

# NAPLAN IN 15 MINUTES A DAY

YOUR  
WEEKLY  
PLAN



YOUR WEEKLY PLAN

# NAPLAN in 15 Minutes a Day

## Your Weekly Plan

*A structured approach to NAPLAN preparation*

© Scholarly

## Table of Contents

---

Introduction

How to Use This Book

### **10-Week Preparation Plan:**

Weeks 1-2: Reading Focus

Week 1: Reading Comprehension Fundamentals

Week 2: Advanced Reading Strategies

Weeks 3-4: Writing Focus

Week 3: Narrative Writing

Week 4: Persuasive Writing

Weeks 5-6: Language Conventions Focus

Week 5: Spelling and Vocabulary

Week 6: Grammar and Punctuation

Weeks 7-8: Numeracy Focus

Week 7: Number and Algebra

Week 8: Measurement, Geometry, Statistics and Probability

Weeks 9-10: Mixed Practice

Week 9: Integrated Skills Practice

Week 10: Final Review and Test Strategies

### **Additional Resources:**

Tips for Parents and Teachers

Sample Questions and Activities

Test-Taking Strategies

Managing Test Anxiety

# Introduction

---

Welcome to **NAPLAN in 15 Minutes a Day: Your Weekly Plan**. This resource is designed to help students prepare effectively for the National Assessment Program – Literacy and Numeracy (NAPLAN) tests through consistent, short practice sessions that fit easily into daily routines.

## Understanding NAPLAN

NAPLAN is a nationwide assessment conducted in Australia for students in Years 3, 5, 7, and 9. It measures students' skills in four key domains:

**Reading:** Assesses comprehension and interpretation of written texts

**Writing:** Evaluates students' ability to produce either a narrative or persuasive text

**Language Conventions:** Tests spelling, grammar, and punctuation skills

**Numeracy:** Measures mathematical knowledge, skills, and understanding

Each domain presents different challenges and requires specific preparation approaches. This book breaks down these domains and provides targeted activities to build competence in each area.

## The Power of 15-Minute Practice Sessions

Research has consistently shown that short, regular practice sessions are more effective than cramming or lengthy study periods. Fifteen-minute daily sessions offer several advantages:

**Manageable Time Commitment:** Brief enough to maintain focus and fit into busy schedules

**Consistent Reinforcement:** Regular practice builds skills gradually and naturally

**Reduced Stress:** Short sessions prevent overwhelm and burnout

**Building Habits:** Daily practice establishes positive learning routines

**Long-Term Retention:** Spaced repetition enhances memory and skill development

This approach is particularly beneficial for NAPLAN preparation, as it allows students to build competence across all test domains gradually and confidently.

## How to Use This Book

This resource provides a structured 10-week preparation plan, with each week focusing on specific NAPLAN components. For each day of the week, you'll find a dedicated 15-minute activity designed to build skills progressively.

## Preparation Timeline

Ideally, begin this 10-week programme approximately 12 weeks before the scheduled NAPLAN tests. This allows for flexibility and ensures completion before the assessment period.

## Materials Needed

- A dedicated notebook for NAPLAN practice
- Pencils, pens, and erasers
- A timer or clock to track the 15-minute sessions
- Access to additional reading materials (books, articles, etc.)
- Basic mathematical tools (ruler, protractor for older students)

## Activity Structure

Each daily activity follows a consistent format:

- Focus:** The specific skill being addressed
- Activity Description:** Clear instructions for completing the task
- Year Level Adaptations:** Modifications for different age groups (Years 3, 5, 7, and 9)
- Time Management:** Suggestions for using the 15 minutes effectively

Remember that consistency is key. It's better to complete the activities regularly, even if you occasionally need to modify them, than to skip days entirely.

---

## Weeks 1-2: Reading Focus

---

Reading comprehension forms a cornerstone of the NAPLAN assessment. These two weeks focus on developing key reading skills, from identifying main ideas to making inferences and analysing texts critically.

### Week 1: Reading Comprehension Fundamentals

This week focuses on building core reading comprehension skills that form the foundation for success in the NAPLAN reading assessment.

## Day 1: Main Idea Identification

**Activity:** Read a short passage (appropriate to year level) and identify the main idea or central message. Write it down in one or two sentences.

### Adaptations:

- Year 3 Simple narrative paragraphs with clear themes
- Year 5 Short informational texts on familiar topics
- Year 7 Multi-paragraph texts with more subtle main ideas
- Year 9 Complex texts requiring synthesis of multiple ideas

## Day 2: Supporting Details

**Activity:** Read a passage and identify three key details that support the main idea. Explain how each detail contributes to understanding the central message.

### Adaptations:

- Year 3 Identifying obvious supporting facts
- Year 5 Distinguishing between major and minor details
- Year 7 Analysing how details develop the main idea
- Year 9 Evaluating the relevance and significance of details

## Day 3: Vocabulary in Context

**Activity:** Read a passage containing 5–10 potentially unfamiliar words. Use context clues to determine their meanings before checking with a dictionary.

### Adaptations:

- Year 3 Basic vocabulary with clear context clues
- Year 5 Moderately challenging words with supportive context
- Year 7 More advanced vocabulary requiring closer reading
- Year 9 Sophisticated terminology and figurative language

## Day 4: Sequence of Events

**Activity:** Read a narrative passage and create a timeline of events in the correct order. Identify transition words that signal sequence.

### Adaptations:

- Year 3 Simple chronological stories

- Year 5 Stories with clear beginning, middle, and end
- Year 7 Narratives with flashbacks or time jumps
- Year 9 Complex narratives with multiple timelines

### Day 5: Fact vs. Opinion

**Activity:** Read a passage and identify statements as either facts or opinions. Create a two-column list separating them.

