



Highfields School  
BE THE BEST YOU CAN

## Secrets to GCSE Success



TPS: Why is  
taking **GCSEs**  
like completing  
a **marathon**?



WE ARE HIGHFIELDS





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FROM  
**CLASSROOM**

TO  
**COURTROOM...**

WHERE WILL **YOUR ATL** TAKE **YOU?**

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FROM  
**CLASSROOM**

TO  
**EMERGENCY  
ROOM...**

WHERE WILL **YOUR ATL** TAKE **YOU?**

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FROM **PE**

TO  
**PREMIERSHIP...**

WHERE WILL **YOUR ATL** TAKE **YOU?**

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**Secret 1:**  
Know the  
challenge  
ahead

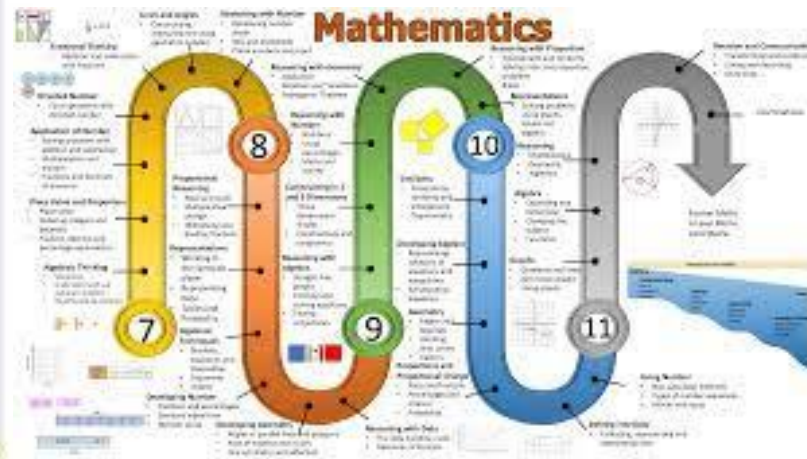
**Crucial points:**

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

Recall of a lot of content

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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**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.

**WARMUP** ▶ Before every single run, do a warmup that includes mass activation 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	SUNDAY
<b>WEEK 1</b> MILEAGE: 20 miles	×	3 miles + strength	4 miles	4 miles + strength	×	3 miles	6 miles or 2:45 min
<b>WEEK 2</b> MILEAGE: 21 miles	×	3 miles + strength	4 miles	4 miles + strength	×	3 miles	7 miles or 3:15 min
<b>WEEK 3</b> MILEAGE: 22 miles	×	3 miles + strength	5 miles	4 miles + strength	×	3 miles	7 miles or 3:15 min
<b>WEEK 4</b> MILEAGE: 23 miles	×	3 miles	5	4 miles	×	3	8 miles

