


Prepare to Perform

What is Prepare to Perform?


Staying calm, feeling good, being effective

- ✓ A toolkit to help you control different aspects of your life to help you perform better when it comes to exam time
- ✓ It will allow you to focus, set yourself a plan and work towards being prepared in the best possible way

A top-down view of a student's desk. On the left, a silver laptop is open. To its right is a white cup of coffee on a saucer with a spoon. Further right are several colorful highlighters (orange, yellow, pink, blue). In the center, there are several sheets of paper, one of which has handwritten notes and the word 'CHARGES' visible. A person's hand, wearing a gold bracelet, is visible at the bottom left, resting near the laptop. The background is a dark, textured surface.

In your role as a student, it is ***important*** that you are both physically and emotionally ***healthy***

You can't perform in or out of school if you don't feel well



Being healthy
means that your
body and mind
function as they
are supposed to

You can maintain
your health by
taking care of
yourself in many
different ways

Are you ready to perform?

Complete the chart by colouring in the areas in each section to see where you currently are for each area.

1 is the lowest and means you really need to improve in this area.

5 means you are really happy and feel like you are doing everything you can to perform at your best.

Power to Perform

Performance				
Goals				
Stress Management				
Mental Energy				
Sleep				
Rest & Recovery				
Physical Activity				
Nutrition				

1 2 3 4 5

How performance ready are you?

What do you need to change?

GROUP TASK

In what ways can you
'Prepare to Perform' at your
best during the exam period?

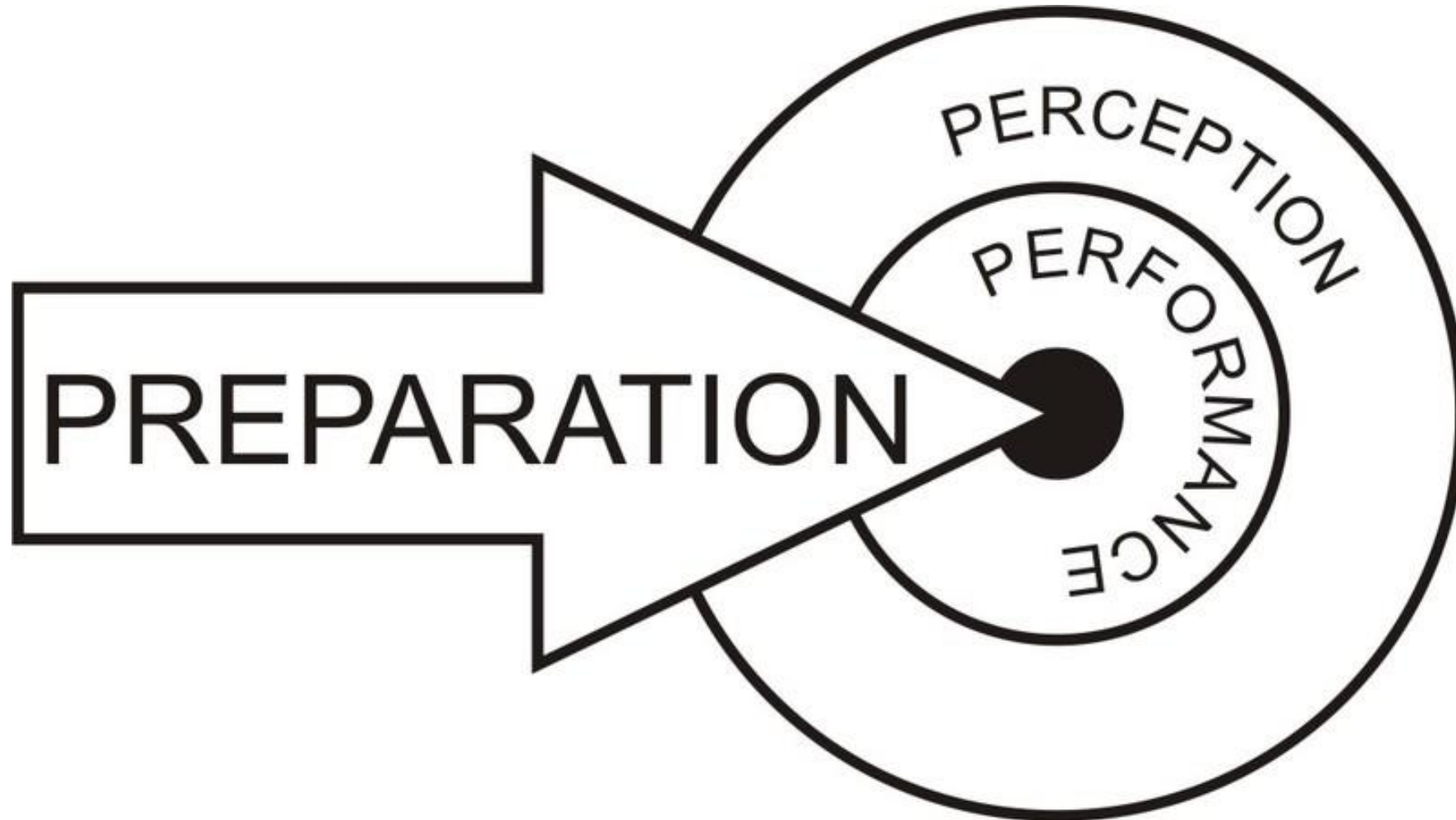
What performance are you
looking to achieve?

How ready are you to perform?
Rate yourself out of 10

What do you need to do to be
more ready?

How can you be Prepared to
Perform?

‘Prepare to Perform’



We can all grow



We can all grow with the Growth Mindset

- Know what you want – Goals
- Want/desire to achieve it – Motivation
- Work hard at the right things – Focus
- Always believe you can achieve it – Belief



GROUP TASK

Prepare to Perform - take advantage of opportunities that come your way

- **What opportunities are around you to support your performance?**
- **What other opportunities could you access?**
- **How can you go about accessing these opportunities?**

This moment is
an opportunity

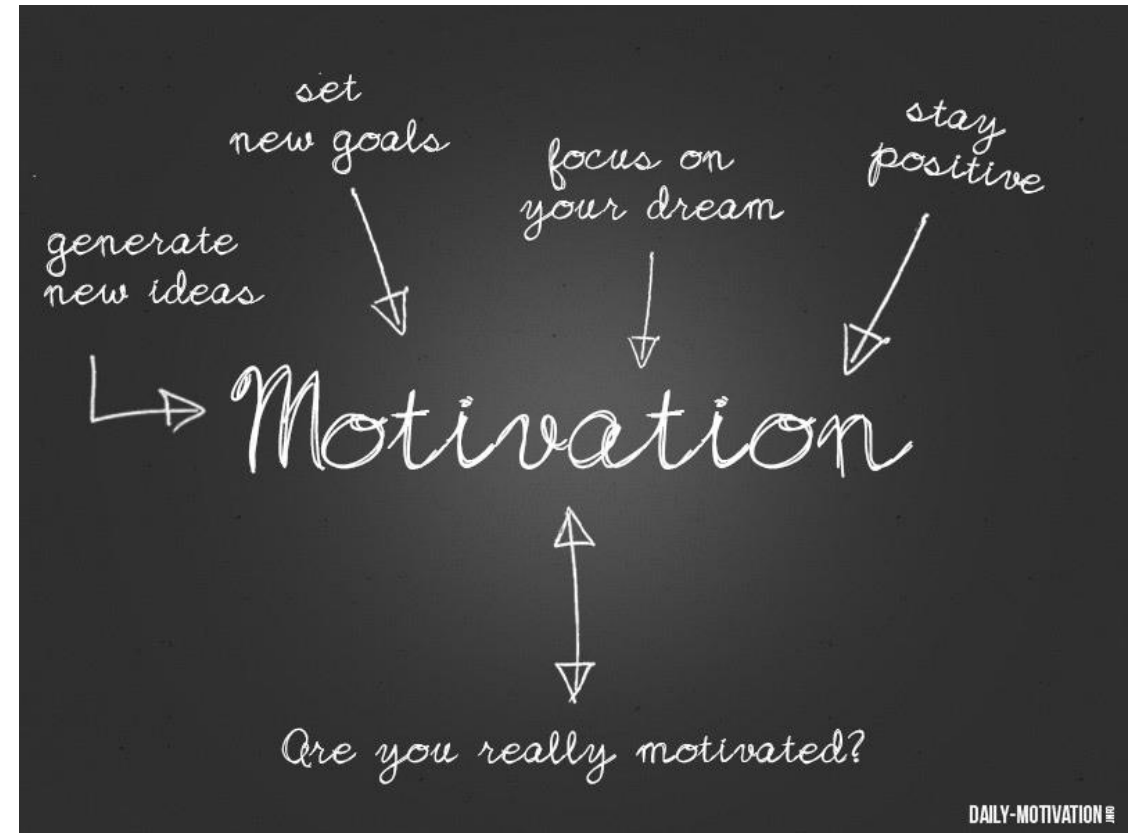
Goals section

Motivation

Recognise
SUCCESS along
the journey to
stay motivated

“What keeps me going is goals”

Muhammad Ali



GROUP TASK

- What do you want to achieve?
- Why do you want to achieve it?
- What will achieving it give you?
- How would achieving it make you feel?

