

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.

SET A GOAL THAT MAKES YOU WANT TO JUMP OUT OF BED IN THE MORNING

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

PiXL @ о̀ ≎ Емdurance

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.

Power to Perform



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



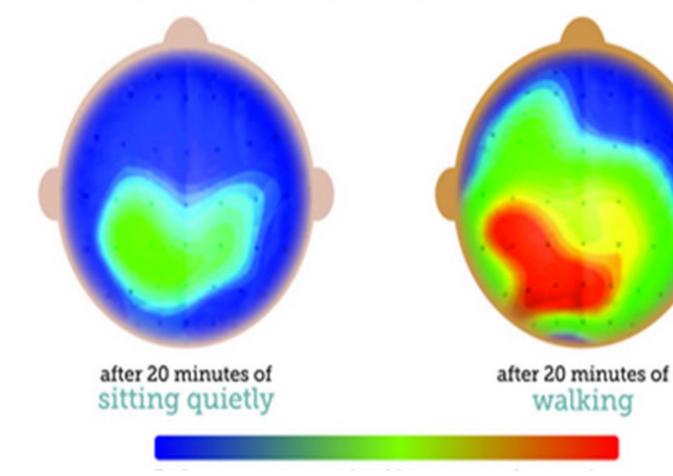
Physically active students have more active brains

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:



Diet and performance

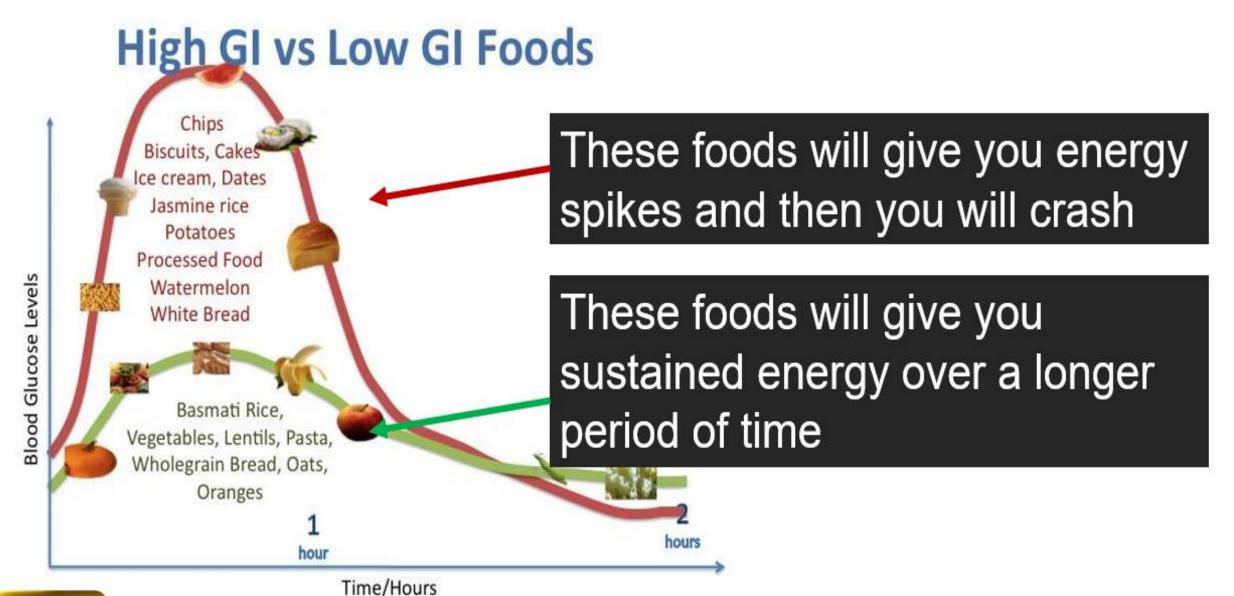
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Nutrition & stress

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



How protein affect blood sugar levels



Sleep and performance



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**

36%



You need 81/2 to 9 hours sleep per night

SLEEP

DEPRIVATION

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?

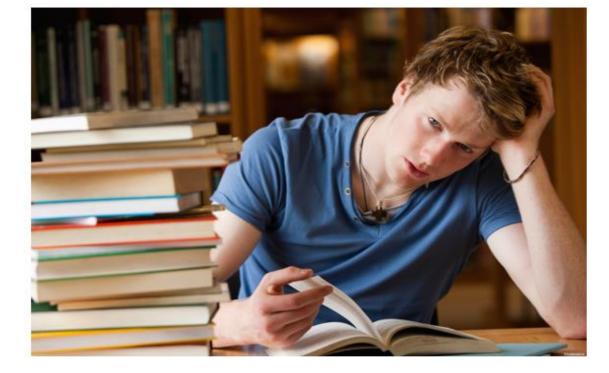
Anxious

Tension

Worried

Irritable

Fearful



Moody

Panic Attacks

Tiredness

Pressured



Scared

Lack of sleep

Headache

How can you manage it?

