

# **Journey to SEA 2026**

## **Weekly Study Schedule**

**May 2025  
to  
March 2026**

**A WERD Coach Youth Resource Created by**  
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# TIME COMMITMENT

Studying for an exam is more than simply completing exercises. It's all about understanding what the exam requires and having a plan to make the most of the skills learnt during preparation.

This involves studying on your own in addition to the assignments and activities assigned by teachers.

Commit to 3 sessions a week per subject.

- Session 1 = 20 to 30 minutes: review concepts
- Session 2 = 20 to 30 minutes: worksheets, guided practice
- Session 3 = 40 to 60 minutes: independent practice

For SEA subjects include: 1) Math, 2) Spelling & Punctuation, 3) Grammar, 4) Comprehension, 5) Report Writing, and 6) Narrative Writing. You'll need to create a schedule that allows you to use your time wisely for both practice and revision.

At WERD Coach Youth, we provide resources, courses, and support for comprehension and creative writing. Check out our worksheets and other materials <https://werdcoach.com/shop/>.

Looking for creative writing or comprehension classes or just need some advice? Contact us to find out how we can help you. Message us on our [Facebook](#) page or WhatsApp (868) 717-4993.



# TIME MANAGEMENT STRATEGY

Sometimes it's challenging to get a student settled and focused during study time, and that often leads to time being wasted instead of spent on what matters most - revision and practice.

Schedules provide topics and time management strategies like the Pomodoro Technique.

This method was developed by Francesco Cirillo in the late 1980s. Named after the Italian word for "tomato" (inspired by the tomato-shaped kitchen timer Cirillo used), the technique breaks work into intervals, traditionally 25 minutes in length, separated by short breaks. These intervals are known as "Pomodoros."

#	Total Study Time	Break Time	Best For
1	30 mins (with a 5-min break *actual study time - 25 min	5 mins	Quick review or homework check
2	60 mins (with 2 x 5-min breaks) *actual study time 50 min	10 mins	Light study days or subjects they enjoy
3	90 mins (with 3 x 5-min breaks) *actual study time 75 mins	15 mins	A full but manageable session for most children
4	120 mins (with 4 x 5-min breaks) *actual study time 90 mins	20-30 mins	Advanced learners or weekend/holiday revision






# APPLYING THE POMODORO

**Set Clear Goals:** Before starting, help your child decide what they want to achieve during their study session. Whether it's finishing a chapter of a book, solving a set of math problems, or memorizing a list of vocabulary words, having a clear goal will give them a sense of direction. It will also allow for the best use of time.

- **Use a Timer:** Set a timer for 25 minutes (or a shorter time if your child is just starting out). During this time, encourage your child to focus solely on their study task without any distractions.
- **Take a Break:** Once the timer goes off, it's time for a 5-minute break. Use this time to stretch, grab a healthy snack, or simply relax. It's important for the break to be screen-free to rest their eyes and mind, and to include some movement to increase blood flow to the brain so the child returns to study feeling refreshed, more alert, and ready to focus again.
- **Repeat the Cycle:** After the break, set the timer again for another 25-minute study session. Repeat this cycle for four Pomodoros, then take a longer break of 15-30 minutes.
- **Celebrate Small Wins:** After completing a full cycle of four Pomodoros, celebrate your child's effort! Maybe a small treat, an extra 10 minutes of playtime, or simply a hug and a few words of praise, "I'm so proud of you for getting your work done!" Celebrate their hard work to reinforce positive behavior, increase motivated.




# **Journey to SEA 2026**

## **Weekly Study Schedule**

- **Report Writing**
- **Narrative Writing**
- **Comprehension**

**Notes: There are 46 weeks in this schedule, including 41 presentations plus 2 breaks (3 weeks in August and 2 weeks in Christmas). Revision and practice are recommended during breaks.**



# STUDY SCHEDULE P1

## Ep. 1 – May 8, 2025

- **Report Writing:** Study Schedules & Foundation Concepts
- **Narrative Writing:** Study Schedules & Foundation Concepts
- **Comprehension:** Study Schedules & Foundation Concepts

## Ep. 2 – May 15, 2025

- **Report Writing:** Grading Rubrics & Types of Reports
- **Narrative Writing:** Grading Rubrics & Defining Stories
- **Comprehension:** Purpose & Types of Comprehension Texts

## Ep. 3 – May 22, 2025

- **Report Writing:** 5-Paragraph Report Structure
- **Narrative Writing:** Plotting Instead of Planning
- **Comprehension:** Types of Questions

## Ep. 4 – May 29, 2025

- **Report Writing:** Focusing on the Facts
- **Narrative Writing:** Paragraphing & Length of Stories
- **Comprehension:** Reading Nonfiction Texts

