

PREPARE TO PERFORM

ISSUE 1
SEP 2025



Deer Park School

MESSAGE FROM MR SMITH

Welcome to the first issue of our Prepare to Perform newsletter; a one-stop-shop for parents looking to see how they can support their children navigate Year 11, including tips for revision and key information that you will need over the coming academic year. In this issue, you will find an overview of the content covered in subjects and some tips for how to support revision in these lessons.

The Prepare to Perform program extends beyond the monthly newsletter and also includes some added sessions to support students with their revision and subjects. These sessions run from 3-4pm and are shared across all curriculum areas so that students are able to receive the additional support across the board. There is more information about these sessions included in this issue.

Finally, I wanted to share with you all that feedback I have received from teaching and non-teaching staff about the start Year 11 have made to the academic year has been overwhelmingly positive, with several students making a fantastic first impression with their teachers.

If you were unable to attend the Parent Support Programme, please find the slides [here](#).

Dates for your Diary

- Week beginning **24th November**:
Year 11 RD1
- Week beginning **15th December**:
Year 11 practical practice exams
- Fortnight beginning **12th January**:
Year 11 mocks
- Week beginning **5th February**: Year 11 RD2
- NEA - completed throughout this year
- GCSE exams begin from **21st April** with all written exams between **Friday 8th May & Monday 15th June** (contingency day **24th June**, students should be available)
- **20th August - 10am**: Results Day

COLLEGE OPEN EVENINGS / DAYS

FOR A FULL LIST OF ALL
OPEN EVENTS

CLICK HERE



TUTOR SESSIONS

Students have begun tutor sessions on developing a GCSE Mindset this term. Over the course of the term, they will be setting goals, planning out revision timetables, and learning about the best ways to revise.

We know that it is better to start revision now and get into a habit of doing small amounts regularly, rather than leaving it to cram before exam (see Revision Strategies section below).

A GCSE Mindset means:

Effort + resilience > talent alone

Mistakes = learning

Small consistent habits = big results

From our experience as teachers, we know that your mindset shapes your GCSE journey more than your starting point does.

Students have also reflected on their data from the end of last year, and used this to set themselves goals for this term.

PREPARE TO PERFORM AFTER SCHOOL SESSIONS

Our prepare to perform after school programme will run through the year. It is designed for students to be able to utilise 3-4pm to form healthy habits and learn to prioritise being organised and staying up to date with catch ups, revision and clinics specifically designed for year 11

Some key points about P2Ps for you:

We strongly advise you to attend them to support your studies and progress

They start at 3:10pm - this gives students time for a rest break, so bring a snack and a drink that you can have before they start.

The sessions will finish by 4:00pm but departments may run short, focused sessions that will not take the entire hour.

You cannot go to a different subject to ensure equity across all needs and subjects. If a session isn't running or it is invite only we recommend that you do some independent study for that subject on that night. You are welcome to use the LRC to do this. Your class teacher will be able to advise on which room to go to. Usually it is your normal classroom for that subject.

Please find attached the next two weeks of the prepare to perform programme.

PREPARE TO PERFORM AFTER SCHOOL SESSIONS

Date	Subject	Session
Mon 22nd Sept	Option A	
	DE	Design and Technology NEA catch up sessions with Mr Denman in 201
	Food	Food Prep and Nutrition catch up sessions with Mr Ranger in 208
	IT	Developing Task 1 of NEA. All advised to attend
	Media	Fundamental skills - analysing media language (unseen texts), revision for music video, advertising CSP. Optional
	History	Optional Drop in for 11AHi1 in room 110 with Miss Outhwaite.
	PE	Room 121 Paper 2 topics with Miss Andrews
Wed 24th Sept	Maths	Set 1,2 - Rounding and Estimating Set 3 - Rounding, Estimating & Fractions Set 4& 5 - Percentages, plus one more topic