## Secret 2. 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?

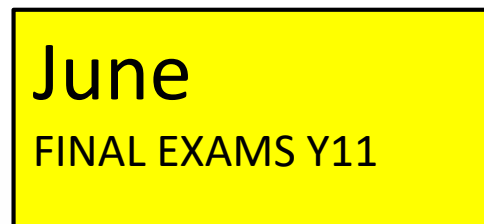
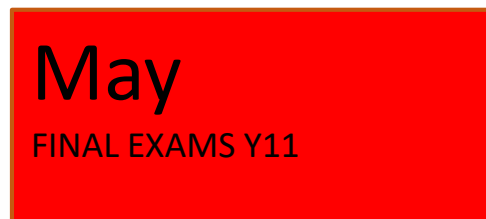
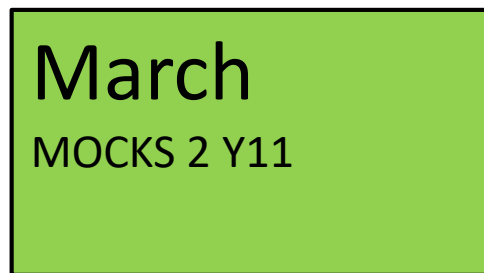
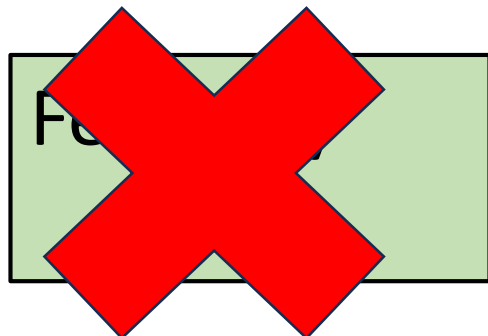
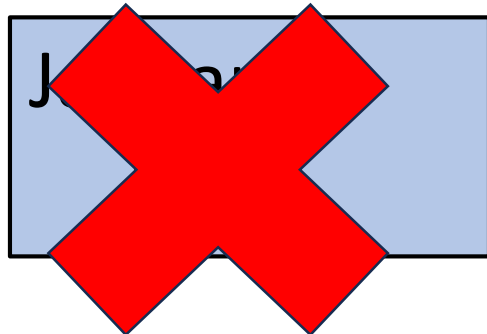
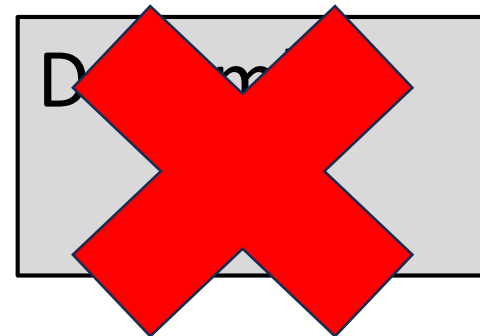
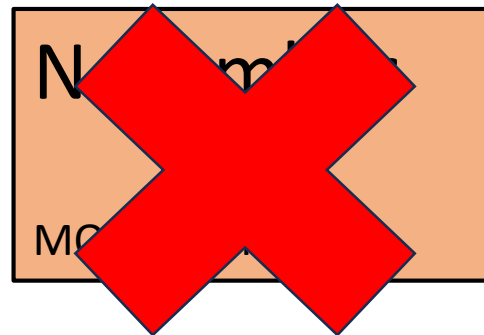
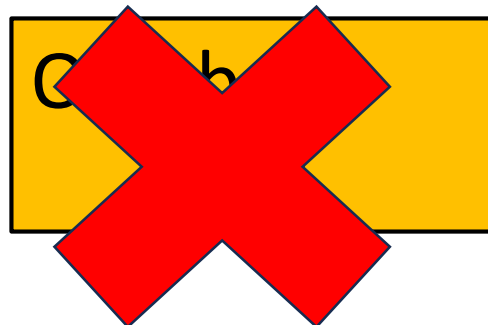
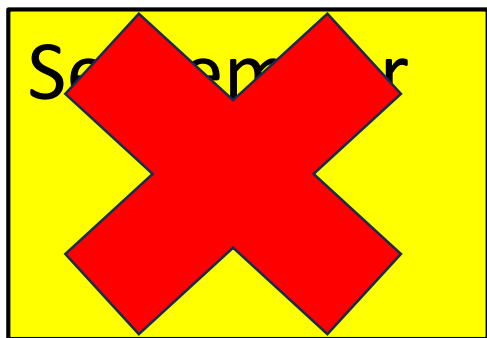
**Training every day 8.45-3.20 with fully qualified expert coaches + evenings and weekends.**

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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B	A	B		A	B	A	B	A	
26-Jan	02-Feb	09-Feb	Holiday (16 Feb - 22 Feb)	23-Feb	02-Mar	09-Mar	16-Mar	23-Mar	Holiday (30 March - 12 April)
4	5	6		1	2	3	4	5	
DS Out		DC2		DS Out			PC		
	DC2	DS Out							
	DC2	DS Out			PC				
PC				Mock Exams			DC3	DS Out	



Time left in  
Y11

External Exams 8 May - 25 June											
B	A	B	A	B	A		B	A	B		
13-Apr	20-Apr	27-Apr	04-May (4 May = BH)	11-May	18-May	Holiday (25 May - 31 May)	01-Jun	08-Jun	15-Jun	22-Jun	
1	2	3	4	5	6		1	2	3	4	
								EOY Exams			
							EOY Exams			DC3	
								DC3	DS Out	EOY	
	Mock Exams										
			External Exams								



## Secret 3:

### 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)	-	4	5	2 – strong	
Physics	6	5	6	1 – very strong	

**Benchmarks  
indicate  
Potential**

**ATL indicates  
likelihood of  
achieving potential**

## Crucial Points:

Aim for a '**PB**'!

