

HALF TERM GUIDE & PLANNER for Parents helping children with test prep

Parents, please spend time with your child to organise your child's timetable. Feed your child's belly, heart, mind, soul.
Offer stability and routine.
Your children need you. Support and guide them.



This guide is for you and the worksheets as well. But you can let your child make plans with you. It is better to do this, so that your child feels involved in the process.

**BY SABAH HADI
FOUNDER**

www.the11plusjourney.co.uk

A planner for
parents to use
during the
February half
term

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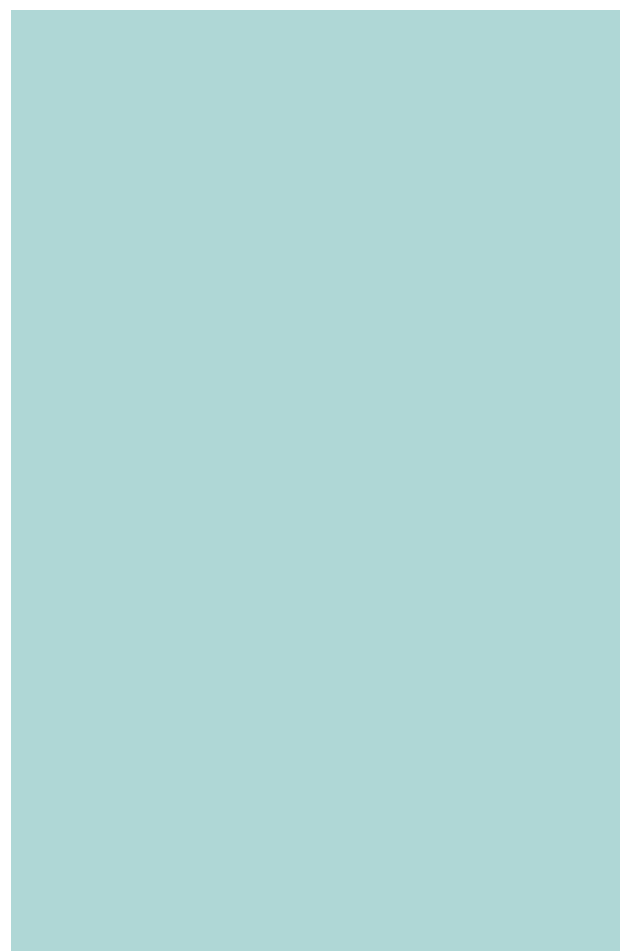
SUBJECT/TOPIC PLAN

You know what areas need more work on - drill down to the small details.
Is it maths long questions? A specific topic in grammar?
Note down what books (with page numbers), websites or subscription sites
you will be using for this. Be specific with details.

BREAKDOWN DETAILS OF AREAS TO
WORK ON



RESOURCES AND METHODS YOU
WILL USE AND TIME YOU WILL
SPEND TO IMPROVE



CHOOSE A MIX OF REVISION METHODS

Youtube videos

Online subscription sites

Question paper made from old mistakes

Learning through real life- shopping, baking...

Textbooks and Workbooks

FEBRUARY HALF TERM PLAN- 1/2

MONDAY

6:00
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REVISION TECHNIQUES

Make 2 piles- 1 for books/ papers to complete and the other for completed work.

Use Mark schemes diligently but carefully.

Use Flash cards and post it notes to write important reminders such as topics your child will revise that day, a reminder to be loving but assertive, positive messages appreciating your child...

Make a reference book or excel sheet for topics your child finds difficult. Make notes and refer to this often.

TUESDAY

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WEDNESDAY

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REVISION CYCLE

Go through workbook/ notes

Go through revision notes and material from books, websites...

Take a Break

Take a test

Mark it

Review it

Read 5 pages of a book

Take a walk

List problem areas

Do extra practise on these topics

CHECKLIST

- Completed at least 3 topic tests
- Managed child's screen time
- Took breaks
- Child got better at 3 hard topics
- Used flash cards/ post it notes/ reference book
- Went for a walk
- Reviewed 3 weak areas
- Read 2 books



FEBRUARY HALF TERM PLAN-2/2

THURSDAY

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MAKE YOUR OWN REVISION CYCLE

REVISION TIPS TO PRACTISE WITH YOUR CHILD

Sit with your child when they take tests. It gives them confidence.

Meditate with your child for 15 minutes between work

Try to have your screen time away from your child.

Read aloud, take turns with your child- it helps to retain information.

Look, say, cover, test, check

Walk to your local playground every day.

Make quizzes and test papers with your child to improve performance of hard topics.

FRIDAY

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SATURDAY

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SUNDAY

Write down a list of topics you want to tackle next week.



