



King Edward VI School

**Year 11 GCSE examinations
Revision guide for parents and carers**

This guide is designed to help parents to help their children prepare for GCSE examinations

Set the scene

Help your child to organise a work area at home. The basics, such as pens and paper, should be to hand. This helps to avoid delaying tactics so that your child can get on with their revision easily.

Music and TV may be a help to some and a hindrance to others. You will be able to tell if they are being used as a distraction or an aid to concentration by asking your child to explain what they are revising.

Discuss how much revision your child should be doing each week. We recommend that students draw up a revision timetable with their tutor. You could use this as a basis for discussing what gets done when.

It is important that students build in time for leisure activities and relaxing with the family. All work and no play makes it hard to learn.

Revise smart

Make sure your child knows what they are supposed to revise for each subject. The **Subject Guidance** section of this booklet gives some basic information about the subjects your child is studying and their recommended revision materials. There is also information available on the school website, or from subject teachers and your child's tutor.

Revision Plan

When planning for your revision, start by writing down all of your subjects and subdivide by the number of exams you have for each subject. You should revise per exam, not per subject. This will help you to plan enough revision in the right areas.

Plan Online

A great free online study planner can be found here: <https://getrevising.co.uk/planner>

You can use this to schedule your time easily, add exams, non-examination assessment deadlines and more. It breaks up the time you have at home into manageable chunks to help plan revision effectively. Don't forget to 'plan a life' too but make sure that you balance this in the correct proportions.

The planner looks like this:

The screenshot shows a 'Study Planner' app interface for the week of 1st - 7th December. The interface includes a top navigation bar with 'Edit subjects', 'Edit classes', and 'Edit exams' buttons. A 'View a week' callout points to the week view toggle. The main area is a calendar grid with time slots from 08:00 to 17:00. A 'Plan after' callout points to the bottom of the grid. A 'Weekend' callout points to the Saturday and Sunday columns. A 'Use colours' callout points to the colored activity blocks. An 'Adds blocks' callout points to the 'add activity' buttons on the right side of the grid.

Keep going

It's much easier to write a revision timetable than it is to stick to one. You have a key role in motivating your child to keep going. Some things that may work are:

- Praise – everyone likes to have their hard work noticed and appreciated
- Listen – sometimes a good moan to someone who is sympathetic lightens the load
- Be realistic – if students are achieving around 80% of what they set out to, they are doing well
- Consider rewards – small and often are more effective than large and long-term. It could be as simple as being relieved of a chore or allowed an extra half an hour out with friends.
- Be flexible – if your child wants to go out on a revision night agree when the time will be made up.

Support the brain and body

A balanced diet and exercise will help your child to concentrate and cope with stress. Your child should aim to:

What?	Why?
Take 20 minutes of exercise every day. More if you can manage it!	<ul style="list-style-type: none"> Increases blood flow to the brain thus giving it more oxygen and nutrients. Stops weight gain at a time when there is a lot of sitting down. Relieves stress!
Take a short break from revision every 20-30 minutes	<ul style="list-style-type: none"> When revising, the heart rate may increase and decrease with concentration and stress levels. Give the heart time to relax. Studies show that most people only sustain peak concentration for around 20 minutes.
Drink 1-2 litres of fluid a day	Stay hydrated. It keeps your blood at the right consistency (“thickness”) and helps oxygen and nutrients flow to the brain
Move around during breaks from revision e.g. stretch	Releases tension in the muscles and increases blood flow to the brain
<p>Eat high fibre foods (about 18 – 30g per day) such as fruit (e.g. pears, apples, oranges and bananas), vegetables, brown bread, nuts and pasta.</p> <p>(check the fibre content if you can – 2.5g to 8g is pretty good).</p>	<ul style="list-style-type: none"> Keeps a slow, steady flow of nutrients to the brain At a stressful time, it helps you to avoid “boredom and comfort eating”

During exam time

Have your child’s exam timetable marked on a calendar in your house.

Students should prepare for exams on the day by ensuring that they get up in time and eat before leaving the house. If they really can’t face food persuade them to take a banana or snack with them.

Talk to them about what equipment they need for the exams that day. The **Subject Guidance** section of this booklet gives information about subjects which require special equipment or materials on the day of the exam.