

How ready are you to perform?

Performance: it's all in the preparation

‘There are no secrets to success. It is the result of preparation, hard work and learning from failure.’

Colin Powell



How to succeed?

- **Attend school regularly**
- **Attend all lessons**
- **Work to the best of your ability in lessons**
- **Attend revision sessions**
- **Complete all coursework to the best of your ability**
- **Work at home on a little and often basis**
- **Speak to your teacher if your are stuck**
- **Use the internet for help**



Planning to Perform

Planning to perform

Time management and planning is essential to make sure you can realistically keep on track of your work, revision and ultimately your health and wellbeing.

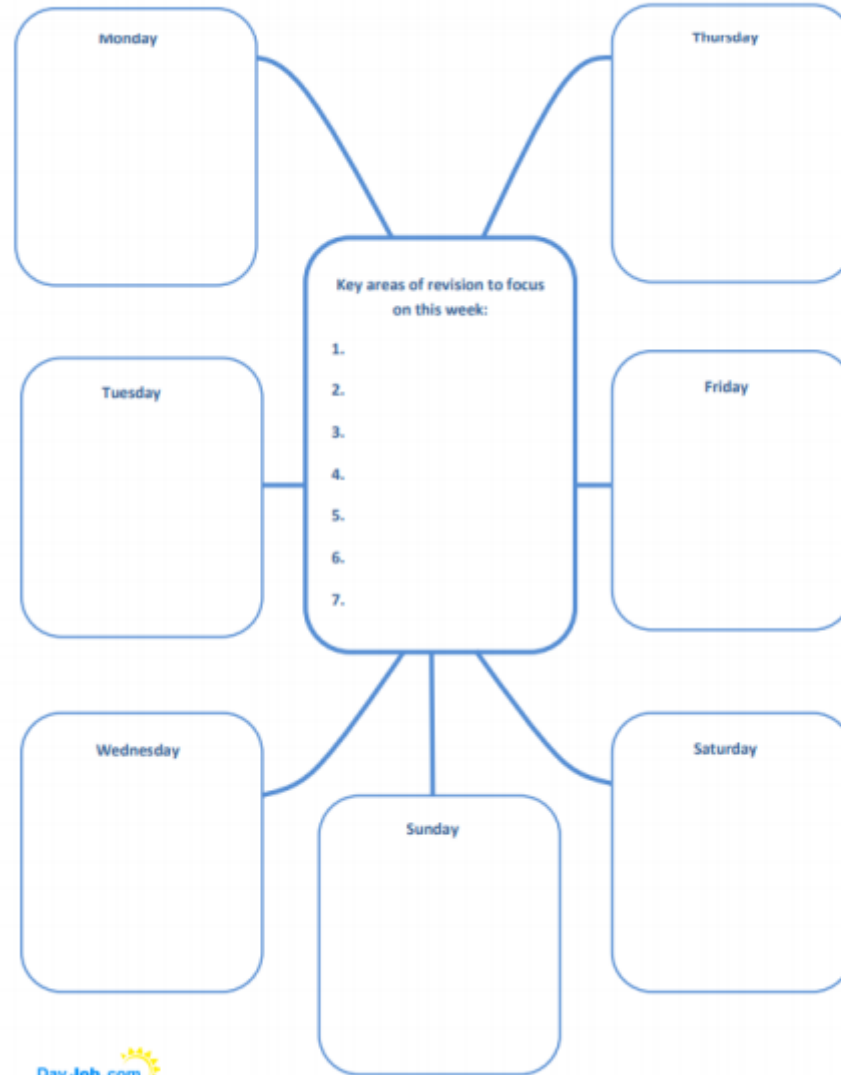


Revision Timetable

Why have a timetable?