“What keeps me going is goals”

Muhammad Ali

Outcome Goal – What you want achieve and why.

What do you dream about achieving?

What would be YOUR gold medal performance?



Performance Goals

Measurable

If you are to achieve your outcome goal, what do you need to deliver in your performance?

- ✓ E.g. achieving 65% in my biology exam
- ✓ E.g. getting 8 hours sleep a night
- ✓
- ✓
- ✓
- ✓
- ✓
- ✓
- ✓

SMART

Aligned to your Outcome

Remember to regularly check if you are on track.
Celebrate it!

Process Goals

Strengths to Enhance



Areas To Develop

Write down 30 ideas for each topic – capture as many things as you can think of.

Task

Marginal Gains - focus on lots of little things that added together will help you to Perform better

What from your list has the biggest impact on Performance?

- Do you need to work on lots of things or a few big things?

Score every idea you had out of 10

- If it is a few big things can you break them down into small pieces that you can tackle one bit at a time?

Pick your ones with the highest score/that will make the biggest impact to your performance

You can improve lots of things by 1% at a time. Olympic swimmers' process goals will be aimed at improving by 0.01 s per day – this can be a huge gain over weeks, months or years.

Daily plan – making the right choices

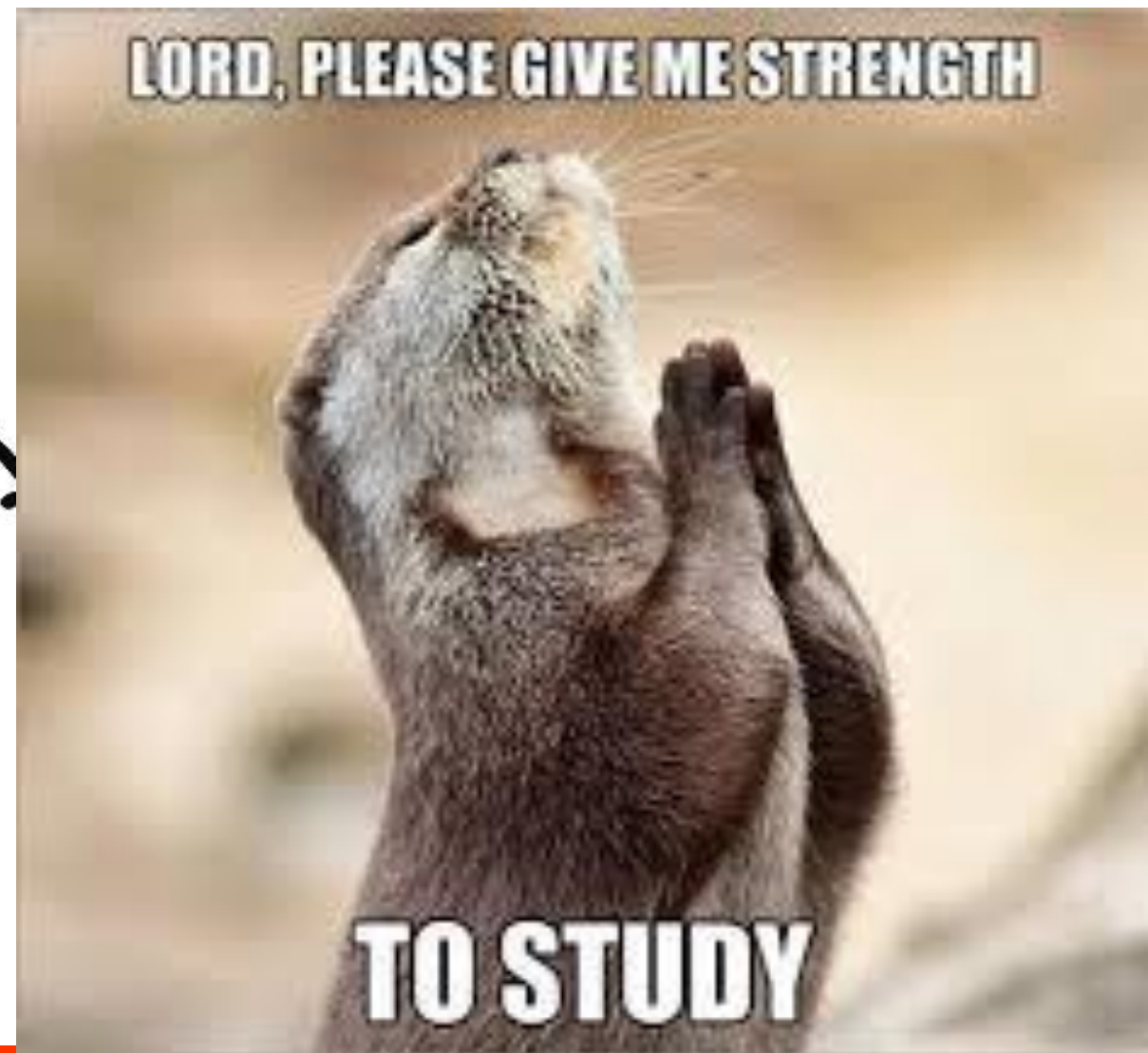
1. Daily priorities

2. Daily planner

3. Points scored / 10

- ✓ Each day you can make choices about what you do
- ✓ These can impact how you perform during the exam period
- ✓ How can you achieve 10 points each day?

Practical strategies to help you perform



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.

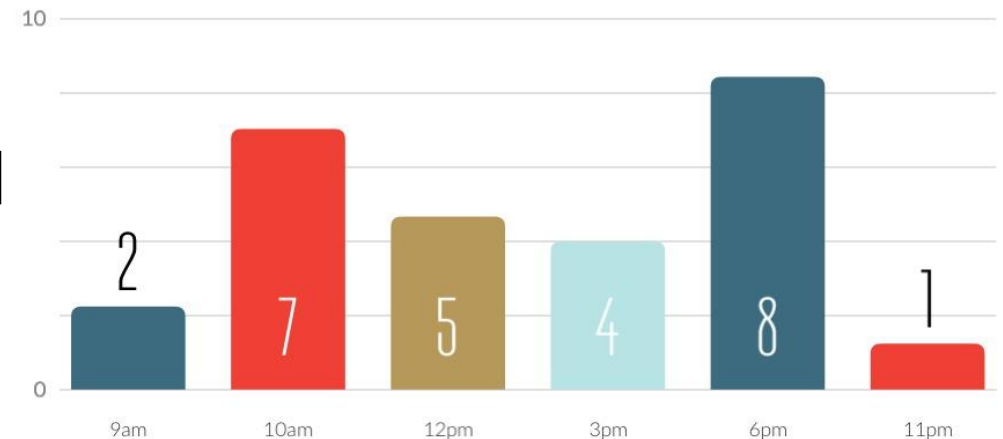


DISCUSS: How consistent are your daily energy levels?

We all have our own internal body clock called a circadian rhythm. All of our physical, mental and behavioural changes follow a 24-hour cycle

- when you have natural energy levels
- when you are 'on fire' – a good time to tackle difficult tasks
- when you are lethargic – a good time to take a break or do a different task

DAILY ENERGY LEVELS

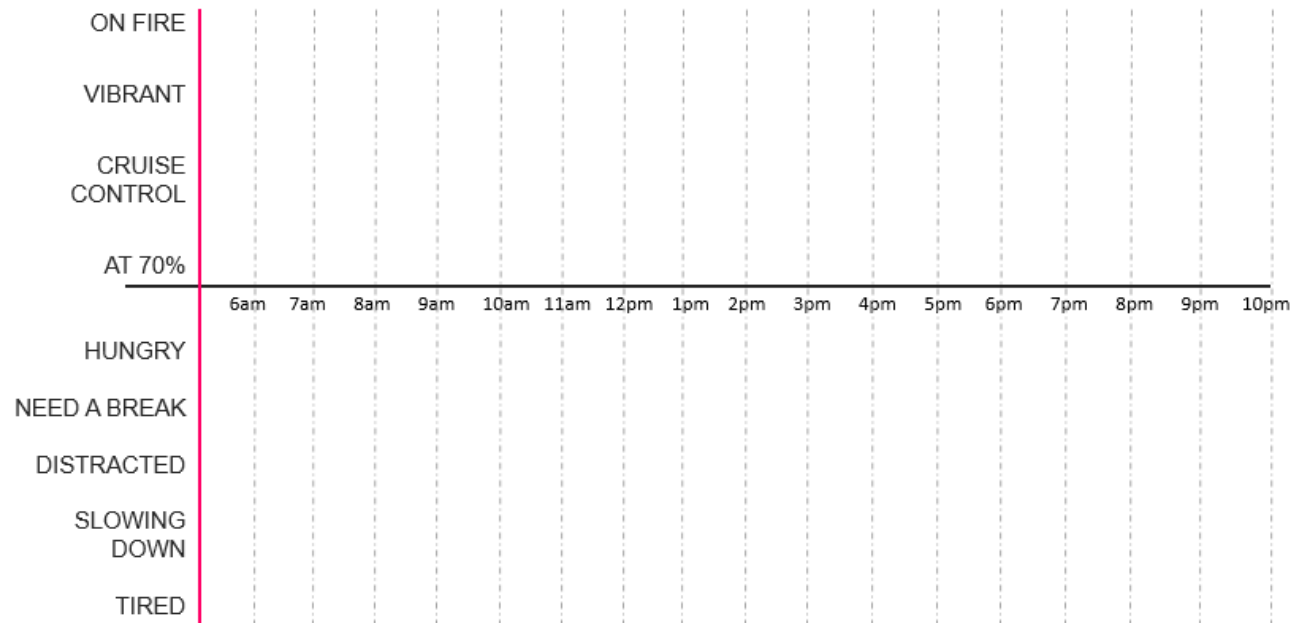


Your ideal work schedule

Plot your day from waking up to going to sleep in hourly blocks and identify when you are naturally:

