

**FURZE
PLATT**
SENIOR SCHOOL



ACHIEVE



Term 5

ENDURANCE & PREPARING TO PERFORM

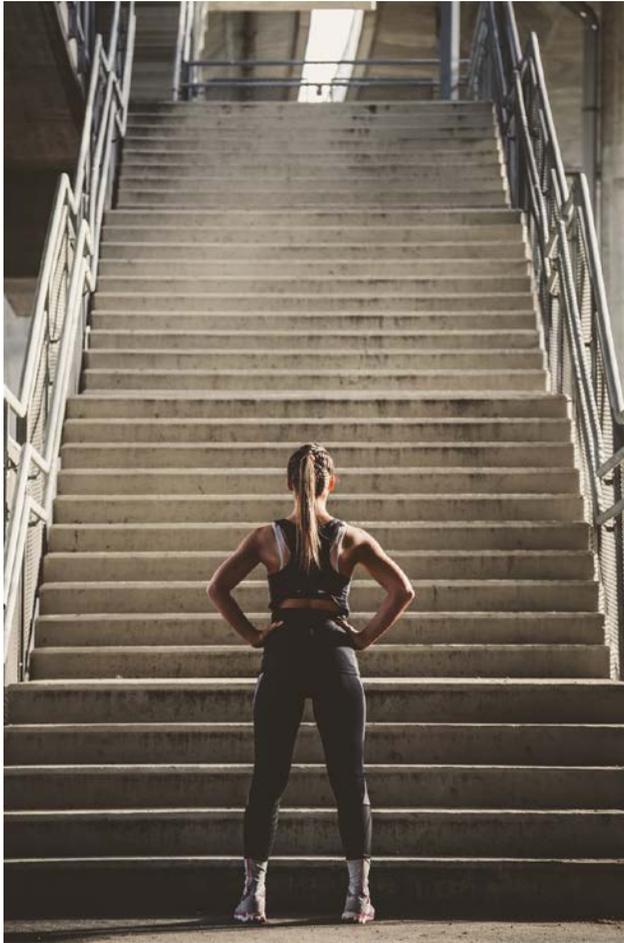




Asha Philip



What affects our ability to perform?



You can control these!

- our goals
- ability to manage stress
- mental energy
- quality of sleep
- whether we feel rested and recovered
- physical activity
- nutrition

Remember....

No matter how much revision you have done, you can improve your performance by working on these areas.

Performance: it's all in the preparation

‘Champions do not become champions when they win the event, but in the hours, weeks, months and years they spend preparing for it. The victorious performance itself is merely the demonstration of their championship character.’

Alan Armstrong

J. K. Rowling

- First got the idea for Harry Potter on a delayed train from Manchester to King's Cross station.
- Single parent living on state benefits
- Often did her writing in cafes in Edinburgh with her daughter next to her in a pram, because her apt. was so cold and couldn't afford the heating.
- Worked on the 1st book for 5 years.
- Rejected by at least a dozen publishers before being accepted by Bloomsbury.
- Harry Potter series has now sold over 450 million copies worldwide.
- Her Harvard commencement speech describes her perseverance to continue her love of writing while experiencing rejection & doubt. Watch it here:
www.youtube.com/watch?v=wHGqp8lz36c

Endurance badge



Work towards your
Endurance badge.

50 Integrity points
(25 for 6th formers)

What is endurance?



Facing challenges with:

Tenacity

Resilience

Perseverance



Our focus (or our foci) this term is to:

1. Recognise that struggling and trying but failing is how we make progress
2. Be tenacious
3. Show emotional and physical resilience and perseverance

Which is your favourite quote?



Which is your favourite quote?

