

# YEAR 11 STUDY PLAN IDEAS



## 1. Plan your revision

- **Map out the material:** Identify all the content that needs to be revised and create a schedule that allocates time for each subject.
- **Set realistic goals:** Break down large topics into smaller, achievable objectives for each session to stay focused and motivated.
- **Create a timetable:** Structure your revision sessions with a mix of subjects and include regular short breaks to prevent boredom and burnout.
- **Find a suitable environment:** Choose a quiet space that suits your learning style, whether it's alone or with a friend (if they aren't a distraction!).

## 2. Process your material

- **Use active learning strategies:** Don't just passively read notes. Try different methods like creating flashcards, mind maps, or summarizing information in your own words.
- **Test yourself regularly:** Build testing into your revision to identify gaps in your knowledge and monitor your progress.
- **Customize your notes:** Experiment with different ways to make your notes more personal and memorable, such as using color-coding, diagrams, or postcards.
- **Seek understanding:** If you come across something you don't understand, find a new source or ask a teacher or friend for help rather than just memorizing it.
- **Incorporate breaks:** Take regular short breaks to rest and recharge and use time management techniques like the Pomodoro technique (25 minutes of work followed by a 5-minute break) to stay productive.

## 3. Practice and prepare

- **Use past papers:** Practice with past exam papers to get familiar with the format, question types, and to help manage your time during the actual exam.
- **Simulate exam conditions:** In the week before the exam, try doing a full past paper under timed, exam-like conditions.

# HOME STUDY PLAN (AUTUMN)

## SIGNPOSTING TO SOME FREE RESOURCES

Maths	English Language	Science
<a href="#">Corbett Maths 5 a day</a> <a href="#">Maths Genie</a> <a href="#">1<sup>st</sup> Class Maths</a>	<a href="#">Save My Exams</a> <a href="#">BBC Bitesize</a> <a href="#">English GCSE</a> <a href="#">Riddlesdown College English Language Revision Pack</a>	<a href="#">BBC Bitesize</a> <a href="#">Free Science Lessons</a> <a href="#">Maths Society Science Resources</a>

## DAILY AND WEEKEND ROUTINE

Daily	Focus	What to do
After school	Decompress (20–30 min)	Snack, short walk, music, or quiet time. Avoid screens.
Homework block 1	Core subjects (45–60 min)	Rotate: Science, Maths, English work or revision.
Break	10 min	Snack, stretch, brief reset.
Homework block 2	Creative or light task (20–30 min)	Other subjects e.g. Spanish practice, Music portfolio, or flashcards.
Evening wind-down	8:30–10:15 pm	Devices off; calming activity before sleep.
Saturday	Science or Maths paper practice.	
Sunday	English revision and plan the week ahead.	

## SUBJECT QUICK GUIDE (THIS IS AN EXAMPLE AND WILL NEED ADAPTING LINKED TO YOUR CHOSEN SUBJECTS)

Subject	Home focus	How to support
Science	3-night rotation (Biology, Chemistry, Physics)	Use revision materials weekly (see above for free resources); what three things have I learned?

<b>Maths</b>	Weekly mini paper (30 min)	Use <a href="#">target tests in Maths Genie weekly</a> ; review one tricky question- what did I get right and what did I struggle with? Use this to support your next steps
<b>English Language</b>	Timed writing and revision pack usage	Work on revision consistency, not grades.
<b>Spanish</b>	Two short speaking drills per week	Encourage confidence and pronunciation practice.
<b>Music</b>	Guitar 15 minutes × 3 per week	Listen occasionally; encourage progress tracking.
<b>Geography</b>	6-mark question every two weeks	Think about final judgement sentence to build evaluation skills.

### **WELLBEING AND SAFETY (FOR YOUNG PERSON AND CARER/PARENT)**

- Morning check-in: How ready are you today? (0–10). Evening reflection: One win, one wobble.
- If upset: pause, breathe, and reset. Rest first; resume work later.
- Any new injury or health concern: provide first aid, record facts, and notify school/social worker same day.
- Monitor mood or sleep changes and share observations with your social worker or GP.

### **POST 16 PROGRESS PLANS**

- Attend at least one open event or taster session.
- Make applications by end of year.
- Begin bursary checklist with social worker.
- Discuss possible next steps at the PEP and ensure conversations are happening with my careers' advisor.

### **EXAMPLE WEEKLY PLAN (TO BE ADAPTED LINKED TO YOUR SUBJECT CHOICES)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chem 25m Maths 25m	English 20m	Physics 25m Music 15m	Maths mini-paper Spanish 10m	Bio 25m	Science or Maths paper (60–90m)	English timed task Plan week

## **COMMUNICATION AND RECOGNITION**

- Monday: brief update to tutor or designated teacher if issues arisen over the previous week.
- Thursday: one-line progress check or wellbeing check.
- Celebrate consistency—acknowledge effort weekly with a small activity or reward.