SCHEDULE OF TESTS

Draw up a schedule of tests that your child will take this week. Do this with your child. Make sure you have good gaps between tests. Space them out to ensure you have time to work on areas of weakness in between.

Prioritise subjects that your child finds difficult. But ensure they understand all concepts in the content that will appear in the tests before you test them.

DATE OF TOPIC TEST	TIME	TOPIC AND/OR SUBJECT	SCORE+PROBLEM AREAS

I have covered ground

Before moving forward, take some time to think of the list of topics you wanted your child to get better at, on page 1. Write down notes on the progress/setbacks. Then write down the next steps you need to take to cover any gaps.

TO DO

Progress Made/
Setbacks

Next Steps

You and your child

Write down the things you will do with your child, in order to cope with the stress and overwhelm. There are some parents' experiences to help you make yours.

Join hands with your child

"What worked for me was listening to his wishes, what he liked. Treating him as individual."

Make it a positive routine but fun, with rewards and little pressure.

Take practical steps to reduce stress. For example, make a routine, give mock papers at home, then time your child, use online timed papers and face to face group mocks- to get a feeling for peer group. Visit schools with the child (when possible) or get a feel through the website- to get them comfortable with the idea. Start with one of these things and slowly add the others.

Practical steps

Switch on, switch off

Switching off helps many in different ways. Mentally and physically from 11+ studies, revision, discussions, books, printouts, checking answers, endless searches on Google etc for a certain time during the day. For certain hours just don't think or talk about 11+ / academics. Guilt-free time off really helps .

Visit a range of schools; from highly selective, to schools which are supposedly less 'academic'. Choose schools that you like across this range and agree on this- try your best and wherever you land, its ok. This takes away the pressure and child is happy. Your child will start to work with the joy of learning attitude rather than immense pressure about having to get into a certain school.

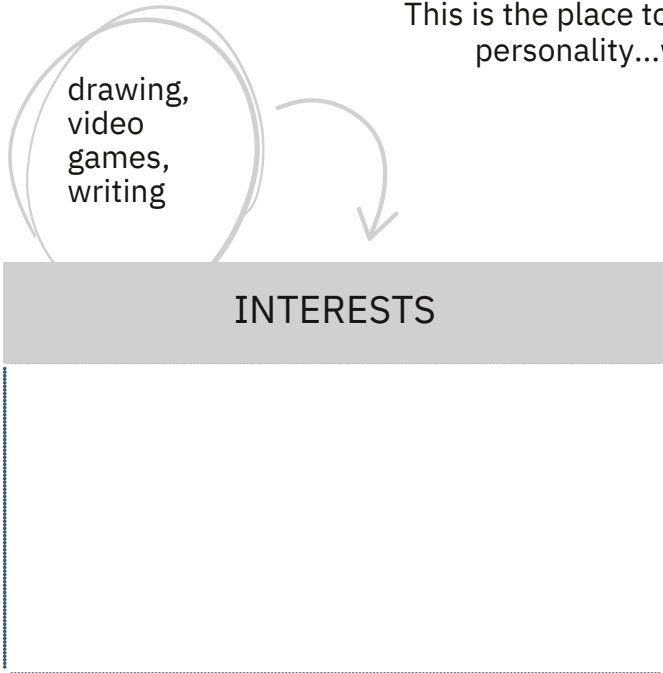
No pressure cooker environment

Your child

This is the place to explore your child's personality...with your child.