- ON FIRE
- VIBRANT
- CRUISE CONTROL
- AT 70%
- HUNGRY
- NEED A BREAK
- DISTRACTED
- SLOWING DOWN
- TIRED
- HUNGRY

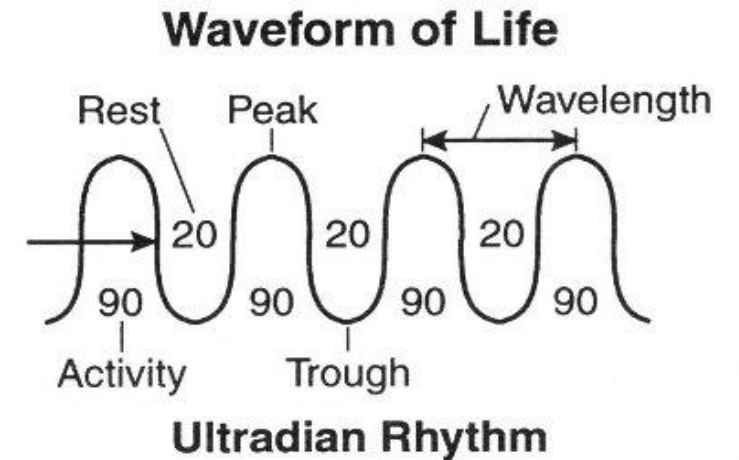
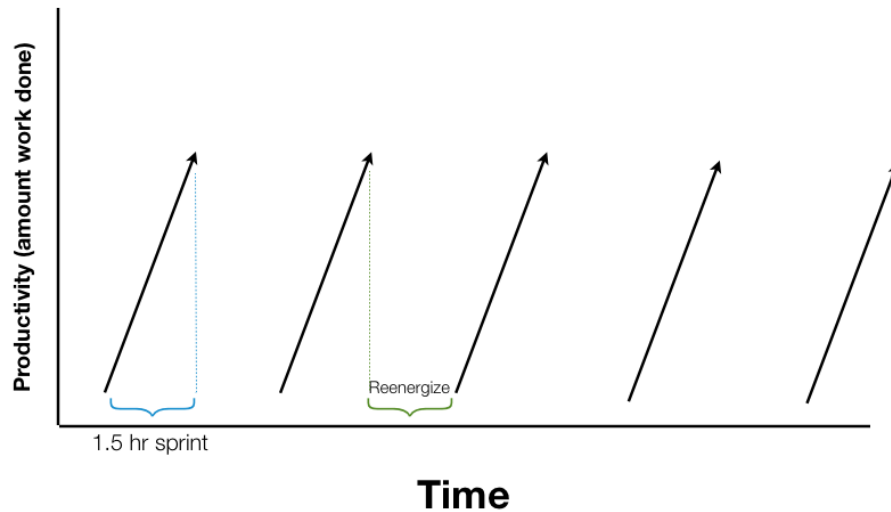
Circadian rhythms



During revision - work in 45 to 90 minute intervals

- Your brain uses up more glucose than any other bodily activity. Typically you will have spent most of it after 45-90 minutes
- So take a break: Get up, go for a walk, have a snack, do something completely different to recharge.

**PRODUCTIVE
PEOPLE WORK
SMARTER, NOT
HARDER.**



Physical Health

DISCUSS: How does physical activity impact the brain?

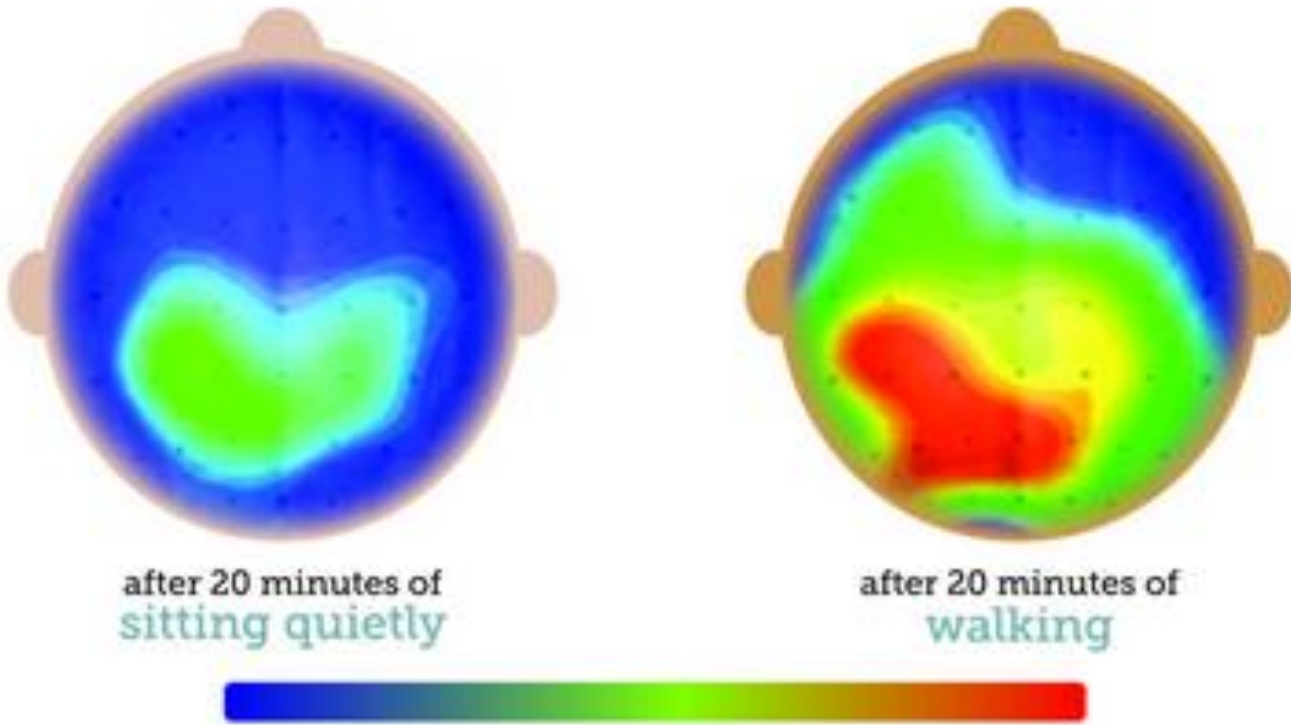
- Boosts your memory
- Improves your concentration
- Helps reduce stress
- Lengthens attention span

Physically active students have more active brains

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

Physically active students have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



after 20 minutes of
sitting quietly

after 20 minutes of
walking

Red areas are very active; **Blue** areas are least active



TASK: What exercise do you currently do on a weekly basis?

1. How could you build more physical activity into your daily routines?

2. Plan out a weekly schedule that will fit in around your commitments



Examples of building physical activity into your daily lives

Exercise could be completed in small chunks
e.g. 3 x 20 minutes sessions per day

- 10 min walk to school
- 10 min walk at lunch time
- 30 min after school sports club / gym / swim
- 10 min stretching / flexibility

60
minutes
per day

Nutrition

Nutrition & stress

A collage of healthy food items including a green apple, almonds, a measuring tape, a bowl of quinoa, grapefruit slices, a kiwi slice, a glass of water, beans, and strawberries.

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

Power yourself to PERFORM...

