



Year 10 Assembly

Wednesday 22nd May 2024

Prepare to
Perform

What have you done?

What can you do?

What are you doing?

What are you going to do?

Outcome Goal – What you want achieve and why.

What do you dream about achieving?


What would be YOUR gold medal performance?



Physical and Emotional Health

You have a responsibility to look after yourself leading up to and during your exams.

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



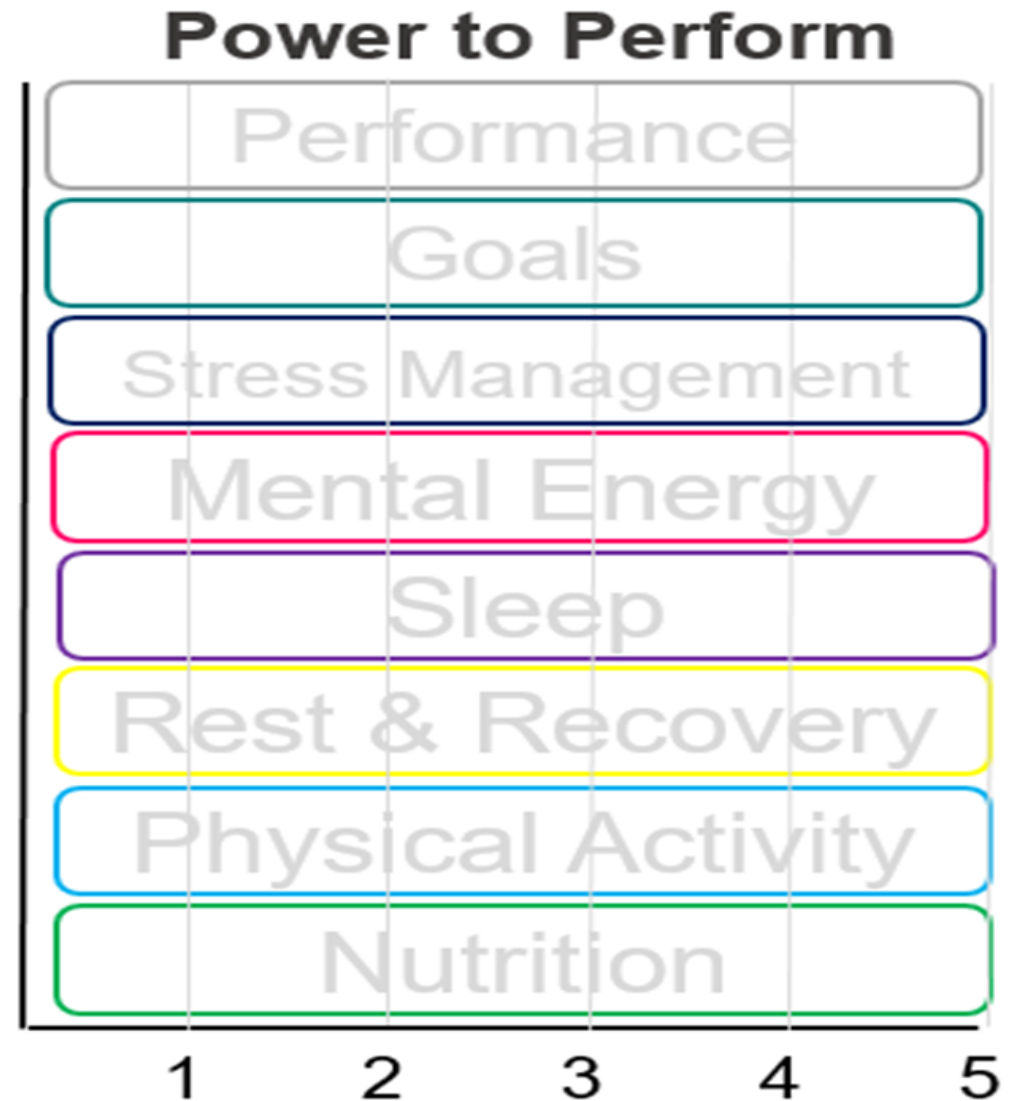
Being healthy means that your body and mind function as they are supposed to

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

Are you ready to perform?

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.



