# How to create an effective revision timetable

## (1) Use revision lists to plan your revision
- Each of your subjects will provide you with a list of topics to revise for your exams to plan your revision.
- Prioritise topics to revise based on feedback from your mock exams, assessments and your own self-assessment and confidence.
- Use colours, smiley faces or numbers to rank your topics to revise.
- Make sure you record and track which topics you then revise.

| Developing skills, techniques and motivation | | | |
|---|---|---|---|
| | Green | Amber | Red |
| **Description and application of these methods of skill learning using practical examples:** | | | |
| • Practice/rehearsal (e.g. to repeatedly practise your shooting in basketball) | | | |
| • Copying others and the use of appropriate role models (e.g. to watch a demonstration of an arabesque in gymnastics carried out by an expert gymnast) | | | |
| • Trial and error (e.g. to try a backhand volley in tennis and to learn from your mistakes when playing the shot). | | | |
| **How each of these can motivate participants to follow an active, healthy lifestyle:** | | | |
| • Intrinsic feedback | | | |
| • Extrinsic feedback | | | |
| • Knowledge of results | | | |
| • Knowledge of performance | | | |
| **Description and application of these motives using practical examples:** | | | |
| • Intrinsic motivation | | | |
| • Extrinsic motivation | | | |
| **Description and application of goal setting with practical examples:** | | | |
| • To optimise performance | | | |
| • To ensure exercise adherence | | | |
| • To control anxiety | | | |
| **Description and application of these components with practical examples:** | | | |
| • Specific | | | |
| • Measurable | | | |
| • Achievable | | | |
| • Realistic | | | |
| • Time-phased | | | |

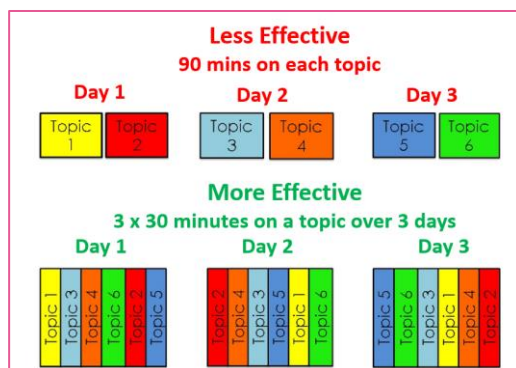## (2) Use interleaving to space out your revision
- Interleaving is spreading out your revision of the same topic over different days.
- Avoid revising one topic in a single 2-hour block but never returning to it again.
- It is more effective to revise a topic in three thirty-minute sessions, spread out over a few different days, instead of one 90-minute session of revision on the same topic.
- Leaving gaps of time (spacing) between sessions allow you to forget and then retrieve your knowledge. This allows you to check how much you can remember.

**Self-assess your confidence and learning of each topic:**

**1** I am **most confident** with this topic

**2**

**3** I am **least confident** with this topic
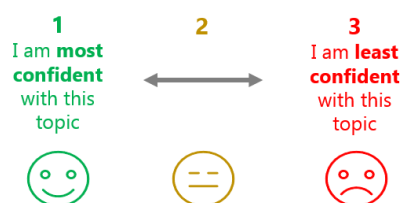
## (3) Plan specific tasks to complete
- When planning your revision you should decide on the subject, topic and task to complete. For example, (i) Geography (ii) Paper 1 – Tropical Rainforests (iii) Complete 2018 and 2019 exam questions.

**Less Effective**
**90 mins on each topic**

| Day 1 | Day 2 | Day 3 |
|---|---|---|
| Topic 1 / Topic 2 | Topic 3 / Topic 4 | Topic 5 / Topic 6 |

**More Effective**
**3 x 30 minutes on a topic over 3 days**

| Day 1 | Day 2 | Day 3 |
|---|---|---|
| Topic 1, Topic 3, Topic 4, Topic 6, Topic 2, Topic 5 | Topic 2, Topic 4, Topic 3, Topic 5, Topic 1, Topic 6 | Topic 5, Topic 6, Topic 3, Topic 1, Topic 4, Topic 2 |

## (4) Create a weekly planner
- It is usually more effective to plan your revision one week at a time using a weekly planner.
- Commit to specific times each day that you will revise for.
- Be realistic and include any personal hobbies, and responsibilities (white)
- Include your home learning tasks (green)
- Finally, include the revision tasks you want to complete for the week (yellow)