

# BUILD YOUR PLAN - 1 WEEK PROGRAMME



Subject/ Topic	Day 1 Saturday?	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Biology - Pathogens	Cornell / Blurting		Study Star	Leitner		Feynman	Study group
Skill	Note taking		Design	Organising		Story Telling	Self Testing
English – Analysing Characters	Cornell / Blurting		Feynman	Mind Mapping		Practice Paper	Study Star
Skill							
Maths – Triangles and Quadrilaterals	Cornell / Blurting		Leitner	Practice Paper		Feynman	Practice Paper

## Option 1

2 set days off a week

Start day 1 on your chosen day

3 20-minute sessions a day = 3 different subjects

# ROLLING PROGRAMME

**Option 2**  
 Varied days off  
 Day 8 & Day 13 will be 6 session



Subject/ Topic	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Biology - Pathogens	Cornell / Blurting		Study Star	Leitner			Feynman	Study group						
English – Analysing Characters	Cornell / Blurting		Feynman	Mind Mapping			Practice Paper	Study Star						
Maths – Triangles and Quadrilaterals	Cornell / Blurting		Leitner	Practice Paper			Feynman	Practice Paper						
English – Analysing Context						Cornell / Blurting		Feynman	Mind Mapping			Practice Paper	Practice Paper	
Chemistry – Periodic Table						Cornell / Blurting		Memory Palace	Study Group			Blurt table	Leitner	
Maths – Nth Term						Cornell / Blurting		Mind Mapping	Self Testing			Leitner	Feynman	
English – Analysing Non-Fiction											Cornell / Blurting		Mind Mapping	Feynman
History – Historic Environment Sites											Cornell / Blurting		Memory Palace	Leitner
Maths - Volume											Cornell / Blurting		Self Test	Practice Paper

<b>16:00</b>	<b>16:15</b>	<b>Snack and Break</b>
16:15	16:40	Study Session 1 and break
16:40	17:05	Study Session 2 and break
17:05	17:20	Study Session 3
Dinner and discuss		

EXAMPLE TIMINGS FOR A  
NON SCHOOL DAY  
( 1 0 M I N B R E A K S )



EXAMPLE TIMINGS FOR A  
SCHOOL DAY ( 5 M I N B R E A K S )

<b>08:00</b>	<b>09:00</b>	<b>Wake up and morning routine</b>
09:00	09:30	Exercise (walk, run, yoga, stretch)
09:30	10:00	Breakfast and Break
10:00	10:30	Study Session 1 and break
10:30	11:00	Study Session 2 and break
11:00	11:30	Study Session 3 and break
11:30	11:50	Study Session 4
11:50	12:30	Lunch and break
12:30	13:00	Study Session 5 and break
13:00	13:20	Study Session 6
Relaxation		