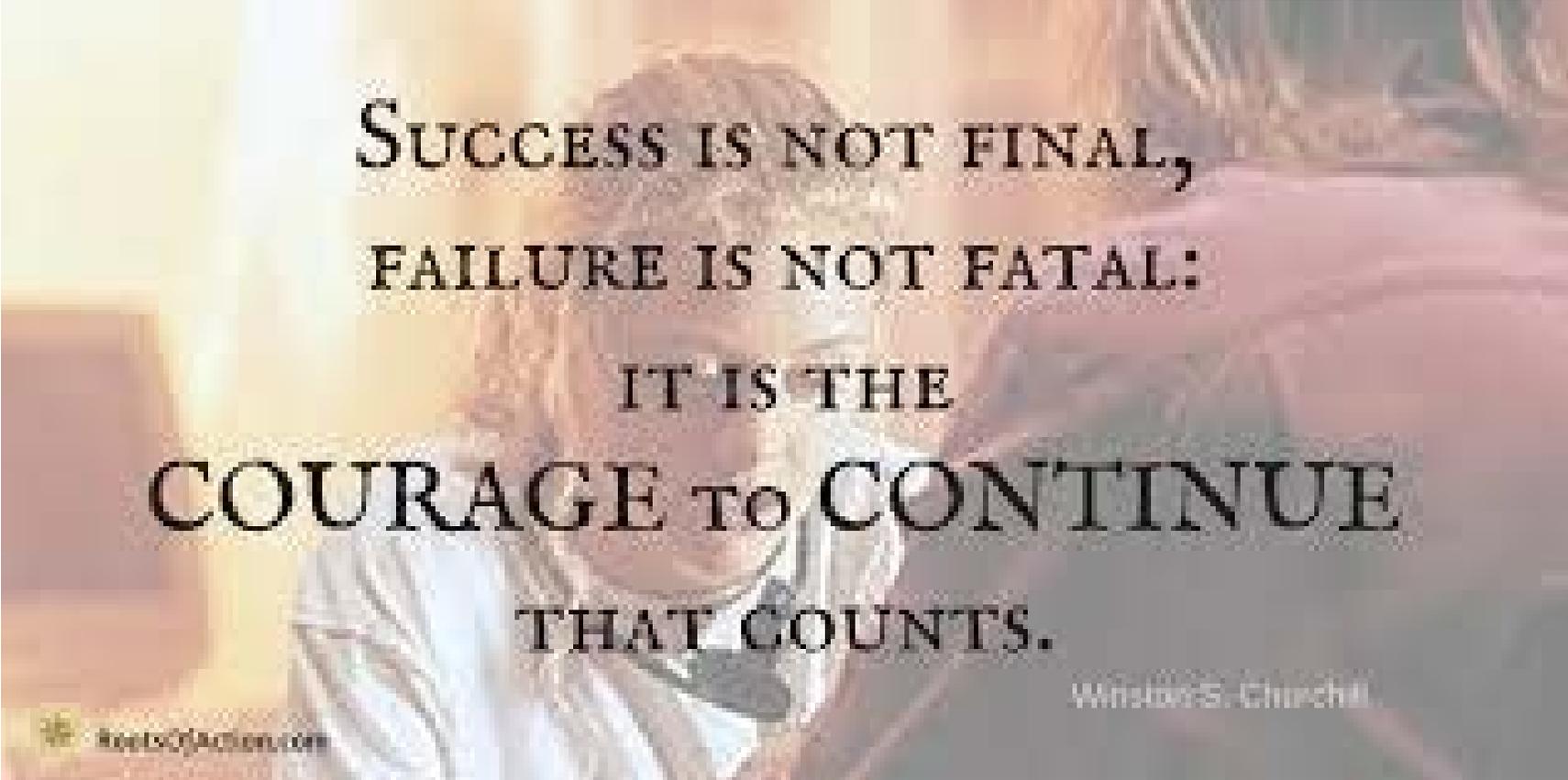
**Strength does
not come from
physical capacity.
It comes from an
indomitable will.**

~ Mahatma Gandhi



Borewaremagic's Endurance Quotes

Which is your favourite quote?