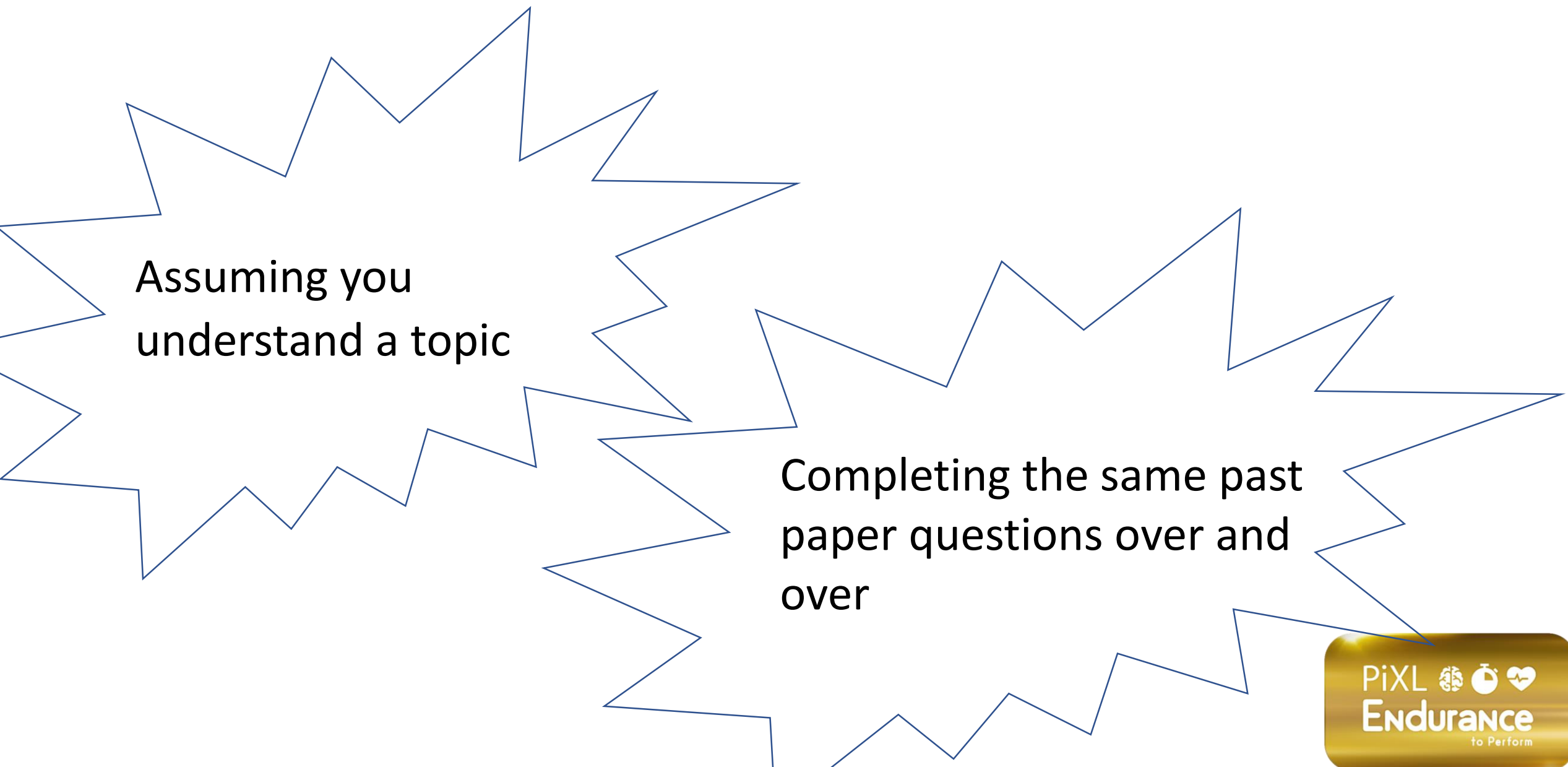
- To set up a routine and discipline yourself
- To share revision time between subjects
- To get the right balance between study and leisure
- To avoid wasting time deciding what to revise.