DISCUSS:

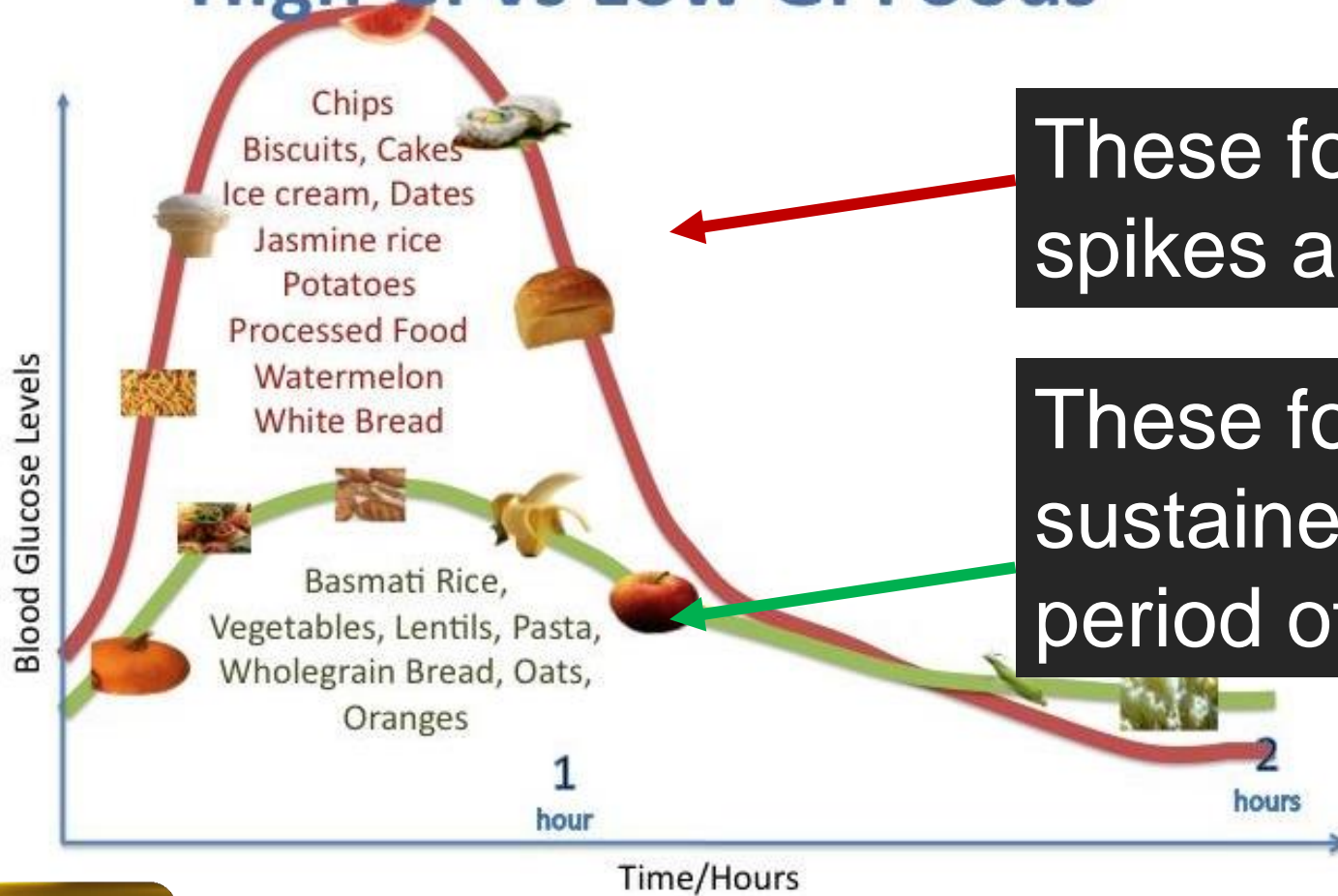
What do you eat on a daily / weekly basis at the moment?

What improvements could you make to your diet?

Pre plan your meals & snacks during your exams so that you give your brains and bodies the best possible fuel for maximum efficiency and therefore greatest success.

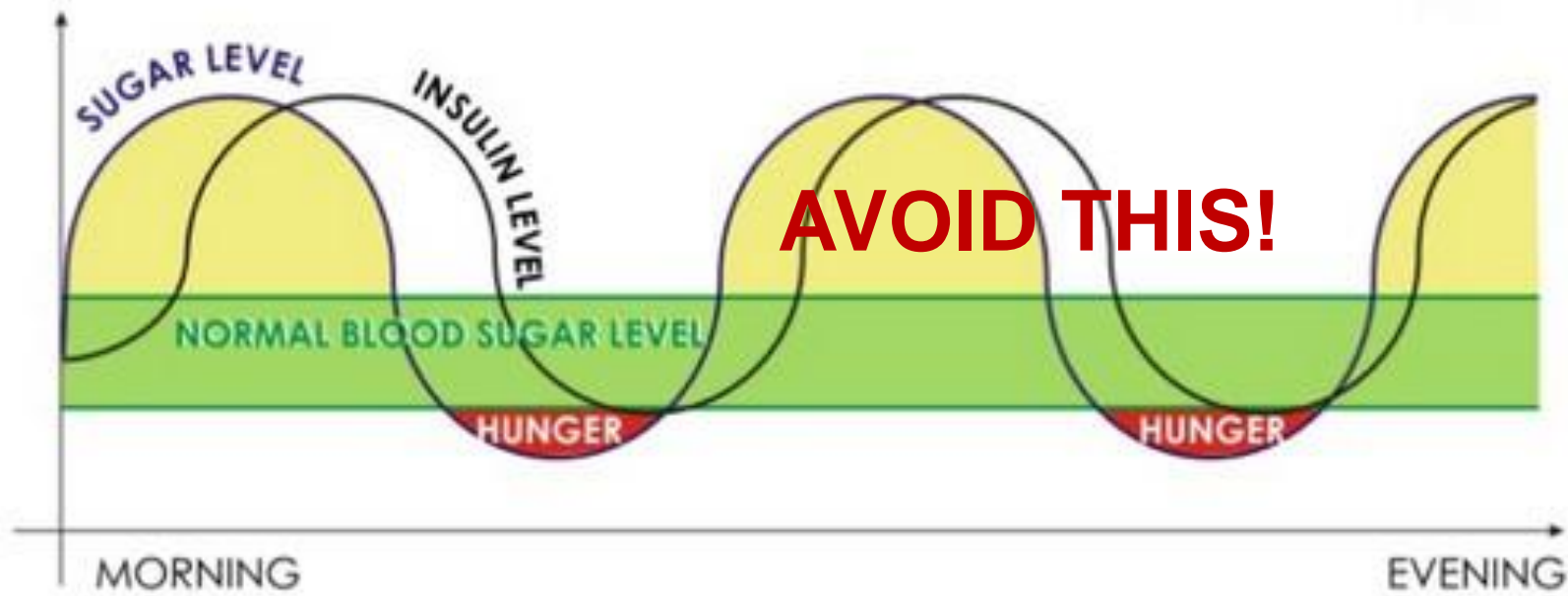
How protein affect blood sugar levels

High GI vs Low GI Foods

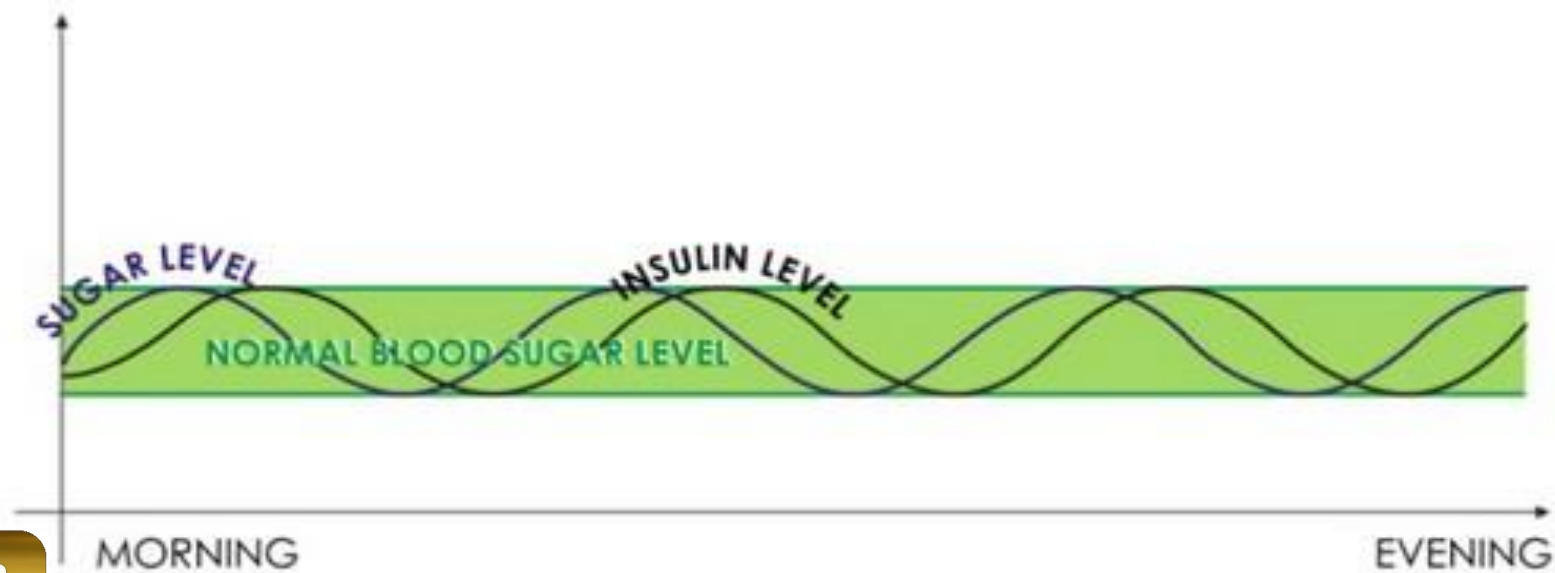


These foods will give you energy spikes and then you will crash

These foods will give you sustained energy over a longer period of time



Excess insulin triggers sugar craving



Your blood sugar and energy levels should be slow and steady not swinging wildly up and down

