

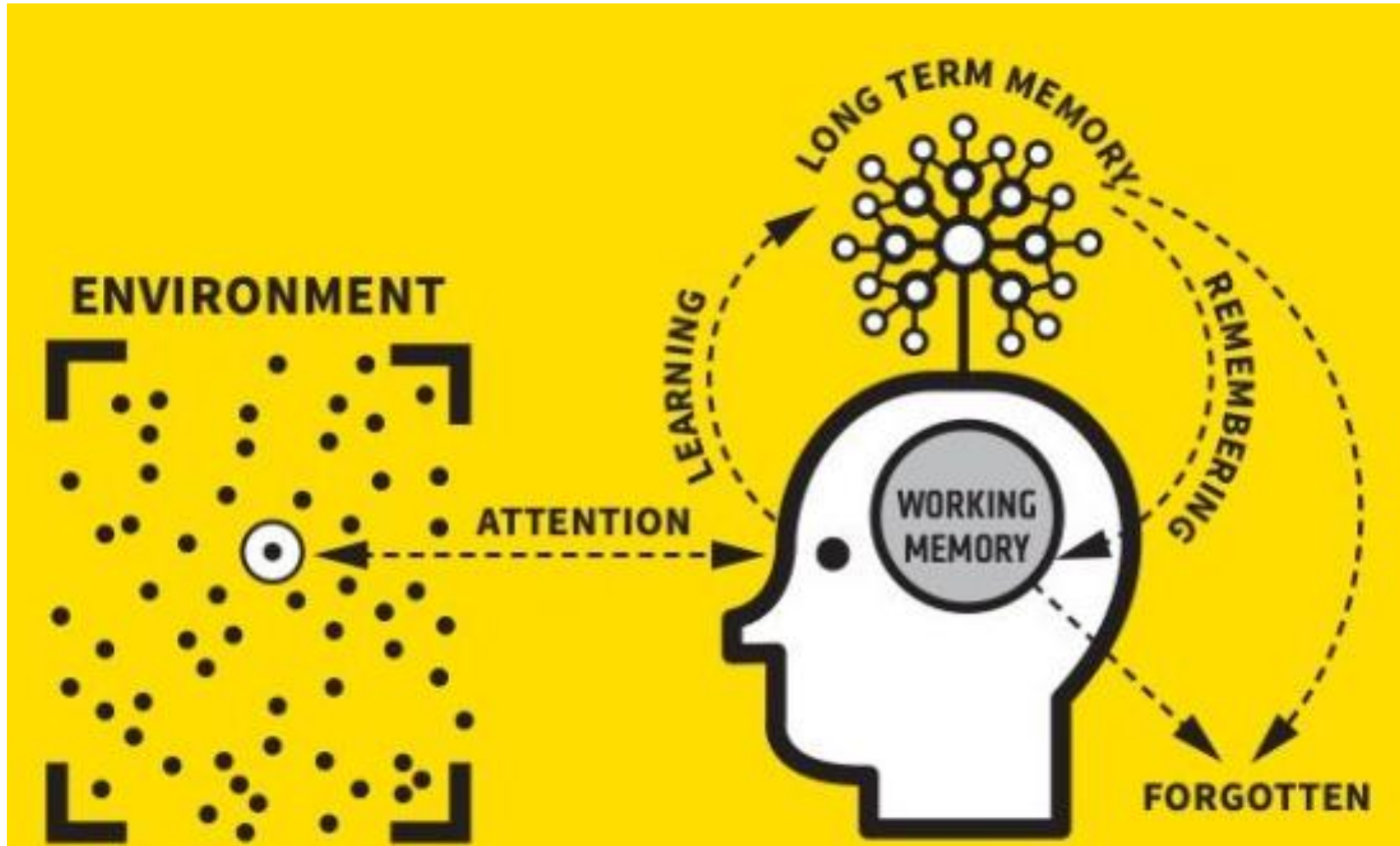


Hall Park
Academy

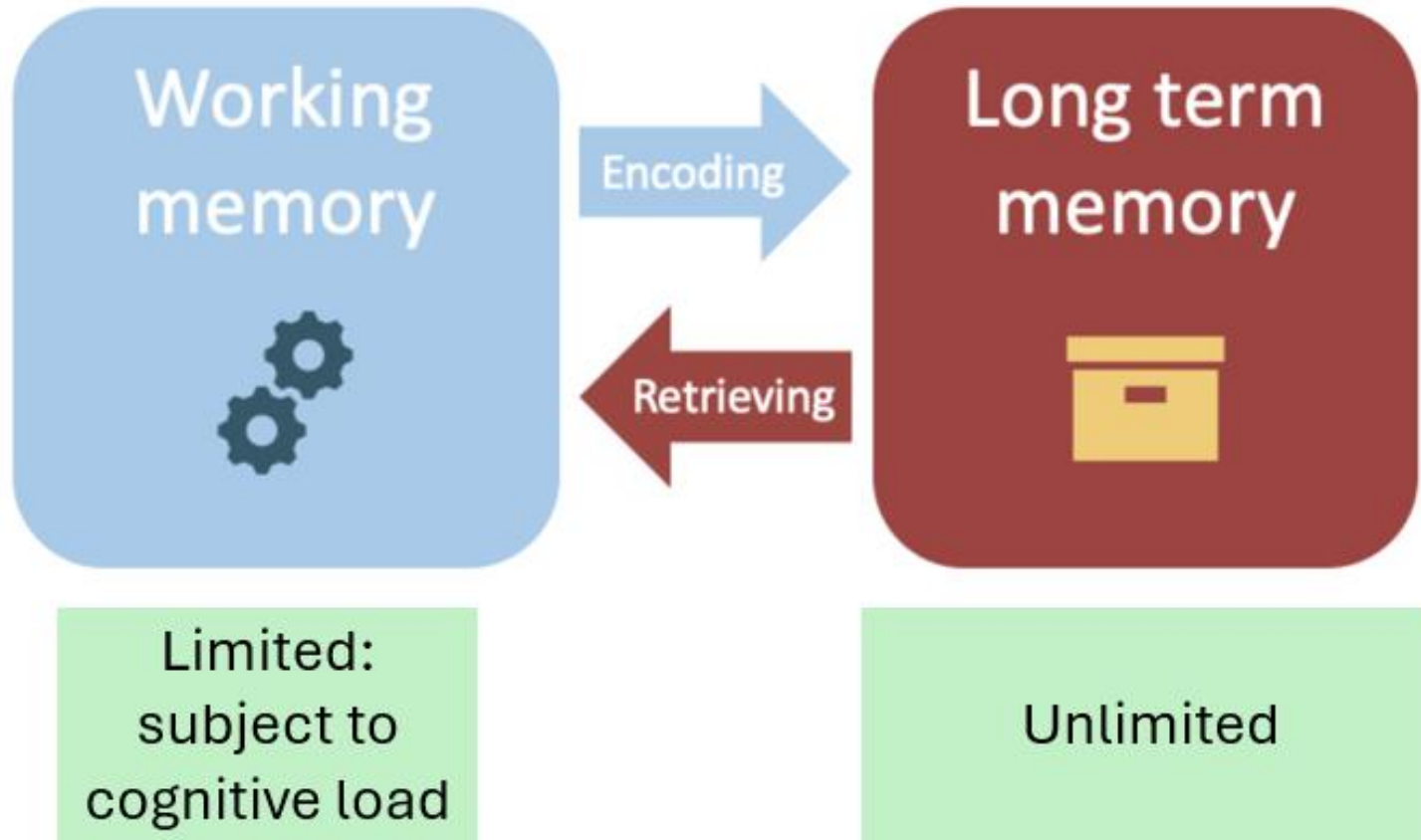
**Year 7 Parent
Revision Session
Wednesday 25th
January**



What is revision and why do we do it?



What is revision and why do we do it?



Why now?