Weekly Revision Timetable



Thinking that
reading through
notes is enough to
understand topics

Memorising a method
rather than learning it



Assuming you
understand a topic

Completing the same past
paper questions over and
over

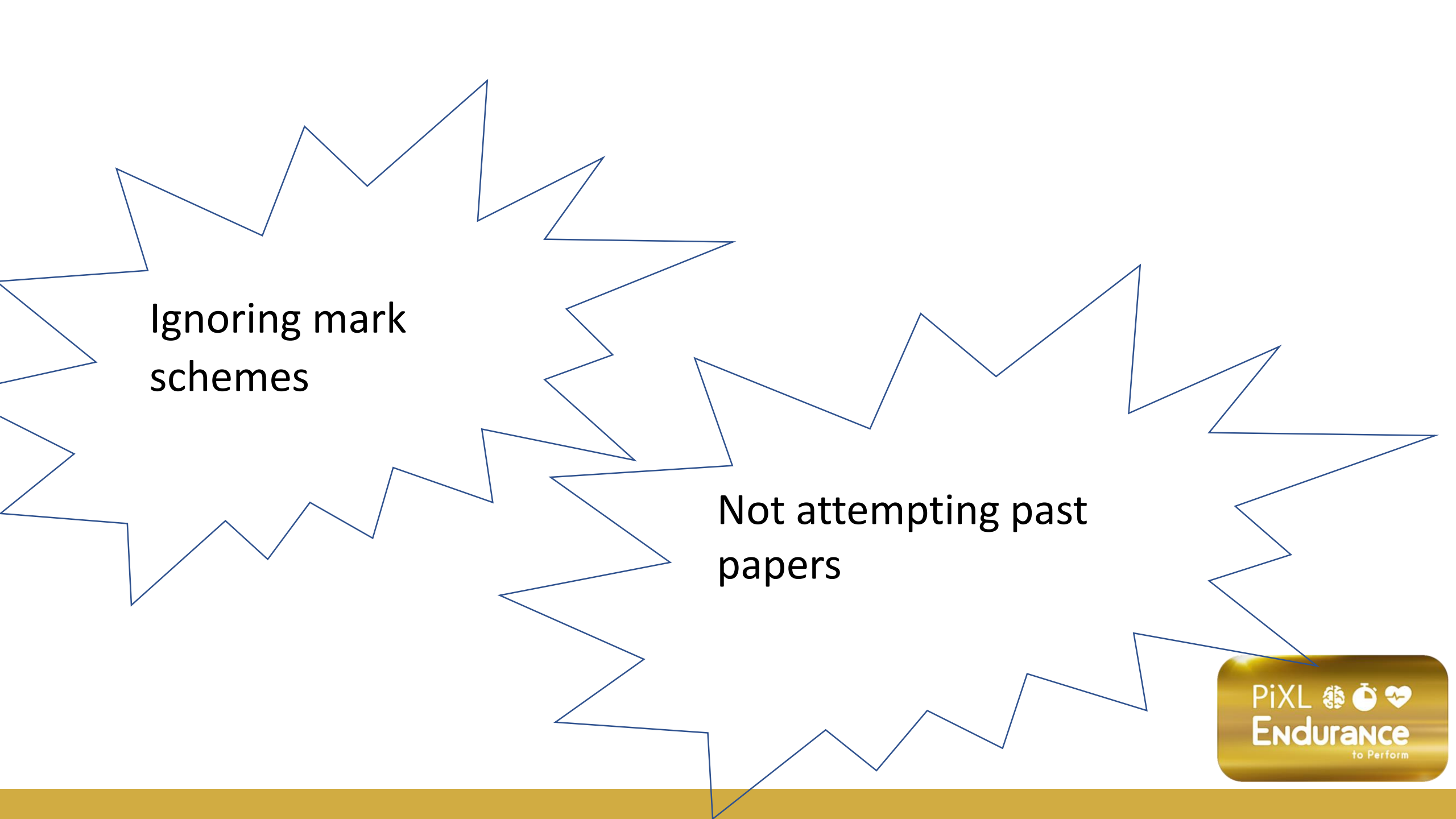
Thinking reading
through notes is
enough to
understand topics

