



Year 4

11+ Learning Plan

Are you considering a grammar school for your child's secondary education? If they're currently in Year 4, the 11+ exam might still feel like a distant hurdle.

Starting preparation early and practising little and often is key to a healthy exam experience. Remember – **exam preparation is a marathon, not a sprint!**



Your Learning Plan

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

Make sure you've set your target school(s) on Atom Home. This will make sure that your child sees activities tailored to their exam.



Year 4

Autumn term

A little and often approach to learning supports long-term retention and engagement. Short daily study sessions of around 20 minutes are recommended for 8–9 year olds to build a healthy learning routine.

If your child's 11+ exam incorporates verbal reasoning, non-verbal reasoning, or a mix of both, this is a good time to start incorporating reasoning practice into their routine. Reasoning isn't taught at primary school, so it's important to start familiarising your child with these questions early.

Atom's adaptive algorithm introduces questions at a low level of difficulty for each skill. As your child answers questions correctly, the questions become more advanced. This enables them to unlock more challenging content.

Autumn Activity

- **Build your child's weekly study routine.** Set aside regular times for them to log in to Atom Home and work through the weekly activities on their exam prep plan. Try to alternate different subjects on different days to keep them engaged. For example, they could spend 10 minutes on English and 10 minutes on verbal reasoning on one day, then 10 minutes on maths and 10 minutes on non-verbal reasoning the following day.



Spring term

As your child nears the end of Lower Key Stage 2, they should begin learning independently. This is important to hone their curiosity and develop resilience and persistence.

Start to take a step back from your child's learning. Encourage them to work through tasks autonomously and reward their efforts. Give your child responsibilities around the house and have open discussions. Asking for their opinions on activities, interests and current affairs can boost critical thinking skills.

Spring Activity

- **Set aside a few minutes every week to talk to your child about their learning outside of school.** For example, ask them questions about the book they're reading. How would they describe it to a friend? What do they think will happen next? Would they have written any scenes differently?

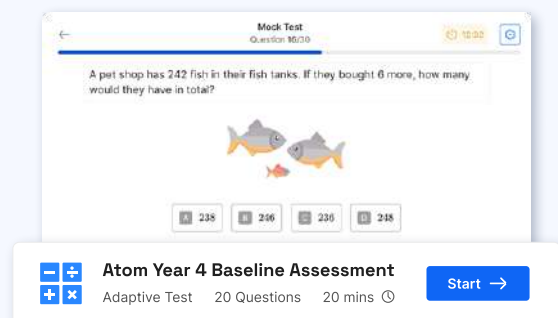


Summer term

At the end of Year 4, your child will have covered the Lower Key Stage 2 curriculum at school. Having a good understanding of all the key topics will put them in good stead for Upper Key Stage 2 and the final year before their 11+ exam.

Summer Activity

- **From your Extras page, set your child short baseline Year 4 assessments.** These will highlight which topics your child is comfortable with and the areas they're finding more difficult. You can use this data to set your child extra practices in challenging topics.



Autumn term

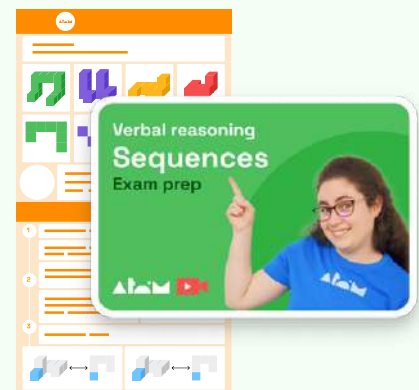
There's now one year to go until your child's 11 plus exam. They should be spending most of their time covering the curriculum.

Keep up the '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 the best way for them to refresh their memory and build a strong understanding.



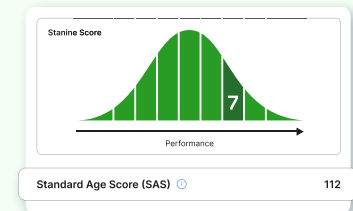
Spring term

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. Mock tests should only be used once your child is comfortable with the exam content.

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 Extras page to set your child a mock test for their target school.** After each 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.



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.

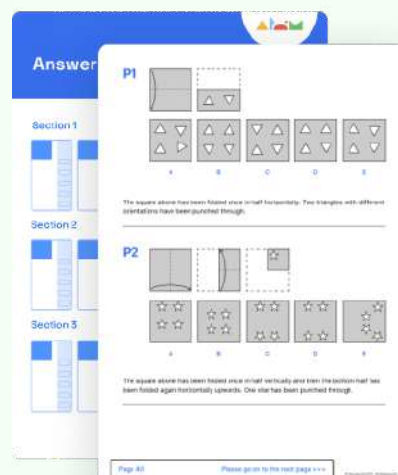
Summer term

Your child now has just a couple of months 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

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



Autumn term

Grammar school 11+ exams usually take place in September. By the start of Year 6, your child will only have a few weeks – or days, depending on the school – before their 11+ exam.

It's important to prioritise their mental and physical wellbeing at this stage. Keep up regular exam practice in bitesize chunks, but balance your child's routine with rest and play. Avoid 'cramming', encourage any kind of exercise your child enjoys, and set a bedtime routine to help them stay calm and relaxed 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!





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