Tailored Guidance
TUITION

My weekly science plan

Small, clear tasks. Time to practise. Space to adjust.

Week beginning _____ **Course / exam board** _____

My three priorities

Choose specific outcomes, such as explaining diffusion or practising circuit calculations.

1. _____
2. _____
3. _____

A realistic week

Include breaks and catch-up time. Use only the days that fit your family.

Day	Topic + task	Minutes	Evidence / check	Done?
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Make each task easy to start

Try: 5 minutes recalling ideas, 20 minutes practising, 5 minutes checking and correcting.

Adapt the timings to your learner. A rest day is a valid part of the plan.

If plans change, move the task forward rather than squeezing everything into one day.

Tailored Guidance
TUITION

Check, correct, reflect

Use feedback to decide what to practise next.

Week beginning

My practice and corrections

Choose up to three questions. Explain the correction in your own words.

Topic / question	What I corrected and why	My next step

This week I can now...

One idea I still want to understand

One change that will help next week

For families: notice effort and understanding, then agree one manageable next step.

Keep completed copies privately; do not post a learner's personal details publicly.