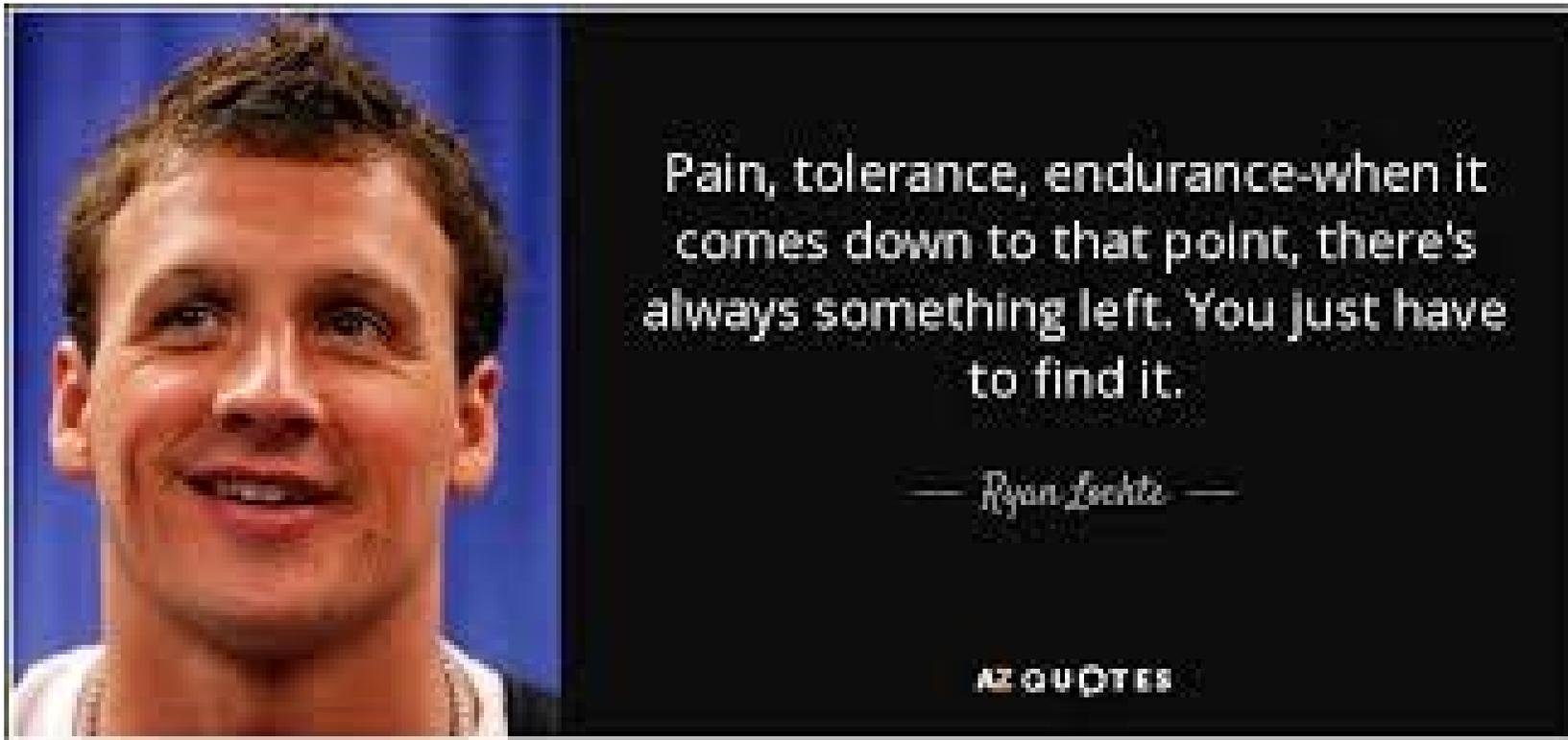


SUCCESS IS NOT FINAL,
FAILURE IS NOT FATAL:
IT IS THE
COURAGE TO CONTINUE
THAT COUNTS.

