

Creating a Revision Timetable

April 2022





LONDON



NEW YORK



TOKYO



MOSCOW

*You have to plan
for success*

*Everyone has 24hrs to
use*

Jonny Wilkinson effect

“Jonny is one of the hardest trainers the sport has ever seen. Many will highlight the hours he spent in solitude kicking goal kick after goal kick, and there were times I needed to drag him off the field and send him to bed. That work was ultimately the difference between him being a great fly-half and becoming the world’s best”



To become the World's best...

Spent an extra 2hrs each day on
kicking alone on top of full-time
training

Had to find balance from over
training and appreciate rest and
recovery



Extra work makes all the difference!

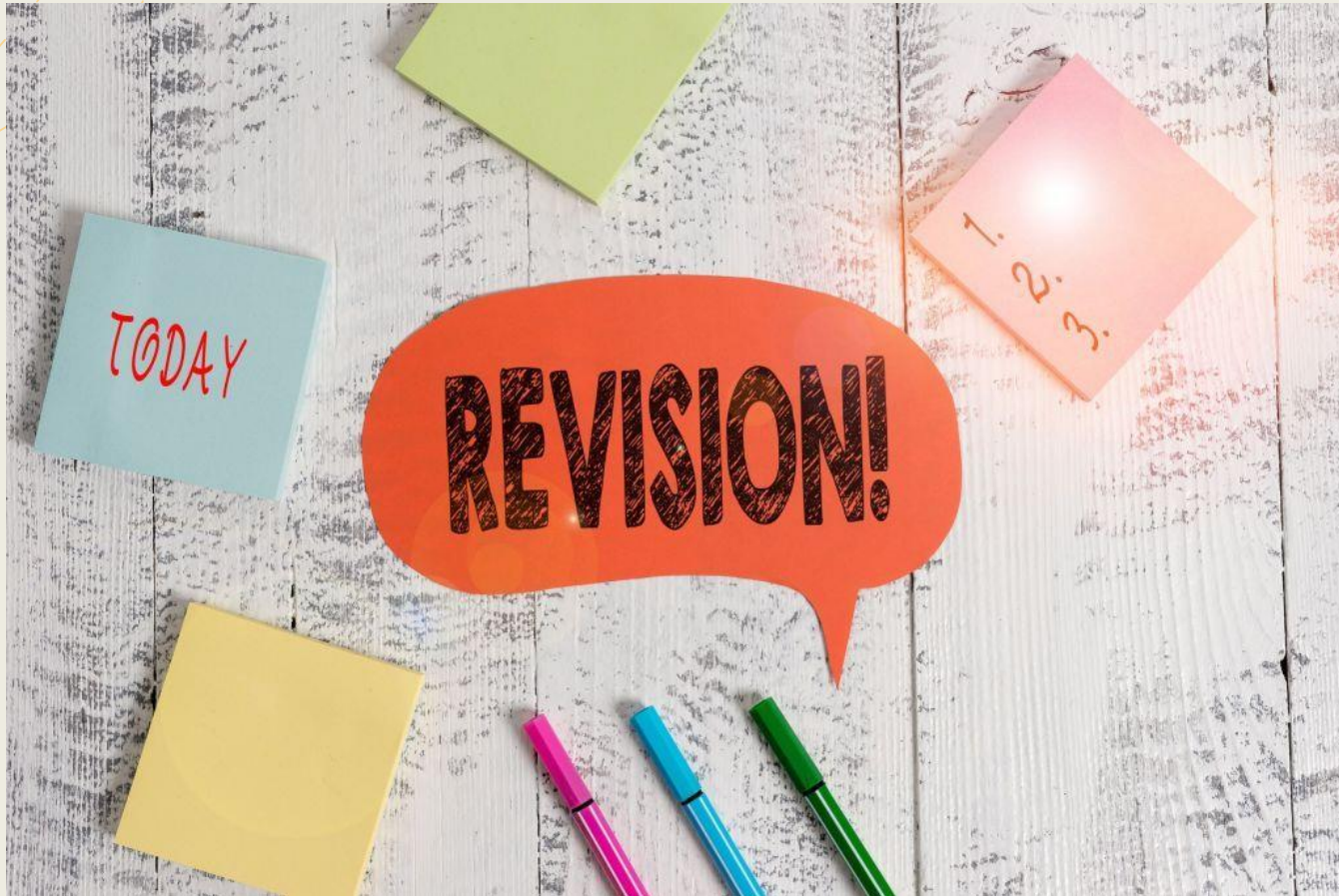
Successful people
across all
industries follow a
time schedule



