

Improve your Revision.
Improve your Grades.

How not to revise...

Re-read or highlight your notes or a 'revision guide'



Copy out your notes 1000 times in different colours



Go straight to past papers and struggle through questions you don't know how to do, so look up the mark scheme and copy the answer

How to make the most of your revision...

Be More Polar Bear!



Polar bears have serious **stamina**.



They can swim for days at a time to get from one piece of ice to another. They regularly swim around 30 miles in a stretch, in one case up to 220 miles!

How to make the most of your revision...

**P
O
L
A
R**

PREPARE

ORGANISE

LEARN

APPLY

REPEAT



How to make the most of your revision...

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- ☐ **PREPARE** – Plan when and what you are going to revise
- ☐ **ORGANISE** – Collate and consolidate your knowledge
- ☐ **LEARN** – Test yourself
- ☐ **APPLY** – Practise exam questions
- ☐ **REPEAT** – Plan when you need to revisit that topic

❑ **PREPARE** – Plan when and what you are going to revise

- ✓ Make a revision plan to map out what you are going to revise and when - 'little and often' is best

= 30 MINUTES = 25 MINS REVISING + 5 MINS BREAK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Simple and Specific

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Complete H/W	Complete H/W	Rugby Fixture	Complete H/W	Gym	Hockey tournament	Complete H/W
English Lang - description	Physics - Speed	Chemistry – Atomic structure	English Lang – reading tasks	Maths - Trigonometry	Lunch with friends	Plan out the next week's revision
Maths - Algebra	P.E. – anaerobic respiration	R.P. - Judaism	Biology – Cells	PAST PAPER Practice	Flashcard test with friends / family	Yoga
Music – Composition	Geography – Tectonic forces	German - reading	History - USA			



❑ **PREPARE** – Plan when and what you are going to revise

- Make a revision plan to map out what you are going to revise and when - 'little and often' is best
- Ask your teachers for a topic list
- Get a subject folder with this as the front page
- Check off the topics as you work through them, RAG rate them depending on how confident you feel – focus on the ones you find most difficult first and revisit them in your revision plan

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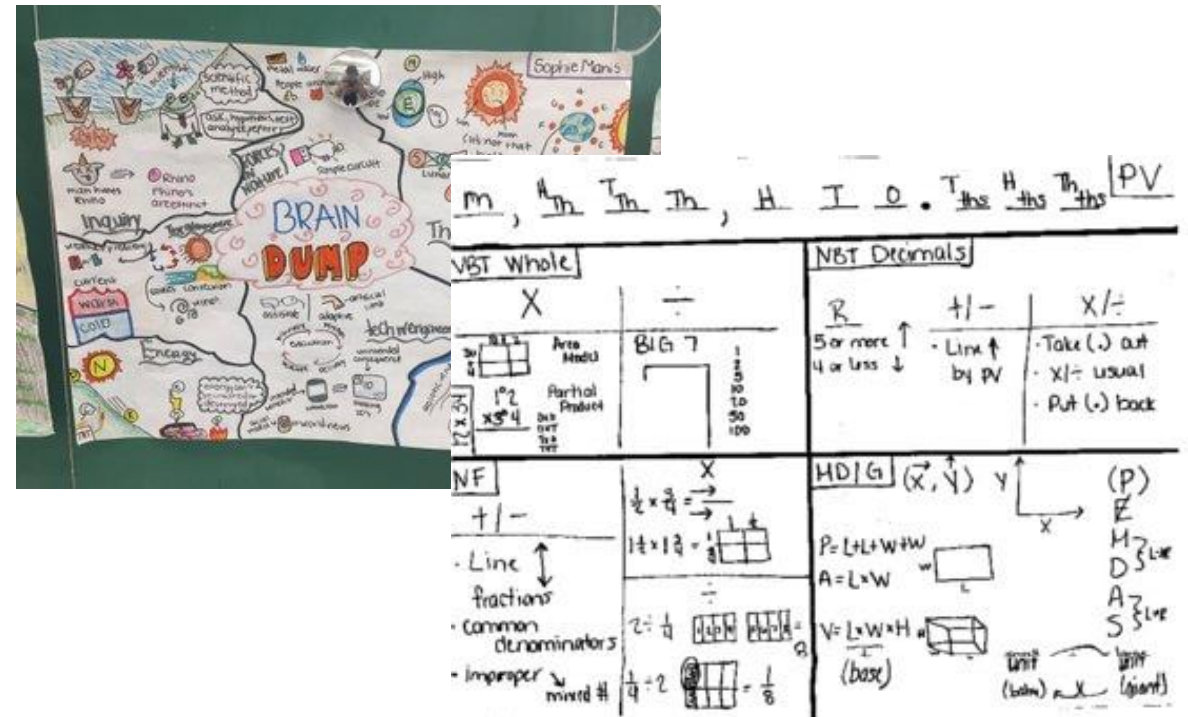
☐ **REPEAT** – Plan when you need to revisit that topic

❑ ORGANISE – Collate and consolidate your knowledge

- ✓ Organise your brain - write all the knowledge you need in one place

BRAIN DUMP

- Select a specific topic
- From memory, write down all you can recall
- When finished, look over your notes or a revision guide and add anything you missed



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QUIZ

- Write yourself questions to test your knowledge
- Write answers on a separate sheet
- Answer the questions yourself or ask a friend to test you

FLASH CARDS

- Write yourself questions (don't just copy notes!)
- Write answers on the back
- Shuffle the cards each time you use them

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PAST PAPERS

MAKE IT REAL!

- Set a timer
- Complete without notes or additional support
- Use the correct equipment
- Mark it honestly

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