Exercise and performance

Regular exercise releases brain chemicals key for memory, concentration, and mental sharpness at the same time as lifting your mood, and lowering stress and anxiety all of which contribute to brain health



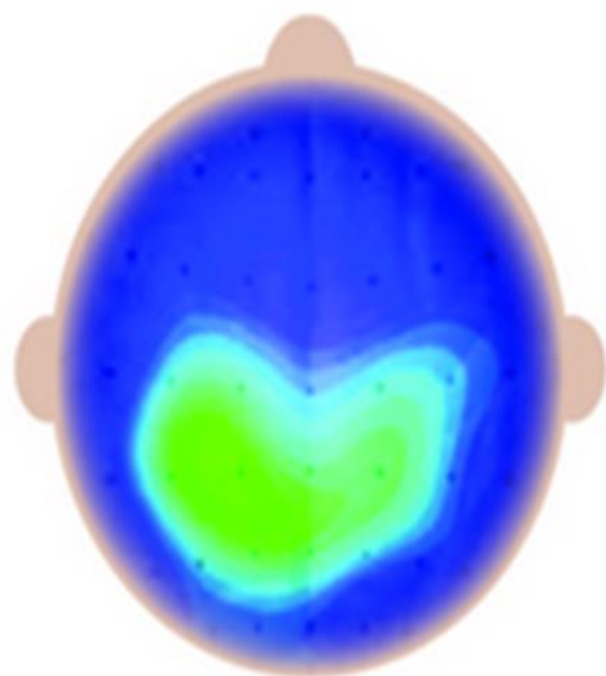
Physically
active
students have
more active
brains

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

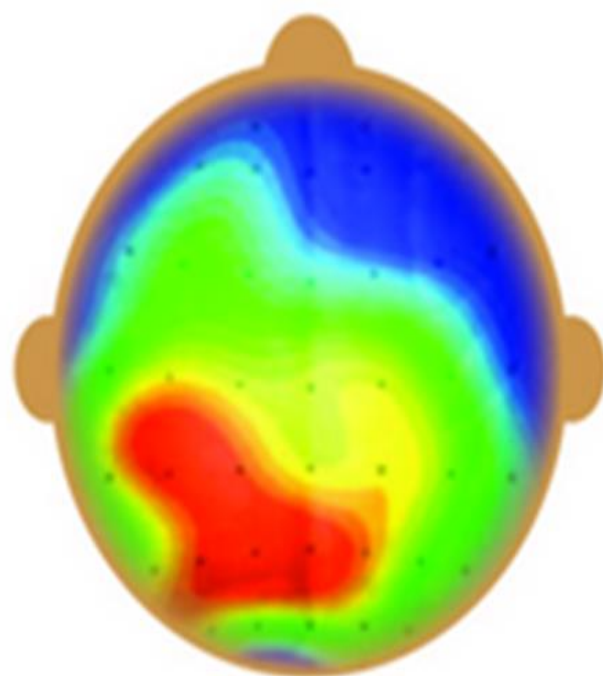
- Boosts your memory
- Improves your concentration
- Helps reduce stress
- Lengthens attention span

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

BRAIN SCANS OF STUDENTS TAKING A TEST:



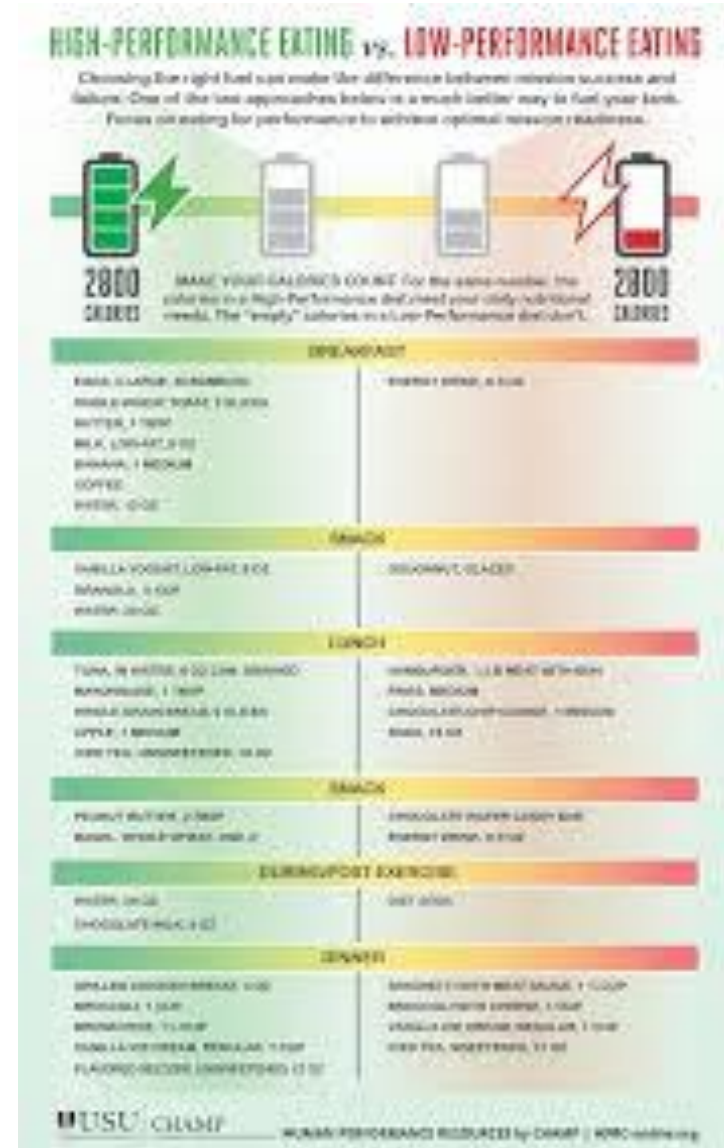
after 20 minutes of
sitting quietly



after 20 minutes of
walking



Diet and performance



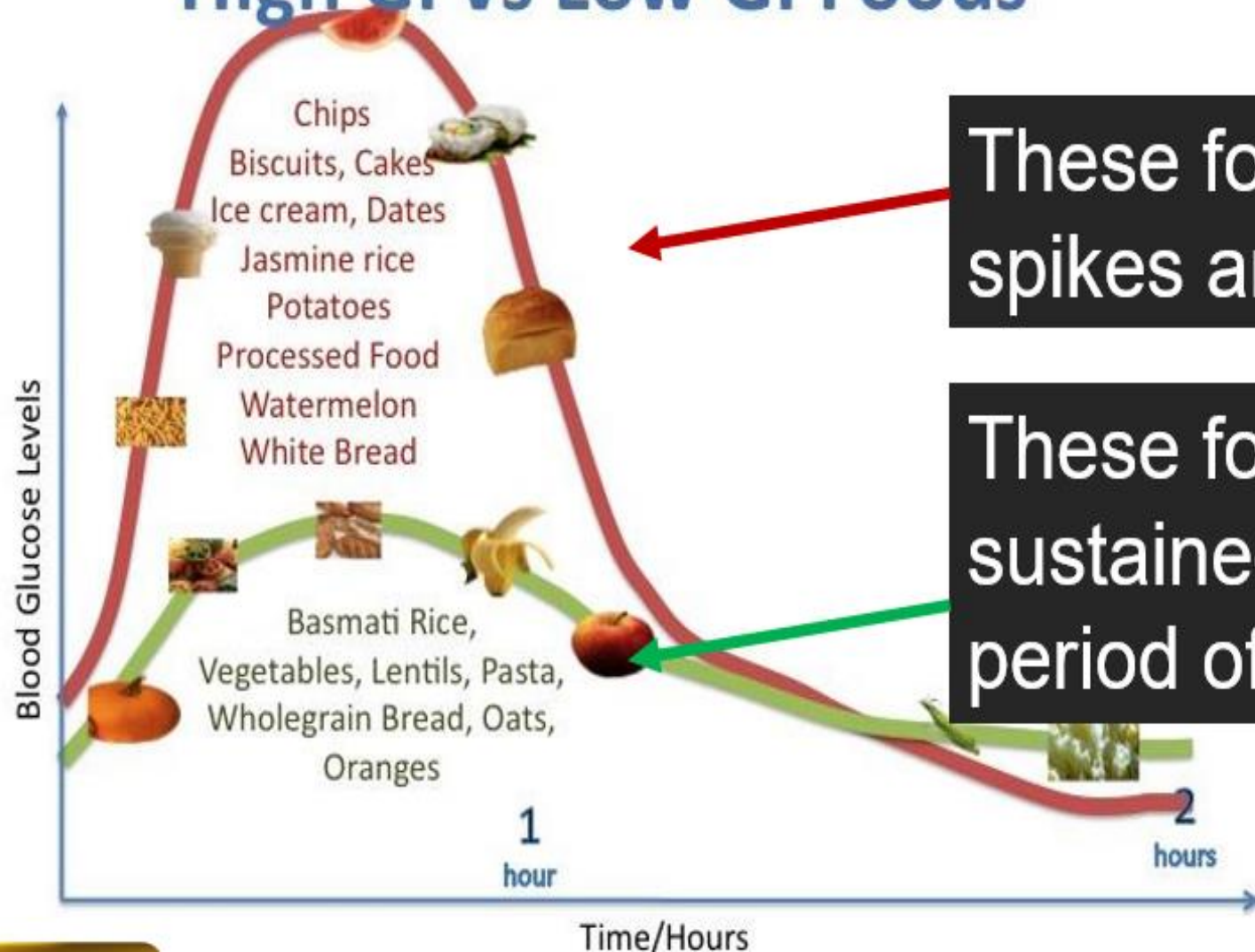
Nutrition & stress

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

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

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

Sleep and performance

HUMAN PERFORMANCE MODEL

Influencers of wins and losses



Lack of sleep