Energy boosting Foods

A BALANCING ACT

Keep your sugar levels under control

Carbohydrates

Breads
Rice
Couscous
Cereals
Bran
Potatoes
Pasta
Oats
Cream of Wheat
Corn
English Muffins
Pancakes
Whole Wheat/
Whole Grains
Vegetables
Squash
Pumpkin
Berries
Fruits
Sugars

Macro Cheat Sheet

Proteins

Beans
Sprouted
Grains
Quinoa
Most Yogurts
Skim Milk
Peas

Chicken
Turkey
Egg Whites
Fish
Buffalo
Bison
Whey Protein
Turkey Bacon
Lean Beef
Low/Non-fat
cottage
cheese
Low/Non-fat
greek yogurt

Eggs
Salmon
Bacon
Chia Seeds

Cottage
Cheese

Whole Fat
Milk
Duck
Whole-Fat
Yogurt

Acocado

Nut Butters

Egg Yolks

Nuts

Oils

Olives

Flaxseed

Fats

PiXL 
Endurance
to Perform

MIGHTY MAGNESIUM

Magnesium is involved in over 1000 enzymatic reactions in the body. It's vitally important in providing our cells with energy

Green vegetables
Nuts
Pulses
Fish
Bananas

UP THE B'S

B vitamins are directly involved in creating energy at a cellular level & will give you an energy boost

Green vegetables
Asparagus / Spinach
Broccoli
Yoghurt
Chicken / Turkey / Salmon
Whole Grains / Brown rice
Almonds / Pecans
Eggs

DEHYDRATION CAUSES HEADACHES,
TIREDNESS AND CAN HINDER YOUR MENTAL
PERFORMANCE AT SCHOOL

Power yourself to PERFORM...

Preparation
Energy levels
Re-hydrate
Focus fuels
Omega 3's
Re-think brain
blockers
Macro-nutrients

TASK: Read through the 'PERFORM' acronym and plan our your own weekly nutrition plan.



Power to Perform Recipes

Use the following recipes & videos to help you plan out your meals for the week.

Add in Mark Lloyd videos



Eating a nutritious breakfast can help you perform better in exams and during the day



“Eating the right food and drink can energise your system, improve your alertness and sustain you through the long exam hours”

Smoothies are easy to make and can really help if you can't stomach breakfast or are short of time in the morning

This delicious blueberry banana blast is just the thing for breakfast! Packed with energizing banana, satiating oats and some peanut butter for your protein.

- 1 x small banana
- 1 large tbsp. peanut butter
- 1/2 cup of blueberries
- 1 tbsp. oats
- 1/2 cup 0% fat plain yoghurt
- 1/2 cup water / ice / almond milk



TASK: Build your own smoothie

PICK A LIQUID

- Water / Ice
- Almond milk (unsweetened)
- Cow's milk
- Soy milk (unsweetened)
- Hemp milk (unsweetened)
- Iced green tea
- Coconut water

PICK A FRUIT

- Apples
- Bananas
- Berries
- Cherries
- Dates
- Pineapple / mango
- Frozen mixed fruit
- Lemon juice

PICK A VEGGIE

- Dark leafy greens:
Spinach / Swiss chard / kale
- Pumpkin / sweet potato
- Beets / beet greens
- Cucumber / celery
- Frozen veg mix
- Celery
- Beetroot

PICK A PROTEIN / CARB

- 0% fat Greek yoghurt
- Oats
- Granola
- Quinoa

PICK A HEALTHY FAT

- Avocado
- Walnuts
- Flax, hemp, chia seeds
- Cashews
- Almonds
- Peanut and nut butters

PICK A TOPPER

- Coconut
- Dark chocolate swirls
- Cinnamon
- Fresh fruit
- Sunflower seeds

One of the best ways to maximise your focus is to stay hydrated

“ Even mild dehydration can lead to tiredness, headaches, reduced alertness and diminished concentration ”



Rest & Recovery

Thinking about your daily and weekly routines, would you say you get enough rest, relaxation or down time?



Why is it so important to rest and recharge ourselves?

The Power of Rest

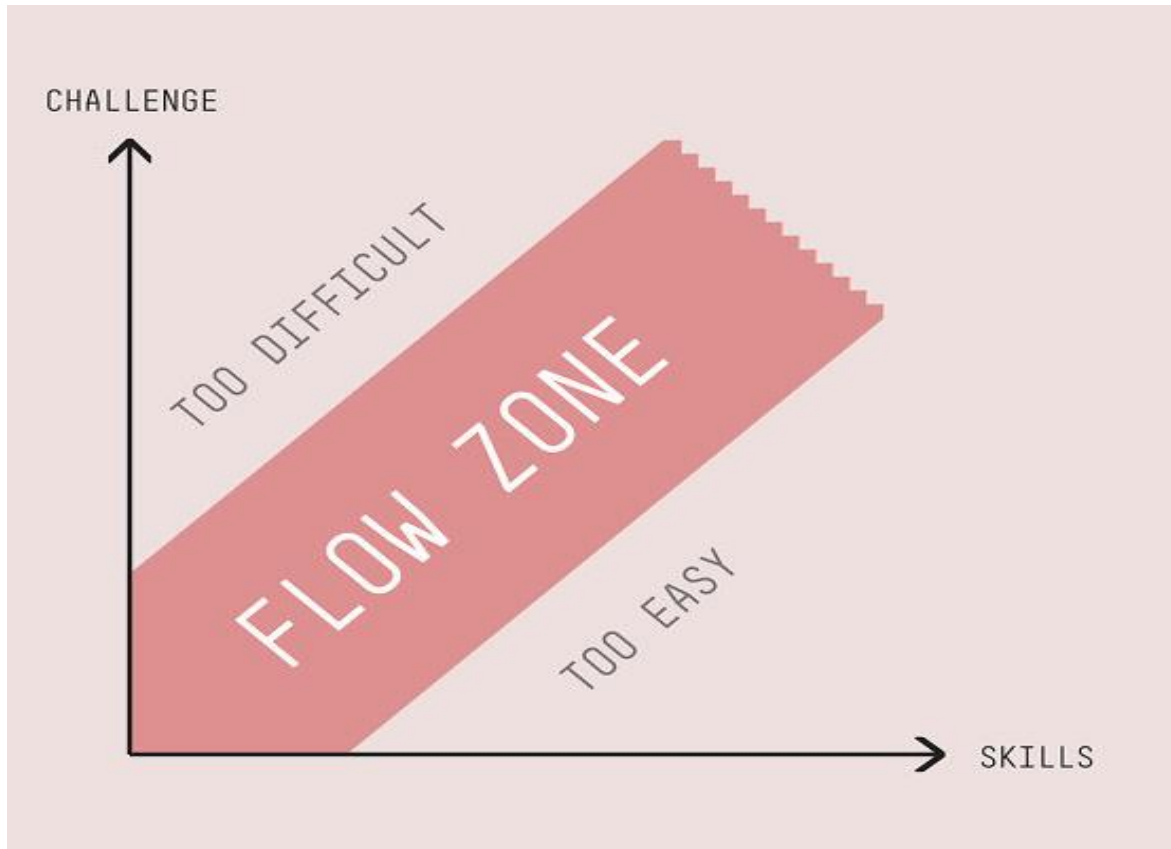
- Regeneration of our bodies
- Required for life
- Helps us survive
- Renew and restore cells
- Keeps us functioning well
- Rebuild & revive ourselves
- Productivity & concentration
- Efficiency at school or work
- For growth & development
- To replenish our muscles, bones, tissues & cells



Resting is awesome!



