## F-itays

25 opportumities to put ourself aheat


## Planning your time over the school holidays...

- You DO need a rest and recharge
- Your ARE allowed to go out and have fun
- But you DO need to work also
- Work smart
- Make it count
- Plan your week carefully



## Revision schedule KS4



Top Tips for getting the balance right:

- Use half term to TAKE CONTROL and catch up.
- Create a HIT LIST -Prioritise less secure topics.
- Start early -9am if possible. You will then be finished before 3pm even with breaks!
- Target most challenging work in the morning.
- Don't get distracted. PUT YOUR PHONE AWAY!
- Move away from your workplace during breaks to reboot your mind.
- Stick to the plan and give yourself a reward if you do extra.
- You've learnt a great deal about HOW to work SMART -use this! Don't just read. Revise actively and test yourself regularly.
- Make use of your free time -don't waste it and plan something nice so that you have something to work for.


## Understand it

## Learn it

## HAPPINESS IS


...feeling in control.