Benchmark grades give an idea of what good performance might look like

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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So... how does that link to our *marathon*?

- When you 'train', you will start to learn what you are capable of and how much to push yourself - **Potential**
- Half-marathons/short 10k runs will give you a chance to showcase what you can do (profiles, tests, mocks) *These may be negative – it's how you respond to them that counts*
- You need something to aim at (benchmarks)





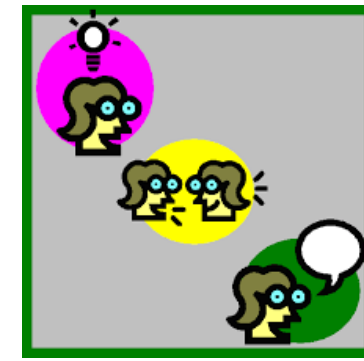
# The next few weeks before the exams start ...

If you have been following all advice of your teachers and completing all work set to prepare – well done, you are in a great position. Keep it going, relax

If this isn't quite you .... Don't panic, there are things you can do ...



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



### 5 Crucial habits

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



# 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

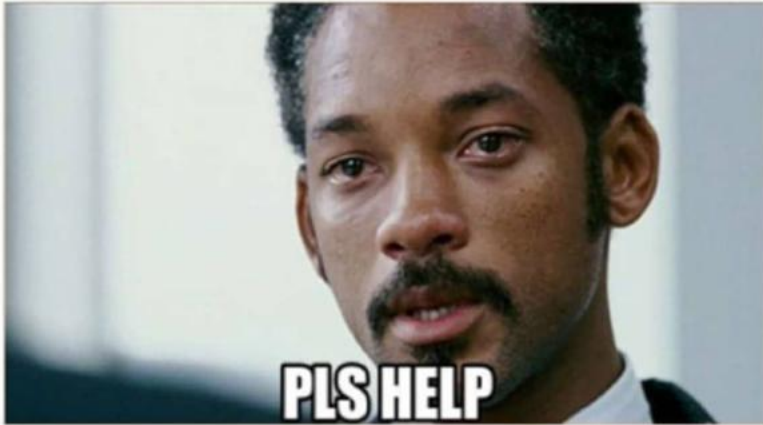
Me: Okay I'll deffo do some in the morning

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'

