

Quest



Quest 11+ guidance for parents
Grammar schools

Supporting your child on their grammar school journey

This guide is to help you understand the process and support your child. We'll walk you through what to expect, how to prepare, and how to make sure your child stays happy, healthy, and confident throughout.

What is the Quest 11+?

The **Quest 11+** is an entrance assessment used by grammar schools to help identify pupils who will thrive in an academically selective environment.

It's **not** about perfection or pushing ahead, but about showing what your child has learned and how they apply their knowledge and reasoning skills.

The **Quest 11+** is designed to assess what children have covered in school **up to the end of Year 5**, so there's no need for them to learn Year 6 topics or content beyond the primary curriculum.

What skills are assessed?

The grammar school your child is applying to decides on the subjects, timings and number of questions in the assessment. Check the school website for specific information on what your child's assessment will include.

Assessments may include:

- **English** (reading comprehension, grammar, vocabulary, spelling)
- **Mathematics** (problem-solving, arithmetic, reasoning)
- **Verbal reasoning** (using language and logic to solve puzzles)
- **Non-verbal reasoning** (working with shapes and patterns)

Preparation

The best preparation is **steady, meaningful learning** over time — not last-minute cramming or excessive tutoring.

The goal is to help your child feel **confident, curious, and comfortable** with the format and question types they'll see, while maintaining a love of learning.

Think of preparation as building understanding and habits, not drilling for a test. The best preparation is for them to focus and work hard in school.

Know your specific school's arrangements

Every grammar school may have **slightly different arrangements** for their entrance test, so it's important to check the details for the school your child is applying to.

Look carefully at:

- **Test date(s) and timings**
- **Subjects covered** (e.g. some schools may include verbal reasoning, others may not)
- **Venue** (it might be held at your child's primary school or at the grammar school they are applying to)

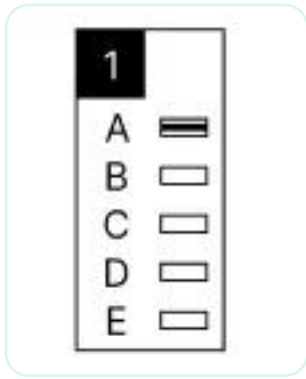
You can usually find this information on the school's **admissions or 11+ page**.

Mark key dates in your calendar early!

Understanding OMR (Optical Mark Recognition)

Most 11+ papers use **OMR (Optical Mark Recognition)** answer sheets. This means your child won't write out answers. Instead, they'll draw a line through a box beside the answer they've chosen.

This is very common and easy once they've tried it. Here's what to know:



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

If they make a mistake, they can **rub it out** and choose another answer. Each question number must match the number on the answer sheet. They might be asked to select more than one answer – remind your child to always double check what the question asks them to do!



Top tip: It really helps to practise using an OMR sheet before the real test. Quest provides [familiarisation materials](#) that show exactly what an OMR sheet looks like. Download this so your child can practise filling it in.

Familiarisation materials

Quest has created some **familiarisation materials** to help children (and parents!) understand what the Quest 11+ looks and feels like.

These include **sample questions** from each subject that might be assessed, and a sample OMR sheet for practice. You can download these from our website.

Encourage your child to work through these materials **at a relaxed pace**, focusing on understanding and confidence rather than perfection.

How you can help your child

1. Keep it positive

For many families, the 11+ can feel like a big milestone. It's natural to feel invested, but try to keep the experience encouraging – try talking about the 11+ as an opportunity, not a test of worth.

Your child takes their emotional cues from you — if you stay calm and upbeat, they will too. Praise effort, curiosity, and perseverance rather than scores or speed.

Celebrate **effort and resilience**, whatever the outcome. Every step of learning and preparation builds skills that last far beyond exam day.

2. Support learning at home

- Encourage **daily reading** for enjoyment and understanding.
- Practise **basic maths skills** in fun, everyday ways — cooking, shopping, games.
- Make space for **reasoning activities** like puzzles, logic games, and wordplay.
- If using practice materials, focus on **small, regular sessions** rather than long hours.

Remember, learning should feel like discovery and be something your child enjoys!

3. Build good study habits

Children thrive with structure and balance, not marathon revision. They should focus on strengthening what they've learned in school. Help your child:

- Set up a quiet, organised space for short study sessions.
- Plan breaks
- Reward effort
- Build reading into their routine

4. Prioritise wellbeing

A calm, rested, and happy child will perform far better than a tired, anxious one. Support this by:

- Encouraging **plenty of sleep**
- Providing **nutritious meals** and time outdoors
- Making sure there's **downtime** for hobbies, friends, and fun

The aim is to build confidence, not stress.

Managing emotions

For many families, the 11+ can feel like a big milestone. It's natural to feel invested, but try to keep the experience **light and encouraging**.

Your child takes their emotional cues from you — if you stay calm and upbeat, they will too.

Celebrate **effort and resilience**, whatever the outcome. Every step of learning and preparation builds skills that last far beyond exam day.

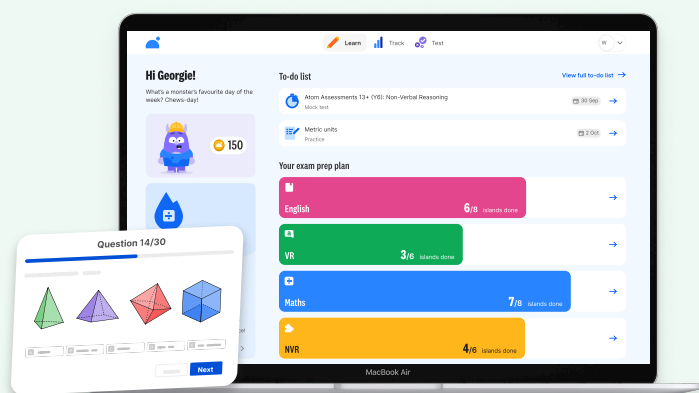
The 11+ is an opportunity for your child to show what they've learned and experience a little challenge. **But remember:** a single test doesn't define a child's future. What matters most is curiosity, effort, and joy in learning.

With steady preparation, balanced routines, and plenty of encouragement, your child will walk into the assessment feeling ready, confident, and proud of how far they've come.

Support for Pupil Premium Candidates

Quest Assessments is part of the education company [Atom Learning](#).

We want every child to have access to high-quality learning and familiarisation materials, so we're offering a free Atom Home account to every child eligible for pupil premium.



If your child is eligible for pupil premium, please complete the form using the button below.

Once their primary school has confirmed their eligibility, we'll give them free access to Atom Home.

REQUEST ACCESS TO ATOM HOME