1. Choose the correct mountain to climb

2. Assess climbing skills

3. Master essential skills

4. Choose the right path

5. Start climbing with just-in-time support

6. Celebrate and reflect at the summit

7. Plan the next climb



**“A journey of a thousand miles
begins with a single step”**

— Confucius



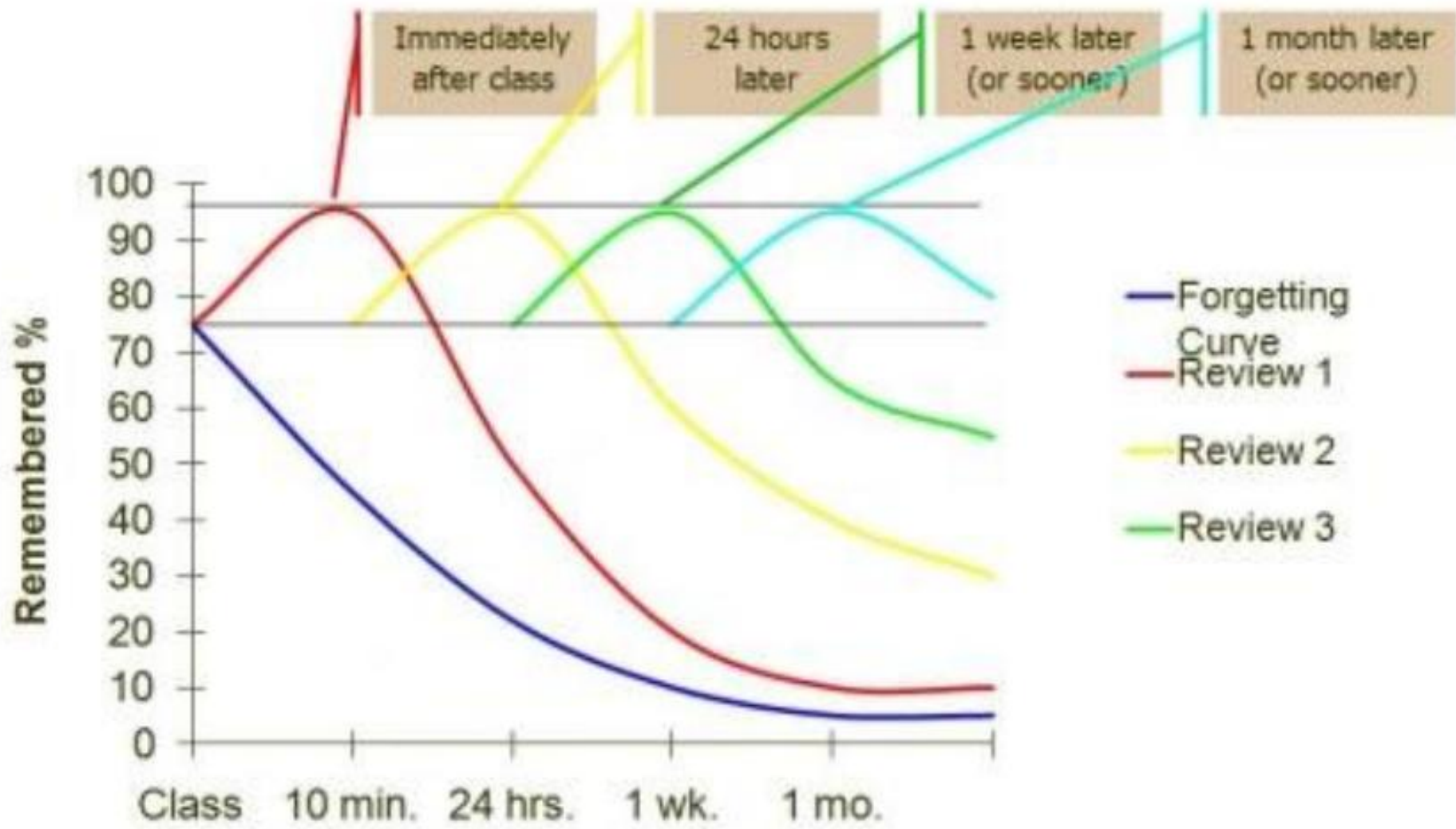


The Statistics

- 66% of material is forgotten after 7 days.
- 88% of material is forgotten after 6 weeks.
- Reading notes and textbooks leads to a mere 10% retention.
- It's important to get **ACTIVE and organised** in revision to combat these things!

