



Highfields School  
BE THE BEST YOU CAN

# Welcome to Secrets to GCSE Success Wednesday 11 October 2023



TPS: Why are  
Y10 and 11  
like a  
marathon?



WE ARE HIGHFIELDS

# Why are we here this evening?

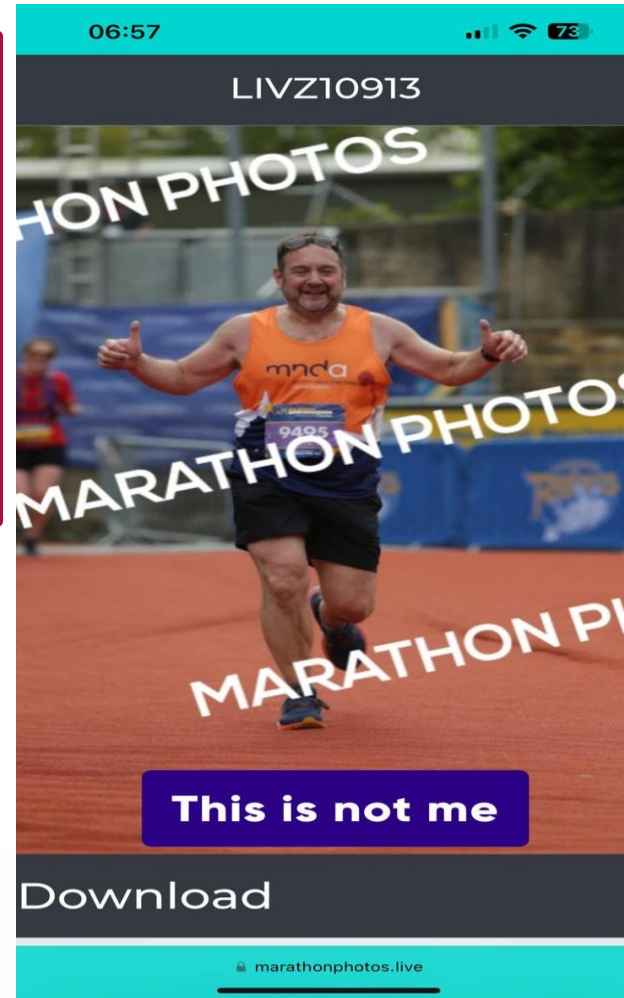
By the end of this evening you will have

- A better understanding of the months ahead (especially if you are a first time Y10/11 parent)
- An understanding of the challenges your child is facing
- A realistic idea of what a strong programme of exam preparation / revision / re-learning will look like for your child
- An opportunity to have a chat with other families





Secret 1:  
Know the  
challenge  
ahead



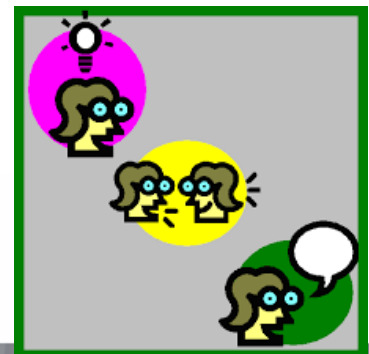
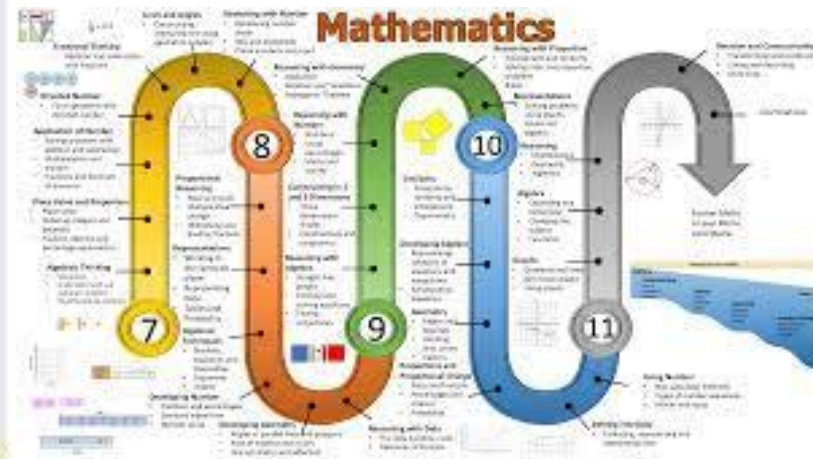




