

Intense learning can be dangerous. Working too hard for too long can result in burn-out, particularly in children. The maximum recommended preparation is two tests a day, as shown in this weekly schedule:

Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am - 9:00am	Wake up, eat breakfast, and get ready for the day!						
9:00am - 10:00am	Maths - Test 1: <i>60 Minutes</i>	VR - Test 1: <i>40 Minutes</i>	English - Test 2: <i>70 Minutes</i>	NVR - Test 2: <i>60 Minutes</i>	Maths - Test 3: <i>60 Minutes</i>	VR - Test 3: <i>40 Minutes</i>	NVR - Test 3: <i>60 Minutes</i>
10:00am - 11:00am	Read a Book	Break: Have a snack (some fruit)		Spelling Work	Break: Watch TV or play games		Mental Maths Work
11:00am - 12:00pm	Maths Review: <i>25 Minutes</i>	VR Review: <i>25 Minutes</i>	English Review: <i>25 Minutes</i>	NVR Review: <i>25 Minutes</i>	Maths Review: <i>25 Minutes</i>	VR Review: <i>25 Minutes</i>	NVR Review: <i>25 Minutes</i>
12:00pm - 1:00pm	Lunch Break						
1:00pm - 2:00pm	English - Test 1: <i>70 Minutes</i>	NVR - Test 1: <i>60 Minutes</i>	Maths - Test 2: <i>60 Minutes</i>	VR - Test 2: <i>40 Minutes</i>	English - Test 3: <i>70 Minutes</i>	Break: Meet some friends or take part in some extracurricular activity	
2:00pm - 3:00pm	Break: Play outside and be active						
3:00pm - 4:00pm	English Review: <i>25 Minutes</i>	NVR Review: <i>25 Minutes</i>	Maths Review: <i>25 Minutes</i>	VR Review: <i>25 Minutes</i>	English Review: <i>25 Minutes</i>		