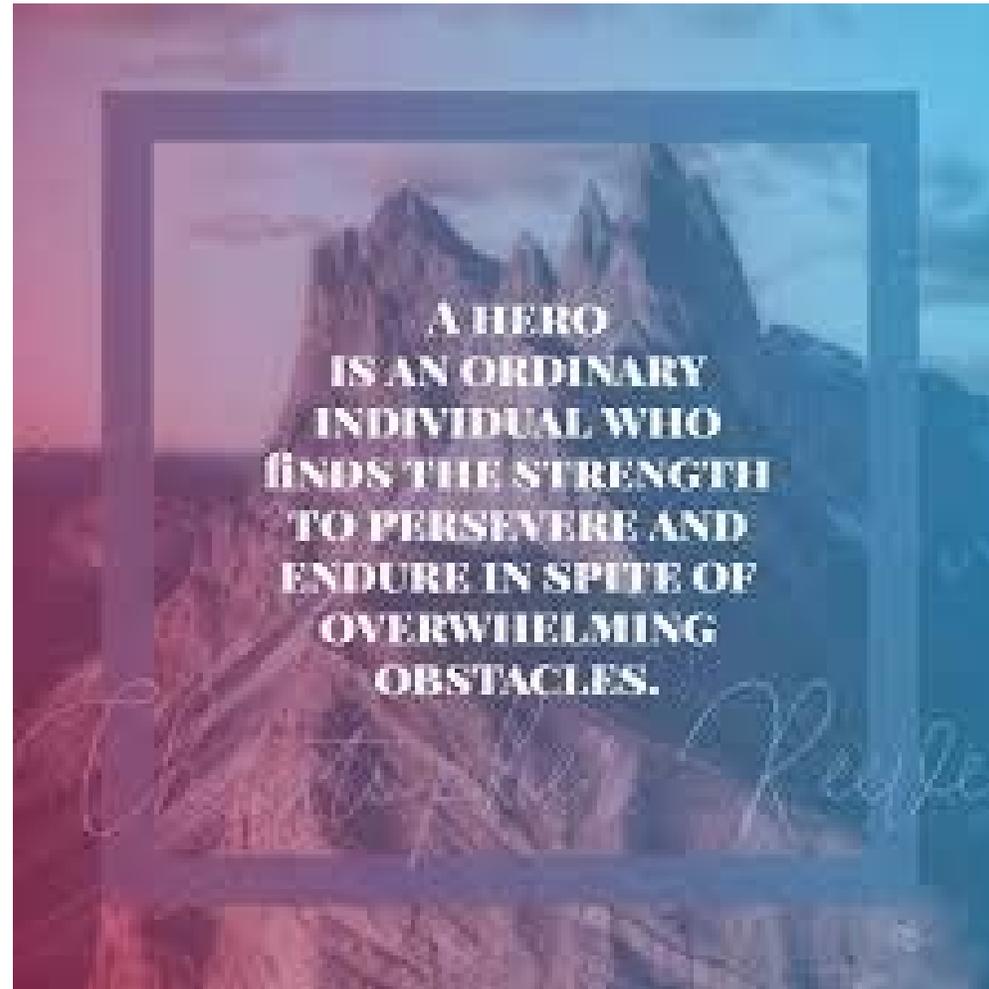
Winston S. Churchill

 RootsOfAction.com

Which is your favourite quote?



Which is your favourite quote?



Which is your favourite quote?

**Our greatest
weakness lies in
giving up. The most
certain way to
succeed is always to
try just one more
time.**

Thomas Edison

thebeautyinbeingsignificant.com

Reminder of The 6 stages of the Learning Process

If you want to learn something properly you **MUST** follow these steps:

- 1. Understanding = understand the topic/idea= actively engage with it-use 'active' notes to help.**
 - 2. Condensing = when you have understood the topic condense it to the KEY ideas/facts.**
 - 3. Memorising = memorise the KEY ideas facts by using EFFECTIVE memory techniques.**
 - 4. Reviewing/revisiting = layer your revision so that you can return to the topic and transfer from your short term to your long term memory (SPACING).**
 - 5. Applying to question = understand how this topic/ idea/fact will be tested in your exams – see past papers/questions.**
 - 6. Practising the questions = completing past papers, checking these, seeking clarifications of errors, re-doing questions to improve your response.**
- When planning your revision sessions, I would suggest you identify which of the 6 stages you will be planning to do for every topic/skill session on your revision timetable.
 - Please also ensure that for every topic and skill you choose to revise/study you have an understanding session, a condensing session, a memorising session, a reviewing/revisiting session, a applying to question session and a practising the questions session.

Variety is the spice of life!

Five strategies for encouraging more effective independent study

QUIZZING



SPACING



ELABORATION



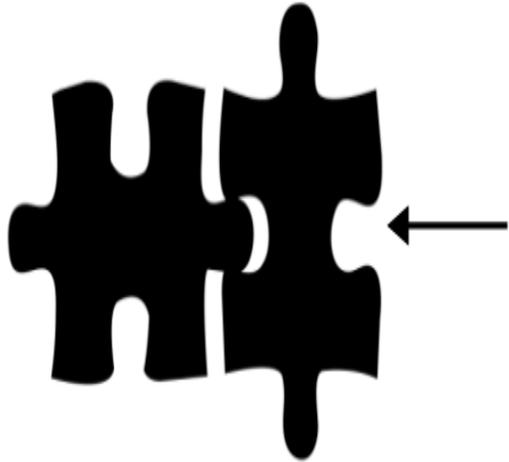
CHUNKING



METACOGNITION



Reminder - Chunking



Each chunk of information should link to other chunked information.



