



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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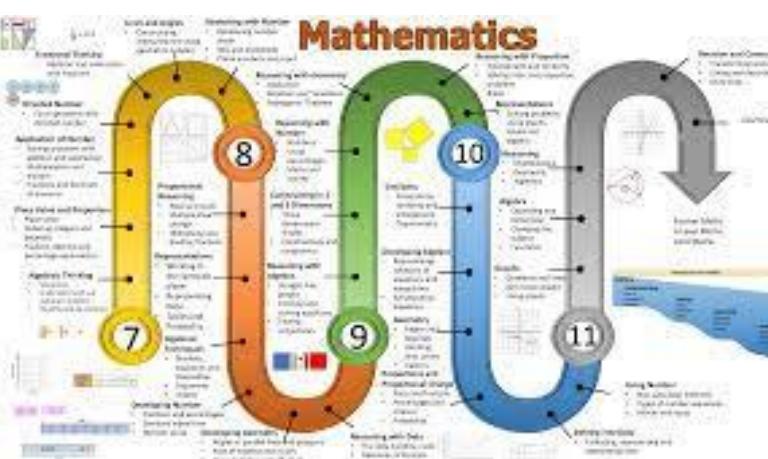


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Secret 1: Know the challenge ahead



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: Paul Keegan, PGCert-qualified run coach

GOALS: Run your first 10k in an easy “Come and go” pace (30-35 seconds slower than your Marathon Pace).

STRETCH: Run at a jog, isolate 90% of your max effort speed, and have gradually relax to a stop. Complete 4-6 x 20-30 seconds of accelerations/jog or rest for 1 minute between runs.

WARMUP: Walk every couple of days longer than double your race distance and if you’re 10k, 10 miles.

DURATION: This plan is indicative of all paces and abilities. I allow miles or minutes, whichever feels better.

OPTIONS: LONG RUNS

STRENGTH: Aim for 10-15 minutes of strength training.

BASE MILEAGE PREP (OPTIONAL)

WEEK	FRI	SUNDAY	SAT	MONDAY	TUE	WED	THU
WEEK 1	20 miles	3 miles + strength	4 miles + strength	3 miles	4 miles or 10 miles		
WEEK 2	21 miles	3 miles + strength	4 miles + strength	3 miles	3 miles	7 miles or 10 miles	
WEEK 3	22 miles	3 miles + strength	4 miles + strength	3 miles	3 miles	7 miles or 10 miles	
WEEK 4	23 miles	3 miles	4 miles	3 miles	3 miles	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.