Get yourself in the 'Flow'



These are moments in which your mind becomes so entirely absorbed in the activity that you “forget yourself”

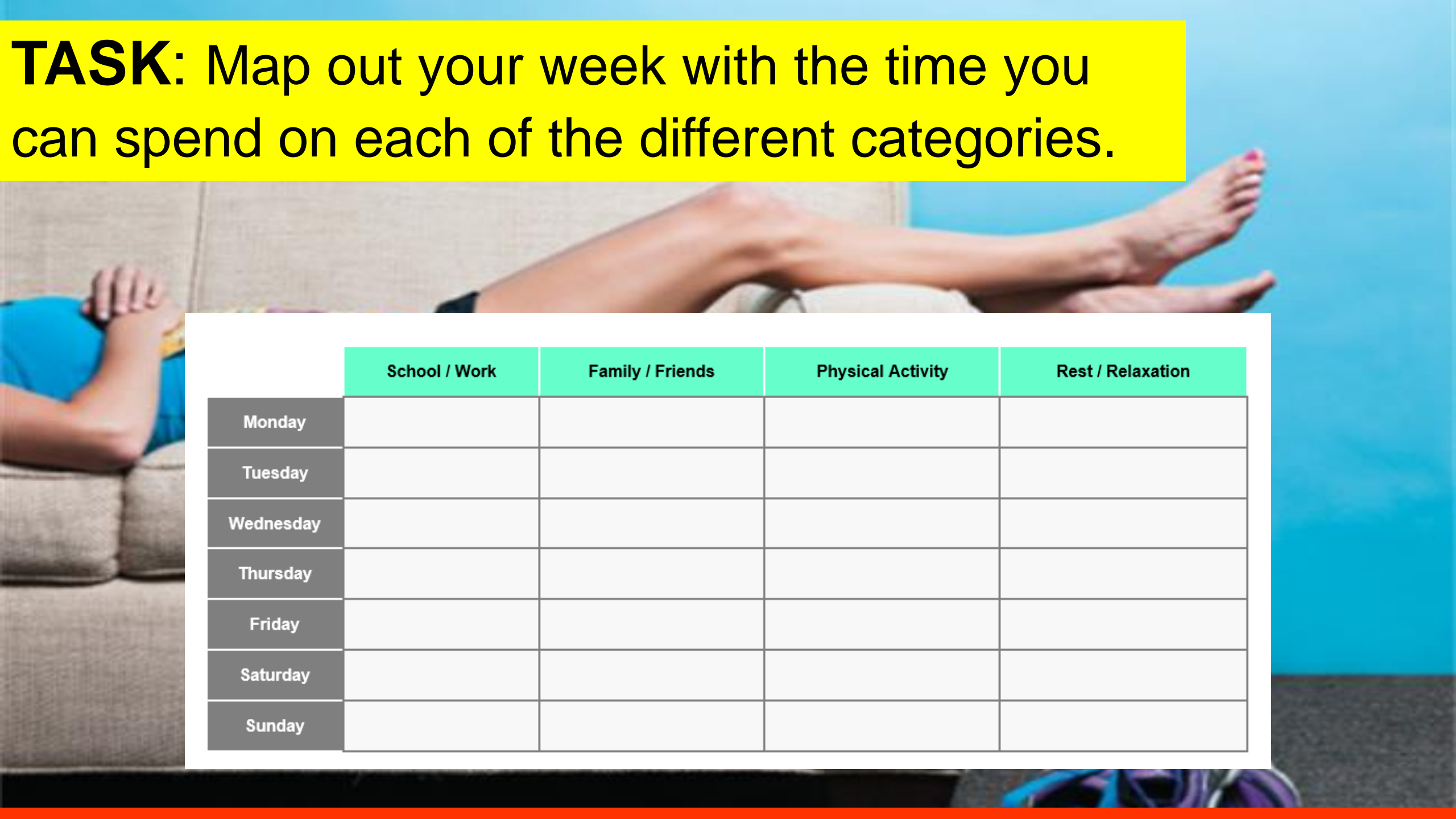
TASK: Get yourself in the 'Flow'

What kinds of things could you do every week to relax you and help your rest?

- ✓ Drawing
- ✓ Writing
- ✓ Reading
- ✓ Meditation
- ✓ Yoga
- ✓ Learning a new skill
- ✓ Mindfulness

- ✓ Sport
- ✓ Playing an instrument
- ✓ Jigsaw puzzles
- ✓ Dancing
- ✓ Running
- ✓ Painting

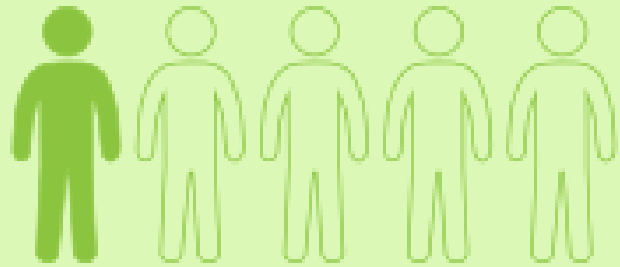
TASK: Map out your week with the time you can spend on each of the different categories.

A person is lying on a light-colored couch, with their legs extended and feet pointing towards the right. They are wearing a blue top. The background is a clear blue sky.

	School / Work	Family / Friends	Physical Activity	Rest / Relaxation
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Sleep

Lack of sleep



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

SLEEP
DEPRIVATION

STRESS



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



TASK: Plan your own evening routine to get a better night sleep...



Mental Energy

What trumps everything is the power of your mind

It's the *inner game* that determines your *outer game*. It's your mental and emotional fitness that truly determines your outer health and fitness.

A photograph of a gymnast performing a handstand on a balance beam. The gymnast's legs are spread wide in a V-shape, and they are balancing on a narrow wooden beam. The background is a blurred blue and white, suggesting a gymnasium setting. A yellow rectangular box is overlaid on the image, containing the text "Are you emotionally fit?".

Are you emotionally fit?

DISCUSS: What is mental energy?



- **Mood** - thinking good – feeling good – performing good
- **Motivation and willpower** – initiative & procrastination
- **Focus** – effectiveness and duration
- **Confidence** – perception - performance

Emotional Fitness Zones

PRODUCTIVE ZONE

RESULTS - High concentration, effective, energetic, proactive

PERFORMANCE ZONE

ACHIEVEMENTS – Focused, in the flow, positive stress, fulfilment, completion

BURNOUT ZONE

TOXIC – Out of control, panic, disconnected, worried, anxious, angry, fearful, reactive

RECOVERY ZONE

ENERGISING – Meditative, relaxed, regenerative, comfortable, peaceful, reflective

TASK: Personal fitness zones

Which zone do you operate in the most?

Which zones do you need to focus on?

PRODUCTIVE ZONE

RESULTS -High concentration, effective, energetic, proactive

PERFORMANCE ZONE

ACHIEVEMENTS – Focused, in the flow, positive stress, fulfilment, completion

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RECOVERY ZONE

ENERGISING – Meditative, relaxed, regenerative, comfortable, peaceful, reflective

TASK: How are you going to improve your mental energy?

Mastering YOURSELF
is true POWER.
Lao Tzu

Stress Management

DISCUSS: How do exams make you feel?

