

# The NAPLAN Prep Checklist

A term-by-term guide for parents of Year 3 and Year 5 students · NAPLAN runs in March

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**Before you start:** NAPLAN is a point-in-time check, not a pass-or-fail exam. ACARA doesn't expect children to study for it. The aim of this checklist is simple — steady familiarity so your child walks in calm, not crammed.

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## Term 4 (Oct–Dec) FOUNDATIONS · ~5 MONTHS OUT

- ☐ Read together most days — any book they enjoy counts. Reading is the strongest predictor of NAPLAN performance across every domain.
- ☐ Notice which areas your child finds hardest (number facts? spelling? writing structure?). Just observe for now.
- ☐ Introduce short practice — 10–15 minutes, a few times a week. Keep it light and finish on a win.
- ☐ Avoid mentioning "the test" at all this term. Build skills, not anxiety.

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## Summer holidays (Dec–Jan) KEEP TICKING OVER

- ☐ Keep reading. Library visits, audiobooks, comics — it all counts.
- ☐ Sprinkle in real-world maths: money at the shops, time until we arrive, halving a recipe.
- ☐ A couple of printable worksheets a week is plenty. Holidays are for resting too.
- ☐ Encourage any writing at all — a holiday diary, a letter to a grandparent, a story.

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## Term 1, Weeks 1–4 (Feb) BUILD FAMILIARITY · ~6 WEEKS OUT

- ☐ Introduce the test format gently: "There's a check-in coming up — let's have a look at what the questions are like."
- ☐ Try a few questions in each of the four areas: reading, writing, language conventions, numeracy.
- ☐ Practise one piece of writing — a narrative and a persuasive — and talk through what makes each work.
- ☐ Make sure your child is comfortable typing, if they'll be sitting the test online.
- ☐ Focus practice on the one or two weakest areas rather than everything at once.

## Term 1, Weeks 5–6 (early March)

DRESS REHEARSAL · ~2 WEEKS OUT

- ☐ Do one full timed practice test so the length and pace feel familiar. Once is enough.
- ☐ Talk through test-day strategy: skip a hard question and come back, don't panic, check your work if there's time.
- ☐ Review mistakes together — the conversation about a wrong answer is where the learning happens.
- ☐ Ease off. Practice should be winding down, not ramping up.

## Test week (mid-March)

CALM & CONFIDENT

- ☐ Stop all practice. Nothing learned this week will change the result.
- ☐ Prioritise sleep, breakfast, and a normal routine — these matter more than revision.
- ☐ Say the one thing that matters: "Just do your best. I'm proud of you either way."
- ☐ Keep your own nerves invisible. Children read our anxiety more than our words.

*If your child is anxious, remind them: it's a check-in to help their teacher, not a judgement of them.*

## After the test (July–Aug)

RESULTS ARRIVE

- ☐ Read the report area by area, not as one overall grade.
- ☐ Remember the four levels: Exceeding, Strong, Developing, Needs additional support.
- ☐ Book a short chat with the teacher if anything surprises you.
- ☐ Pick one area to focus on next — and start the cycle again, gently.

**Free practice for every step of this plan:** [brightstarprep.com](https://www.brightstarprep.com)

2,000+ practice questions · AI writing feedback on all 10 NAPLAN criteria · printable worksheets · Year 1–5 · no signup, no cost

NAPLAN is administered by ACARA. Brightstar is an independent free resource created by an Australian parent.