**Secret 1:**  
Know the  
challenge  
ahead

**What do you know?**

What is a GCSE?  
Why are GCSEs sat by 16  
years olds?  
How are they assessed?  
What makes them  
challenging?



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# Secret 1: Know the challenge ahead

## Crucial points:

GCSEs are tough. They take a lot of preparing for.

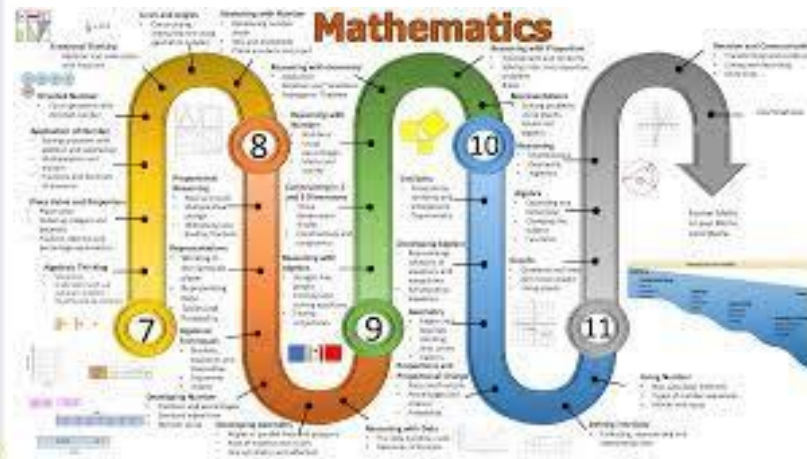
Graded 9-1 (9= 'A\*\*' 4 = C 1 = G)

Recall of a lot of content

Application of knowledge.

The key to unlocking future opportunities.

Full range of GCSEs chosen – commit to them all, not good enough to say 'just need English and Maths'



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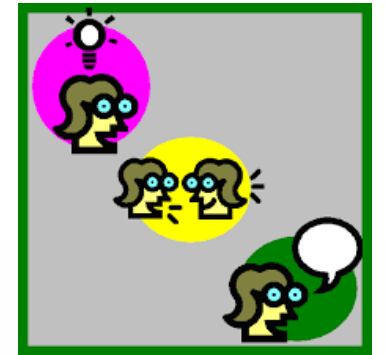
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Secret 2:  
Know your *Potential*



Why is it important to think about *potential*?  
How do we choose 'benchmarks'?  
How might our children understand their *potential*?



## Secret 2:

### Know your *Potential*

#### Year 10 Autumn Profile – November 2023

Subject	Benchmark Grade	Current Working At Grade	Most Likely Final Grade	Approach to Learning	Concerns
Biology	7	5	6	2 – strong	
Chemistry	6	5	6	2 – strong	
English Language	6	5	6	2 – strong	
English Literature	7	5	6	2 – strong	
Food & Nutrition	7	4	5	2 – strong	
French	6	4	6	2 – strong	
Geography	7	3	5	3 – not yet strong enough	Engagement
Mathematics	5	4	6	1 – very strong	
PE (Core)	-	-	-	2 – strong	
Physics	6	5	6	1 – very strong	



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Potential

## Crucial Points:

Aim for a 'PB'!