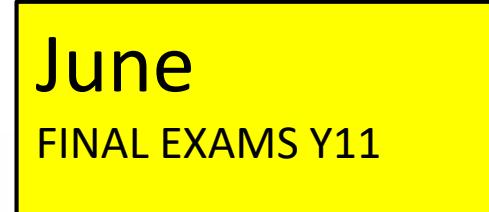
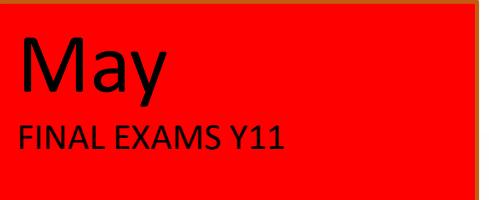
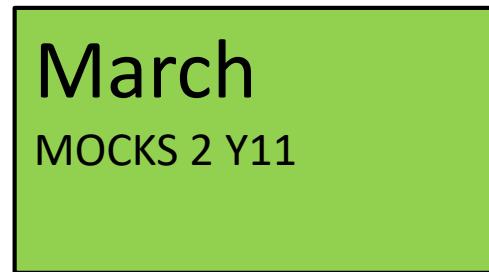
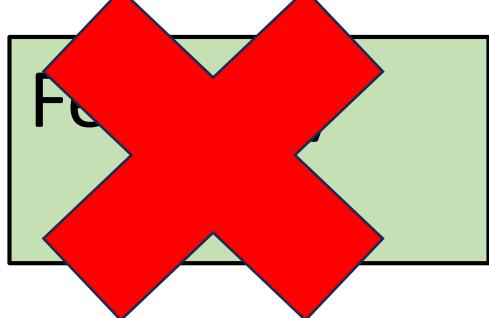
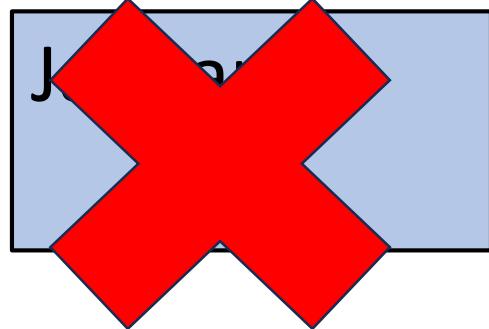
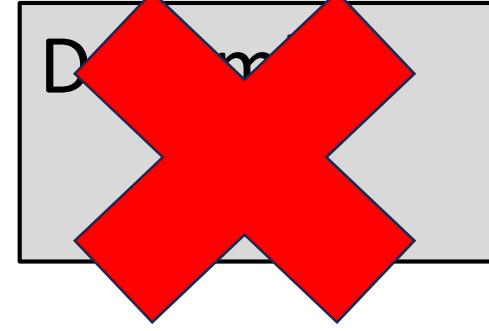
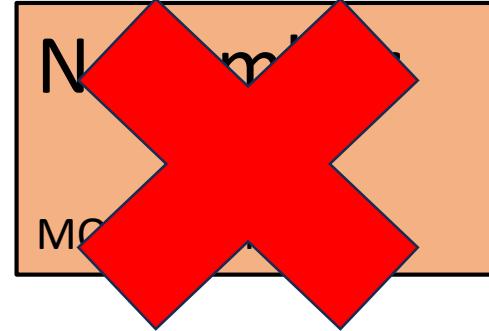
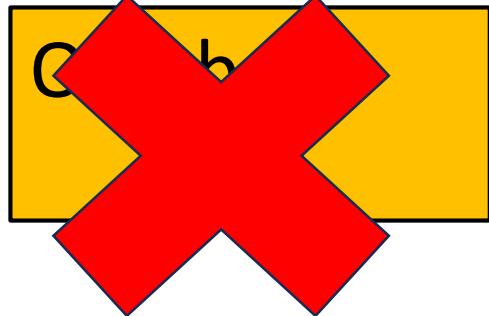
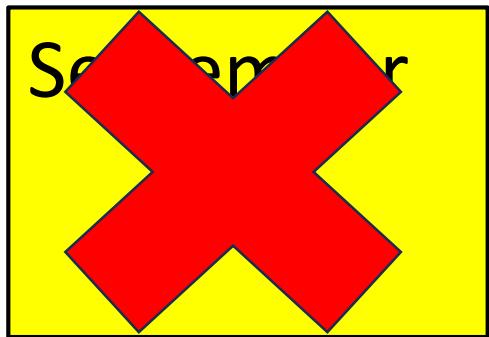
Be there and take full advantage – on time, prepared, wanting to ‘train’ / learn. Show commitment in each and every session. Mock exams are VITAL practice runs



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Time left in Y11



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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	1	6	1 – very strong	
PE (Core)	-			2 – strong	
Physics	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

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)



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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

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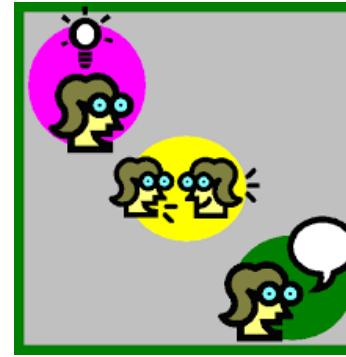


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Secret 4: Know the habits of successful independent training



5 Crucial habits

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



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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

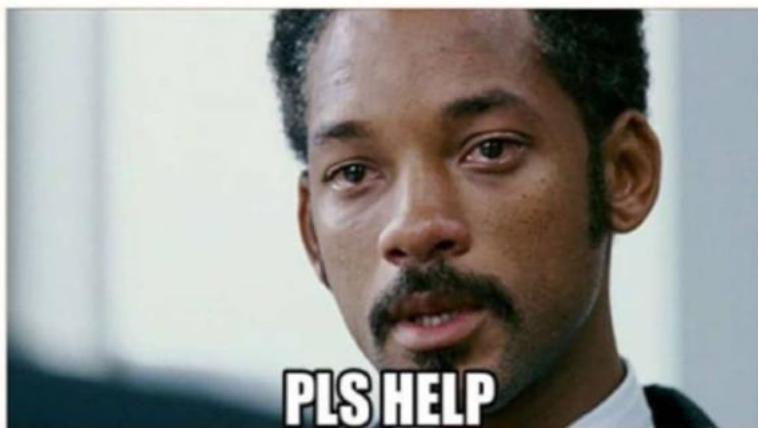
Me: Okay I'll deffo do some in the morning