**Adaptations:**

- Year 3 Obvious examples with clear distinctions
- Year 5 Mixed examples requiring closer analysis
- Year 7 Subtler distinctions, including facts presented in biased ways
- Year 9 Complex passages with persuasive elements

### Day 6: Cause and Effect

**Activity:** Read a passage and identify three cause-and-effect relationships. Create a diagram showing how events are connected.

**Adaptations:**

- Year 3 Simple, direct relationships
- Year 5 Multiple causes or effects for a single event
- Year 7 Chain reactions with sequential effects
- Year 9 Complex causal relationships in informational texts

### Day 7: Text Features

**Activity:** Examine a text with various features (headings, captions, diagrams, etc.) and explain how each feature helps the reader understand the content.

**Adaptations:**

- Year 3 Basic features like titles, illustrations, and captions
- Year 5 Headings, subheadings, and simple diagrams
- Year 7 Charts, graphs, and more complex visual elements
- Year 9 Advanced features including footnotes and cross-references



Building on the fundamental skills from Week 1, this week introduces more sophisticated reading comprehension strategies essential for the NAPLAN assessment.

### Day 1: Making Inferences

**Activity:** Read a passage that contains implied information. Answer questions about what the author suggests but doesn't directly state.

#### Adaptations:

- Year 3 Simple inferences about characters' feelings
- Year 5 Inferences about motives and intentions
- Year 7 Drawing conclusions based on multiple text clues
- Year 9 Complex inferences requiring background knowledge

### Day 2: Author's Purpose

**Activity:** Read passages with different purposes (inform, persuade, entertain) and identify the author's primary goal. Find textual evidence to support your answer.

#### Adaptations:

- Year 3 Clear examples with obvious purposes
- Year 5 Texts with mixed purposes
- Year 7 Identifying subtler authorial intentions
- Year 9 Analysing complex or multiple purposes

### Day 3: Comparing and Contrasting

**Activity:** Read two short passages on similar topics and create a Venn diagram showing similarities and differences.

#### Adaptations:

- Year 3 Simple comparisons of characters or events
- Year 5 Comparing perspectives on the same topic
- Year 7 Analysing different text types on the same subject
- Year 9 Contrasting complex arguments or viewpoints

### Day 4: Drawing Conclusions

**Activity:** Read a passage that doesn't explicitly state its conclusion. Based on the evidence provided, determine what conclusion can be drawn.

## Adaptations:

- Year 3 Simple conclusions with clear supporting evidence
- Year 5 Conclusions requiring multiple pieces of evidence
- Year 7 Evaluating the strength of conclusions based on evidence
- Year 9 Distinguishing between valid and invalid conclusions

## Day 5: Summarising

**Activity:** Read a passage and write a concise summary capturing the main points while eliminating unnecessary details.

## Adaptations:

- Year 3 Summarising a short paragraph in 1-2 sentences
- Year 5 Summarising a full page in 3-4 sentences
- Year 7 Creating balanced summaries of longer texts
- Year 9 Summarising complex informational texts while preserving key points

## Day 6: Text Structure Analysis

**Activity:** Identify the organisational pattern of a passage (chronological, cause-effect, problem-solution, etc.) and explain how it supports the author's purpose.

## Adaptations:

- Year 3 Basic chronological or sequential structures
- Year 5 Identifying problem-solution and descriptive patterns
- Year 7 Recognising multiple organisational patterns
- Year 9 Analysing complex or mixed text structures

## Day 7: Critical Reading

**Activity:** Read a persuasive passage and evaluate the strength of the arguments, identifying any biases, unsupported claims, or logical fallacies.

## Adaptations:

- Year 3 Identifying obvious persuasive techniques
- Year 5 Evaluating whether claims are supported
- Year 7 Recognising logical connections and gaps
- Year 9 Analysing sophisticated persuasive techniques and bias



# Weeks 3–4: Writing Focus

---

The NAPLAN writing assessment requires students to compose either a narrative or persuasive text. These two weeks develop essential writing skills for both genres, focusing on structure, ideas, language features, and editing techniques.

## Week 3: Narrative Writing

Narrative writing requires students to tell a compelling story. This week focuses on the key elements that make narratives effective in the NAPLAN assessment.

### Day 1: Character Development

**Activity:** Create a detailed character profile for a story protagonist, including physical traits, personality, motivations, and background. Start drafting a short paragraph introducing this character.

#### Adaptations:

- Year 3 Basic character traits and simple descriptions
- Year 5 More detailed characters with clear motivations
- Year 7 Complex characters with internal conflicts
- Year 9 Nuanced characters with subtle development

### Day 2: Setting Description

**Activity:** Write a vivid description of a setting using sensory details (sight, sound, smell, touch, taste). Focus on creating atmosphere and mood.

#### Adaptations:

- Year 3 Simple settings with basic sensory details
- Year 5 More elaborate settings with weather and time elements
- Year 7 Settings that reflect characters' emotions
- Year 9 Settings that function symbolically in the narrative

### Day 3: Plot Development

**Activity:** Create a plot outline using the 5-part structure: orientation, complication, series of events, resolution, and conclusion. Focus especially on the complication (problem).

## Adaptations:

- Year 3 Simple problem-solution plots
- Year 5 Multiple events leading to resolution
- Year 7 More complex complications with rising action
- Year 9 Sophisticated plot structures with subplots

## Day 4: Dialogue Writing

**Activity:** Write a conversation between two characters that reveals their personalities and advances the plot. Focus on proper dialogue formatting and varied speech tags.