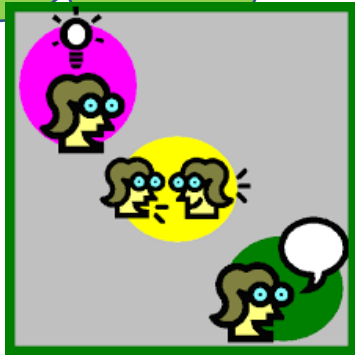
Benchmark grades give an idea of what good performance might look like – not limiting and missing them by a bit is not a disgrace.

Settling for well below is not good enough - not Ok to say all I need is 4 for college if potential is 6,7,8,9

Act on feedback

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**What does a  
GCSE student  
with an  
outstanding  
approach to  
learning do?**



- Asks insightful questions
- Volunteers answers regularly throughout the lesson
- Attempts every question/task or activity no matter how challenging
- Acts upon feedback and asks for feedback regularly on how to improve
- Leads and contributes to group discussions and helping others who may be struggling
- Carries out wider reading and studying
- Immaculate presentation of their books







## TRAINING PLAN

CREATED BY: Neil Keegan, RRCA-certified run coach

**WARNING** ▶ Keep your goal at an easy "conversational" pace (60-90 seconds slower than your Marathon Pace).

**STRIDES** ▶ Run at a jog, build to 80% of your max effort speed, and then gradually slow to a stop. Complete 4-6 x 20-30 seconds of accelerations, jog or walk for 1 minute between rounds.

**WARNING** ▶ Before every single run, do a warmup that includes mass isometrics and dynamic stretching.

**DURATION** ▶ This plan is inclusive of all paces and activities. Follow miles or minutes, whichever feels better.

**OPTION FOR LONG RUNS**

**STRENGTH** ▶ Aim for 10-15 minutes of strength training.

BASE MILEAGE PREP (OPTIONAL)						
WEEK	MON	TUESDAY	WED	THURSDAY	FRI	SAT
<b>WEEK 1</b> MILEAGE: 20 miles	X	2 miles + strength	4 miles	4 miles + strength	X	3 miles or 3:45 min
<b>WEEK 2</b> MILEAGE: 21 miles	X	3 miles + strength	4 miles	4 miles + strength	X	3 miles or 3:45 min
<b>WEEK 3</b> MILEAGE: 22 miles	X	3 miles + strength	5 miles	4 miles + strength	X	3 miles or 3:45 min
<b>WEEK 4</b> MILEAGE: 23 miles	X	3 miles	5 miles	4 miles	X	3 miles

## Secret 3. Know your training schedule and stick to it

### Crucial points:

What are the regular training habits?

Where are the opportunities to practice – ‘the half marathons and 10ks’?

Look at the year ahead – how many weeks?

