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| **TIME**  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| 4.00-5.00 |  |  |  |  |  |
| 5.00-6.00 |  |  |  |  |  |
| 6.00-7.00 |  |  |  |  |  |
| 7.00-8.00 |  |  |  |  |  |
| 8.00-9.00 |  |  |  |  |  |
| 9.00-10.00 |  |  |  |  |  |
| 10.00-11.00 |  |  |  |  |  |
| What might stop me from revising?What can I do to help this?Who can I talk to? |
| What out of school commitments do I already have ….Drum practice 4.00-5.00pm every ThursdayVisit nan 3.30-5.00pm for dinner every Monday Meet my friends at the park 5.00-6.30 every Friday  |

 **Revision TIMETABLE**

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| **TIME**  | **SATURDAY** | **SUNDAY**  |
| 9.00-10.00 | BREACKFAST AND LISTEN TO MUSIC | SLEEP – HAVE A LIE IN, OR DO SOMETHING FOR YOURSELF TO RELAX |
| 10.00-11.00 | MATHS REVISION  | PLAY NETBALL |
| 11.00-12.00 | BREAK AND A WALK IN THE GARDEN OR OUTSIDE  | COME HOME AND SETTLE, RELAX AND HAVE A DRINK/SNACK |
| 12.00-1.00 | ENGLISH REVISION  | ENGLISH REVISION  |
| 1.00-2.00 | TAKE A BREAK -TALK TO A FAMILY MEMBER, LISTEN TO MUSIC | LUNCH  |
| 2.00-3.00 | SCIENCE REVISION  | GEOERGRAPHY REVISION |
| 3.00-4.00 | TAKE A BREAK  |  LISTEN TO MUSIC, WATCH A FAVOURITE YOU TUBE EPISODE |
| 4.00-5.00 | USE FLASH CARDS TO RECAP ONE OF THE SUBJECTS REVISED EARLIER | SCIENCE REVISION  |
| 5.00-6.00 | HAVE A BREAK, GO FOR A WALK, HELP MAKE SOME DINNER | RELAX WITH FAMILY AND FRIENDS  |
| 6.00-7.00 | FAMILY TIME, RELAX TIME  | RELAX WITH FAMILY AND FRIENDS |
| 7.00-8.00 | WATCH SOME TV | REVISE MATHS  |
| 8.00-9.00 | HAVE A SHOWER GET READY FOR BED | HAVE A SHOWER GET READY FOR BED |
| 9.00-10.00 | READ SOME BOOKS, REVISION BOOKS OR BOOKS FOR FUN | READ SOME BOOKS, REVISION BOOKS OR BOOKS FOR FUN |
| 10.00-11.00 | GET READY FOR BED AND GO TO BED | GET READY FOR BED AND GO TO BED |