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



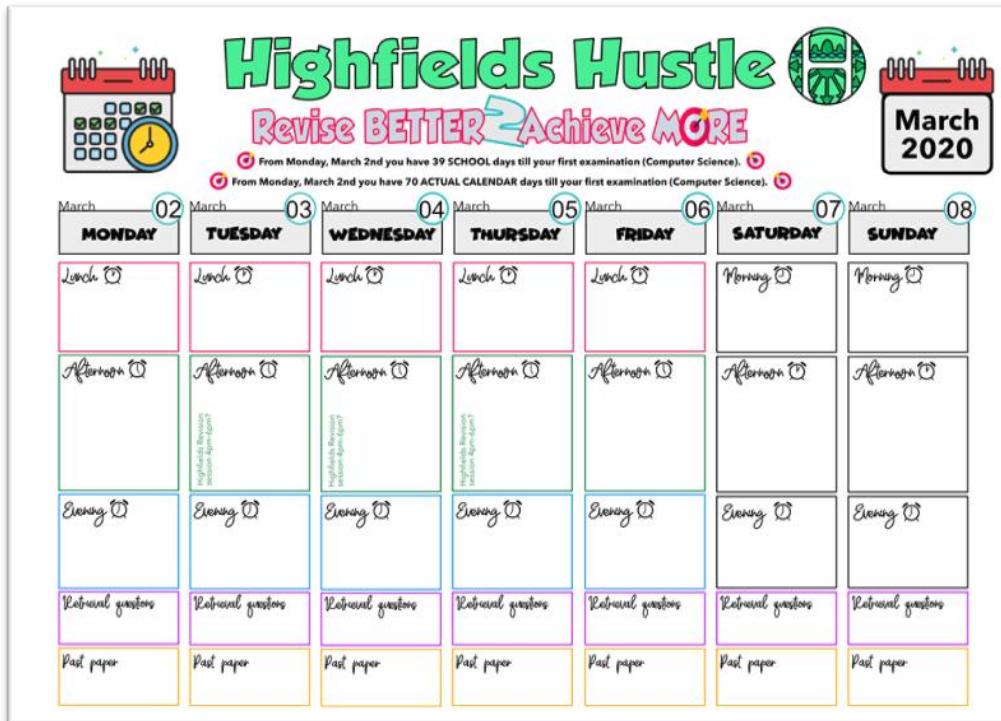
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2. 'Eat the big frog first'

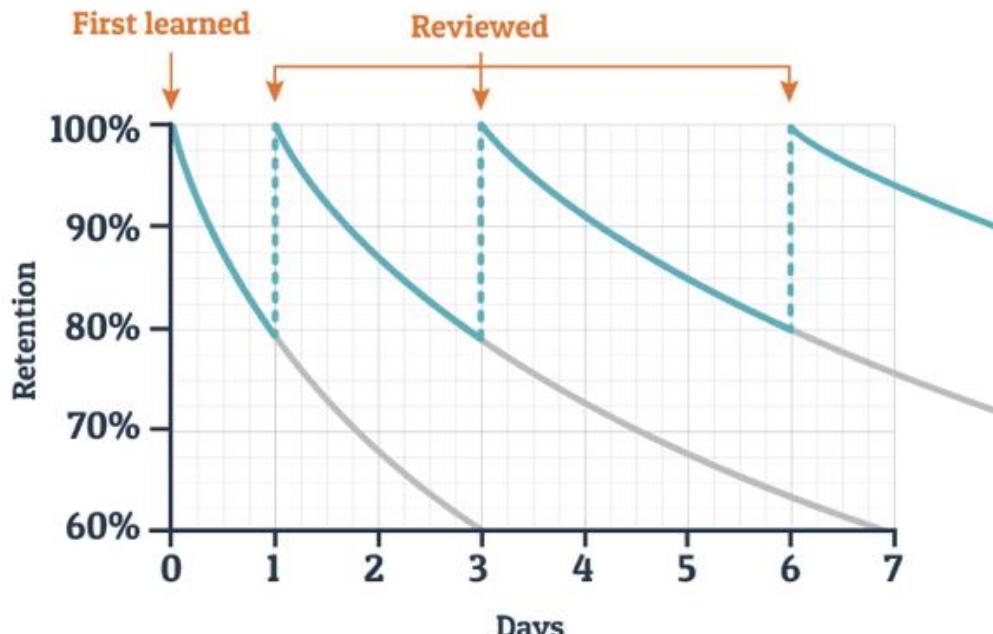


How to be happy, healthy and successful in your exams / marathon



3. Plan it out – what + when?

Typical Forgetting Curve for Newly Learned Information



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



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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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