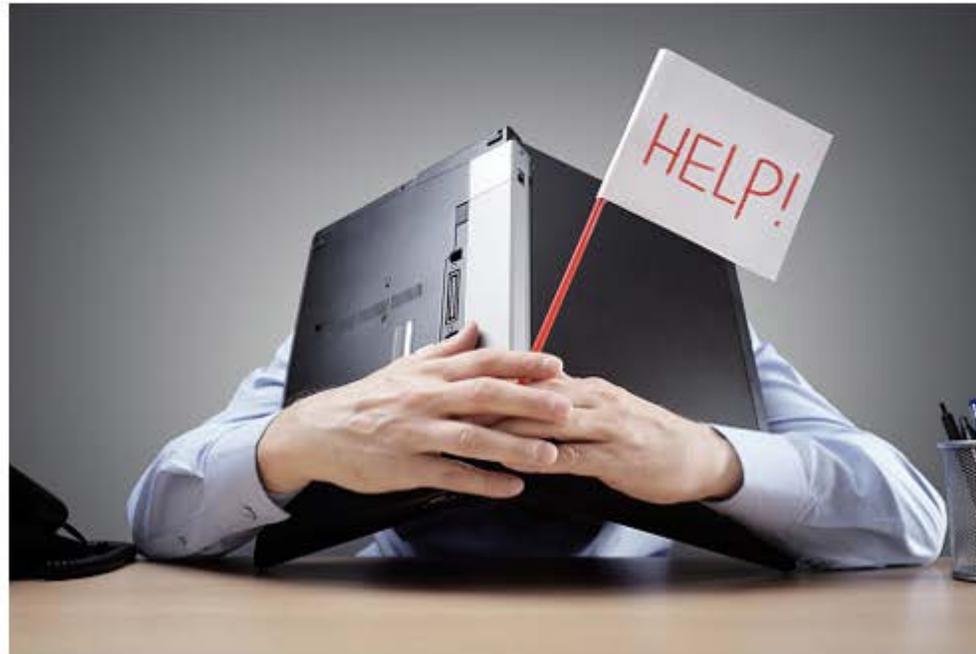
Well chunked information creates schema which helps the brain remember it more easily.

Create banks of flash cards with chunked information:

- use headings and titles for different sections
- use bullet points to summarise and clarify important points
- use tables to summarise large amounts of data
- combine quick illustrations with text to create visual associations

What is stress?

Stress is a state of mental or emotional strain or tension, caused by adverse or demanding circumstances.



What factors contribute to stress?

1. Lifestyle: quality of rest, exercise, nutrition and time.
2. Information needs: exam strategies, plans and revision.
3. Psychological factors: feelings of control, the way we think of ourselves and the amount of pressure we put on ourselves.
4. Poor studying styles: binge studying, trying to memorise text books, inconsistent content coverage, all-night studying etc.

How can we stay calm and manage our stress levels?

Although some stress can be good to motivate us, keep us alert and ready to tackle challenges, it is important to not let it get out of hand. Too much stress will keep us from performing at our best.

The Basics

- Make your revision schedule realistic
- Keep to a revision style that suits you
- Customise your notes to make them more personal
- Make sure you understand everything
- Practice plenty of past exam papers
- Take regular short breaks
- Reward yourself
- Do something physical
- Ask for help

SLEEP – TOP TIPS

1. **CONSISTENCY:** Keep a relatively **consistent bedtime and wake time**.
2. **WORK:** Complete your revision or work by a certain time.
3. **RELAXATION/ROUTINE:** Develop a pre-bed routine that is relaxing and familiar.
4. **UNPLUG:** **Shut off all electronics at least 30 mins** before you go to sleep.
5. **STIMULANTS:** Eliminate stimulants like caffeine and sugar, especially later in the day.
6. **EXERCISE:** Incorporate this daily but not too close to bedtime.
7. **FULLNESS:** Eating a dinner that makes you overly full can disturb sleep.
8. **THOUGHTS:** Write them all down before you go to bed so you have a clear mind.

Physical Activity

REGULAR PHYSICAL ACTIVITY IMPACTS THE BRAIN, IT...