Not checking the
mark schemes



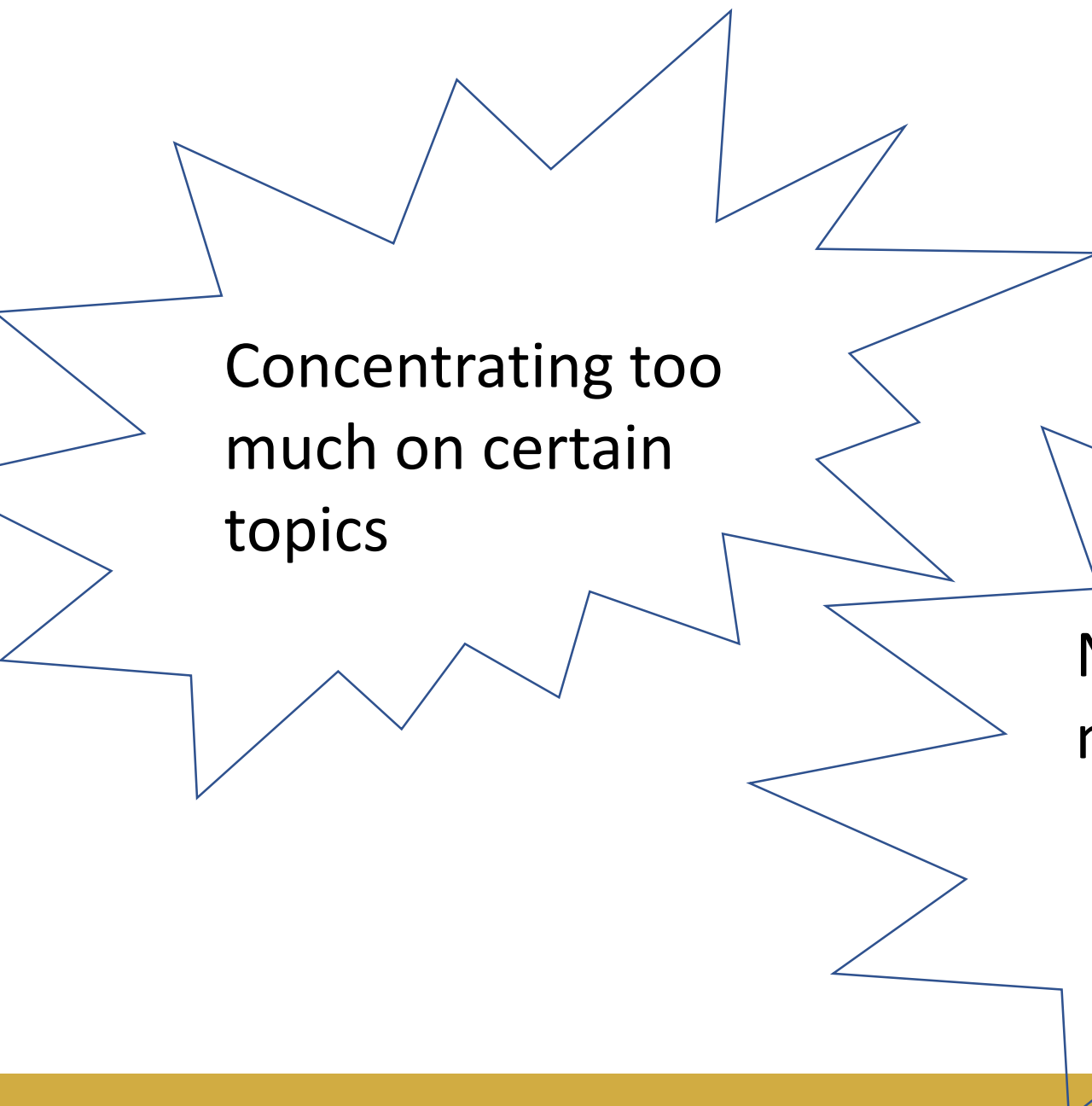
No revision plan

Not breaking down
information into key points



Ignoring mark
schemes

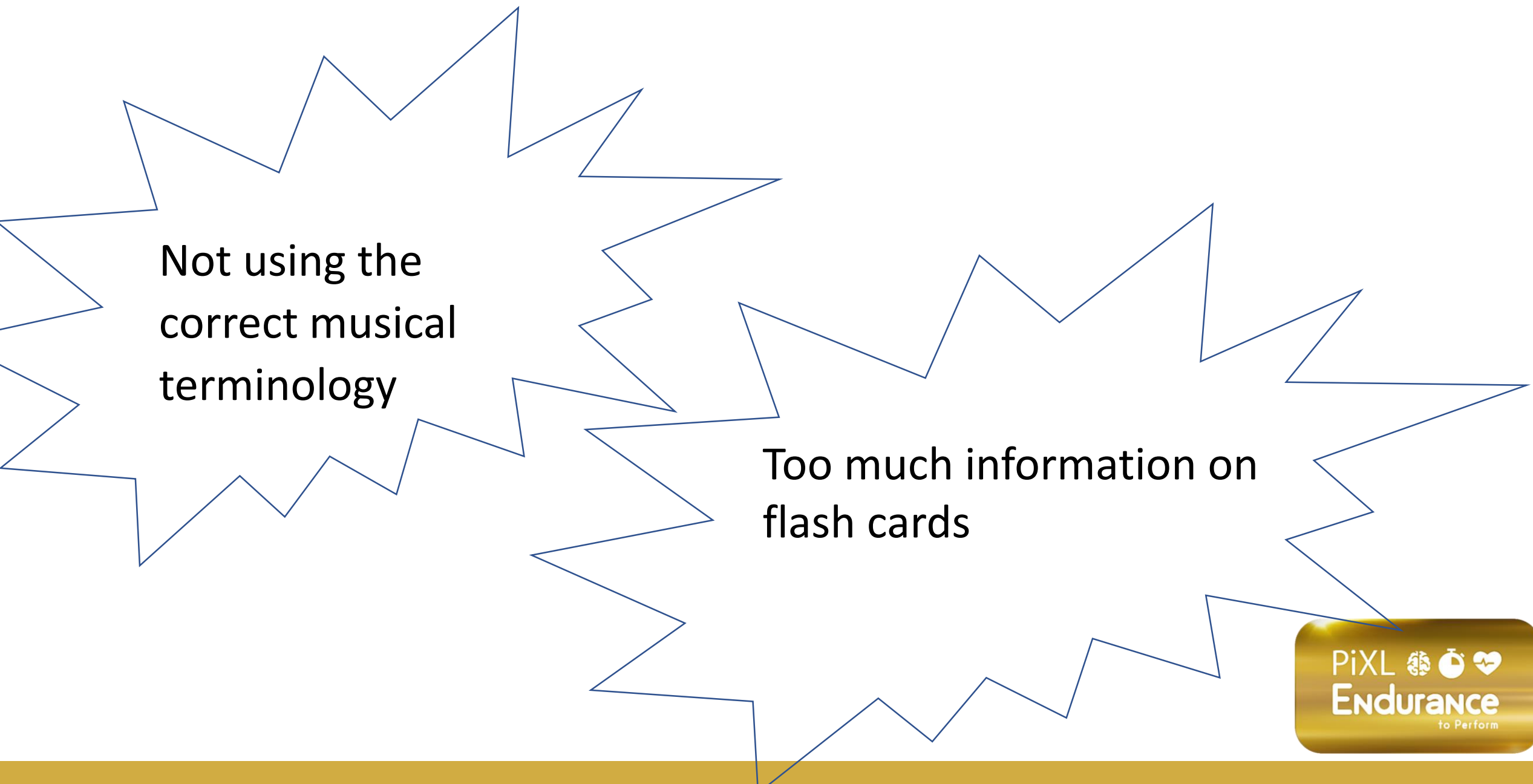
Not attempting past