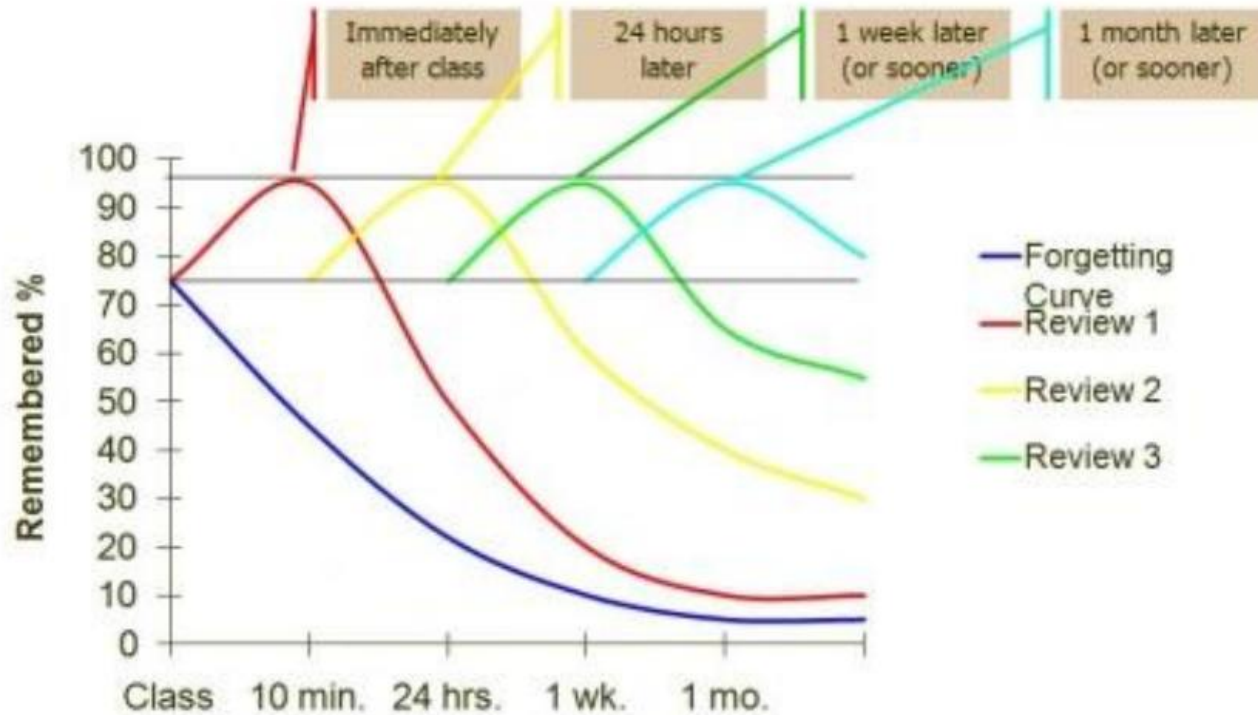






Spaced Retrieval

It's important to space out revision into manageable chunks to ensure that content is revisited.