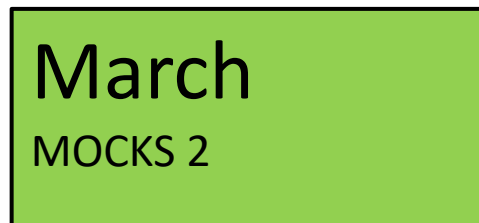
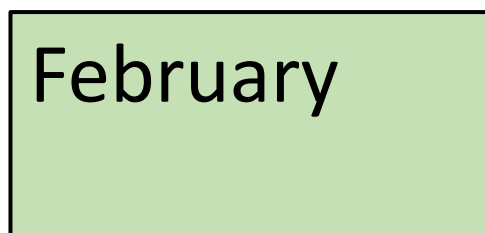
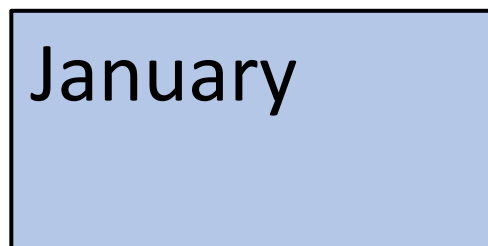
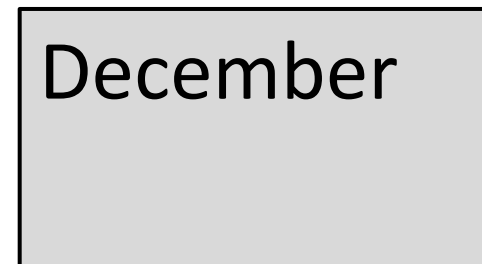
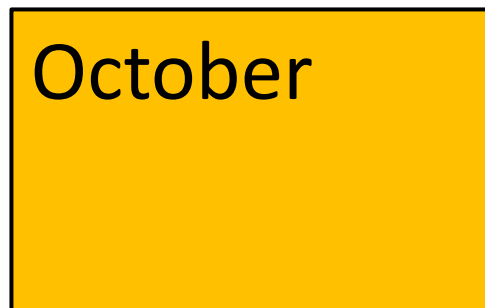
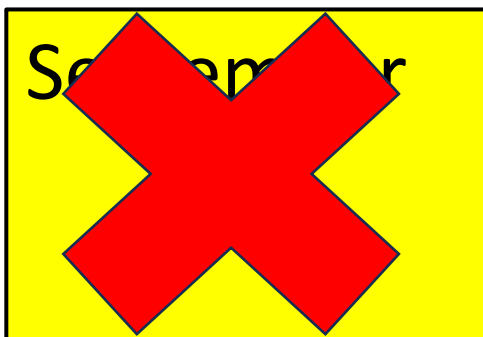
**Training every day 8.45-3.20 with fully qualified expert coaches + evenings and weekends.**

Be there and take full advantage – on time, prepared, wanting to ‘train’ / learn. Show commitment in each and every session. Mock exams are VITAL practice runs



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Autumn Term																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																											
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We are here - week 5 of a 30 week year

6 school weeks + Half term between them

Your 1<sup>st</sup> set of mocks are here - a chance to shine





### Autumn Term

	A	B	A	B	A	B	A	B				
	04-Sep (4 Sep = CPD)	11-Sep	18-Sep	25-Sep	02-Oct	09-Oct	16-Oct	23-Oct (27 Oct = CPD)				
	1	2	3	4	5	6	7	8				
Y7												
Y8												
Y9												
Y10												
Y11												

Y10 First data capture – first major feedback point

### Spring Term

		B	A	B	A	B	A				
		08-Jan	15-Jan	22-Jan	29-Jan	05-Feb	12-Feb				
		1	2	3	4	5	6				
Y7											
Y8											
Y9											
Y10											
Y11											

February / March  
Second Data Capture  
+  
Parents Consultation Evening (online)



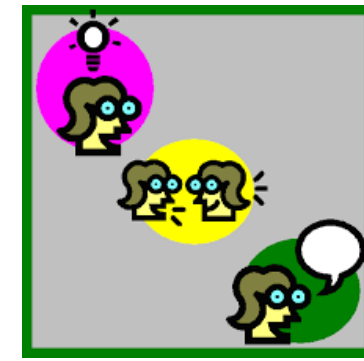
External Exams 9 May - 26 June												
		A	B	A	B	A	B		A	B	A	
	Holiday (30 March - 14 April)	15-Apr	22-Apr	29-Apr	6-May (6 May BH)	13-May	20-May	Holiday (25 May - 2 June)	03-Jun	10-Jun	17-Jun	
		1	2	3	4	5	6		1	2	3	
Y7										EOY Exams		
Y8									EOY Exams			DC
Y9												EO
Y10			Mock Exams							DC3	DS Out	
Y11					External Exams				External Exams			

April – 2 weeks after Easter – Mock Exams:  
Performance time – show us and yourself what you  
can do –  
'Crucial Race Practice .....