## Adaptations:

- Year 3 Simple exchanges with basic tags like "said"
- Year 5 More varied dialogue with some descriptive tags
- Year 7 Dialogue revealing subtext and character relationships
- Year 9 Sophisticated exchanges with minimal tags but rich subtext

## Day 5: Show, Don't Tell

**Activity:** Rewrite three "telling" sentences to "show" the same information through action, dialogue, and description. For example, instead of "She was angry," write "She slammed the door and glared at him."

## Adaptations:

- Year 3 Basic actions and expressions to show feelings
- Year 5 More detailed descriptions of emotions
- Year 7 Subtler demonstrations of character traits
- Year 9 Sophisticated techniques like symbolism and metaphor

## Day 6: Descriptive Language

**Activity:** Enhance a simple paragraph by adding adjectives, adverbs, similes, metaphors, and specific nouns to create vivid imagery.

## Adaptations:

- Year 3 Adding adjectives and specific nouns
- Year 5 Using similes and varied descriptive words
- Year 7 Incorporating metaphors and sensory details

### Day 7: Narrative Openings

**Activity:** Write three different engaging openings for a story: one starting with dialogue, one with action, and one with description. Each should hook the reader immediately.

**Adaptations:**

- Year 3 Simple but interesting opening sentences
- Year 5 Openings that introduce character or setting
- Year 7 Openings that raise questions or create tension
- Year 9 Sophisticated openings that establish tone and theme

## Week 4: Persuasive Writing

Persuasive writing requires students to present a convincing argument. This week develops the key elements of effective persuasive texts for the NAPLAN assessment.

### Day 1: Opinion Statements

**Activity:** Write clear thesis statements for three different persuasive topics. Each statement should clearly state your position and hint at your main arguments.

**Adaptations:**

- Year 3 Simple opinion statements on familiar topics
- Year 5 More detailed positions with a hint of reasoning
- Year 7 Nuanced positions acknowledging complexity
- Year 9 Sophisticated thesis statements with qualifications

### Day 2: Argument Organisation

**Activity:** Create an outline for a persuasive text including an introduction, three main arguments with supporting evidence, and a conclusion. Focus on logical order of arguments.

**Adaptations:**

- Year 3 Simple structure with basic reasons
- Year 5 More developed arguments with examples

- Year 7 Strategic ordering of arguments for maximum impact
- Year 9 Complex structure addressing counterarguments

### Day 3: Supporting Evidence

**Activity:** For a given opinion, gather three different types of evidence: facts/statistics, examples/anecdotes, and expert opinions. Evaluate which is most convincing and why.

#### Adaptations:

- Year 3 Personal examples and simple facts
- Year 5 More detailed examples and some research
- Year 7 Evaluating the strength of different evidence
- Year 9 Integrating multiple evidence types effectively

### Day 4: Persuasive Language

**Activity:** Enhance a paragraph by adding persuasive devices: emotive language, rhetorical questions, repetition, and strong word choices. Note how each device strengthens the argument.

#### Adaptations:

- Year 3 Simple emotive words and strong verbs
- Year 5 Adding rhetorical questions and direct address
- Year 7 Incorporating more sophisticated devices
- Year 9 Using subtle persuasive techniques effectively

### Day 5: Addressing Counterarguments

**Activity:** Identify potential counterarguments to your position and write paragraphs acknowledging and refuting each one respectfully.

#### Adaptations:

- Year 3 Simple acknowledgment of different opinions
- Year 5 Addressing basic opposing viewpoints
- Year 7 More detailed refutation with evidence
- Year 9 Sophisticated handling of complex opposing arguments

## Day 6: Strong Conclusions

**Activity:** Write three different conclusion paragraphs for a persuasive text: one restating main points, one using a call to action, and one ending with a powerful statement or question.

### Adaptations:

- Year 3 Simple restatement of opinion
- Year 5 Summarising main arguments with a final appeal
- Year 7 Effective calls to action with implications
- Year 9 Sophisticated conclusions that resonate and provoke thought

## Day 7: Introductory Hooks

**Activity:** Write three different engaging introductions for a persuasive text: one using a startling fact, one with a relevant quotation, and one with a provocative question.

### Adaptations:

- Year 3 Simple interesting openings
- Year 5 More developed hooks with transitions to thesis
- Year 7 Attention-grabbing openings with context
- Year 9 Sophisticated introductions establishing significance

# Weeks 5–6: Language Conventions Focus

Language conventions are vital for effective communication. These two weeks concentrate on spelling, vocabulary, grammar, and punctuation skills that are essential for the NAPLAN assessment.

## Week 5: Spelling and Vocabulary

This week focuses on spelling patterns, rules, and strategies, along with vocabulary expansion to strengthen writing and comprehension.

### Day 1: Common Spelling Patterns

**Activity:** Study and practise words with common spelling patterns (e.g., '-tion', '-ough', '-ible' vs. '-able'). Create your own spelling rules to remember these patterns.

## Adaptations:

- Year 3 Simple patterns like '-ing', '-ed', double consonants
- Year 5 More complex patterns like '-ible/-able', '-tion/-sion'
- Year 7 Challenging patterns and exceptions to rules
- Year 9 Advanced patterns and etymological connections

## Day 2: Homophones

**Activity:** Create sentences using commonly confused homophones correctly (e.g., there/their/they're, your/you're, to/too/two). Highlight the homophones and explain their meanings.

