



My Revision Timetable

Plan your week. Little and often, test yourself, and look after yourself.

Name: _____

Class: _____ Week of: _____

1 Block out Shade the times you're busy: clubs, sport, family.**2 Fill the gaps** One subject and topic per session (25 min). Start with your Red / "Not yet" topics.**3 Mix it up** Spread each subject across the week to beat the Forgetting Curve.**4 Write the tool** Use the codes below so you test yourself, not just re-read.

RP Retrieval Practice	FC Flashcards	LS Leitner System	BL Blurting	DC Dual Coding (Y8)	PT Pomodoro (Y9-10)	CM Concept Map (Y10)	EL Elaboration (Y10)	TA Teach One Another (Y10)
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Day	Session 1	Session 2	Session 3	Session 4	Box 1 flashcards	Wellbeing / time off
Time →	___ : ___	___ : ___	___ : ___	___ : ___	Every day ✓	Sleep, clubs, fun
Monday	Subject · Topic · Tool	Subject · Topic · Tool	Subject · Topic · Tool	Subject · Topic · Tool	☐	
Tuesday	Subject · Topic · Tool	Subject · Topic · Tool	Subject · Topic · Tool	Subject · Topic · Tool	☐	
Wednesday	Subject · Topic · Tool	Subject · Topic · Tool	Subject · Topic · Tool	Subject · Topic · Tool	☐	
Thursday	Subject · Topic · Tool	Subject · Topic · Tool	Subject · Topic · Tool	Subject · Topic · Tool	☐	
Friday	Subject · Topic · Tool	Subject · Topic · Tool	Subject · Topic · Tool	Subject · Topic · Tool	☐	
Saturday	Subject · Topic · Tool	Subject · Topic · Tool	Subject · Topic · Tool	Subject · Topic · Tool	☐	
Sunday	Subject · Topic · Tool	Subject · Topic · Tool	Subject · Topic · Tool	Subject · Topic · Tool	☐	



Spaced Practice Planner Beat the Forgetting Curve: date each review and tick it when done.

Subject & topic	First learned	Next day	+3 days	+1 week	+2 weeks	+1 month
e.g. Geography - Map skills		☐	☐	☐	☐	☐
		☐	☐	☐	☐	☐
		☐	☐	☐	☐	☐
		☐	☐	☐	☐	☐

My exam timetable

Date	Subject	Time	Ready?
			R A G
			R A G
			R A G
			R A G

My reward: _____