papers



Concentrating too
much on certain
topics

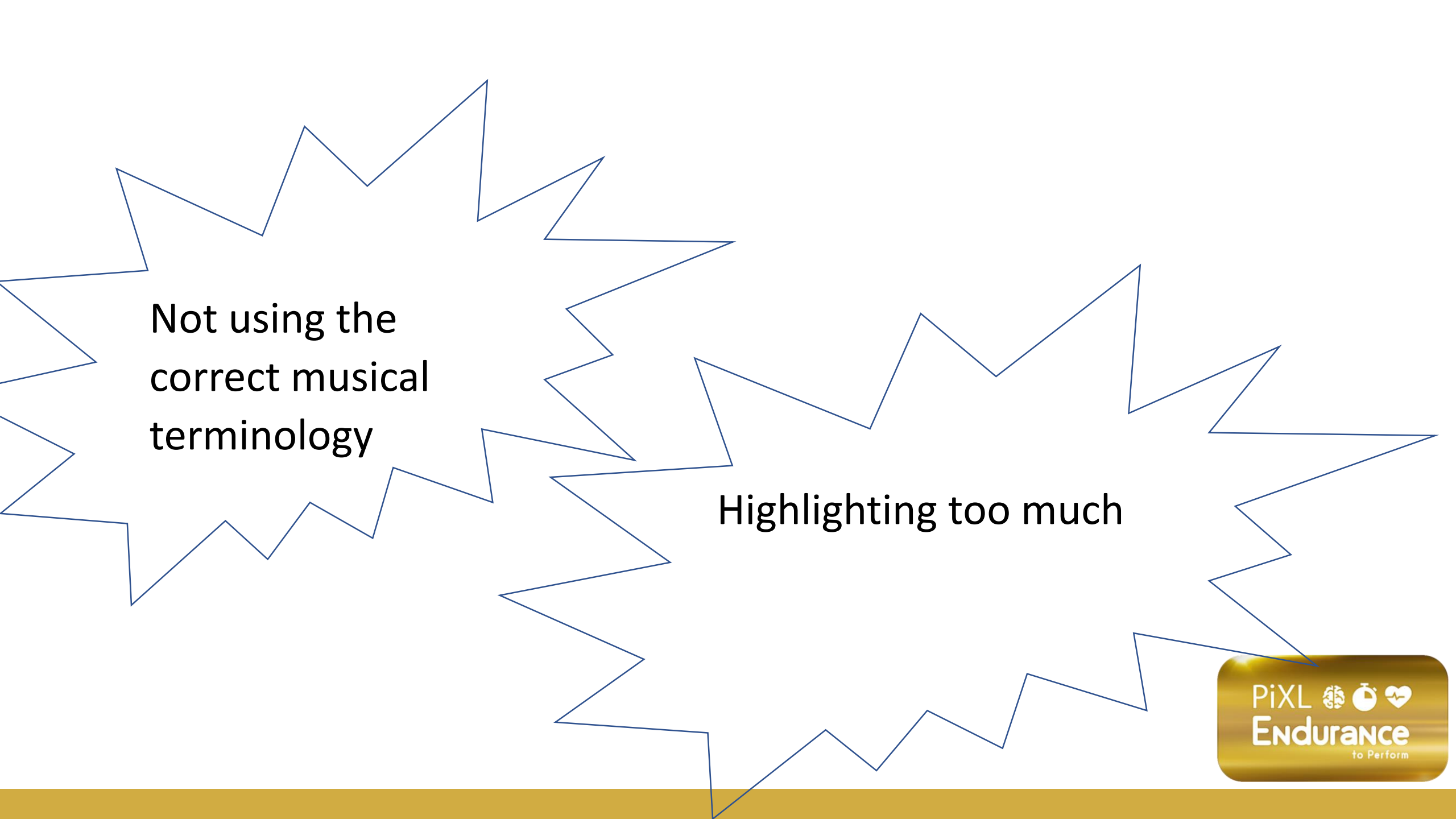


Not using all the revision
materials available



Not using the
correct musical
terminology

Too much information on
flash cards



Not using the
correct musical
terminology

Highlighting too much



Copying out too
much information



Mis-reading questions e.g.
discuss/describe

Physical Health

DISCUSS: How does physical activity impact the brain?