PREPARE TO PERFORM AFTER SCHOOL SESSIONS

Date	Subject	Session
Thurs 25th Sept	Option B	
	DE	NEA catch up sessions with Mr Denman in 201
	Food	Food Prep and Nutrition catch up sessions with Mr Ranger in 208
	Art	TBC
	French	Optional drop in for 11B in room 104 and 105 with Mrs Brazao and Miss Baron for revision support (higher and foundation)
	Geog	Drop in for 11B/Ge1 in room 106 with Mr Sanders/Miss Emmett, supporting with exam technique (geographical skills)
	Media	Fundamental skills - analysing media language (unseen texts), revision for music video, advertising CSP
Mon 29th Sept	English	Exploring Macbeth - students to decide which level group they should attend based on their needs prior to their mock 1. Macbeth - Revising the plot - improve your confidence with what happens in the play 2. Macbeth - Learning quotes - for students who know the plot but need to revise quotes to apply in the exam 3. Macbeth - Exploring the themes and concepts - for those who have knowledge of quotes and want to look into more depth



PREPARE TO PERFORM AFTER SCHOOL SESSIONS

Date	Subject	Session
Tues 30 th Sep	Option C	
	History	History drop in for 11CHi1 in room 110 with Mr Hastings. Optional drop in session for revision support.
	Drama	11C Drama: Practicing Exam Techniques for the 30 Mark Question.
	French	11C French: French drop in for 11C in room 104 and 105 with Mrs Brazao and Miss Baron. Optional drop in session for revision support (higher and foundation)
	Geog	11C Geo - Geography drop in for 11B/Ge1 in room 106 with Mr Sanders/Miss Emmett, supporting with exam technique (geographical skills)
	PE	11C PE - Miss Andrews 121 - Paper 2 topics
	RS	Optional drop in for 11C/Rs1 with Mrs Williams in 112 for revision/self-study support
Wed 1 st Oct	Science	Physics paper 1 - Calculation practice

PREPARE TO PERFORM AFTER SCHOOL SESSIONS

Date	Subject	Session
Mon 6 th Oct	Option D	
	History	History drop in for 11DHi1 in room 110 with Miss Outhwaite. Optional drop in session for revision support.
	Geog	11C Geo - Geography drop in for 11B/Ge1 in room 106 with Mr Sanders/Miss Emmett, supporting with exam technique (geographical skills)
	IT	11D/it1: Continue to develop their NEA. All advised to attend
	Art	TBC
	Dance	TBC
	Music	11D1/mu Continue to work on NEA, predominantly composition.
Wed 8th Oct	Maths	TBC



PREPARE TO PERFORM AFTER SCHOOL SESSIONS

Thu 9 th Oct	Option A	
	DE	11A1 Design and Technology NEA catch up sessions with Mr Denman in 201
	Food	11A/Fd1 Food Prep and Nutrition catch up sessions with Mr Ranger in 208
	IT	Developing Task 1 of NEA. All are advised to attend
	Media	Fundamental skills - analysing media language (unseen texts), revision for music video, advertising CSP. Optional
	History	Optional Drop in for 11AHi1 in room 110 with Miss Outhwaite
	PE	TBC

FRENCH

For the start of Year 11, students have been doing recap lessons on all modules they have studied since Year 9 (8 modules in total!) and they have also been doing Mini Tests to test their knowledge on each Module. We have also been doing lessons to practise each skill for their GCSE (Reading, Listening, Writing and Speaking) and it has been very impressive the amount of knowledge they have and remember!

Our linguists should be having self-study every week to go over all the vocabulary they need to know for their GCSE's. To help them with this, the Year 11's will not need to complete sentence builders this year but they do need to study and revise vocabulary from their vocabulary booklets so that every week they do a vocabulary/spelling test.

All lessons are also posted on Google Classroom in case any students misses any lesson or they would like to go back to a lesson to revise something. Unfortunately at the moment, our students do not have past papers as they will be the first cohort completing the new GCSE specification but there are some papers and other materials they can use to revise/ study at home. Here's a link they can use:

<https://qualifications.pearson.com/en/qualifications/edexcel-gcses/french-2024.coursematerials.html#%2FfilterQuery=category:Pearson-UK:Category%2FSpecification-and-sample-assessments>

Students can come and find me during any break from Monday to Wednesday to discuss any issues or questions they might have. It would be great to see as many students as possible during intervention sessions!

