



SATs Survival Guide

SATs – the time that many students and parents or carers dread, but with perspective, smart work, and preparation, it does not have to be.

Yes, the Year 6 SATs exams are a significant milestone in a child's educational journey, marking the end of their primary school years. However, reaching this event should be a cause for celebration and recognition of how hard they have worked over the years to reach it.

Of course, however, for many students, this period can feel overwhelming; students can feel a sense of pressure to perform well and to meet expectations. As a parent or carer, you may feel just as anxious, wanting to support your child while navigating the challenges that come with preparing for the exams.

This guide is here to provide you with a survival toolkit—practical advice, study strategies, and most importantly, emotional support techniques—which will help you both to navigate through the SATs process. Whether you are looking for tips on managing stress, structuring revision, or maintaining a balanced approach to work and play, this guide has got you covered.

Our main aim is to **boost your child's confidence** so they can approach the SATs exams without fear. The SATs are **not about perfection or competition**; they are a way to assess what students have learned so far during their primary school years and to provide an indicator of school performance.

All children should leave Year 6 feeling proud, with a sense of accomplishment in knowing they have tried their best. By familiarising your child with the assessment process, you can significantly reduce or often remove anxiety or panic around the tests whilst encouraging them to view the exams as **just another part of their learning journey**. It is about reassuring them that **their worth is not defined by these scores**, and that the true value of education is in the knowledge they gain and the personal growth they experience during primary school. Although secondary schools **can** look at SATs results to assist with groupings – it is also important to remember that there are a number of factors that secondary schools consider when grouping students for Year 7. As secondary schools get to know the children better, they will continually reassess to ensure they are in the correct groups to motivate and support them. SATs form only a tiny snapshot of your child and their education so far.

With the right mindset and approach, the SATs can be a rewarding experience rather than a stressful one. Remember, the goal is not just to pass the exams, **but to create a sense of confidence, resilience, and curiosity in your child as they continue to grow academically and emotionally**. Let us make this journey as smooth and supportive as possible, together!

There are many ways that you can support your child throughout the SATs process.

Tips:

1. Print out a SATs paper together and read it **casually**, discuss with repeated positive and relaxed phrases such as:

“That’s fine, isn’t it?”

“Yes okay, I see what they are asking you to do here, what do you think? Am I right?”

“We might need to read this question more than twice but that’s fine.”

“If I didn’t understand a question after reading it two or three times, I think I would move on, what about you?”

“This gives you a good opportunity to show off lots of the things you can do.”

2. Reiterate that their success in Year 7 does not ride upon these results. Changes in groupings happen throughout secondary years to ensure students are placed in the right place.

3. Remind them how much you admire them (obvious but powerful).

4. Use an extended metaphor for SATs week like The Champions’ League (football). The Open Championship (golf), The London Marathon (athletics) or a music concert etc. Each day is another section of the task completed.

5. Celebrate them reaching this time in their schooling. Tell them how proud it makes you feel and share with them the fun they will have after this week is completed.

6. Remind them that you just want them to do their best. That is everything we can ask for!

Here are some fun, simple activities that you can try at home over the coming weeks:

Day	ENGLISH (READING and SPaG)	MATHS (ARITHMETIC and REASONING)	SPELLING and VOCABULARY
Monday	Read a Newsround article together and write a five-sentence summary of the contents.	Daily 10 (Top marks) for times tables and quick arithmetic practice.	Spelling Staircase – Write tricky words step by step. A AR ARI ARIT ARITH ARITHM ARITHME ARITHMET ARITHMETI ARITHMETIC
Tuesday	SPaG Quiz – Spot 5-word types in a text (e.g., identify nouns, modal verbs).	Menu Maths – Add prices, find % discounts, and calculate change	Rainbow Spelling – Write each word in different colour

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Wednesday	<p>Read a book chapter and write down:</p> <p>1) What is the main event so far? 2) How is the main character feeling? 3) What are your predictions?</p>	<p>Fraction War (Card Game) –</p> <p>Compare fractions using playing cards.</p>	<p>Word Anagrams –</p> <p>Unscramble tricky words.</p>
Thursday	<p>Punctuation Hunt –</p> <p>Find all punctuation in a paragraph and explain their use.</p>	<p>Shape Investigation</p> <p>– Find & measure perimeter, area, or volume of household items.</p>	<p>Speed Spelling Test –</p> <p>Try to spell ten tricky words in 1 minute. (Use your school spelling lists for this).</p>
Friday	<p>SPaG Bingo – Identify grammar features in sentences.</p>	<p>Maths Treasure Hunt</p> <p>– Solve multi-step word problems to find hidden answers around the house. Each time you complete one step you can hunt for an object or treat!</p>	<p>Word of the Day Challenge – Use a new word in three sentences.</p>

Here are some useful websites to support your child at home:

<https://www.bbc.co.uk/bitesize/articles/zn2y7nb>

<https://www.topmarks.co.uk/maths-games/hit-the-button>

<https://www.topmarks.co.uk/maths-games/daily10>

https://www.spellingninja.co.uk/year-6/#google_vignette

We also find these books helpful to support children at home and provide good practice in familiarising learners with the question types included the SATs.

<https://www.amazon.co.uk/stores/page/461520AD-E7FB-4C93-B353-2C79615CDEBA>

KS2 Year 6 SATs Ultimate Study & Practice – 9-book money-saving bundle (for the 2025 tests) | CGP Books

If you need any free help, advice, or guidance, just reach out. We are here for you.