## Adaptations:

- Year 3 Basic homophones like to/too/two, there/their/they're
- Year 5 More complex pairs like accept/except, affect/effect
- Year 7 Challenging sets like principal/principle, complement/compliment
- Year 9 Sophisticated homophones and frequently confused words

## Day 3: Compound Words

**Activity:** Identify and create compound words. For existing compounds, break them into their component parts and explain how the meaning changes when combined.

## Adaptations:

- Year 3 Simple compounds like playground, butterfly
- Year 5 Various compound forms (closed, hyphenated, open)
- Year 7 More complex compounds and their formations
- Year 9 Compound adjectives and technical compound terms

## Day 4: Prefixes and Suffixes

**Activity:** Add prefixes and suffixes to base words to change their meaning or part of speech. Explain how each affix alters the original word.

## Adaptations:

- Year 3 Common prefixes (un-, re-) and suffixes (-ly, -ful)
- Year 5 More varied affixes (pre-, inter-, -ment, -tion)
- Year 7 Complex affixes changing parts of speech

Year 9 Technical and sophisticated affixes with Greek/Latin roots

## Day 5: Synonyms and Antonyms

**Activity:** Replace overused words in a paragraph with more precise synonyms. Then create antonym pairs and use them in sentences to show contrast.

### Adaptations:

- Year 3 Simple alternatives for common words (big, said, nice)
- Year 5 More nuanced synonyms with subtle differences
- Year 7 Precise vocabulary choices for specific contexts
- Year 9 Sophisticated alternatives with connotative differences

## Day 6: Spelling Strategies

**Activity:** Learn and apply spelling strategies (look-say-cover-write-check, word chunking, visualisation, mnemonics) for commonly misspelled words.

### Adaptations:

- Year 3 Basic strategies for simple words
- Year 5 Applying strategies to more challenging words
- Year 7 Managing complex spelling patterns
- Year 9 Strategies for sophisticated vocabulary

## Day 7: Word Origins

**Activity:** Explore the etymology of words from different origins (Latin, Greek, French, etc.). Look for patterns that can help with spelling and meaning.

### Adaptations:

- Year 3 Simple word histories and patterns
- Year 5 Common root words and their derivatives
- Year 7 Greek and Latin roots with multiple derivatives
- Year 9 Complex etymologies and historical language development

# Week 6: Grammar and Punctuation



This week focuses on essential grammar rules and punctuation skills that enhance writing clarity and precision in the NAPLAN assessment.

### Day 1: Sentence Types

**Activity:** Identify and write examples of different sentence types: simple, compound, complex, and compound-complex. Transform sentences from one type to another.

**Adaptations:**

- Year 3 Focus on simple and basic compound sentences
- Year 5 Add complex sentences with dependent clauses
- Year 7 Varied sentence structures including compound-complex
- Year 9 Sophisticated sentence manipulation for stylistic effect

### Day 2: Parts of Speech

**Activity:** Identify all parts of speech in a paragraph (nouns, verbs, adjectives, adverbs, prepositions, conjunctions, pronouns, interjections). Create a colour-coded system.

**Adaptations:**

- Year 3 Focus on nouns, verbs, adjectives, and basic pronouns
- Year 5 Add adverbs, prepositions, and conjunctions
- Year 7 Include all parts of speech with their subcategories
- Year 9 Analyse how parts of speech function in different contexts

### Day 3: Subject-Verb Agreement

**Activity:** Identify and correct subject-verb agreement errors in sentences. Pay special attention to tricky cases like collective nouns and intervening phrases.

**Adaptations:**

- Year 3 Simple agreement with clear subjects
- Year 5 Agreement with compound subjects
- Year 7 Agreement with collective nouns and indefinite pronouns
- Year 9 Complex agreement issues with intervening phrases

### Day 4: Punctuation Marks

**Activity:** Practise using various punctuation marks correctly: full stops, commas, semicolons, colons, quotation marks, apostrophes, hyphens, and dashes.

## Adaptations:

- Year 3 Focus on full stops, question marks, and commas
- Year 5 Add apostrophes, quotation marks, and exclamation marks
- Year 7 Include semicolons, colons, and basic uses of dashes
- Year 9 Add sophisticated uses of all punctuation marks

## Day 5: Verb Tenses

**Activity:** Identify and practise using correct verb tenses (past, present, future) in different forms (simple, continuous, perfect, perfect continuous).

## Adaptations:

- Year 3 Focus on simple past, present, and future tenses
- Year 5 Add continuous tenses and basic perfect tenses
- Year 7 Include all tense forms with consistent usage
- Year 9 Add nuanced use of tense for specific effects

## Day 6: Paragraph Cohesion

**Activity:** Improve paragraph cohesion by adding transition words and phrases between sentences. Ensure ideas flow logically and smoothly.

## Adaptations:

- Year 3 Basic connectives like "and," "but," "then"
- Year 5 More varied transitions for different relationships
- Year 7 Sophisticated transitions for complex logical relationships
- Year 9 Subtle cohesive devices beyond obvious transitions

## Day 7: Proofreading Practice

**Activity:** Practise proofreading by identifying and correcting various errors in a text (spelling, grammar, punctuation, capitalisation). Create a personal proofreading checklist.

## Adaptations:

- Year 3 Focus on obvious errors in simple texts
- Year 5 Identify more subtle errors and inconsistencies
- Year 7 Comprehensive proofreading of complex texts

## Weeks 7–8: Numeracy Focus

Numeracy skills are essential for both academic success and everyday life. These two weeks develop key mathematical concepts and problem-solving strategies for the NAPLAN numeracy assessment.

### Week 7: Number and Algebra

This week focuses on foundational number operations, patterns, and algebraic thinking that form the core of the NAPLAN numeracy assessment.