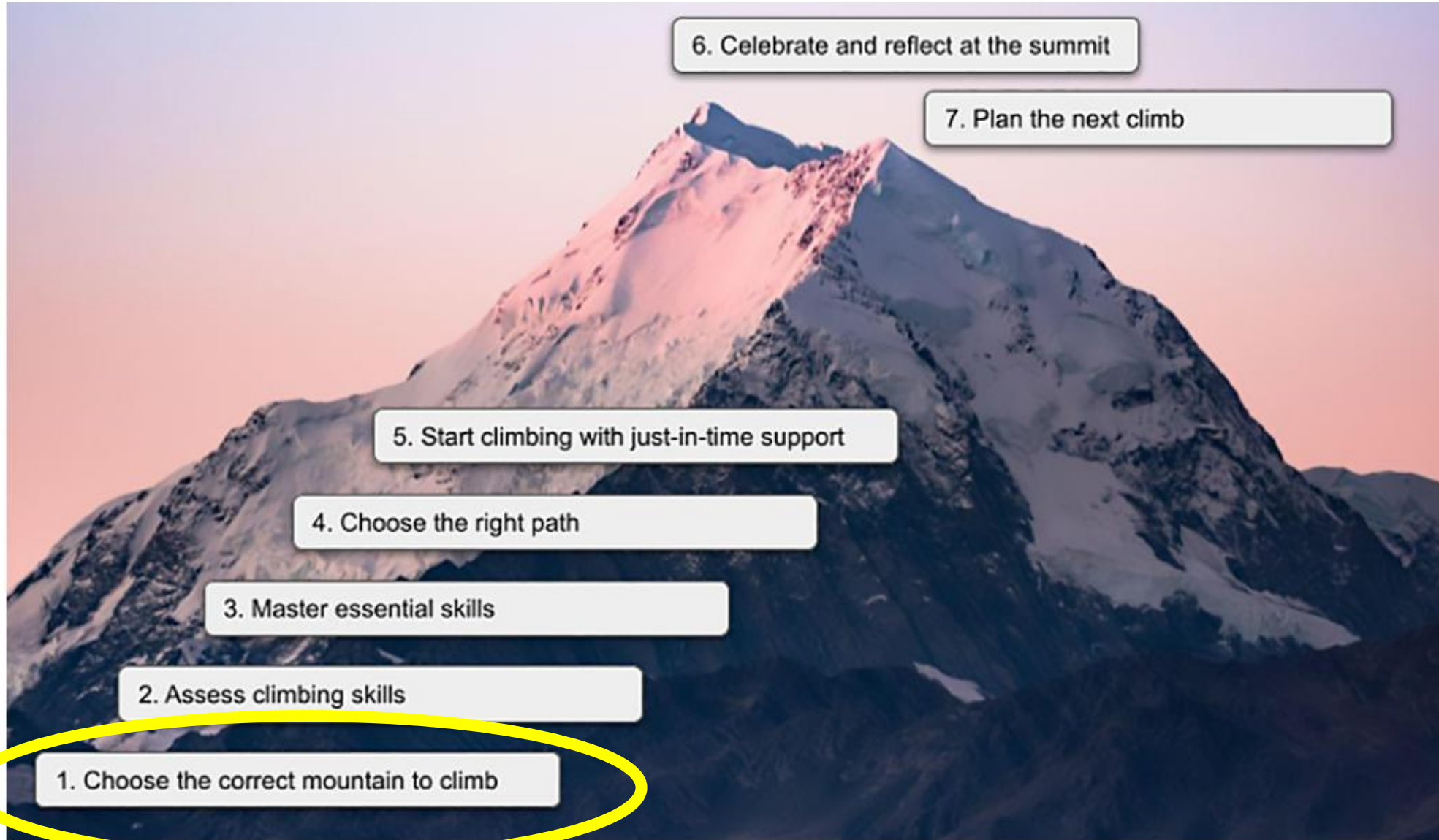


Being busy vs Learning

Being busy is often frantic, short-term activity that may lack clear goals or progress, whereas learning is the process of acquiring new knowledge, skills, or behaviours that lead to a change in understanding or capability.

The key distinction is purpose and outcome: busy work focuses on 'doing' and appearing productive, while **true learning focuses on 'becoming' more competent or knowledgeable**, which results in a lasting impact and growth.





