

Your SATs Revision Guide!

We have created this guide to assist with your SATs revision and support your wellbeing.

Day	Subject	Focus Area (SATs Companion)	Duration
Monday	Maths	Arithmetic Practice (Speed & Accuracy)	30 mins
Tuesday	Reading	Vocabulary & Word Meaning tasks	30 mins
Wednesday	SPAG	Punctuation & Grammar (Commas, Tenses, Clauses)	30 mins
Thursday	Maths	Reasoning Paper (Multi-step word problems)	45 mins
Friday	SPAG	Spelling Tests & Core Terminology	30 mins
Saturday	Mixed	1x Practice Paper or "Weakest Topic" review	60 mins
Sunday	REST	No formal revision—Rest and Play!	-

Top Tips for Using SATs Companion

The 10-Minute Rule: If they are struggling with a specific concept (like fractions or passive voice), have them watch the Video Lessons on the platform before attempting the practice questions.

Target the "Red" Topics: Use the "Practice" area to find topics where their scores are currently lowest. It's tempting to keep doing what we're good at, but the gains are in the tricky stuff!

Active Reading: For the Reading sessions, don't just click answers. Encourage them to highlight the text in the digital booklet to find "evidence" for their answers.

SPAG Drills: SPAG is often about memory. Use the platform's short quizzes to turn "Subjunctive Form" or "Relative Clauses" into quick-fire games.

My SATs Calm-Down Kit

1. The "High-Five" Breath

Hold out one hand like a star.

With your other hand, slowly trace up your thumb as you breathe in.

Trace down the other side as you breathe out.

Repeat for all five fingers until you reach the other side of your hand.

2. The 5-4-3-2-1 Grounding Technique

If your mind starts to race, stop and find:

5 things you can see (a pencil, a cloud, the clock).

4 things you can touch (your desk, your jumper, your hair).

3 things you can hear (a bird, a car, your own breath).

2 things you can smell (fresh air, your lunch).

1 thing you can taste (or your favorite thing to eat!).

3. Square Breathing (The "Box" Method)

Inhale for 4 seconds (Imagine drawing the top of a square).

Hold for 4 seconds (Imagine drawing the right side).

Exhale for 4 seconds (Imagine drawing the bottom).

Hold for 4 seconds (Imagine drawing the left side).

Repeat 3 times to steady your heart rate.

4. The "Lemon" Squeeze

Imagine you have a juicy lemon in each hand.

Squeeze them as hard as you can to get all the juice out (tighten your fists and shoulders).

Drop the lemons and relax your hands completely.

Feel how heavy and loose your arms feel now.

Poster Design Tip

Use calming colors like blues, greens, or soft purples. You might also want to add a "Growth Mindset" quote at the bottom, like:

"A test score shows what you did on one day; it doesn't show how amazing you are every day."