



11+ Learning Plan

Year 5

Your learning plan

This learning plan is here to help you manage your child's learning over the final year before your child's exam. Learn what to introduce and when, and get practical tips for how to use [Atom](#) to make the most of their exam prep.

Before you get started, set your target school(s) on Atom Home. This will make sure that your child sees activities tailored to their exam.

Year 5

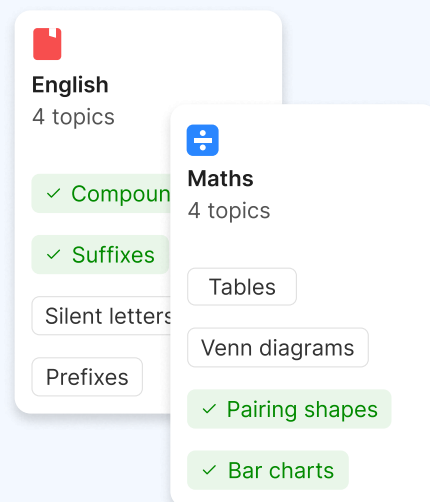
Autumn term

There's now one year to go until your child's exam. At this stage, they should be spending most of their revision time covering the curriculum.

Keep up a 'little and often' approach with regular study sessions to help your child stay motivated to learn. If they're finding one subject harder than the others, encourage them to spend a little more time on this one. Lots of practice helps build confidence!

Autumn activity

→ **Make sure your child is spending about 20–30 minutes a day on their weekly activities on Atom.** Remind them to start each island by viewing the helpsheet and/or the video. Even if they're already comfortable with the topic, this is a great way for them to refresh their memory and build a strong understanding.

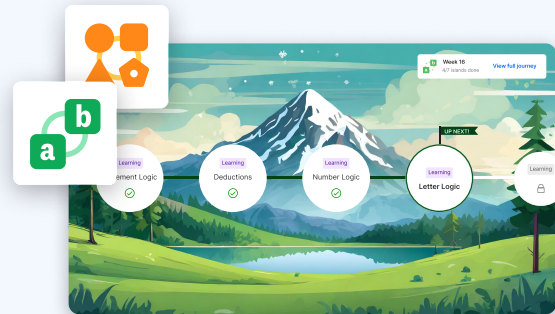


Christmas holidays

It's important to keep the learning momentum going over the school holidays. Feel free to pull back slightly so that your child gets some time to rest. 20 minutes on Atom Home three to four days a week, working through the exam prep plan activities, is enough to still see progress. This is known as **spaced learning**, and helps to slow the forgetting curve.

Holiday activity

→ If your child's 11+ exam includes reasoning questions, you can make learning fun during the festive season – and indulge in important family time – with board games. Scrabble can help with verbal reasoning, while Lego, jigsaw puzzles, and Battleships help build skills in spatial and non-verbal reasoning.



Spring term

With around half a year to go before the 11+, it's time to start practising exam technique. While it can be tempting to set lots of mock tests as your child prepares for the 11+, this isn't an effective way to learn. It's important to get comfortable with the exam content before starting mock tests. The mock tests on Atom Home are tailored to your target schools.

When your child completes a mock test, pay attention to their standardised age score (SAS) in the test transcript. This represents your child's performance compared to their year group and is the score used in real 11+ exams. A score of 100 indicates an average position in the year group and 120+ indicates that they're working within the top 10%.

Spring activity

→ **Each month, go to your Test page to set your child a mock test for their target school.**

After they complete a test, spend around 20 minutes reviewing the results with your child.

Encourage them to take ownership of their learning by asking them which areas they found difficult and where they think they can improve.

 **GL Grammar 11+ English Paper**
Non Adaptive Test 50 Questions 50 mins [Start](#)

 **GL Grammar 11+ Maths Paper**
Non Adaptive Test 50 Questions 50 mins [Start](#)



You will need to register your child for your target school's 11+ exam in the spring or summer term of Year 5. The application window varies for different grammar schools, so check with your target school for the most up-to-date information.

Easter holidays

Regular reading (both fiction and non-fiction!) is important, and the Easter holidays are a good time for your child to get stuck in with some new reading material. Research shows that children who are engaged with literacy have better mental wellbeing. Reading also helps improve comprehension and vocabulary skills which are tested in 11+ exams.

Holiday activity

→ **Set your child the challenge of reading at least one new book during the holidays.** Ask them questions about the book to help them develop skills such as comprehension, inference and analysis. How would they describe it to a friend? What do they think will happen next? Would they have written any scenes differently?



Summer term

Your child now has just a couple of months left before the 11+ exam. It's important to use this time to fill any learning gaps so that they feel confident with their knowledge on the exam day. By the end of the summer term, aim for a performance level of 'strong' in as many topics as possible.

Summer activity

→ **During the summer term, plan an end-of-year review session with your child.** Look at the curriculum for each of their 11+ subjects together. Note the areas where Atom suggests more practice is needed, and ask your child if there's any topics they're still not comfortable with. Set your child a weekly extra practice session to tackle these topics. Encourage them to review the helpsheets, lesson library, and subtopic videos if they need support.

Maths performance by topic



Summer holidays

Increase the mock test frequency to one per week throughout the summer holidays to help your child get into the exam mindset.

This is also a good time to start practising with Atom's downloadable paper tests. These will help your child get familiar with working on paper and the format of the exam. Encourage them to work quickly but accurately to complete the questions within the time limit – and to always read the question carefully!

Holiday activity

→ **Set your child one mock test each week throughout the summer holidays.** Note how many questions they answered and the time taken. If they run out of time or rush to the end, this indicates that they need to practise their time management skills. Encourage them to work quickly but accurately to complete the questions within the time limit – and to always read the question carefully!



Year 6

Autumn term

Your child now only has a few weeks – or days, depending on the school – before their 11+ exam. Their mental and physical wellbeing is most important at this stage.

Keep up regular exam practice in bitesize chunks, **but balance your child's routine with rest and play** – and avoid the temptation to 'cram'. Encourage your child to exercise regularly (walking, dancing, cycling, swimming, and team sports all count!). Set a consistent evening routine – including a firm bedtime – to help them feel calm and rested in the lead-up to the exam.

Maintain open communication to help your child manage test anxiety. Encourage them to talk about how they're feeling and discuss challenges together. Remind them that effort is more important than achievement, and trying their best is all they can do!



Get ready for exam day. Visit:
atomlearning.com