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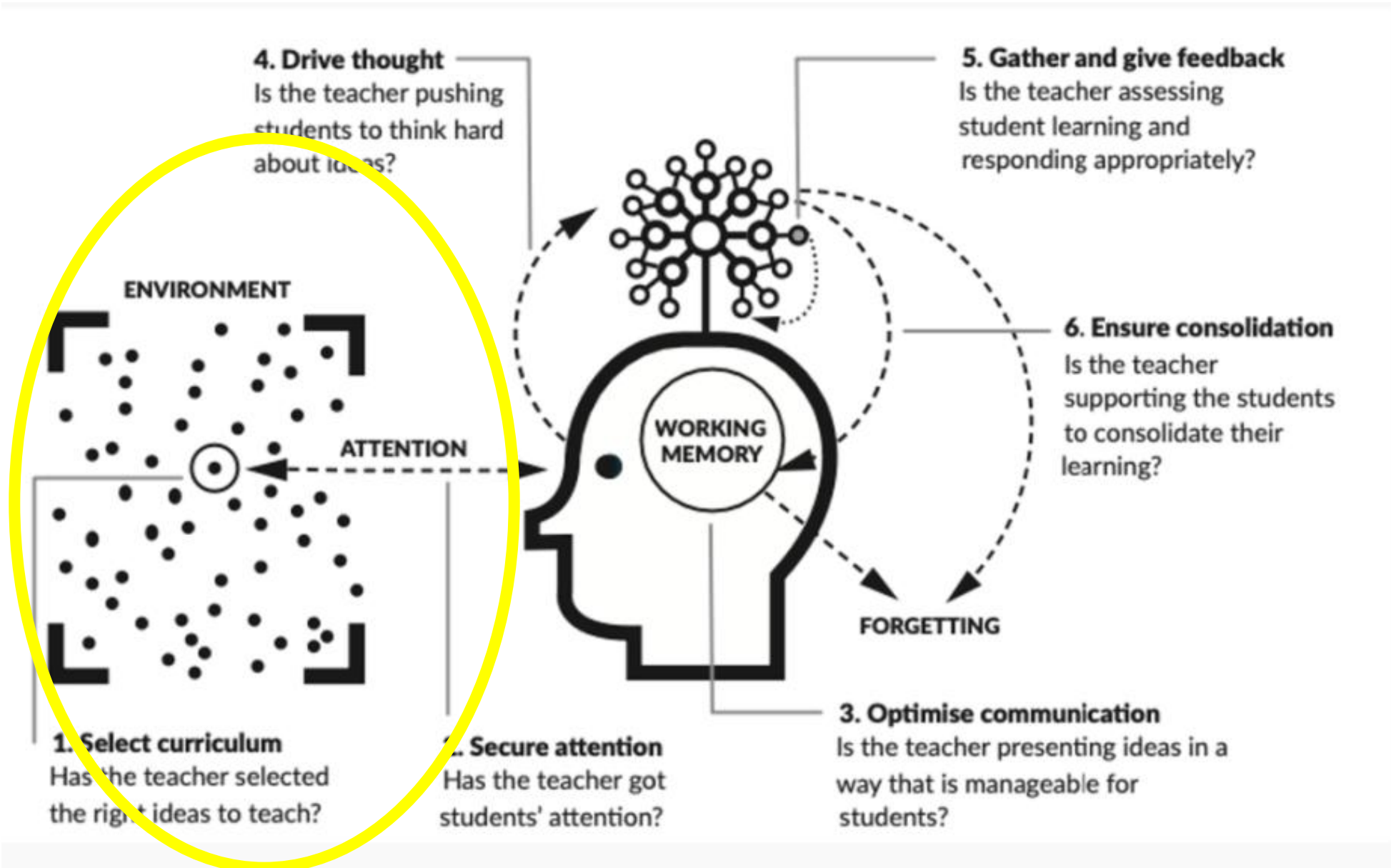
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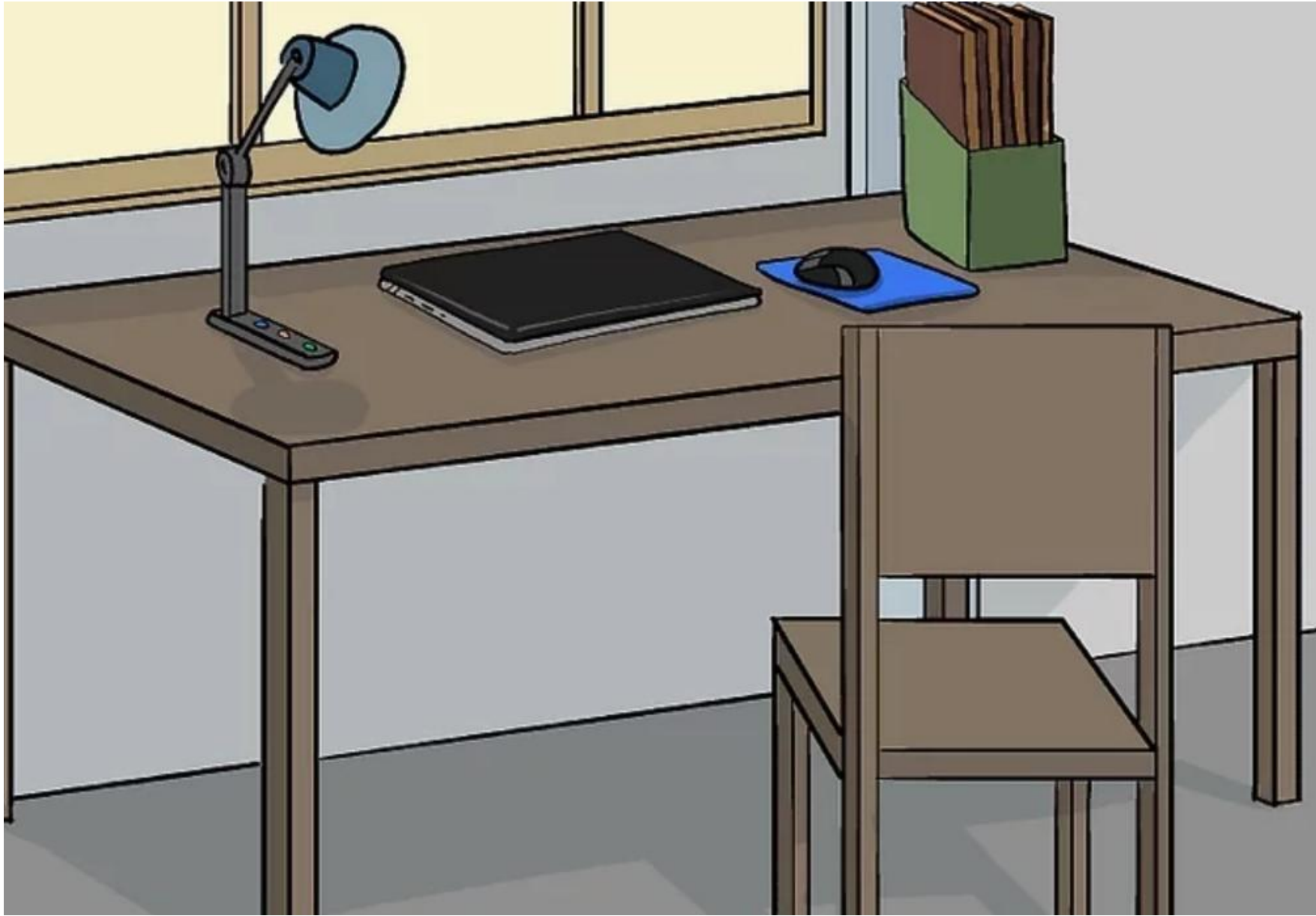
Create a Positive Study Environment

