

Quest



Quest 11+ Guidance for children Grammar schools

Your Quest 11+ Guide!

So, you're thinking about taking the 11+ and applying for a **Grammar School**? That's amazing!

It shows that you're curious, ambitious, and ready for a new challenge. This guide will help you:

- ✔ Understand what the Quest 11+ is all about
- ✔ Know what to expect on the day
- ✔ Learn how to prepare calmly and sensibly
- ✔ Feel confident, balanced, and ready to do your best

We want you to enjoy your journey to secondary school, learn lots, and feel proud of yourself every step of the way. Ready to dive in? Let's go!

What is the Quest 11+?

The **Quest 11+** is a set of assessments that help Grammar Schools see what you know and how you think.

These assessments are **not designed to trick you**, and they're not a test of how clever you are. They're just a way to find out what you can do and whether a Grammar School is the right fit for you.

You'll use skills you've already learned at school – things like reading, spelling, maths, and reasoning skills. The Quest 11+ is all about showing what you know and how you can use it.

Remember: The 11+ is about doing your best, not being perfect.

What sort of questions will I see?

You'll answer questions based on what you've been learning in school. Some questions might feel familiar, while others may look a bit different. That's okay!

Take your time, think carefully, and use what you already know to solve them.

You might see:

-  **English and reading comprehension** questions
-  **Maths and problem-solving**
-  **Reasoning** (verbal and non-verbal puzzles involving shapes)

If something feels tricky, remember: everyone finds some questions hard. Just stay calm, try your best, and move on to the next question if you need to – that's what confident learners do!

Preparing for the Quest 11+

You don't need to spend hours every day revising! The best way to get ready is to **keep learning, keep practising, and keep asking questions**.

Here's how you can prepare in a balanced way:



1. Keep working hard in school

- Listen carefully and take part in lessons.
- Try your best with homework.
- Ask your teacher or parent if you don't understand something.



2. Be curious and keep practising

You might want to practise some example questions so you know what the test looks like. You'll find some on the Quest website!

A little bit of regular practice is much better than cramming lots all at once.

Think of it like training for a fun run or learning a new skill — you build confidence step by step!



3. Stay calm and balanced

The 11+ is important, but it's **not everything**. Make sure you still:

- Do activities that you enjoy
- Play sports or games
- Read for fun
- Get enough sleep

A happy, rested mind learns best!

Things to know about your assessment

How long are the exams?

The grammar school you're applying to decides on the subjects, timings and number of questions in your assessment.

Make sure you know what to expect ahead of your assessment day. This information is likely to be on the admissions page of the grammar school you're applying to.

How will I know what to do?

An adult in the room (known as the invigilator) will read you instructions before, during, and after the assessment.

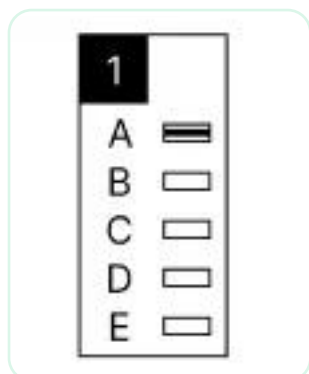
Listen to their instructions carefully! If you can't hear them or need to ask a question, put up your hand. The invigilator will come and help you.

You will be given a question booklet and answer sheet for each subject. In English, you might also get a reading booklet.

How do I fill in my answer sheet?

You'll select your answer on a special sheet (called an OMR!) by drawing a line clearly through a box.

This is how you should select an answer:



A horizontal line like this is the **only** way to mark your chosen answer.

- **Do not** shade in the whole rectangle
- **Do not** tick the box
- **Do not** put a cross through the box

It's a good idea to **practice** filling in an OMR before your assessment so you feel confident. You'll find one to download on the Quest website'



Tip: Make sure to read the question carefully, as it might tell you if you need to choose more than one answer.

Tip: Always double-check you've shaded the right box or boxes before moving on.

This is an example of what your answer sheet will look like:

What should I do if I want to change my answer?

If you need to change your answer, use an eraser to rub out your selected answer, and put a clear line through your new answer choice.

Should I try and answer all the questions?

Yes! You will not lose any marks if you get a question wrong, so try to answer all the questions in your assessment.

Try not to spend too long on each question. If you're not sure of the answer, try your best and choose the option you think is most likely, then move on to the next question. If you have any time left at the end of the assessment, you can always go back and have another go. You can rub your answer out and choose a new one.

These assessments are meant to be challenging. Don't worry if you can't answer all the questions or you don't have time to check your answers. The most important thing is just to do your best!

Where can I do my working out?

You can use the question booklet to do any working out – it won't be marked! Make sure to mark your answers clearly on your answer sheet.

Managing feelings and nerves

It's totally normal to feel a bit nervous before an assessment — even grown-ups do!

Here are some things you can try:

- **Breathe:** Take a slow, deep breath in... and out.
- **Think positive:** Tell yourself, "I can do this. I've worked hard, and I'm ready."
- **Talk about it:** Chat with your parents or teachers if you're worried. They want to help.

Remember: nerves are just your body's way of saying **you care!**

You're on an exciting journey! The 11+ is just one step — it doesn't define you, but it does give you a chance to show what you can do. Good luck!

Quest top tips!

A few weeks before the exam:



Practise little and often

Do short bursts of learning every day instead of cramming. Focus on areas where you need the most improvement.



Get used to timed questions

Practice answering questions under time pressure to get a feel for the pace you'll need.



Work on topics you find tricky

If you struggle with a certain type of question, spend extra time improving those skills.



Read, read, read!

Reading books, newspapers, and articles will improve your vocabulary and comprehension skills.



Stay balanced

Make sure you keep a balance of learning and fun in your schedule.

The night before the exam:



Get everything ready

Pack anything you need so you have a calm morning!



Relax!

Avoid last-minute cramming. Instead, do something enjoyable like reading or listening to music.



Go to bed early

A good night's sleep will help you stay focused and alert.

On the day of the exam:



Eat a healthy breakfast

Fuel your brain with a good meal, but avoid anything too sugary that could make you feel sluggish later.



Stay calm and focused

Take deep breaths if you feel nervous. Remind yourself that you've prepared well.



Read questions carefully

Make sure you understand what's being asked before answering.



Check your work

If you have time left at the end, go back and check your answers (especially the ones you found tricky!). Most importantly – believe in yourself and do your best!