Anxious

Tension

Worried

Moody

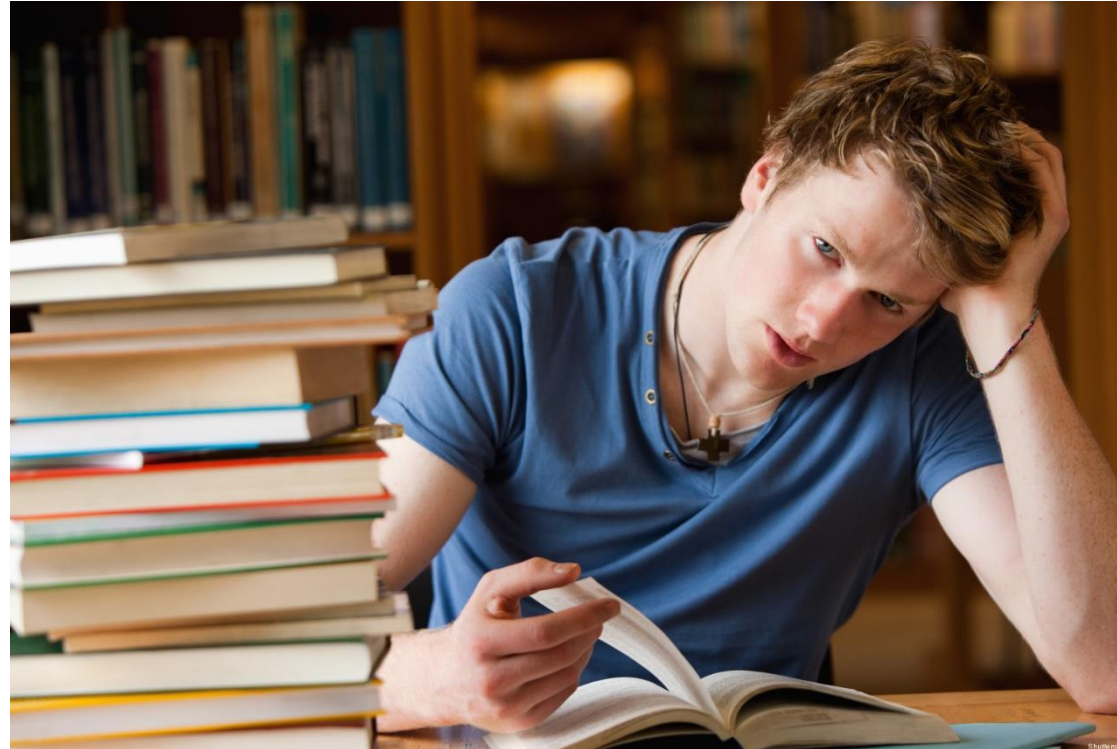
Irritable

Panic Attacks

Fearful

Tiredness

Pressured

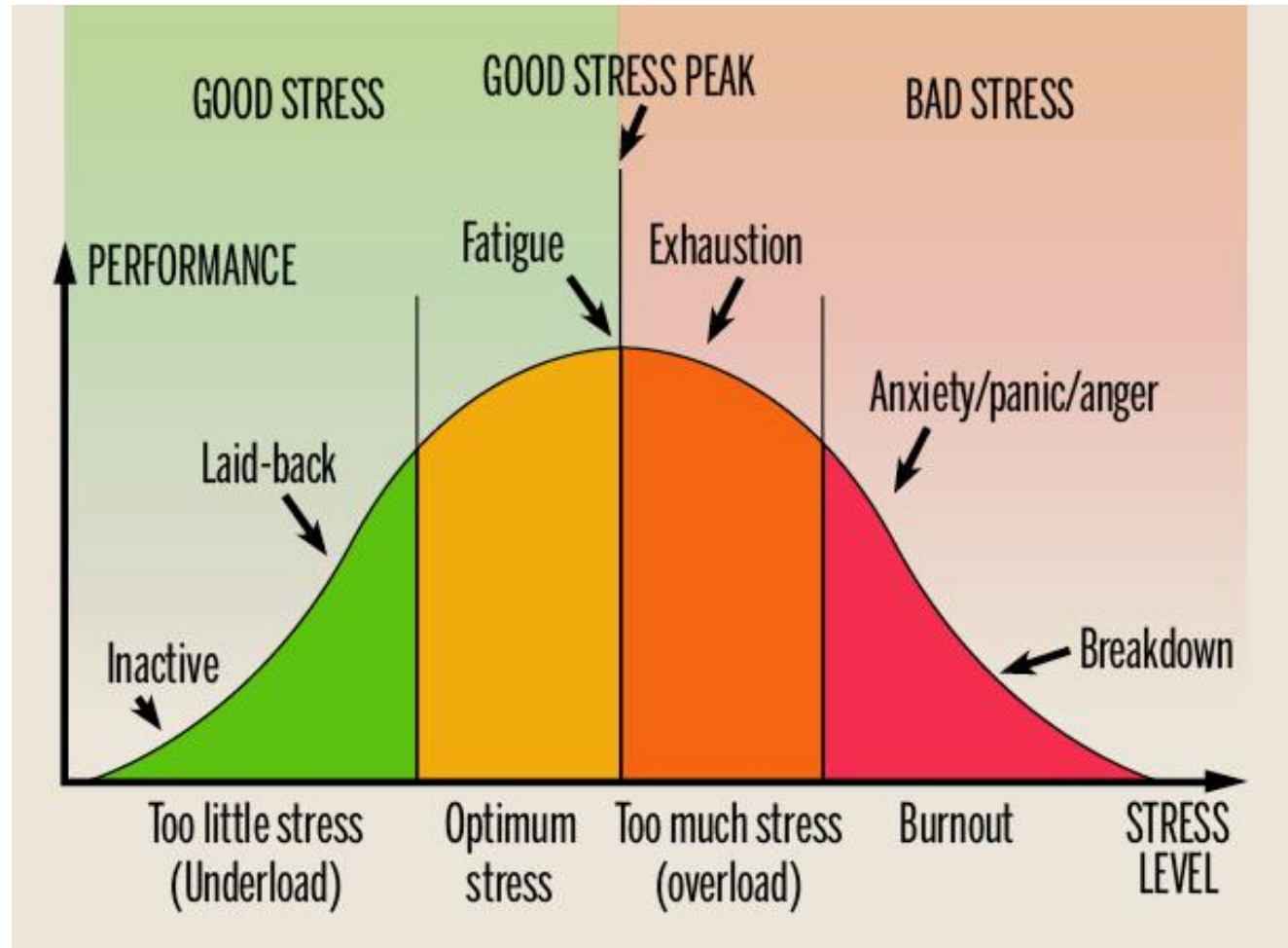


Scared

Lack of sleep

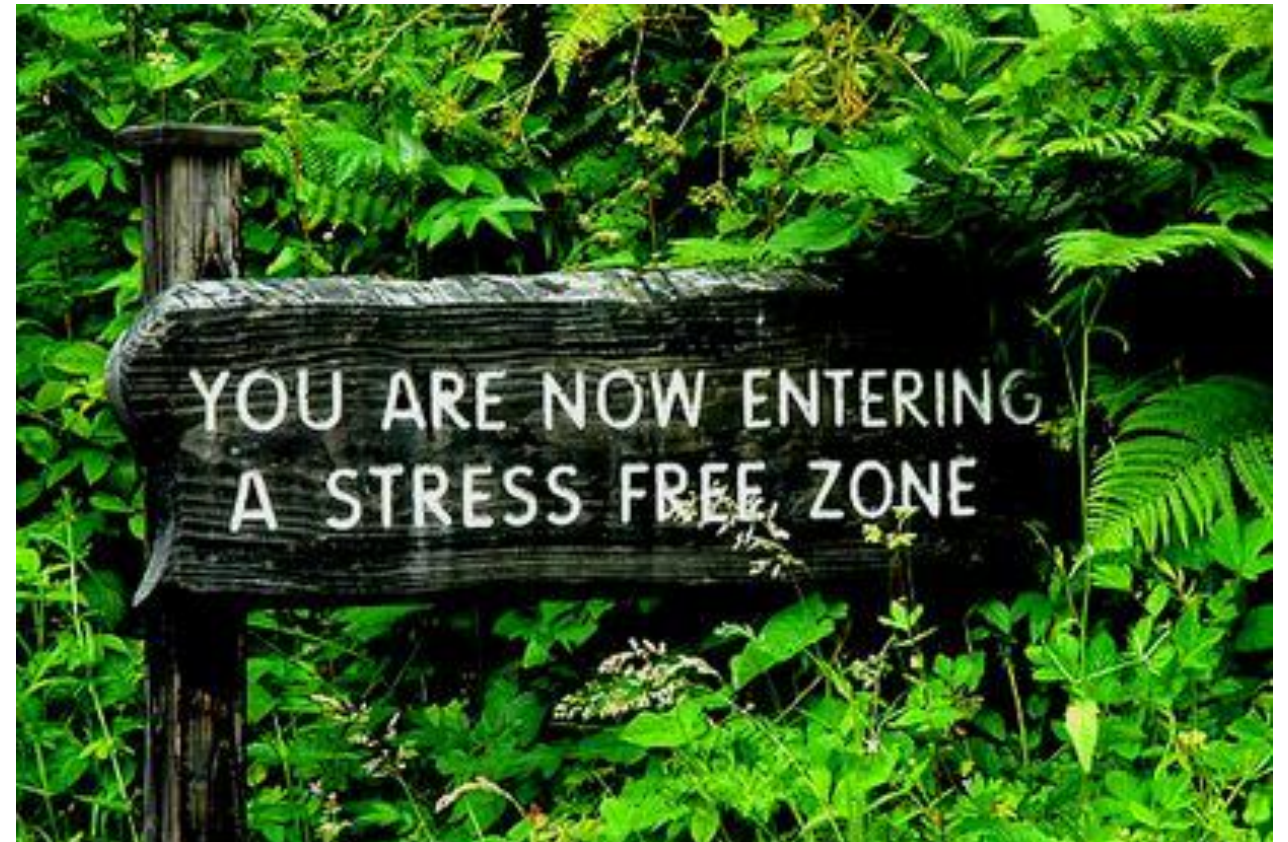
Headache

Is stress Harmful or Helpful?