- Quiet, tidy space with minimal distractions
- Keep equipment handy (pens, paper, highlighters)

Build a Routine

- Short, regular study sessions (15–25 minutes)
- Break tasks into manageable chunks
- Encourage planning ahead





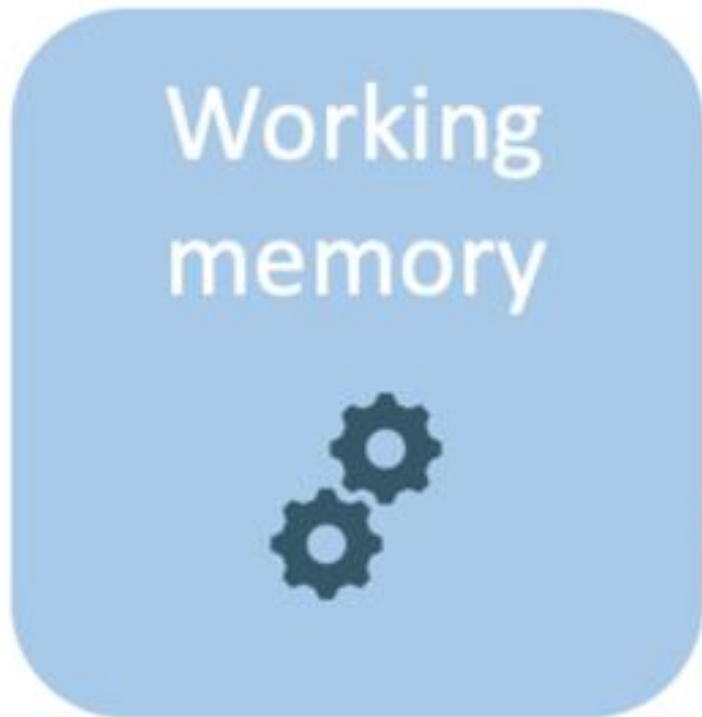
Weekly Revision Timetable

Day	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
Monday												
Tuesday												
Wednesday												
Thursday												
Friday												
Saturday												
Sunday												

*****Remember: make sure you give yourself breaks and allow time to relax and do the things you want to do and enjoy doing.**







Limited:
subject to
cognitive load



Unlimited



Revision strategies

- Retrieval practice: ask them to explain what they learned or teach something to you
- Memory games
- Mind maps to link ideas
- Flashcards for key terms
- Practice questions to build confidence (ask individual teachers – they won't be available online for KS3)





Condense information

- STOOOP
- Shrinking Post It Notes



What Helps

- Reassurance: effort matters more than perfection
- Breaks, fresh air, and physical activity
- Predictable routines
- Praise for progress, not just results

Healthy Habits for Success

- 8–10 hours of sleep
- Balanced meals and plenty of water
- Limited screen time before bed
- Time for hobbies and relaxation



On the Day of an Assessment

- Calm morning routine
- Healthy breakfast
- Check they have the right equipment
- Offer encouragement, not pressure

After the Assessment

- Ask how it went and listen without judgement
- Focus on what they learned
- Celebrate effort and resilience



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