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

FIT TIPS:

1. **Plan** your weekly workouts.
2. Have a **morning stretching routine** e.g. yoga poses, meditation, seated stretching exercises.
3. Walk or **be active** to or from school.
4. Get some **fresh air at break** and lunch times.
5. Carry out some **exercises whilst sitting down** e.g. arm stretches, leg lifts, shoulder rolls etc.
6. Carry out **strength exercises** at least twice a week such as bicep curls, squats, press ups, sit ups or lunges etc.
7. Carry out housework or tidy your bedroom.
8. Push **yourself to work harder each time**.
9. Plan to do **30 minutes of cardio exercise at least three days a week**.
10. **Do something you enjoy** so you will keep doing it and stay motivated!

Nutrition Tips

P – Preparation- Start the day with a nutritious breakfast.

E – Energy Levels - Eat at regular times throughout the day and avoid high sugary foods such as pastries, sweets, caffeine and fizzy drinks.

R – Re-hydrate – Carry a bottle of water & limit caffeine & sugary drinks.

F – Focus Fuels - Snack on brain boosting foods throughout the day

O – Omega 3s - Omega 3 has been shown to help brain function and increases concentration. It also helps to improve your immune system.

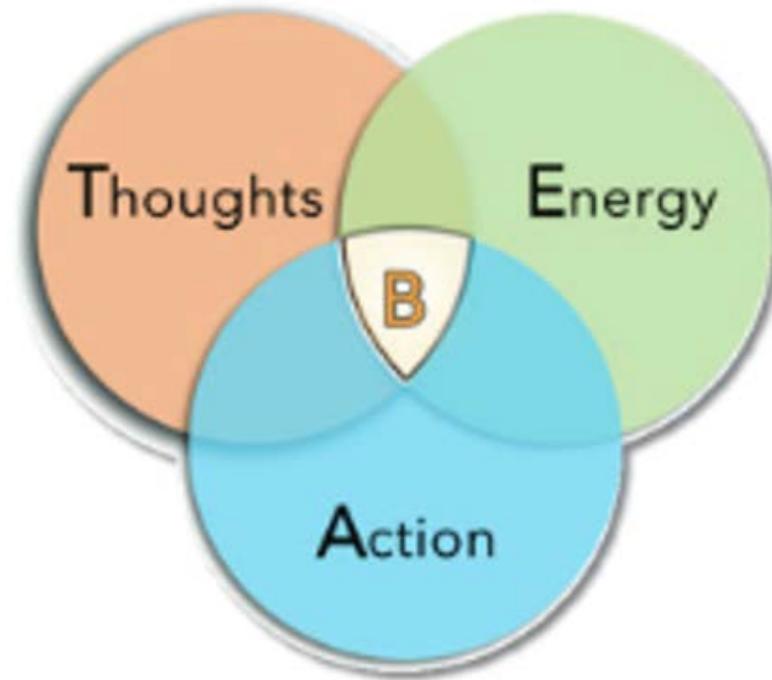
R – Re-think brain blockers - On exam day, stay away from foods made of white flour

M – Macro-nutrients - Have a combination of protein, fats, and carbs at every meal on exam day. You need protein to provide amino acids that create dopamine and norepinephrine. These brain chemicals make you feel more alert, attentive, and energetic.

Positive self-talk: as simple as A-B-C

- A = Activating event, for example taking a test activates tension – so plan in advance what you will do to help reduce this tension.
- B = Belief – be positive and create a set of statements to remind yourself that you can do this.
- C = Consequences – as a consequence of taking steps to reduce your tension and reminding yourself of your positive beliefs you should calm down and re-divert your energy in a more positive way to tackling the exam.

Be **the** Best You Can Be



B = Best You Can Be

Mindfully Unplug

- Unplug from technology everyday at least an hour or two before bedtime.
- Unplug yourself from the busy world and get out into the fresh air everyday.
- Unplug yourself from phones and other distractions when you're revising.

