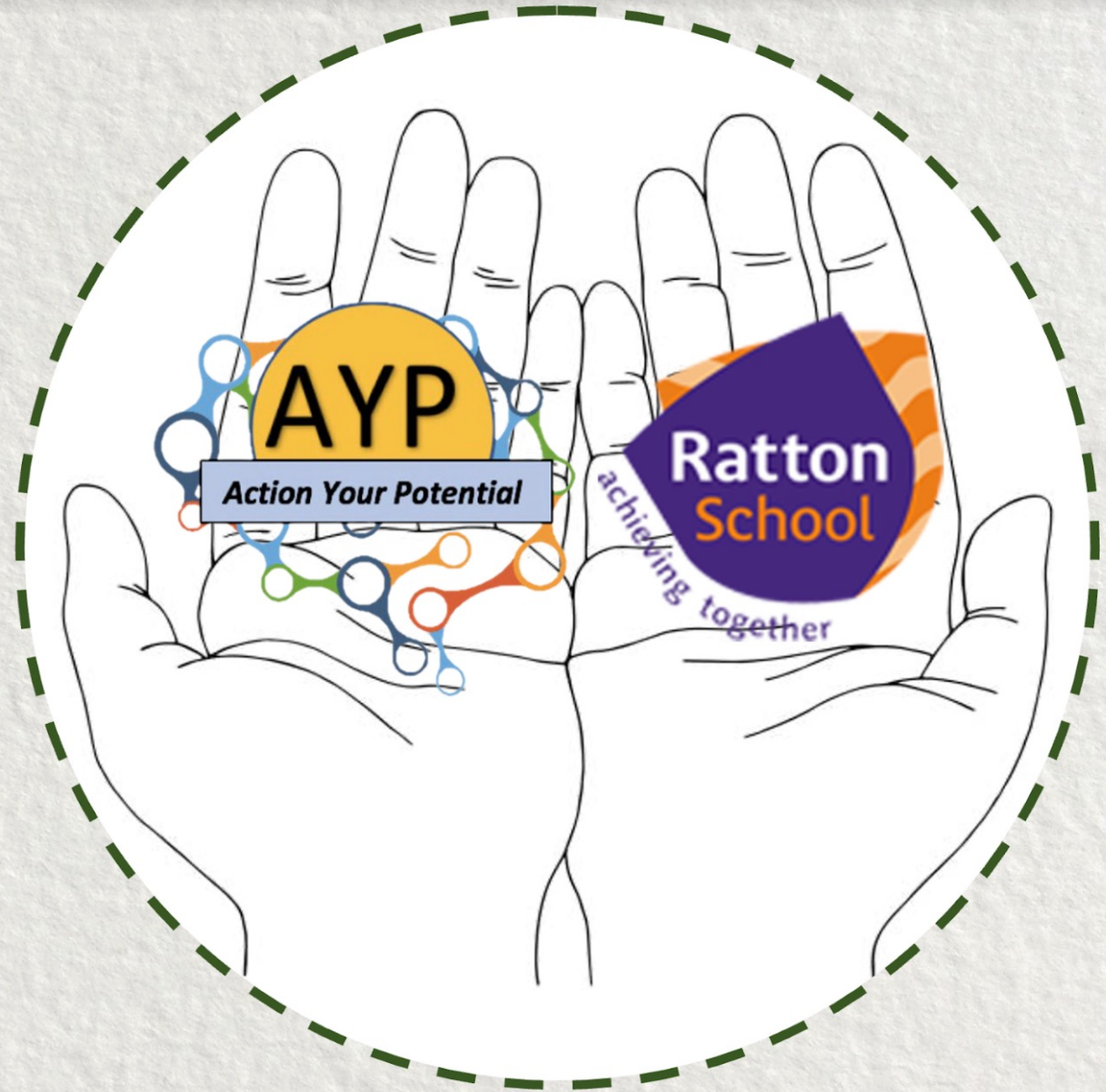


AYP support for  
Ratton School students,  
parents & carers...