Key tips

- + Everyone needs a rest afternoon or rest day to completely switch off
- + Rest breaks are also essential to break up sessions
- + Must be realistic, if you won't complete it then don't plan to!
- + It will be flexible to make any changes depending on deadlines and workload so it may change from week to week

Your Individual Timetable



In front of you:

- Your timetable
- Pencil
- Planning prep sheet

The final product example

Day	8:30 – 10:00	10:00 – 11:00	11:00 – 12:00	12:00 – 1:00	1:00 – 2:35	2:35 – 4:00 (Revision / Intervention)	4:00 – 5:00	5:00 – 6:00	6:00 – 7:00	7:00 – 8:00	8:00 – 9:00	9:00 – 10:00
Monday						English	RE	Break	Music	English	Relax	Relax
Tuesday						Science	Break	Break	Maths	Geography	Relax	Relax
Wednesday						Break	Geography	English	Break	Maths	Music	Relax
Thursday						Maths	Science	Break	Business Studies	Relax	Relax	Relax
Friday						Play football	Break	English	Break	Maths	Business Studies	Relax
Saturday	Science	Maths	Geography	Science	Football	Football	Football	Football	Relax	Relax	Relax	Relax
Sunday	Geography	Football	Football	Relax	Relax	Science	maths	Break	Geography	RE	Relax	relax

- Well balanced
- Color coded
- Mix of subjects on different days
- Plenty of rest time

Step 1) List all your subjects

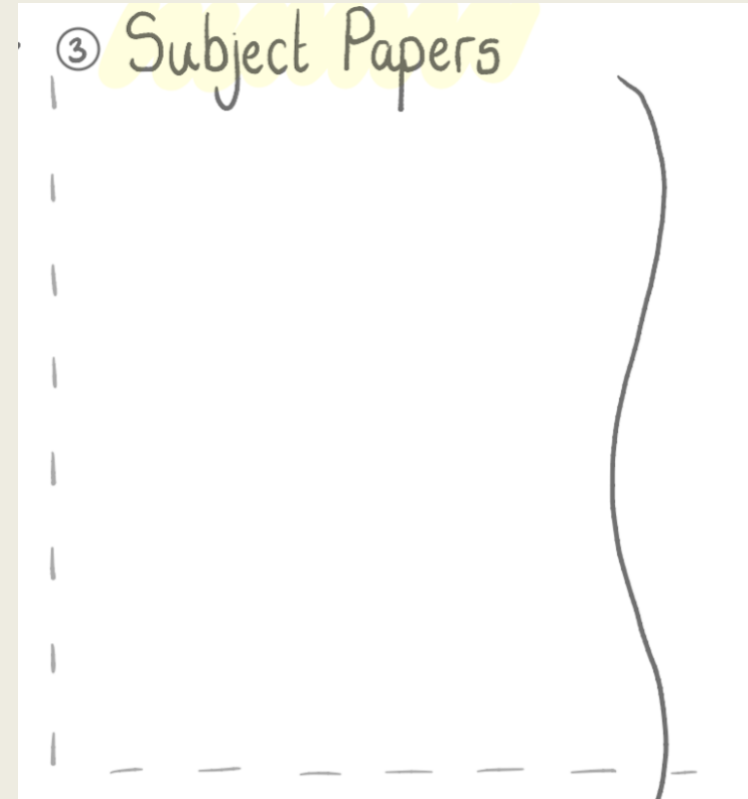
Monday 16/11/2020					
08:45 AM 11H1	08:55 MonA:1 German	09:55 MonA:2 German	11:00 MonA:3 Philosophy, Religio	12:30 MonA:4 Science	15:15 MonA:5 Maths

Step 2) Rank in order

- + Rank the subjects in order with number 1 being the weakest area that you need to focus more attention on

Step 3) Subject topics or papers

- + Maths: Calculator and Non-calculator
- + Science: chemistry, physics and biology



Step 4) Other commitments

- + Revision clubs at school
- + Tutoring
- + Family commitments

Dinner time?



Step 5) Rest afternoon/day

- + A suitable day for you
- + Complete switch off

Saturday	Science	Maths	Geography	Science	Football	Football	Football	Football	Relax	Relax	Relax	Relax
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Step 6) Way to relax?

