SPECA MOCK RESULTS PLAN

Our 6-week plan

Four or five short sessions a week, 20 to 30 minutes each. Write the subject in each box and tick it when it is done. Each session: **retrieval first**, then **one red topic**, then **a few questions checked with the mark scheme**.

Our session times: _____ **Phones go:** _____

Week	Session 1	Session 2	Session 3	Session 4	Session 5
Week 1 **Sort it out** Rate the checklists. Pick three reds per subject.	☐ Subject:	☐ Subject:	☐ Subject:	☐ Subject:	☐ Subject:
Week 2 **Reds, part 1** Retrieval first, then learn one red.	☐ Subject:	☐ Subject:	☐ Subject:	☐ Subject:	☐ Subject:
Week 3 **Reds, part 2** Questions, then check with the mark scheme.	☐ Subject:	☐ Subject:	☐ Subject:	☐ Subject:	☐ Subject:
Week 4 **Re-rate** Rate again. Next three reds, or ambers.	☐ Subject:	☐ Subject:	☐ Subject:	☐ Subject:	☐ Subject:
Week 5 **Timed practice** One timed practice per subject.	☐ Subject:	☐ Subject:	☐ Subject:	☐ Subject:	☐ Subject:
Week 6 **Fix and finish** Work on what the timed practice showed.	☐ Subject:	☐ Subject:	☐ Subject:	☐ Subject:	☐ Subject:

Re-rate the checklists: ☐ Week 1 ☐ Week 4 ☐ Week 6

When the sheet is full, we will: _____

Praise the ticks, not the marks. A full row is real progress.

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