#### Day 1: Number Operations

**Activity:** Practise mental calculation strategies for addition, subtraction, multiplication, and division. Focus on efficiency and accuracy with progressively challenging problems.

**Adaptations:**

- Year 3 Basic operations with numbers to 100
- Year 5 Operations with larger numbers and simple decimals
- Year 7 Operations with decimals, fractions, and integers
- Year 9 Complex operations and order of operations

#### Day 2: Fractions, Decimals, and Percentages

**Activity:** Convert between fractions, decimals, and percentages. Solve problems involving calculations with these numbers in real-world contexts.

**Adaptations:**

- Year 3 Simple fractions and their representations
- Year 5 Equivalent fractions and basic conversions
- Year 7 Operations with fractions and decimals, percentage calculations
- Year 9 Complex conversions and applications in varied contexts

### Day 3: Number Patterns

**Activity:** Identify, continue, and create number patterns. Find the rule for each pattern and use it to predict further terms.

**Adaptations:**

- Year 3 Simple addition and subtraction patterns
- Year 5 Patterns involving multiplication and division
- Year 7 Linear patterns and their rules
- Year 9 Quadratic and more complex patterns

### Day 4: Word Problems

**Activity:** Solve multi-step word problems involving different operations. Focus on identifying key information and choosing the appropriate operations.

**Adaptations:**

- Year 3 One-step and simple two-step problems
- Year 5 Multi-step problems with clear contexts
- Year 7 Complex problems requiring multiple operations
- Year 9 Sophisticated problems with extraneous information

### Day 5: Introduction to Algebra

**Activity:** Work with variables, expressions, and simple equations. Translate between words and algebraic expressions.

**Adaptations:**

- Year 3 Finding missing numbers in equations
- Year 5 Representing patterns with variables
- Year 7 Solving linear equations and inequalities
- Year 9 Working with more complex algebraic expressions and equations

### Day 6: Ratios and Proportions

**Activity:** Solve problems involving ratios and proportional reasoning, including scale drawings, recipes, and rates.

**Adaptations:**

- Year 3 Simple sharing in given ratios

- Year 5 Basic ratio problems with visual support
- Year 7 Direct proportion problems and rates
- Year 9 Complex ratio problems and indirect proportion

### Day 7: Financial Maths

**Activity:** Solve problems involving money, including calculating discounts, best buys, simple interest, and budgeting.

**Adaptations:**

- Year 3 Simple money calculations and change
- Year 5 Percentage discounts and basic budgeting
- Year 7 More complex financial calculations and simple interest
- Year 9 Compound interest and advanced financial problems

## Week 8: Measurement, Geometry, Statistics and Probability

This week covers spatial reasoning, data interpretation, and probability concepts essential for the NAPLAN numeracy assessment.

### Day 1: Length, Area, and Perimeter

**Activity:** Calculate the perimeter and area of different shapes. Convert between different units of measurement and solve related problems.

**Adaptations:**

- Year 3 Measuring length and finding perimeters of simple shapes
- Year 5 Areas of rectangles and composite shapes
- Year 7 Areas of triangles, parallelograms, and trapeziums
- Year 9 Complex composite shapes and surface area

### Day 2: Volume and Capacity

**Activity:** Calculate volumes of 3D objects and convert between different units of volume and capacity.

**Adaptations:**

- Year 3 Using cubic units to measure volume
- Year 5 Volume of rectangular prisms

Year 7 Volumes of various prisms and cylinders

Year 9 Volumes of pyramids, cones, and spheres

### Day 3: Time and Schedules

**Activity:** Solve problems involving time, including elapsed time, timetables, and time zones.

**Adaptations:**

Year 3 Reading clocks and calculating simple time intervals

Year 5 Working with timetables and 24-hour time

Year 7 Complex time calculations and simple time zones

Year 9 Advanced time problems involving multiple zones

### Day 4: Geometry and Angles

**Activity:** Identify angle types and calculate angle measures using properties of triangles, quadrilaterals, and parallel lines.

**Adaptations:**

Year 3 Identifying right, acute, and obtuse angles

Year 5 Measuring angles and using angle properties

Year 7 Angle relationships in triangles and with parallel lines

Year 9 Complex geometric reasoning with angles

### Day 5: Data Interpretation

**Activity:** Interpret data presented in various forms (tables, graphs, charts) and answer questions about the information.

**Adaptations:**

Year 3 Simple pictographs and bar graphs

Year 5 Interpreting column graphs and simple line graphs

Year 7 Reading and interpreting various graph types

Year 9 Complex data representations and statistical measures

### Day 6: Probability

**Activity:** Calculate probabilities of simple and compound events. Express probabilities as fractions, decimals, and percentages.

**Adaptations:**

- Year 3 Describing likelihood in everyday language
- Year 5 Simple probability experiments and outcomes
- Year 7 Calculating probability with fractions
- Year 9 Compound events and probability trees

## Day 7: Problem-Solving Strategies

**Activity:** Apply various problem-solving strategies (draw a diagram, make a table, look for patterns, work backwards) to solve mathematical problems.

**Adaptations:**

- Year 3 Using pictures and objects to solve problems
- Year 5 Systematic approaches to problem-solving
- Year 7 Applying multiple strategies to complex problems
- Year 9 Sophisticated problem-solving in varied contexts

# Weeks 9–10: Mixed Practice

These final two weeks integrate skills from all NAPLAN domains and build test-taking confidence through focused review and strategy development.

## Week 9: Integrated Skills Practice

This week combines skills from all NAPLAN domains, reinforcing connections between different test areas and building fluency.