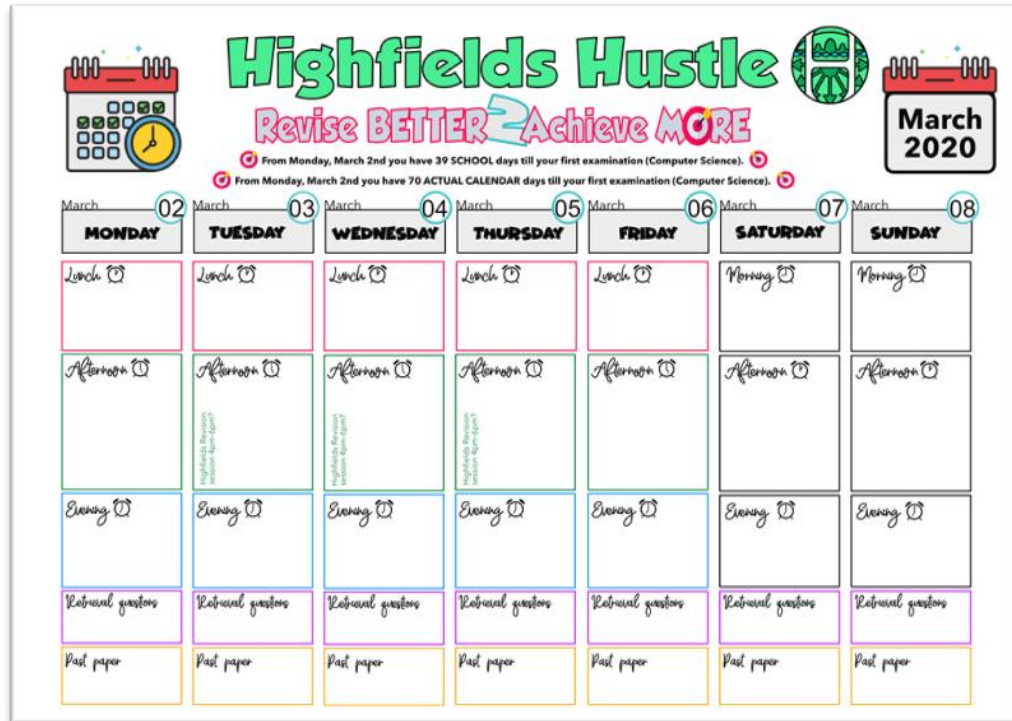


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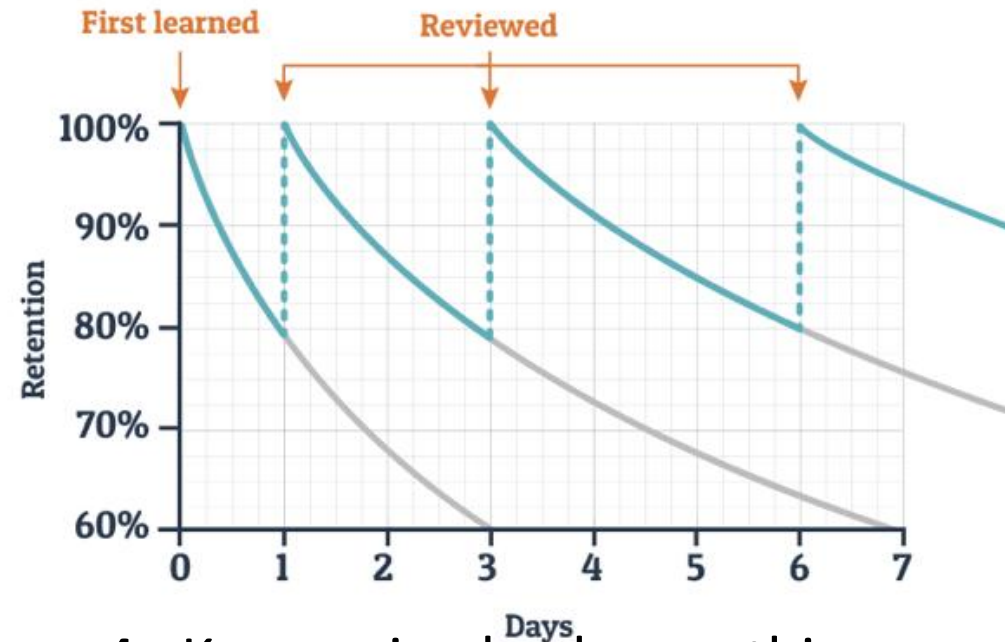


# How to be happy, healthy and successful in your exams / marathon



3. Plan it out – what + when?

## Typical Forgetting Curve for Newly Learned Information



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










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# 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 answer once, you can usually reach for them again."
 'Big frog'-carefully prioritising your weakest areas for revision	★★★★★	"It's so simple stuff you can do it easier than you think of time to do the stuff you need to."
 Past questions (The Highfields Hustle)	★★★★★	"This is the best way that you will be ready to retrieve information under exam conditions."

5. Use **Retrieval** to revise better – not (necessarily) longer ...

Quizzing and questions

NOT

Just reading or highlighting your favourite bits



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THINK



PAIR



SHARE



1 important piece of  
information or advice that  
will help you to reach your  
potential in your exams?



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