MATHS

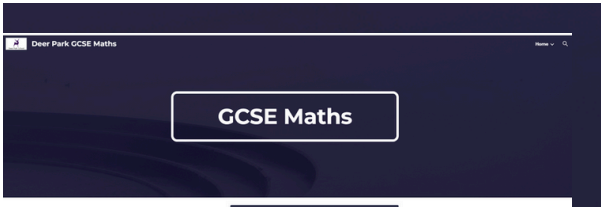
Welcome back Year 11!
Below is a summary of our focus for the next four weeks:

Lesson Content	Foundation: Unit 17 - Non-Linear Graphs Unit 18 - Compound Measures Unit 19 -Inequalities Unit 20 -Pythagoras	Higher: Unit 18: Ratio & Proportion Unit 19 - Circle Theorem Unit 20 - Sine & Cosine rules
Self-study - Week A All students	Exam question booklet	Set: Monday 15th Sep Due: Tuesday 23rd Sep
Self-study - Week B All students	Sparx Maths tasks	Set: Monday 22nd Sep Due: Sunday 28th Sep

Should you need help with self-study or content covered in class, you are welcome to attend any of the drop-in sessions run in the department:
Maths drop-in (all years) – Tuesday Break 1, Rooms 117 and 118
KS4 Core Intervention (years 9 – 11) – Wednesday Break 1, Room 117
For now, you should aim to complete 30–60 minutes per week of independent revision outside of lessons, and in addition to the weekly self-study that will be set. Below are some suggested topics for this fortnight.

	Topic	Revision Guides	Sparx Maths
Foundation Students	Rounding & Estimating	Chapter 14 - Units and Measures	U480, U298, U731, U965
Higher students	Percentages	Chapter 4 - Fractions, Decimals and Percentages	U925, U554, U349 U773, U671 U286, U278 U533, U332, U988

ADDITIONAL RESOURCES



[Deer Park GCSE Maths Revision website](#)
Keywords, practice exam questions by topic, Knowledge Organisers



[Corbett Maths](#)
Questions and videos for every topic, practice exam papers that can be completed at home



www.mathsgenie.co.uk
Exam questions on every topic

ENGLISH

Students are currently studying their last Literature text, 'A Christmas Carol'. If they haven't got their own copy yet, please make sure students do so they can follow along and annotate key quotes in lessons.

Beyond the lessons and the self study tasks

What should I be revising for English at the moment?

Revising *Macbeth* Quotes - [this could be a starting point](#) . You should make sure you have your book from your year 10 teacher.

Learning *A Christmas Carol* quotes - [this could be a starting point](#) alongside your class notes and annotations. Your self study should also aid this

What can help me learn from home if I can't remember / don't have my book?

Youtube is a great source for teaching the content of English. Use some of these content creators, making sure to write notes as you go -

[Mr Bruff](#)

[The Lightup Hub](#) (particular focus on grade 9)

[Mr Salles](#) (focus on grade 7+)

Why is the current focus on Macbeth and ACC quotes?

Across the year group, students struggled in their Year 10 Mocks to remember quotes from *An Inspector Calls* which had a major impact on their overall grades. The particular focus on 'A Christmas Carol' and 'Macbeth' is due to these being the most recent subjects and the ones they will be looking at in their next mock.

Where can I get support?

KS4 Core Intervention - Wednesday Break 1, Room 117 with Mrs Walters. This is perfect for quick support on self study, key poems or understanding a quote / poem. Quotation Club - Monday lunch in 004 - Ms Walters - aiming for the top grade analysis? This club will look at quotes in depth. Prepare to Perform - 3.10-4pm - Monday Week A. Schedule of topics to be shared in due course.

What books and resources are recommended?

[CGP workbooks, guides and revision Cards](#)

[Snap revision](#)

for AQA Power and Conflict Poetry, *Macbeth* and *An Inspector Calls*.

Students are welcome to look at Mrs Walters' examples before purchasing any texts.

There are also lots of free resources online, [like this annotated poetry anthology.](#)

SCIENCE

Past paper self study has started to be set on a fortnightly basis. This is an important revision exercise and a powerful tool to practice secure concepts but also uncover areas that require revision or support. An excellent strategy is to attempt the entire paper in exam conditions first. Then change the pen to a different colour and go back over the questions that have been left blank using support from a revision guide or online help (like [bitesize](#) or the [Deer Park Science website](#)). This will show the areas where you are confident but will also prioritise revision topics. Should you require any further support, with self study or any other aspect of the science curriculum, KS4 science support runs every Wednesday Break 1 from room 117.

Date for the Diary- Physics Paper 2 in class assessment will be taking place on the 9th October. For combined science students this will cover Units 5-7, for separate science students this will cover units 5-6.