### Day 1: Reading and Writing Connection

**Activity:** Read a passage and analyse its structure and techniques, then write a response using similar approaches. Focus on how reading informs writing.

**Adaptations:**

- Year 3 Simple story structure analysis and response
- Year 5 More detailed analysis of author techniques



- Year 7 Applying sophisticated techniques from mentor texts
- Year 9 Critical analysis and creative response to complex texts

## Day 2: Language in Context

**Activity:** Edit a passage for spelling, grammar, and punctuation errors while maintaining meaning and improving clarity. Explain your corrections.

### Adaptations:

- Year 3 Simple editing of basic errors
- Year 5 Editing for various conventions and clarity
- Year 7 Comprehensive editing for precision and style
- Year 9 Sophisticated editing considering nuance and tone

## Day 3: Numeracy Word Problems

**Activity:** Solve multi-step word problems that require reading comprehension skills as well as mathematical knowledge. Focus on extracting relevant information.

### Adaptations:

- Year 3 Simple word problems with clear information
- Year 5 More complex problems requiring multiple steps
- Year 7 Problems with extraneous information
- Year 9 Complex problems requiring sophisticated reasoning

## Day 4: Data Analysis and Writing

**Activity:** Interpret data from graphs or tables, then write a paragraph explaining the trends and implications using proper language conventions.

### Adaptations:

- Year 3 Simple data description with basic vocabulary
- Year 5 More detailed analysis with appropriate terminology
- Year 7 Drawing conclusions from data with supporting evidence
- Year 9 Critical evaluation of data with sophisticated analysis

## Day 5: Timed Mini-Test (Reading/Language)

**Activity:** Complete a short reading passage with comprehension questions and language convention questions under timed conditions (15 minutes). Review answers afterward.

**Adaptations:**

- Year 3 5–8 questions of appropriate complexity
- Year 5 8–10 questions with varied difficulty
- Year 7 10–12 questions requiring deeper analysis
- Year 9 12–15 questions with sophisticated content

### Day 6: Timed Mini-Test (Writing)

**Activity:** Plan and begin writing a response to a NAPLAN-style prompt under timed conditions (15 minutes). Focus on efficient planning and strong beginning.

**Adaptations:**

- Year 3 Simple planning and introduction
- Year 5 More detailed planning and engaging opening
- Year 7 Sophisticated planning and effective introduction
- Year 9 Strategic planning and compelling opening paragraph

### Day 7: Timed Mini-Test (Numeracy)

**Activity:** Complete a set of mixed numeracy questions under timed conditions (15 minutes). Review strategies and mistakes afterward.

**Adaptations:**

- Year 3 5–8 questions of appropriate complexity
- Year 5 8–10 questions with varied difficulty
- Year 7 10–12 questions requiring deeper analysis
- Year 9 12–15 questions with sophisticated content

## Week 10: Final Review and Test Strategies

This final week reinforces key concepts, builds test-taking confidence, and develops strategies for success in all NAPLAN domains.

### Day 1: Reading Test Strategies

**Activity:** Practise strategies for the reading test: skimming passages first, reading questions before detailed reading, highlighting key information, and eliminating wrong answers.

**Adaptations:**

- Year 3 Basic techniques for approaching questions
- Year 5 More strategic approaches to different question types
- Year 7 Advanced techniques for efficient reading
- Year 9 Sophisticated strategies for complex texts

## Day 2: Writing Test Strategies

**Activity:** Develop a personal checklist for the writing test, including planning time, paragraph structure, and proofreading strategies. Practise quick planning for a prompt.

**Adaptations:**

- Year 3 Simple planning and basic structure
- Year 5 More detailed planning and organisation
- Year 7 Strategic planning and sophisticated structure
- Year 9 Advanced planning and nuanced composition

## Day 3: Language Conventions Strategies

**Activity:** Practise strategies for spelling and grammar questions: looking for patterns, applying rules, and using context clues. Review common error types.

**Adaptations:**

- Year 3 Basic error identification strategies
- Year 5 Applying spelling rules and grammar knowledge
- Year 7 Strategies for complex language conventions
- Year 9 Advanced editing and error detection

## Day 4: Numeracy Test Strategies

**Activity:** Develop strategies for approaching numeracy questions: estimation, drawing diagrams, working backwards, and checking answers. Practise with sample questions.

**Adaptations:**

- Year 3 Simple problem-solving approaches

- Year 5 Multiple strategies for different question types
- Year 7 Efficient approaches to complex problems
- Year 9 Sophisticated problem-solving techniques

## Day 5: Time Management

**Activity:** Develop personal time management plans for each test section. Practise allocating time appropriately and moving on from difficult questions.

### Adaptations:

- Year 3 Basic time awareness and pacing
- Year 5 Structured time allocation for different sections
- Year 7 Strategic time management approaches
- Year 9 Sophisticated time allocation for maximum efficiency

## Day 6: Online Testing Skills

**Activity:** Familiarise yourself with online testing features using the NAPLAN public demonstration site. Practise using tools like highlighters, answer review, and navigation.

### Adaptations:

- Year 3 Basic navigation and tool familiarity
- Year 5 Efficient use of online features
- Year 7 Strategic use of online tools
- Year 9 Advanced online test-taking techniques

## Day 7: Confidence Building

**Activity:** Review personal strengths in each test area, visualise successful test performance, and practise positive self-talk. Create a simple pre-test routine.

### Adaptations:

- All Years Age-appropriate confidence-building techniques focused on effort rather than results

# Tips for Parents and Teachers

---

## **Creating the Right Environment**

Establish a consistent, quiet space for daily practice sessions free from distractions. Ensure proper lighting, comfortable seating, and all necessary materials are readily available.

