

	Revision	Health
Monday	Practise most challenging times table for 15 minutes. Then ask someone to test you or test yourself. How fast can you do them all?	Go to bed 1 hour earlier than your usual bed time.
Tuesday	Your Choice, revise for 30 minutes on something you find most challenging	Try a new physical activity or sport.
Wednesday	Choose ten words you don't know how to spell. Find them in a dictionary (remember you can do this online) and write a sentence using them properly.	Do something to relax.
Thursday	Your Choice, revise for 30 minutes on something you find most challenging	Eat something new or different for a healthy evening meal.
Friday	Select a maths subject you are less confident about. Read about it and write yourself 5 questions. Try and answer these questions. How well did you do?	Read a book of your choice for 30 minutes.
Saturday	Your Choice, revise for 30 minutes on something you find most challenging	Go for a jog, walk or cycle with family and/or friends for 30 minutes.
Sunday	Your Choice, revise for 30 minutes on something you find most challenging Sunday before SATS: Take the day off from revising, try to relax and focus on doing something that makes you smile.	CHALLENGE: Try doing star jumps for 10 minutes.
Extra:	<p>Draw a character from a story set in space. Write five expanded noun phrases about them using the very best descriptive words you can find.</p> <p>Select a math/english subject you are less confident about. Read about it and write yourself 5 questions. Try and answer these questions. How well did you do?</p> <p>Pick a chapter of your reading book and count up and list the different types of punctuation mark used by the author. Do you understand why each one has been used?</p>	<p>Have a hot bath before bed (Especially before exam days).</p> <p>Have a warm comforting drink before bed.</p> <p>Be reflective, be positive and remember 3-5 things that make you awesome!</p> <p>Turn the electrics off 1 hour before bed.</p>