- Boosts your memory
- Improves your concentration
- Helps reduce stress
- Lengthens attention span

Physically active students have more active brains

Your brain functions well after exercise so try carrying out some revision afterwards

Nutrition & stress

A collage of various healthy food items and a measuring tape. In the top left is a green apple. Next to it are several almonds. A yellow measuring tape is draped across the middle. To the right is a large bowl of cooked quinoa. Below the quinoa are several slices of grapefruit showing their pink flesh. In the bottom left is a slice of kiwi fruit. In the bottom center is a glass of water. To the right of the glass are several beans of different colors (black, white, yellow). In the bottom right corner are several strawberries.

Someone with a healthy balanced diet is less likely to be stressed

Rest & Recovery

The Power of Rest

- Regeneration of our bodies
- Required for life
- Helps us survive
- Renew and restore cells
- Keeps us functioning well
- Rebuild & revive ourselves
- Productivity & concentration
- Efficiency at school or work
- For growth & development
- To replenish our muscles, bones, tissues & cells

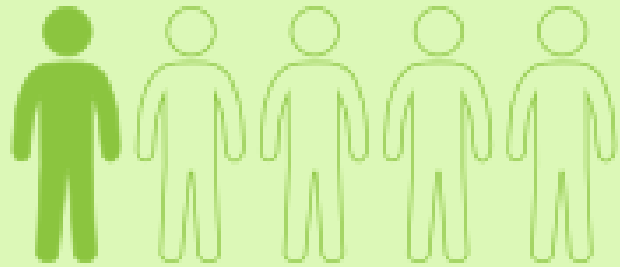


Resting is awesome!

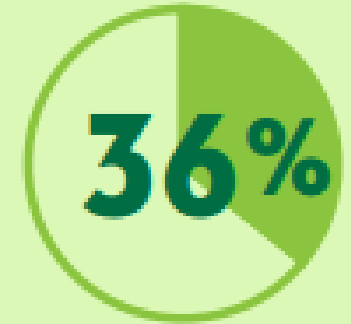


Sleep

Lack of sleep



Nearly 1 in 5 teens (18%) say that when they do not get enough sleep, they are *more stressed*.



More than one-third of teens report fatigue or feeling tired *due to stress*.

You need 8½ to 9 hours sleep per night

DISCUSS: What happens if you don't get enough sleep?

- Reduced decision-making skills
- Poorer memory
- Reduced concentration
- Reduced work efficiency
- Shortened attention span
- Increased risk for weight gain, depression, diabetes and cardiovascular disease
- Reduced alertness
- Poorer judgement
- Reduced awareness of the environment and situation
- Slower than normal reaction time



Key Information

Year 11 Interim Reports out by half term

Year 11 Parent's Evening Thursday 10th November

Year 11 Mock exams to start Monday 4th December

Year 11 Maths/Numeracy Results January 2023

GCSE exam results Thursday 24th 2023



English

Individual Presentation NEA -- completed September 2022 (if not completed, contact your English teacher immediately)

Group Discussion NEA -- December 2022

Unit 2 Exam -- Monday 5th June 2023

Unit 3 Exam -- Monday 12th June 2023

Art

Year 11's coursework deadline is at the end of the Autumn term giving them the time and focus to concentrate on their Externally Set Task. The coursework portfolio will be assessed at this point, this is worth 60% of the overall grade.



History

Non Examination Assessment parts A and B should be completed by Thursday 27th October.

Provisional dates for exams:

Unit 1 - Depression War and Recovery 1930-51 - Thursday 18th May am

Unit 2 - Germany in Transition 1919-39 (resits) - Wednesday 7th June pm

Unit 3 - Changes in Health and Medicine c1340 to the present day - Friday 16th June pm

PE

1st December deadline for Video/filmed sports and coursework an 8 week training programme.

March 2023. Date to be confirmed GCSE PE moderation