## **Setting Up a Routine**

Schedule the 15-minute sessions at the same time each day when the student is most alert. Consider before school, after dinner, or directly after school, depending on the child's energy levels.

## **Using a Timer**

Always use a visible timer for the 15-minute sessions. This helps students develop a sense of time management and keeps sessions focused and efficient.

## **Maintaining Consistency**

It's better to do shorter sessions consistently than longer sessions sporadically. If you miss a day, simply continue with the next activity rather than trying to catch up with multiple sessions.

## **Providing Support Without Hovering**

Be available to explain instructions and answer questions, but allow students to work independently. The goal is to build confidence in tackling challenges independently.

## **Offering Constructive Feedback**

Focus on specific improvements rather than general praise or criticism. Highlight particular strategies that worked well or specific areas that need attention.

## **Celebrating Progress**

Acknowledge improvement and effort, not just correct answers. Keep a simple progress journal where students can note their achievements and challenges.

### Adapting Activities

Feel free to adjust activities to better match a student's specific needs, but maintain the core focus of each exercise. You can make activities slightly easier or more challenging as appropriate.

### Connecting to Real Life

Help students see connections between NAPLAN skills and everyday activities. Point out how reading comprehension, writing, language, and numeracy skills are used in daily life.

### Avoiding Test Anxiety

Frame NAPLAN as an opportunity to show what they know rather than a high-stakes test. Emphasise that preparation is about building skills that are valuable beyond the test.

## Sample Questions and Activities

### Reading Sample Questions

#### Read the passage and answer the questions:

*The platypus is one of Australia's most unusual animals. It has a bill like a duck, a tail like a beaver, and it lays eggs like a reptile! Despite looking like a combination of different animals, the platypus is a mammal. It lives in freshwater areas of eastern Australia and Tasmania. The platypus is an excellent swimmer and spends much of its time in the water hunting for food. It uses its sensitive bill to detect prey underwater, such as insects, larvae, and freshwater shrimp.*

#### 1. According to the passage, the platypus:

- A) Is a type of reptile
- B) Cannot swim very well
- C) Is found in western Australia
- D) Is a mammal with unusual features

#### 2. The passage suggests that a platypus finds food by:

- A) Using its sensitive bill
- B) Climbing trees
- C) Hunting in groups
- D) Following other animals

## Writing Sample Activity

### Narrative Writing Prompt:

Write a story about a character who discovers something unusual in their backyard.

### Planning Guide:

**Main Character:** Who are they? What are they like?

**Setting:** What does the backyard look like? What time of day/year is it?

**The Discovery:** What unusual thing is found? How is it discovered?

**Complication:** What problem or challenge arises because of the discovery?

**Resolution:** How is the situation resolved?

## Language Conventions Sample Questions

### Identify the incorrect spelling in each sentence:

1. The students were excited about the feild trip to the museum next week.
2. My friend recieved a special award for her science project.

### Identify the sentence with correct punctuation:

3. A) "Where are you going" asked Tom.
- B) "Where are you going?" asked Tom.
- C) "Where are you going." asked Tom?
- D) "Where are you going?" Asked Tom.

## Numeracy Sample Questions

1. What is the value of  $7 \times 24$ ?



- A) 31
- B) 168
- C) 138
- D) 248

**2. The price of a shirt was \$40. It is now on sale for 25% off. What is the sale price?**

- A) \$15
- B) \$20
- C) \$30
- D) \$35

**3. A rectangle has a length of 12 cm and a width of 5 cm. What is its area?**

- A) 17 cm<sup>2</sup>
- B) 34 cm<sup>2</sup>
- C) 60 cm<sup>2</sup>
- D) 120 cm<sup>2</sup>