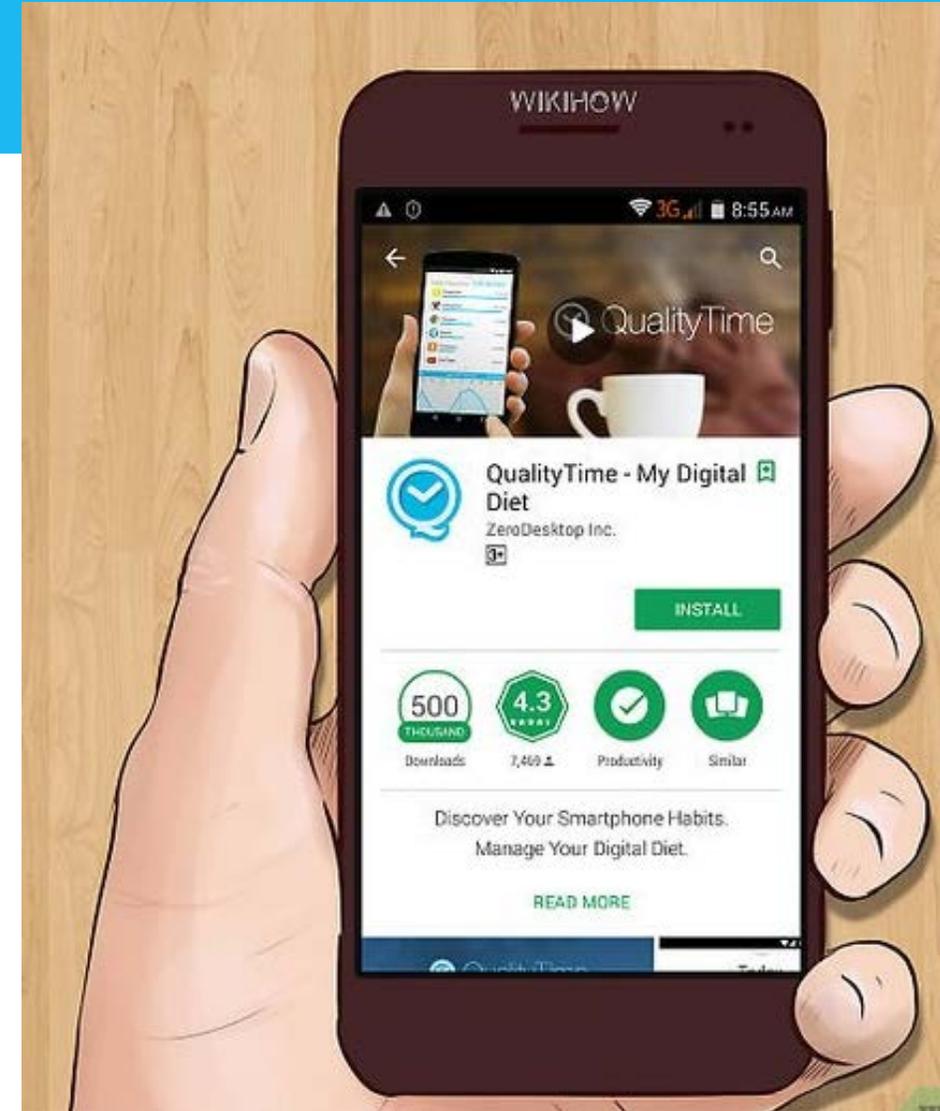


Manage Your

- Monitor use
- Limit phone time
- Turn off notifications
- Block time to respond
- Turn off when doing work
- Manage worries about missing out

Quality Time Digital Phone App Video:

<https://www.youtube.com/watch?v=b9ckm6-gK-Q>



Keep Calm and Carry On

- What's the worst that can happen?
- Keep things in perspective...
- It's ok to try really hard and not succeed at first
- You are COOL if you try and show those around you that you care.

Minimise Stress from the Chimp



Try Mindfulness: <https://www.livingwell.org.au/mindfulness-exercises-3/>

Useful resources to help with exam stress

- <https://www.nhs.uk/mental-health/children-and-young-adults/help-for-teenagers-young-adults-and-students/tips-on-preparing-for-exams/>
- https://www.studentminds.org.uk/examstress.html?utm_medium=email&utm_source=govdelivery
- https://www.gov.uk/government/publications/coping-with-exam-pressure-a-guide-for-students/coping-with-exam-pressure-a-guide-for-students?utm_medium=email&utm_source=govdelivery

No such thing as clever!

