 2****9:00-10:00** | **Period 2****9:05-10:05** | **Period 2****9:05-10:05** | **Period 2****9:05-10:05** | **9:00-9:20** | Breakfast | English Lang |
| **Tutor/Assembly****10:10-10:25** | **ELS****10:05-10:35** | **Tutor/Assembly****10:10-10:25** | **Tutor/Assembly****10:10-10:25** | **Tutor/Assembly****10:10-10:25** | **9:30-9:50** | English Lit | History |
| **Break****10:25-10:45** | **Break****10:25-10:45** | **Break****10:25-10:45** | **Break****10:25-10:45** | **10:00-10:20** | Science (Chem) | German |

**Term Time - Week 1**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Timings** | **Saturday** | **Sunday** |
| **Period 1****8:00-9:00** | **Free Time! Relax!****Eat Breakfast!** | **Period 1****8:00-9:00** | **Period 1****8:00-9:00** | **Period 1****8:00-9:00** | **8:00-8:20** |  |  |
| **8:30-8:50** |  |  |
| **Period 2****9:05-10:05** | **Period 2****9:00-10:00** | **Period 2****9:05-10:05** | **Period 2****9:05-10:05** | **Period 2****9:05-10:05** | **9:00-9:20** |  |  |
| **Tutor/Assembly****10:10-10:25** | **ELS****10:05-10:35** | **Tutor/Assembly****10:10-10:25** | **Tutor/Assembly****10:10-10:25** | **Tutor/Assembly****10:10-10:25** | **9:30-9:50** |  |  |
| **Break****10:25-10:45** | **Break****10:25-10:45** | **Break****10:25-10:45** | **Break****10:25-10:45** | **10:00-10:20** |  |  |
| **Period 3****10:45-11:45** | **Period 3****10:45-11:45** | **Period 3****10:45-11:45** | **Period 3****10:45-11:45** | **Period 3****10:45-11:45** | **10:30-10:50** |  |  |
| **11:00-11:20** |  |  |
| **Period 4****11:50-12:50** | **Period 4****11:50-12:50** | **Period 4****11:50-12:50** | **Period 4****11:50-12:50** | **Period 4****11:50-12:50** | **11:30-11:50** |  |  |
| **12:00-12:20** |  |  |
| **12:30-12:50** |  |  |
| **LUNCH** | **1:00-1:20** |  |  |
| **Period 5****1:30-2:30** | **Period 5****1:30-2:30** | **Period 5****1:30-2:30** | **Period 5****1:30-2:30** | **Period 5****1:30-2:30** | **1:30-1:50** |  |  |
| **2:00-2:20** |  |  |
| **After School Revision/Catch Up****2:30/2:45-****3:30/3:45** | **After School Revision/Catch Up****2:30/2:45-****3:30/3:45** | **After School Revision/Catch Up****2:30/2:45-****3:30/3:45** | **After School Revision/Catch Up****2:30/2:45-****3:30/3:45** | **After School Revision/Catch Up****2:30/2:45-****3:30/3:45** | **2:30-2:50** |  |  |
| **3:00-3:20** |  |  |
| **3:30-3:50** |  |  |
|  |  |  |  |  | **4:00-4:20** |  |  |
|  |  |  |  |  | **4:30-4:50** |  |  |
|  |  |  |  |  | **5:00-5:20** |  |  |
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|  |  |  |  |  | **7:00-7:20** |  |  |

**Term Time Week 2**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Timings** | **Saturday** | **Sunday** |
| **Period 1****8:00-9:00** | **Free Time! Relax!****Eat Breakfast!** | **Period 1****8:00-9:00** | **Period 1****8:00-9:00** | **Period 1****8:00-9:00** | **8:00-8:20** |  |  |
| **8:30-8:50** |  |  |
| **Period 2****9:05-10:05** | **Period 2****9:00-10:00** | **Period 2****9:05-10:05** | **Period 2****9:05-10:05** | **Period 2****9:05-10:05** | **9:00-9:20** |  |  |
| **Tutor/Assembly****10:10-10:25** | **ELS****10:05-10:35** | **Tutor/Assembly****10:10-10:25** | **Tutor/Assembly****10:10-10:25** | **Tutor/Assembly****10:10-10:25** | **9:30-9:50** |  |  |
| **Break****10:25-10:45** | **Break****10:25-10:45** | **Break****10:25-10:45** | **Break****10:25-10:45** | **10:00-10:20** |  |  |
| **Period 3****10:45-11:45** | **Period 3****10:45-11:45** | **Period 3****10:45-11:45** | **Period 3****10:45-11:45** | **Period 3****10:45-11:45** | **10:30-10:50** |  |  |
| **11:00-11:20** |  |  |
| **Period 4****11:50-12:50** | **Period 4****11:50-12:50** | **Period 4****11:50-12:50** | **Period 4****11:50-12:50** | **Period 4****11:50-12:50** | **11:30-11:50** |  |  |
| **12:00-12:20** |  |  |
| **12:30-12:50** |  |  |
| **LUNCH** | **1:00-1:20** |  |  |
| **Period 5****1:30-2:30** | **Period 5****1:30-2:30** | **Period 5****1:30-2:30** | **Period 5****1:30-2:30** | **Period 5****1:30-2:30** | **1:30-1:50** |  |  |
| **2:00-2:20** |  |  |
| **After School Revision/Catch Up****2:30/2:45-****3:30/3:45** | **After School Revision/Catch Up****2:30/2:45-****3:30/3:45** | **After School Revision/Catch Up****2:30/2:45-****3:30/3:45** | **After School Revision/Catch Up****2:30/2:45-****3:30/3:45** | **After School Revision/Catch Up****2:30/2:45-****3:30/3:45** | **2:30-2:50** |  |  |
| **3:00-3:20** |  |  |
| **3:30-3:50** |  |  |
|  |  |  |  |  | **4:00-4:20** |  |  |
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|  |  |  |  |  | **7:00-7:20** |  |  |