## Test-Taking Strategies

### General NAPLAN Strategies

**Read All Instructions Carefully:** Many mistakes come from misunderstanding what the question is asking.

**Manage Your Time:** Allocate time according to the number of questions and their point values.

**Answer Every Question:** There's no penalty for wrong answers, so make your best guess if unsure.

**Mark Questions to Review:** If you're unsure about an answer, mark it and return to it if time permits.

**Check Your Work:** If you finish early, use the time to review your answers.

### Reading Test Strategies

**Preview the Questions:** Glance at the questions before reading to know what to look for.

**Skim First:** Quickly scan the passage to get a general idea before reading in detail.

**Highlight Key Information:** Mark important details, main ideas, and transition words.

**Use Context Clues:** Figure out unfamiliar words by looking at the surrounding text.

**Refer to the Text:** Always base your answers on what's in the passage, not prior knowledge.

### Writing Test Strategies

**Plan Before Writing:** Spend 2–3 minutes planning your response.

**Address the Prompt Directly:** Make sure your writing responds specifically to the given topic.

**Use Strong Structure:** Include a clear introduction, developed body paragraphs, and conclusion.

**Include Descriptive Details:** Use specific nouns, strong verbs, and sensory language.

**Revise and Edit:** Save a few minutes at the end to check for errors and improve your writing.

### Language Conventions Strategies

**Read the Entire Sentence:** Context is crucial for determining correct spelling and grammar.

**Apply Spelling Rules:** Use known patterns and rules to identify errors.

**Say It Aloud Mentally:** Sometimes hearing a sentence in your mind helps identify errors.

**Look for Common Errors:** Watch for frequently confused words, subject–verb agreement, and punctuation rules.

**Use Process of Elimination:** If unsure, eliminate obviously incorrect answers first.

### Numeracy Test Strategies

**Read Word Problems Carefully:** Identify what is being asked before calculating.

**Draw Diagrams:** Visualize problems when possible, especially for geometry questions.

**Estimate First:** Get a rough idea of the answer before calculating in detail.

**Show Your Work:** Write out your calculations to avoid careless errors.

**Check Reasonableness:** Ask if your answer makes sense in the context of the problem.

**Use the Information Provided:** All necessary information is given in the question.

### Online Testing Strategies

**Familiarise Yourself with the Tools:** Practice using the online calculator, ruler, and other tools before the test.

**Use the Highlighter:** Mark important information in passages and questions.

**Navigate Strategically:** Learn how to move between questions and flag items for review.

**Be Careful with Clicking:** Make sure you select the answer you intend to choose.

**Review the Summary Screen:** Check that you've answered all questions before submitting.

## Managing Test Anxiety

### Understanding Test Anxiety

Test anxiety is a type of performance anxiety that can affect students before and during tests. It can manifest as physical symptoms (stomach aches, headaches), emotional responses (fear, panic), or cognitive effects (blanking out, racing thoughts).

### Signs of Test Anxiety

Excessive worry about the test

Physical symptoms like headaches or nausea

Difficulty sleeping before the test

Negative thoughts about performance

Comparing oneself to others

Trouble concentrating during test preparation or the test itself

### Strategies for Students

#### Preparation Strategies

**Consistent Study:** Regular short practice sessions are more effective than last-minute cramming.

**Simulate Test Conditions:** Practice under similar conditions to build familiarity.

**Focus on Learning, Not Grades:** See the test as a chance to show what you've learned.

**Build Confidence:** Review your strengths and previous successes.

#### Physical Strategies

**Deep Breathing:** Take slow, deep breaths (count to 4 inhaling, hold for 2, count to 4 exhaling).

**Progressive Muscle Relaxation:** Tense and then release different muscle groups.

**Proper Sleep:** Get adequate rest in the week before the test.

**Healthy Breakfast:** Eat a balanced meal with protein before the test.

**Arrive Early:** Get to the test location with plenty of time to settle in.

### Mental Strategies

**Positive Self-Talk:** Replace negative thoughts with encouraging statements.

**Visualisation:** Imagine yourself successfully completing the test.

**Stay Present:** Focus on the current question, not worrying about the whole test.

**Use Affirmations:** "I am prepared," "I can do this," "I will try my best."

**Perspective:** Remember that NAPLAN is just one assessment, not a measure of your worth.

## Guidance for Parents and Teachers

### Creating a Supportive Environment

**Maintain Perspective:** Emphasise that NAPLAN measures some skills but not all abilities or qualities.

**Focus on Effort:** Praise preparation and perseverance, not just results.

**Avoid Pressure:** Don't emphasise the importance of high scores or comparison with others.

**Be Available:** Listen to concerns without dismissing or amplifying them.

**Model Calmness:** Children pick up on adult anxiety about tests.

### On Test Day

**Normal Routine:** Keep morning routines as normal as possible.

**Positive Send-Off:** Express confidence in their ability to do their best.

**After the Test:** Focus on effort rather than asking about specific answers or performance.

**Celebration:** Plan something enjoyable after the testing period, regardless of performance.

**Remember:** A moderate level of nervousness is normal and can actually enhance performance. The goal is not to eliminate all anxiety but to manage it so it doesn't interfere with showing what you know.

## Conclusion

Congratulations on completing the 10-week NAPLAN preparation plan! By dedicating just 15 minutes each day to focused practice, you've built a strong foundation in all NAPLAN domains—reading, writing, language conventions, and numeracy.

## Key Takeaways

**Consistency is Key:** Regular, short practice sessions are more effective than cramming or infrequent longer sessions. The habit of daily practice builds skills gradually and naturally.

**Balanced Approach:** By addressing all four NAPLAN domains, you've developed well-rounded literacy and numeracy skills that will serve you well beyond the test itself.

**Strategic Preparation:** You've learned not just content knowledge but also test-taking strategies specific to each domain, helping you demonstrate your knowledge effectively under test conditions.

**Confidence Building:** Through consistent practice and growing mastery, you've built confidence in your abilities—one of the most important factors for test success.

## Final Tips for Test Week

**Maintain Your Routine:** Continue with light review in the days before the test, but don't try to learn new material at the last minute.

**Get Proper Rest:** Ensure adequate sleep in the week leading up to the test, not just the night before.

**Eat Well:** Have nutritious meals with protein and complex carbohydrates to sustain energy throughout the test.

**Stay Positive:** Use the confidence-building and anxiety management strategies you've practised.

**Trust Your Preparation:** Remember all the skills you've developed over the past 10 weeks.

**Have a Plan:** Review your personal strategies for each test section and your time management approach.

**Keep Perspective:** NAPLAN is just one assessment on one day—it doesn't define your abilities or your future.

## Beyond NAPLAN

The skills you've developed through this programme extend far beyond the NAPLAN test itself. Strong reading comprehension, clear writing, accurate language use, and solid numeracy are foundational skills that will support academic success across all subjects and grade levels.

Consider continuing the habit of short, regular practice sessions in areas you found challenging or particularly interesting. The 15-minute approach can be applied to any learning goal, creating sustainable progress over time.

Remember that learning is a lifelong journey, not just preparation for a single test. The study habits, strategic thinking, and confidence you've built will serve you well throughout your education and beyond.

**Best wishes for your NAPLAN tests and your continued learning journey!**

---

© Scholarly

All rights reserved. This material is provided for educational purposes only.