Reported here –  
Half way through our 2  
year training  
programme



## Secret 4: Know the habits of successful independent training



### 5 Crucial habits

- Get started
- Eat the big frog first
- Plan it out
- Retrieval
- Repetition





# How to be happy, healthy and successful in your exams / marathon

Me: I'll revise when I get home

Me: Actually I'll just do a bit before bed

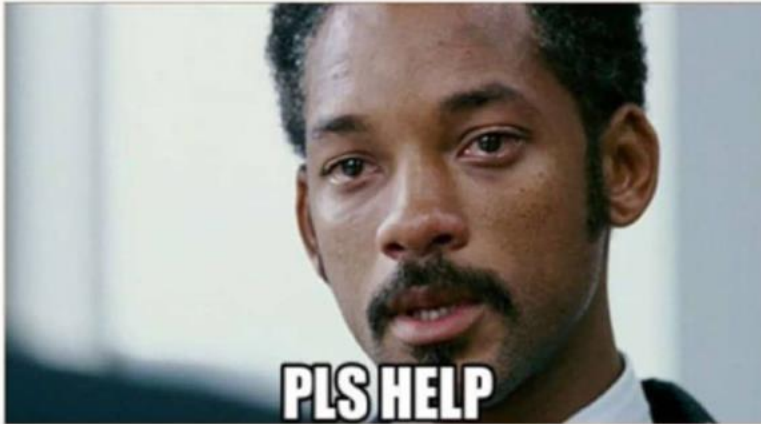
Me: Okay I'll deffo do some in the morning

Me: I guess I could just do some on the way to school

Me: Okay I should have time to do some at lunch

Me: If I revise outside the exam I should be fine

Me in the exam:



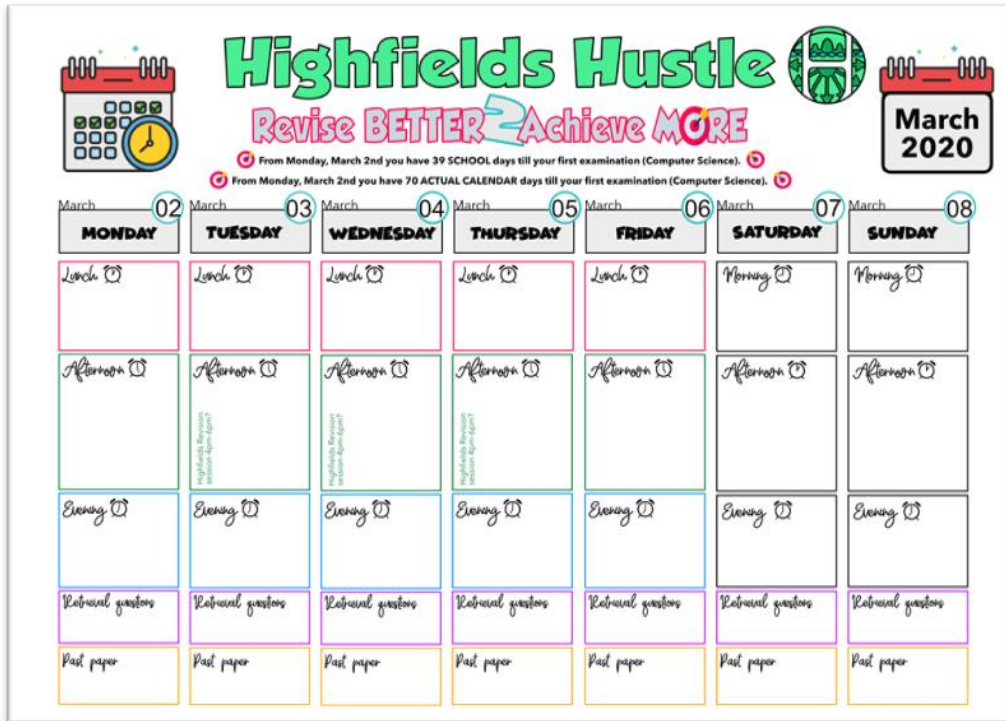
## 1. Get started



## 2. 'Eat the big frog first'

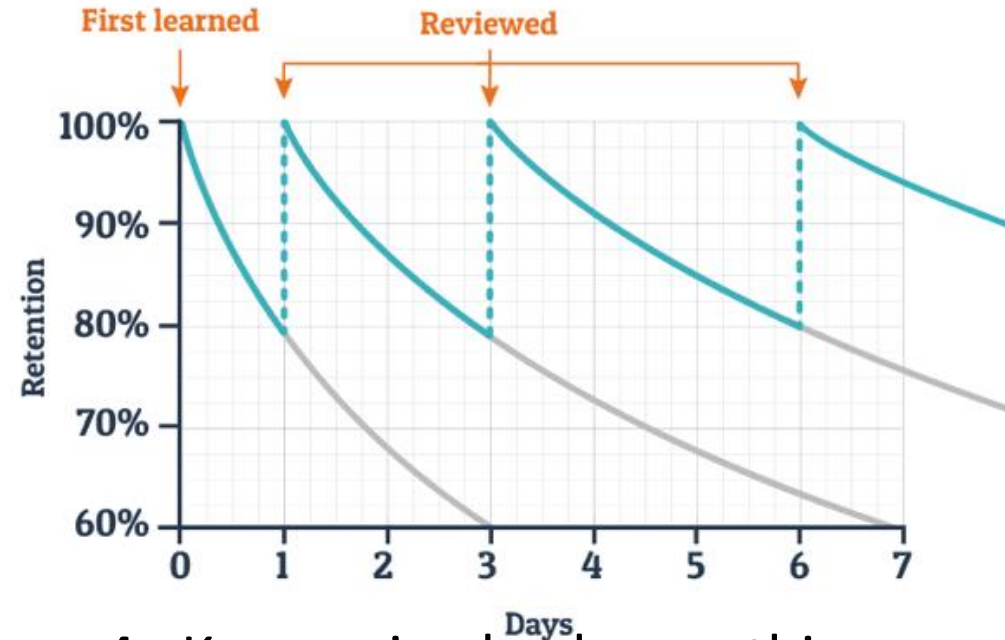


# How to be happy, healthy and successful in your exams / marathon



3. Plan it out – what + when?

Typical Forgetting Curve for Newly Learned Information










4. Keep going back over things – repeat and repeat again



# Highfields Hustle

## Revise BETTER → Achieve MORE

Revision Technique	Learning Power ★★★★★	What people say...
 Rereading	★	"If this is all you do it is pretty useless - you must do something with it."
 Highlighting text	★★	"Better than rereading but still pretty limited...most useful when you are studying the text for the first time."
 Revising with mates	★★	"This depends how you do it...but time is usually used more efficiently if you are on your own."
 Spaced retrieval - testing yourself on things when your brain has had a chance to forget them	★★★★★	"This hurts your brain because you are right on the edge of forgetting things when you test yourself again. But it works!!!"
 Self-quizzing - testing yourself on key facts (sometimes called retrieval practice)	★★★★★	"This works. It makes you think hard but once you reach for the answers once, you can usually reach for them again."
 'Big frog' - carefully prioritising your weakest areas for revision	★★★★★	"It's so tempting to revise stuff you already know: it's easier but it's also a waste of time. You have to do the stuff you find difficult."
 Past questions (The Highfields Hustle)	★★★★★	"This is the best way that you will be ready to retrieve information under exam conditions."



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# Revise Better – not longer

...

## Quizzing and questions

NOT

Just reading or highlighting your favourite bits

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## **Secret 5.**

Stay happy, healthy, 'injury free' and in perspective – Know who can help you – Importance of partnership, understanding, balance of activities, sleep



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## Plenary

How might a student benefit from GCSE success?

What makes the best revision/ relearning?

How can you support your child through their revision?

How do you respond if your child does not appear to be revising?



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**Good luck...**

Your child will always find their way to their destination eventually...GCSE success may just get them there quicker



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