- *When you grow up you tend to get told the world is the way it is and you're life is just to live your life inside the world. Try not to bash into the walls too much. Try to have a nice family, have fun, save a little money.*

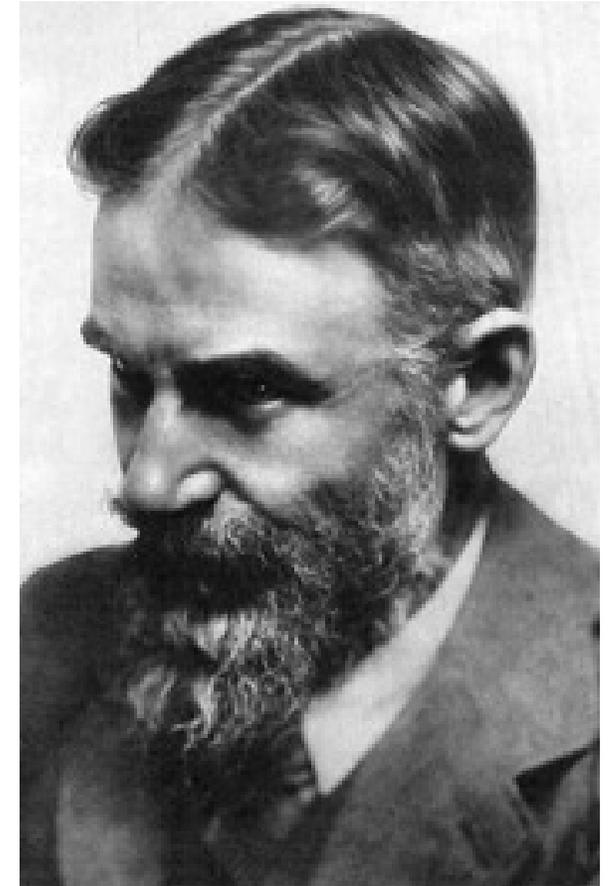
*That's a very limited life. Life can be much broader once you discover one simple fact: **Everything around you that you call life was made up by people that were no smarter than you and** you can change it, you can influence it, you can build your own things that other people can use.*

Once you learn that, you'll never be the same again."



No Excuses

- **“People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and if they can't find them, make them.”**



Exam Phase 1 – Thursday 8.5.25 – Thursday 22.5.25 (inclusive)

- The main body of exams starts in full on Thursday 8th May and is why Exam Phase starts on Thursday 8th May.
- Year 11 students will **not be expected to attend tutor time from Thursday 8th May, meaning their last tutor session will be on Wednesday 7th May.**
- There will be a full revision / final preparation programme throughout the exam period, with subject-specific preparation sessions as short a time as possible before the exam. (This will normally be the afternoon before a morning exam or the morning before an afternoon exam – where it does not clash with another exam.)
- During *Exam Phase 1*, students will either be in an exam, a revision session for that exam or in their normal lessons.
- **When in normal lessons, students will have a choice of either working with their teacher for that subject or to revise for another subject – quiet study will be expected.**
- However, students **will not be expected to attend tutor time and will thus not be required in school until 8.45 if they have a 9.00am exam or 9.10am if they are going to normal lessons or a revision session.**
- **When students have an afternoon exam, they will be permitted to leave the school site as soon as the exam finishes.**

Exam Phase 2 – Friday 23.5.25 – Wednesday 18.6.25 (inclusive)

- From Thursday 23rd May *Exam Phase 2* starts.
- **During this phase students will attend their exams and the associated revision sessions only.**
- When they are not in an exam or a revision session they will have Home Study, where they will be expected to be working at home preparing for their next exam.
- **Access to the library to study during phase 2 is possible for certain students, however permission will need to be given by myself or Mr Djaelani in advance.**
- Mr Wellard-Jeffs and Mr Djaelani will be opening H4 and H8 each morning for year 11 students who want to come in early to study before their exams.

Exam Phase 2 – use of the library & RA

- If you've been receiving RA support this year, you will be welcome to come into school during exam phase 2 revise in RA.
- However, please inform Mrs Feather of dates and times.
- If you feel that you can't revise/work effectively at home during phase 2 and would prefer to be in school (library) please come and speak to myself or Mr Djaelani (limited places available).

Graduation & Prom

- **Graduation: Wednesday 18th June 2025 at 4.30pm in the Sports Hall.**
- **Prom: Thursday 19th June 2024 7pm - 10.30pm at the Windsor Racecourse.**

Term 5

ENDURANCE