## Ep. 5 – June 5, 2025

- **Report Writing:** Avoiding Sneaky Opinions
- **Narrative Writing:** Types of Conflict & Rising Action
- **Comprehension:** Understanding Nonfiction Questions

## Ep. 6 – June 12, 2025

- **Report Writing:** Keeping Language Formal
- **Narrative Writing:** Escalating Conflict & Reactions
- **Comprehension:** Nonfiction Comprehension Responses

# STUDY SCHEDULE P2

## Ep. 7 – June 19, 2025

- **Report Writing:** Formal Language Vocabulary
- **Narrative Writing:** Practice Plotting Stories
- **Comprehension:** Reading Fiction Texts

## Ep. 8 – June 26, 2025

- **Report Writing:** Reporting What Others Say
- **Narrative Writing:** Connecting Plot Points with Description
- **Comprehension:** Understanding Fiction Questions

## Ep. 9 – July 3, 2025

- **Report Writing:** Practice Using Reported Speech
- **Narrative Writing:** Understanding the Climax
- **Comprehension:** Fiction Comprehension Responses

## Ep. 10 – July 10, 2025

- **Report Writing:** Active and Passive Voice
- **Narrative Writing:** Reaction to Climax
- **Comprehension:** Reading Poetry

## Ep. 11 – July 17, 2025

- **Report Writing:** Choosing Active OR Passive Voice
- **Narrative Writing:** Lessons Learnt
- **Comprehension:** Understanding Poetry Questions

## Ep. 12 – July 24, 2025

- **Report Writing:** The SEA Report Writing Checklist
- **Narrative Writing:** Character Physical Description
- **Comprehension:** Poetry Comprehension Responses



# STUDY SCHEDULE P3

## Ep. 13 – July 31, 2025

- **Report Writing:** Connecting Ideas with Words & Phrases
- **Narrative Writing:** Integrating Physical Descriptions
- **Comprehension:** Reading Graphics

## Ep. 14 – August 7, 2025

- **Report Writing:** Using Transitions Effectively
- **Narrative Writing:** Describing Setting, Time & Place
- **Comprehension:** Understanding Graphics Questions & Responses

## BREAK - August 14-28, 2025 (NO UPLOAD)

- **Report Writing:** BREAK [build vocabulary & content]
- **Narrative Writing:** BREAK [build vocabulary & content]
- **Comprehension:** BREAK [build vocabulary & content]

## Ep. 15 – Sept. 4, 2025

- **Report Writing:** Regroup & Review Foundation
- **Narrative Writing:** Regroup & Review Foundation
- **Comprehension:** Regroup & Review Schedules

## Ep. 16 – Sept. 11, 2025

- **Report Writing:** Timed Practice Planning Reports
- **Narrative Writing:** Elements of Story Introductions
- **Comprehension:** Reviewing Types of Questions

# STUDY SCHEDULE P4

## Ep. 17 – Sept. 18, 2025

- **Report Writing:** Getting Introductions Right
- **Narrative Writing:** Writing Great Hooks & Beginning
- **Comprehension:** Different Types of Context Clues

## Ep. 18 – Sept. 25, 2025

- **Report Writing:** Writing What Comes Before
- **Narrative Writing:** Dialogue, Thoughts, Speech
- **Comprehension:** When Context Doesn't Work

## Ep. 19 – Oct. 2, 2025

- **Report Writing:** Describing the Situation
- **Narrative Writing:** Dialogue with Description
- **Comprehension:** Responding to Nonfiction Texts 1

## Ep. 20 – Oct. 9, 2025

- **Report Writing:** Writing What Comes After
- **Narrative Writing:** Integrating Dialogue into Stories
- **Comprehension:** Responding to Nonfiction Texts

## Ep. 21 – Oct. 16, 2025

- **Report Writing:** Writing Outcomes and Consequences
- **Narrative Writing:** Creating & Resolving Problems
- **Comprehension:** Responding to Fiction Texts 1

# STUDY SCHEDULE P5

## Ep. 22 – Oct. 23, 2025

- **Report Writing:** Analysing Report Prompts
- **Narrative Writing:** Practice with Rising Action
- **Comprehension:** Responding to Fiction Texts 2

## Ep. 23 – Oct. 30, 2025

- **Report Writing:** Strategies for Editing
- **Narrative Writing:** Intervention & Climax
- **Comprehension:** Responding to Poetry 1

## Ep. 24 – Nov. 6, 2025

- **Report Writing:** Closer Look at Incident Reports
- **Narrative Writing:** Strategies for Ending Stories
- **Comprehension:** Responding to Poetry 2