GEOGRAPHY

Get Ahead in Geography: Your New Green Revision Folders! ●

Welcome back, Year 11! To kickstart our revision, we've introduced your new green geography folders. Think of these as your personal toolkit for success. We want you to be proactive and regularly add any revision notes, mind maps, or practice questions you complete at home. Building this self-study habit alongside our lessons will make a huge difference as you prepare for your exams.

Kicking Off with Development

Our first topic this year is the development of countries. To get a head start and really deepen your understanding in lessons, we'd like you to refresh your memory on the different ways we measure development for example GDP, life expectancy and literacy rates. . Understanding these key indicators is fundamental to the topic.

To get you started, check out this useful link:

<https://www.internetgeography.net/topics/what-are-development-indicators/>

Let's make this a productive year!

HISTORY

Welcome back, Year 11! This half term students will be continuing their studies of Norman England, C1066-1100. This study will last until mid October, at which point we will have completed each unit of study, and will begin our revision programme. At this point we will begin a subject content and exam technique focus for each unit.

At this stage, Historians should begin their independent revision at home, of each of our four units of study:

- Germany, 1890-1945: Democracy and dictatorship
[Democracy and dictatorship – Germany, 1890-1945 – Weimar Germany overview – AQA – GCSE History](#)

Revision – AQA – BBC Bitesize

- Britain: Health and the people: c1000 to the present day
[Britain: health and the people, c.1000 to the present day – GCSE History – BBC Bitesize](#)
- Conflict and tension: The inter-war years, 1918-1939
- Norman England, c1066-c1100
[Normans – GCSE History – BBC Bitesize](#)

Should you need any additional support, or would like to work with a teacher please attend 'History Drop In' on Fridays B2 in room 110 with Miss Outhwaite.



ART

Welcome back to year 11! In order to help you all out with your art coursework as discussed in lessons this week I have come up with a google slide that will get updated each week as to what we have focused on in the lessons and what YOU need to do at home. This will hopefully give you some helpful reminders as to what you need to add in your sketchbooks. Interventions are as follows;

Friday - break 1

[Google slides](#)

MEDIA

This half term, Year 11 will be focussing on the Social, Online and Participatory Close Study Products. These include a study and comparison of both Marcus Rashford and Kim Kardashian (as brands online) as well as Lara Croft Go and BlackPink The Game (gaming apps). We will look at these case studies through all 4 media frameworks: Media Language, Media Audience, Media Industry and Media Representation.

Students will also complete a Paper 1 walking talking mock this term and will submit their NEA for initial grading

PE

Top tip - access your NEA written coursework (25 marks) for an extra hour a fortnight from home via google classroom. Adding a detailed overview linked to recent performances shows your knowledge of the sports you play with reference to aspects of the course e.g. components of fitness - (revision video linked).

DANCE

Year 11 Dance Non-Examination Assessments (NEAs)

These assessments are a crucial part of your overall GCSE grade, accounting for a significant 60% of the total marks.

Your Assessment Dates  17

Your NEA is divided into three key components, which will be assessed throughout the academic year:

- **Wednesday, 22nd October: Performance Duet/Trio**
- **Thursday, 11th December: Performance Solo**
- **Thursday, 19th March: Choreography**

What You Need to Do to Prepare 

To help you achieve your full potential, consistent attendance at both practical lessons and extra-curricular rehearsals is absolutely vital. The work we cover in these sessions is progressive and builds upon your prior knowledge and skills. Each lesson is a crucial building block, allowing you to refine your performance and choreography skills, receive personalised feedback, and collaborate with your peers. Since a large portion of your grade is based on live performances, in-person practice is the only way to truly prepare for the demands of the assessments.

To help you get ready, you will have sole use of the Dance Studio during **Break 2** on **Mondays, Wednesdays, and Fridays.**

For your NEAs, you must have the appropriate dancewear for your assessment. You should have your hair tied up and out of your face, and no jewellery or socks should be worn. You may wear one of the following:

- Black leotard and black footless tights
- Black GCSE Dance top and black leggings

I am confident that with your hard work and regular attendance, you will be well-prepared to excel in your NEAs. If you have any questions or concerns, please do not hesitate to speak with me.

Mrs Rule

DRAMA

Presenting and Performing text, alongside Performance and Response are being taught on rotation in Year 11 until the Practical exam takes place. After that, students will be solely focusing on their written exam (Performance and Response).