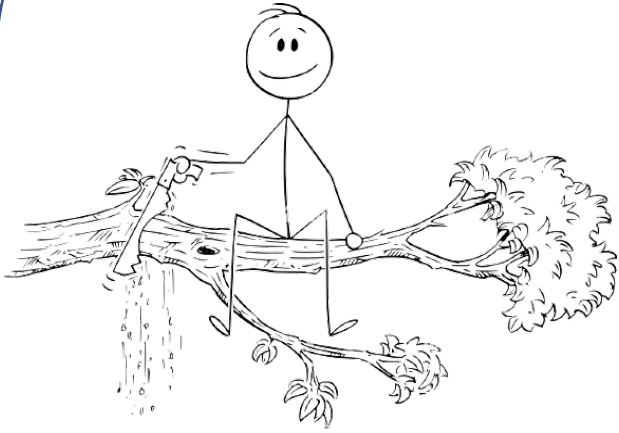
What are you good at?



What do you need to improve on?



How do you get in your own way?



## Study Capture

Day	Subject	Topic	Key Idea	Key Words	Rating
	1.				
	2.				
	3.				
	4.				
	5.				
	6.				



How long should a study rep  
take?

→ 25 mins

10 min break

Be active during

3 kinds of reps...

- ① Learning - for learning & understanding
- ② Practice - for practicing knowledge and encoding it
- ③ Testing - for testing recall and applying knowledge

# Learning Rep

Topic

What do I know about this topic?

Watch, read, study the resource

Summarise, with notes, mind maps or flashcards

# Practice Rep

Topic

What are the key ideas?

Make mind maps, flashcards or summary notes

Read the mind maps, flashcards or summary notes



Reps per day

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# GCSE Confidence Chart



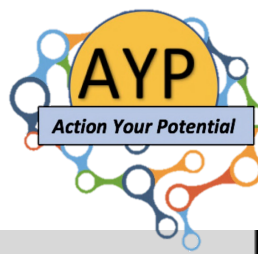
Subject	Grade You Want	Grade Stretch Goal	Current Confidence level			Rep Spend
English Lang						
English Lit						
Maths						
Bio						
Chem						
Phys						

## Week A

Time	Week A							
	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6am - 7am						6am - 7am		
7am-8.35am						7am-8am		
8.35am-9am						8am-9am		
9am-10am (Lesson 1)						9am-10am		
10am-11am (Lesson 2)						10am-11am		
11am-11.30am (Break)						11am-12pm		
11.30am-12.30pm (Lesson 3)								
12.30am-1.30pm (Lesson 4)						12pm-1pm		
1.30pm-2.05pm (Lunch)						1pm-2pm		
2.05pm-3.05pm (Lesson 5)						2pm-3pm		
3.05pm-4.00pm						3pm-4pm		
4pm-5pm						4pm-5pm		
5pm-6pm						5pm-6pm		
6pm-7pm						6pm-7pm		
7pm-8pm						7pm-8pm		
8pm-9pm						8pm-9pm		
9pm-10pm						9pm-10pm		
10pm-11pm						10pm-11pm		
11pm - 12am						11pm - 12am		

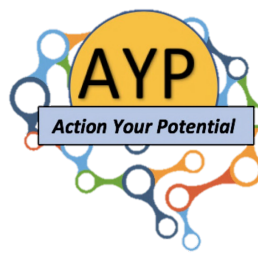


# General Planner – Week 1



	Week 1						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am-8am							
8am-9am							
9am-10am							
10am-11am							
11am-12pm							
12pm-1pm							
1pm-2pm							
2pm-3pm							
3pm-4pm							
4pm-5pm							
5pm-6pm							
6pm-7pm							
7pm-8pm							
8pm-9pm							
9pm-10pm							
10pm-11pm							

# 12 Rocks Of Well-Being – Weekly Check



Rock	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Rock 1 – Sleep – 8-9 Hours a night							
Rock 2 – Exercise – 20 mins per day							
Rock 3 – Eat and Drink Healthily							
Rock 4 – Mindfulness – 5-10 mins							
Rock 5 – Mind Wandering							
Rock 6 – Manage Emotions							
Rock 7 – Walk Outside in Nature							
Rock 8 – Listen to Music – 20-30 minutes							
Rock 9 – Connect with friends and family							
Rock 10 – Gratitude and kindness							
Rock 11 – Life’s purpose activities							
Rock 12 – Learn, Play, Create, Read							