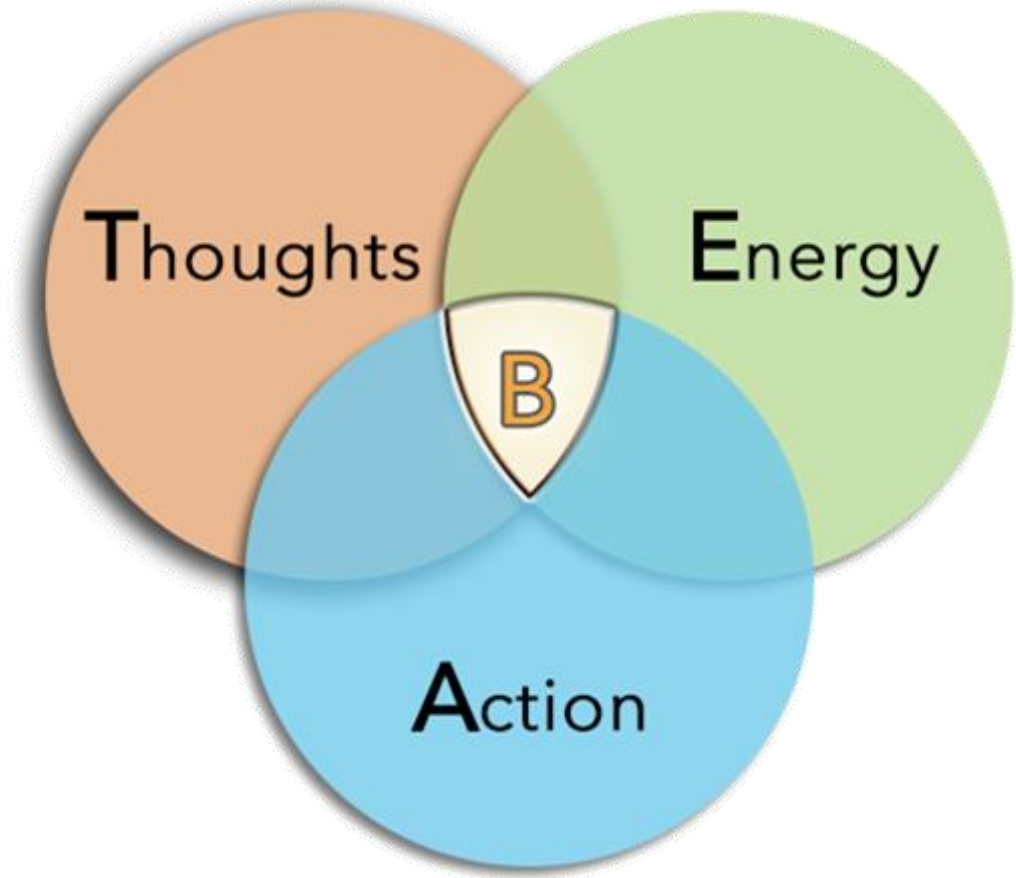
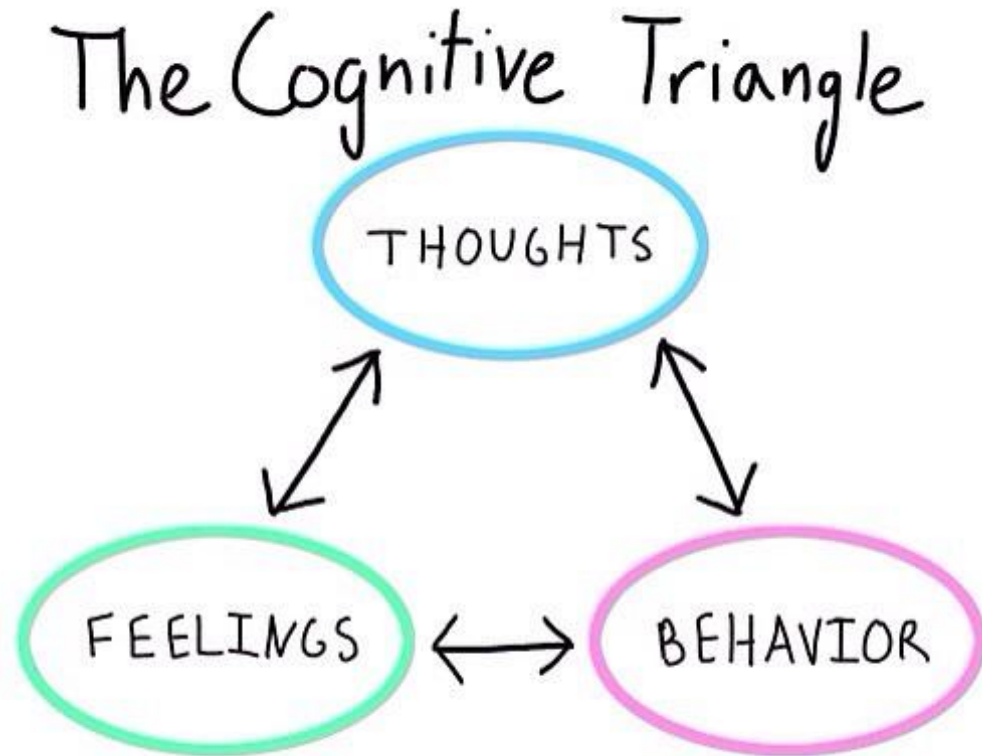
Stress is a state of mental or emotional strain or tension resulting from adverse or demanding circumstances

DISCUSS: How do you manage your stress at the moment?



What things could you do to help you manage your stress?

Thoughts, behaviour & emotions



B = **B**est You Can Be

TASK: Your stress busting plan

Look at the different techniques and strategies in your workbook and plan out your own stress busting plan to help you cope better.

1. **Planning and priorities** – write down a list of things you need to do to be fully prepared for the exam period – number them in order of priority
2. **Tackling the problems** – you can only control the controllables. Write down everything you can control & focus on to help you with the exam period and try to let go of the things you can't control.
3. **Self-statements** – write down all the statements you could use to help you when you are thinking negatively prior or during an exam.
4. **Dealing with your emotions** – identify any stressful situations you may face and write down a couple of strategies which you can do to help you deal with that situation better.

Re-focus on Performance

TASK: Is your plan right?

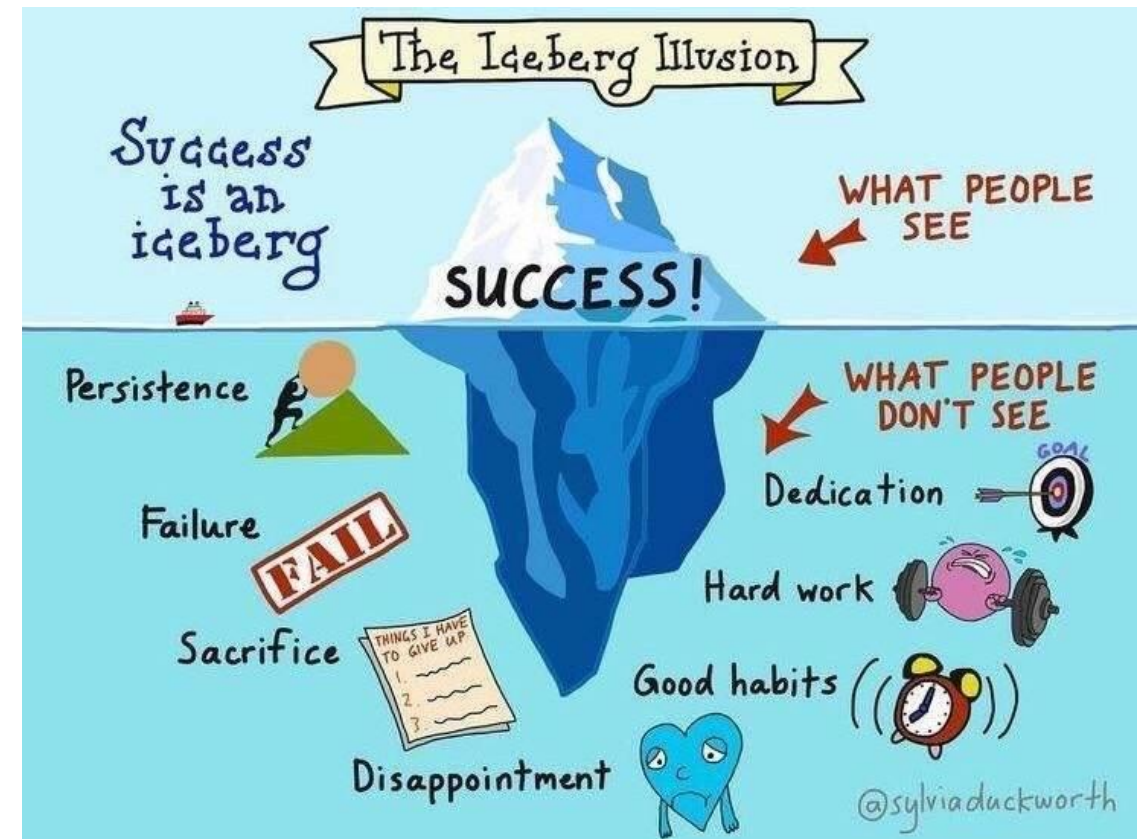
Review – Are you ready to Perform?

What else might you need in your process goals?

All your plans for improvement are part of your process goals – do these all help you to Perform?

Which goals will have the biggest impact on you being ready to perform?

Where is it most important for you to spend your time and energy?



Refocus on Performance

Be calm, confident & focused

- Develop a winning mindset and perform at your best whilst under pressure.
- To achieve peak performance and succeed, mental preparation is necessary.

Belief - Task

Create your own Belief List

“Believe you can
and you’re halfway
there.”
Theodore Roosevelt

Your Belief list includes
things you have **achieved**,
things you are **proud** of,
things that make you **feel good**.



Nothing is wrong and you can make it as long as you want!

BELIEVE IN YOURSELF – YOU ARE GREAT

SUMMARY

GROWTH MINDSET – BE PREPARED TO
LEARN NEW THINGS AND LOVE THE
CHALLENGE

YOUR **OUTCOME GOAL** IS THERE TO
MOTIVATE YOU, TRY TO **FOCUS ON THE**
PROCESS WHEN YOU ARE PERFORMING

USE **PERFORMANCE GOALS** TO CHECK
YOU ARE **ON TARGET** TO ACHIEVE YOUR
OUTCOME GOAL

FOCUS ON YOUR PROCESS GOALS
DURING REVISION AND EXAMS