- + Friends and family time
- + Exercise (e.g. run, yoga or HITT)
- + Netflix
- + Down time



Weekly Revision Timetable

Name: _____



Day	8.55-9.55	9.55-10.55	11.25-12.25	12.30-1.30	2.15-3.15	3.15-4.15 (Revision / Intervention)	4.30-5.30	5.30-6.30	6.30-7.30	7.30-8.30	8.30-9.30	9.30-10.30
Monday												
Tuesday												
Wednesday												
Thursday												
Friday												

School Day

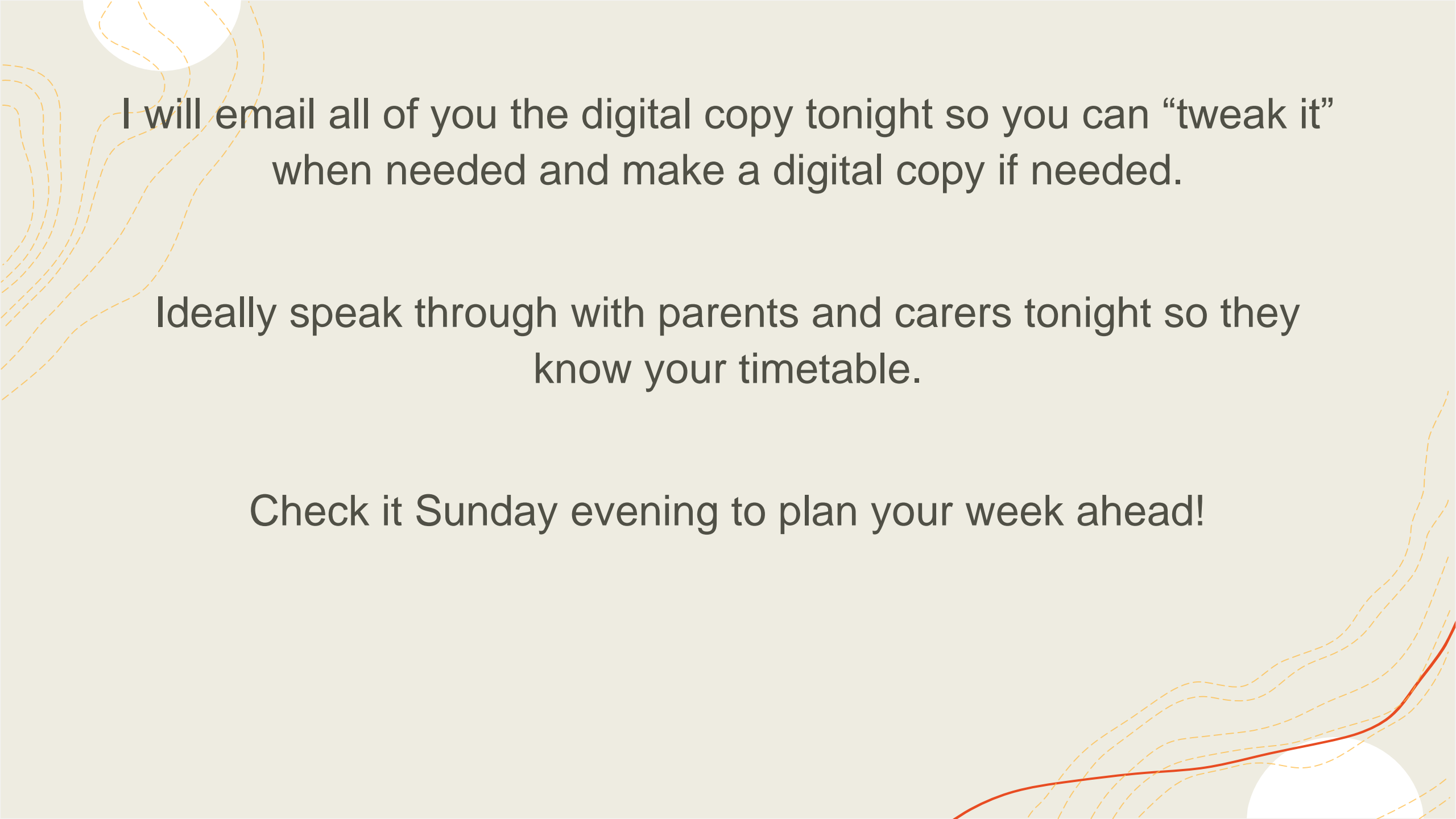
Pencil!

Day	8.00-9.00	9.00-10.00	10.00-11.00	11.00-12.00	12.00-1.00	1.00-2.00	2.00-3.00	3.00-4.00	4.00-5.00	5.00-6.00	6.00-7.00	7.00-8.00	8.00-9.00
Saturday													
Sunday													

Blank timetable

- 1) Start by adding your set commitments
- 2) Block out your afternoon of rest or fill it with ways to relax
- 3) Starting with the priority subjects add 1hr revision blocks

Aim to have 2 extra hours per subject, 3 hours of core. This can include after school sessions or private tutoring



I will email all of you the digital copy tonight so you can “tweak it” when needed and make a digital copy if needed.

Ideally speak through with parents and carers tonight so they know your timetable.

Check it Sunday evening to plan your week ahead!