



8 Week Preparation Planner

A flexible weekly workbook for parents and children

Set priorities, plan manageable sessions, review mistakes and protect rest time during the eight weeks before the assessment.

PREPPATH

Practical support for calm, structured preparation

How to use this planner

Write the assessment date and work backwards. The suggested focus for each week is a starting point, not a rigid timetable. Adjust it around schoolwork, family commitments and the areas your child actually needs to revisit.

The central idea

Short, purposeful sessions are more useful than filling every free evening. Aim to understand mistakes, revisit weak skills and preserve confidence.

Before week one

Assessment date	
Planner start date	
Usual practice days	
Planned rest days	

Agree these together

- ☐ A realistic session length
- ☐ A quiet place to work
- ☐ What help is useful when stuck
- ☐ How you will record repeated mistakes
- ☐ A small reward or positive routine after practice
- ☐ At least two preparation-free evenings each week

Starting snapshot

Current strength	
Current priority	
Confidence from 1 to 5	
One thing to make easier	

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Week 1 Start with a calm baseline

Discover what your child already knows and choose only two or three priorities.

Suggested actions

- ☐ Complete one short mixed set without pressure.
- ☐ Separate knowledge gaps from rushed or misunderstood answers.
- ☐ Mark it together and sort mistakes by topic.
- ☐ Choose the first two skills to revisit.

My plan for this week

Day	Focus and approximate time	Done
Monday		■
Tuesday		■
Wednesday		■
Thursday		■
Friday		■
Saturday		■
Sunday		■

Weekly review

Something that improved	
A mistake worth revisiting	
Confidence from 1 to 5	
Next week priority	

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Week 2 Secure number and fractions

Strengthen the number skills that support many other questions.

Suggested actions

- ☐ Review place value, calculations and estimation.
- ☐ Practise one short word problem at a time.
- ☐ Use visual models for equivalent fractions and fractions of amounts.
- ☐ Revisit mistakes later in the week.

My plan for this week

Day	Focus and approximate time	Done
Monday		■
Tuesday		■
Wednesday		■
Thursday		■
Friday		■
Saturday		■
Sunday		■

Weekly review

Something that improved	
A mistake worth revisiting	
Confidence from 1 to 5	
Next week priority	

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Week 3 Measures ratios and shape

Connect calculations to units, diagrams and practical situations.

Suggested actions

- ☐ Practise common metric conversions.
- ☐ Review perimeter, area, angles or coordinates as needed.
- ☐ Work through one ratio or sharing example aloud.
- ☐ Check that every answer includes a sensible unit.

My plan for this week

Day	Focus and approximate time	Done
Monday		■
Tuesday		■
Wednesday		■
Thursday		■
Friday		■
Saturday		■
Sunday		■

Weekly review

Something that improved	
A mistake worth revisiting	
Confidence from 1 to 5	
Next week priority	

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Week 4 Build English accuracy

Focus on the language skills that help across the paper.

Suggested actions

- ☐ Review punctuation and grammar patterns.
- ☐ Build vocabulary from reading rather than isolated lists.
- ☐ Practise spelling and commonly confused words.
- ☐ Explain why each corrected answer is right.

My plan for this week

Day	Focus and approximate time	Done
Monday		■
Tuesday		■
Wednesday		■
Thursday		■
Friday		■
Saturday		■
Sunday		■

Weekly review

Something that improved	
A mistake worth revisiting	
Confidence from 1 to 5	
Next week priority	

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Week 5 Strengthen comprehension

Slow down the reading process before introducing more time pressure.

Suggested actions

- ☐ Read a short passage and summarise each paragraph.
- ☐ Practise inference using clues from the text.
- ☐ Find evidence for literal answers.
- ☐ Review vocabulary in context and question wording.

My plan for this week

Day	Focus and approximate time	Done
Monday		■
Tuesday		■
Wednesday		■
Thursday		■
Friday		■
Saturday		■
Sunday		■

Weekly review

Something that improved	
A mistake worth revisiting	
Confidence from 1 to 5	
Next week priority	

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Week 6 Mix topics and solve problems

Practise switching methods while keeping working organised.

Suggested actions

- ☐ Use short mixed Maths and English sets.
- ☐ Record whether errors came from knowledge, reading, accuracy or timing.
- ☐ Identify the topic before attempting each difficult question.
- ☐ Repeat two previously missed question types.

My plan for this week

Day	Focus and approximate time	Done
Monday		■
Tuesday		■
Wednesday		■
Thursday		■
Friday		■
Saturday		■
Sunday		■

Weekly review

Something that improved	
A mistake worth revisiting	
Confidence from 1 to 5	
Next week priority	

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Week 7 Introduce realistic timing

Use selected timed practice without turning every session into a test.

Suggested actions

- ☐ Complete one longer timed section or paper.
- ☐ Review pacing: where was time lost?
- ☐ Practise answer-sheet accuracy if appropriate.
- ☐ Spend more time reviewing than re-testing.

My plan for this week

Day	Focus and approximate time	Done
Monday		■
Tuesday		■
Wednesday		■
Thursday		■
Friday		■
Saturday		■
Sunday		■

Weekly review

Something that improved	
A mistake worth revisiting	
Confidence from 1 to 5	
Next week priority	

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Week 8 Consolidate and protect confidence

Reduce volume, revisit useful reminders and prepare calmly.

Suggested actions

- ☐ Use short confidence-building reviews.
- ☐ Check official test-day information and travel plans.
- ☐ Avoid cramming unfamiliar material.
- ☐ Prioritise normal sleep, meals and downtime.

My plan for this week

Day	Focus and approximate time	Done
Monday		■
Tuesday		■
Wednesday		■
Thursday		■
Friday		■
Saturday		■
Sunday		■

Weekly review

Something that improved	
A mistake worth revisiting	
Confidence from 1 to 5	
Next week priority	

Final progress snapshot

Use this page to notice growth and decide what should happen next. A score is only one source of information; confidence, accuracy and the ability to explain a method also matter.

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Strongest Maths area	
Maths area to maintain	
Strongest English area	
English area to maintain	
Most useful strategy	
Confidence from 1 to 5	

Our final week commitments

- ☐ Keep the final sessions short
- ☐ Check the official Pupil Card and centre instructions
- ☐ Plan the journey and arrival time
- ☐ Protect normal sleep and meals
- ☐ Avoid comparing scores with other children
- ☐ End preparation with encouragement

A note for my child

You have worked hard at	
I am proud of	
Remember on the day	

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