## Ep. 25 – Nov. 13, 2025

- **Report Writing:** Closer Look at Accident Reports
- **Narrative Writing:** Writing a Complete Narrative
- **Comprehension:** Responding to Graphics 1

## Ep. 26 – Nov. 20, 2025

- **Report Writing:** Closer Look at Competition Reports
- **Narrative Writing:** SEA Narrative Checklist
- **Comprehension:** Responding to Graphics

## Ep. 27 – Nov. 27, 2025

- **Report Writing:** Closer Look at Activity Reports
- **Narrative Writing:** Strategies for Editing
- **Comprehension:** Combined Comprehension Practice

# STUDY SCHEDULE P6

## Ep. 28 – Dec. 4, 2025

- **Report Writing:** Closer Look at Event Reports
- **Narrative Writing:** Analysing Short Stories
- **Comprehension:** Combined Comprehension Practice 2

## Ep. 29 – Dec. 11, 2025

- **Report Writing:** Closer Look at Natural Disaster Reports
- **Narrative Writing:** Analysing & Rewriting Short Stories
- **Comprehension:** Combined Comprehension Practice 3

## BREAK - DEC. 18 - 25, 2025

### (NO UPLOAD)

- **Report Writing:** BREAK [build vocabulary & content]
- **Narrative Writing:** BREAK [build vocabulary & expression]
- **Comprehension:** BREAK [build vocabulary & expression]

# STUDY SCHEDULE P6

## Ep. 30 – January 1, 2026

- **Report Writing:** SEA Requirements
- **Narrative Writing:** Review Prompt Analysis
- **Comprehension:** Review Objectives, SEA Format, & Types of Texts

## Ep. 31 – January 8, 2026

- **Report Writing:** Review Report Structure
- **Narrative Writing:** Review Prompt Analysis
- **Comprehension:** Review Literal & Inferential Questions, plus Responses

## Ep. 32 – January 15, 2026

- **Report Writing:** Review Prompt Analysis
- **Narrative Writing:** Review Quick Plotting Strategies, & “Original Stories”
- **Comprehension:** Review Evaluation & Appreciation Questions, plus Responses

## Ep. 33 – January 22, 2026

- **Report Writing:** Review Quick Planning & Formal Tone
- **Narrative Writing:** Review Character Development & Realistic Fiction
- **Comprehension:** Review Context Clues & Exam Strategies 1 (for vocabulary)

## Ep. 34 – January 29, 2026

- **Report Writing:** Review Transitions & Incident Reports
- **Narrative Writing:** Review Setting Description & Fantasy/Science Fiction
- **Comprehension:** Review Context Clues & Exam Strategies 2



# STUDY SCHEDULE P7

## Ep. 35 – February 5, 2026

- **Report Writing:** Review Past Tense & Accident Report Guidelines
- **Narrative Writing:** Review Story Beginnings & Action/Adventure Guidelines
- **Comprehension:** Review Fiction Format & Strategies

## Ep. 36 – February 12, 2026

- **Report Writing:** Review Past Tense & Activity Report Guidelines
- **Narrative Writing:** Review Rising Action, Climax, & Folklore/Fairy Tale Guidelines
- **Comprehension:** Review Poetry Format & Strategies

## Ep. 37 – February 19, 2026

- **Report Writing:** Review Reported Speech & Competition Reports
- **Narrative Writing:** Review Intervention, Climax, & Mild Gore
- **Comprehension:** Review Poetry Format & Strategies

## Ep. 38 – February 26, 2026

- **Report Writing:** Review Passive Voice & Event Report Guidelines
- **Narrative Writing:** Review Lessons Learnt, Ending Stories, & Thrillers
- **Comprehension:** Review Graphics Format & Strategies

## Ep. 39 – February 26, 2026

- **Report Writing:** Timed Writing 1, Focus on Mechanics, & Feedback
- **Narrative Writing:** Timed Writing 1, Focus on Mechanics, & Feedback
- **Comprehension:** Timed Comprehension 1 (Nonfiction) & Feedback

# STUDY SCHEDULE P8

## Ep. 40 – March 12, 2026

- **Report Writing:** Timed Writing 2, Focus on Content, & Formal Tone, & Feedback
- **Narrative Writing:** Timed Writing 2, Focus on Character/Setting Descriptions, & Feedback
- **Comprehension:** Timed Comprehension 2 (Poetry & Graphics) & Feedback

## Ep. 41 – March 19, 2026

- Encouragement & Well Wishes

**TENTATIVE SEA 2026 DATE: March 26, 2026**