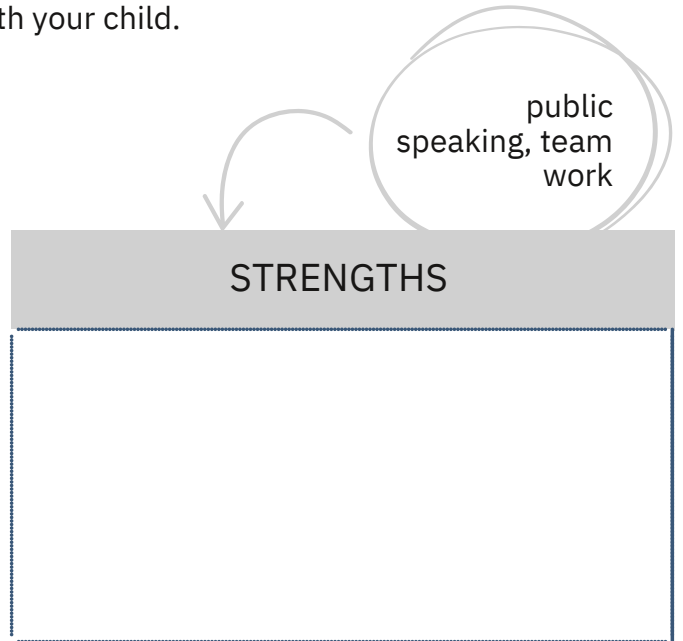
drawing,
video
games,
writing

INTERESTS



public
speaking, team
work

STRENGTHS



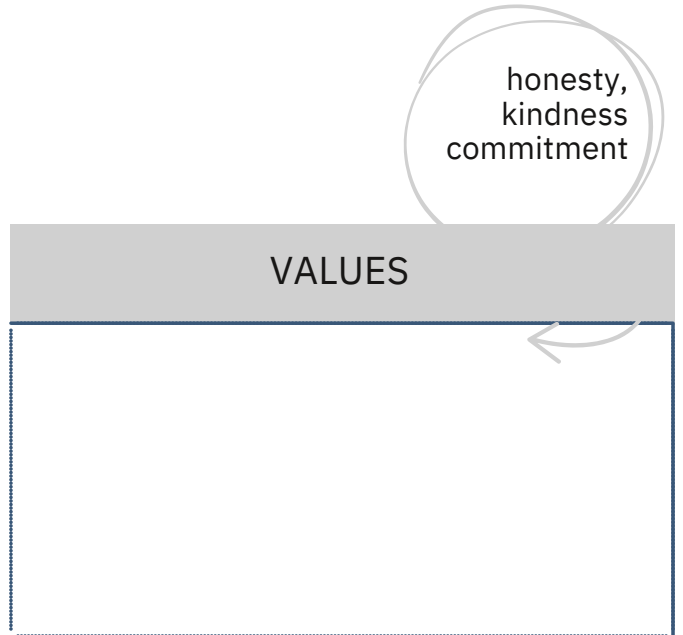
hesitance,
nervousness

WEAKNESSES

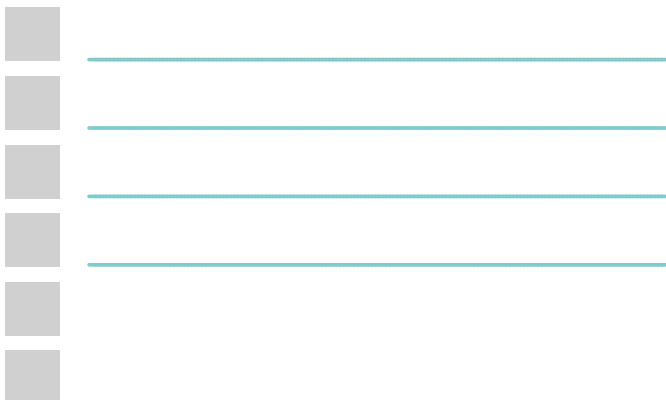


honesty,
kindness
commitment

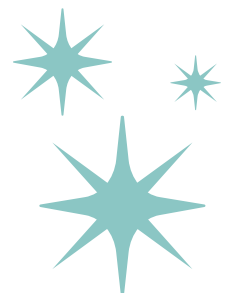
VALUES



SKILLS I NEED TO WORK ON TO GET BETTER



Achievements







MEET THE AUTHOR

SABAH HADI

I am a mother, an education facilitator and a writer. As a parent educator myself, my perspective and approach are different to that of a teacher/tutor. What I do complements the remarkable work that tutors and teachers do everyday. I have gone through the rigour of 11+ tests and selective tests preparation as both my children took the 11 plus and later GCSEs. One has finished A levels and is off to university. It has given me a unique insight into the processes involved. Having supported my own children, it gives me great pleasure to support fellow parents and help more children and parents.

I do this through my courses, books, workshops and my online education communities for parents and children.

Our resources, available on Amazon

11+ Mock Tests: Parents' Guide and Workbook is a step by step guide to understand and help children with mock tests. Suitable for selective tests for grammar and independent schools.

The 11+ Journal, for children, aged 6 to 12. A journal to encourage expression, alleviate stress and encourage independence of thought and action among children.

The Secondary School Planner & Journal, suitable for ages 13- 18. A journal and planner for students to express themselves in creative ways and organise their study and projects.

“Focus on the effort. Keep an eye on the outcome but don't be a slave to it. Enjoy the process.”

HAVE QUESTIONS?

Email:
info@the11plusjourney.co.uk

Our educational communities

Use the QR code to join The **11Plus Journey** Facebook group, a community for parents with children between the ages of 5 and 12.



Use the QR code to Join the **The Oxbridge and University Journey** Facebook group, an educational support group for parents and students aged 12 to 18. We focus on secondary education, with a focus on preparing for university applications.



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