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



More than one-third of teens report fatigue or feeling tired *due to stress*

You need 8½ to 9 hours sleep per night

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



How do exams make you feel?

Anxious

Tension

Worried

Moody

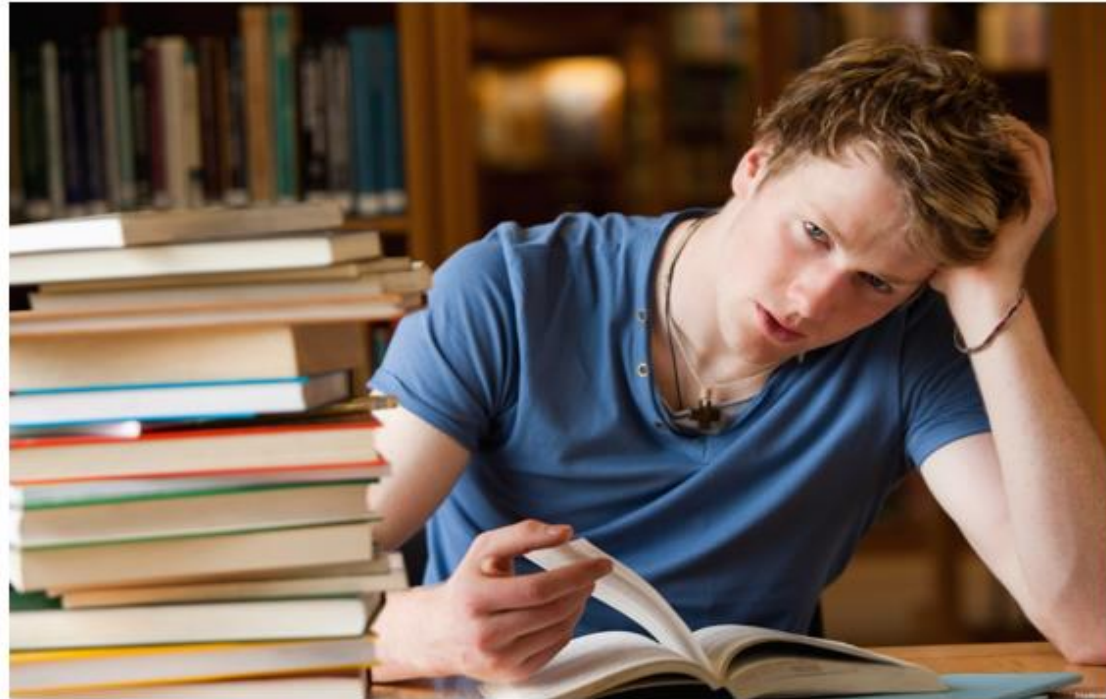
Irritable

Panic Attacks

Fearful

Tiredness

Pressured



Scared

Lack of sleep

Headache

How can you manage it?