Unit	Content and Revision
Devising	<p>Students have already completed their Devising practical exam. Students have all been given their feedback from their portfolios first draft. The deadline for their course work is the 29th of September 2025.</p> <p>Search 'ocr drama gcse devising mark scheme' for criteria. Students will also have 'help sheets' created by the teacher to aid them with their response. Students can attain another copy if they have lost them.</p>
Presenting and Performing	<p>Students have been given a monologue and dialogue from the play 'Two' by Jim Cartwright.</p> <p>Students should have a copy, but can attain another if they have lost it.</p> <p>Students should be learning their lines for their practical exam which will take place in the new year.</p> <p>Two by Jim Cartwright PDF - Scribd</p>
Performance and Response	<p>Students should be revising their set text of Blood Brothers for the first section of the exam.</p> <p>A Revision guide that will support students with this is linked below: Blood Brothers Revision Guide</p> <p>They will also be learning about how to complete the 30 mark question in this paper. The response students will be completing will be based on the performance 'Things I Know To be True' by Frantic Assembly. Their educational pack is a good resource to remind them of the performance and intentions (Frantic Assembly Education Pack.) Additionally, students could be using the GCSE OCR Drama Revision Guide to aid them with both Section 1 and Section 2 of the exam.</p>

IT

This half term in IT we have started their final NEA. This NEA can not be completed without a teacher present so can not be completed at home. This NEA is worth 30% of their final grade and will be submitted in January. This will mean we will have 60% of their course completed by this point. If your child does not engage or is absent for any lessons they will be asked to attend one of the following drop in sessions:

- Drop in 1: Monday break 2
- Drop in 2: Thursday break 2

Students can also access these drop ins at any time they wish.

If there is further intervention needed we will be in contact with you at home and will determine the outcome on a 1:1 basis. This may include DTs, after school interventions and Behaviour Points. And of course we will be celebrating their successes along the way :) We will also be giving the students 2 full days to help them complete their NEA which we will send a specific letter for in the near future. We appreciate all your support as they complete their final IT NEA.





RS

This half term students have started with Islam practice which is the final component of their Religions Exam. They will then move onto revision and consolidation with a focus on exam technique ahead of the assessment period.

All students have been provided with self-study booklets containing all of the tasks they will need to complete this term. Students have access to both paper and digital copies of all self-study tasks, which need to be completed as part of your ongoing revision. Self-study is set on Wednesday week B, due in Wednesdays week A. In addition to this all students have been given a revision workbook on Christianity, Islam & Themes to support their revision and self study at home.

A reminder that if you miss a lesson, then to please see Mrs Watson, or Mrs Williams to help catch you up. All are welcome to either drop in sessions running to ask questions or access additional revision material.

Drop in sessions:

Mrs Williams Tuesday Break 1- 112

Mrs Watson Thursday Lunch- 112

DESIGN TECH

As you will know we have been working in class on our NEA (non examined assessment). This counts for 50% of the students final grade and it is therefore imperative that they keep up to date with this.

I wrote to you all at the beginning of the year outlining the importance of this. I also included some pages to help you and them to complete the pages while working from home. Thank you to all those that have responded and been in touch and importantly those that have helped by encouraging their child to catch up.

Despite the deadline of the summer for the first 2 sections there are still students that have work that is outstanding and unfinished. In order for the work to be marked there is a hard deadline of half term (24.10.25) for these first 2 sections, at which point no more submitted work will be accepted.

I will continue to keep you updated with your child's progress through their NEA. Anything you can do to encourage and support them at home would be very much appreciated.

After school P2P sessions will be starting soon but if your child has any questions about their NEA please do ask them to speak to me or they are welcome to attend D&T catch up sessions every Thursday, Break 2 in 201.



MUSIC

This ½ term, we have started looking at the 2nd and final set work to analyse - the 1st movement of Beethoven's 1st symphony. Throughout KS4 we have looked at each of the 4 key areas of study listed below, as well as the other set work; Queen.

- AOS1 - Western Classical Tradition 1650 - 1910
- AOS2 - Popular Music
- AOS3 - Traditional Music
- AOS4 - Western Classical Tradition since 1910

When revising music, it's vitally important that students remember the definitions of the elements of music, as these will be the basis of all questions in the paper. The elements of music include Dynamics, Rhythm, Structure, Melody (and Metre), Instrumentation, Texture (and Tonality, Timbre and Tempo), and Harmony - DR SMITH.

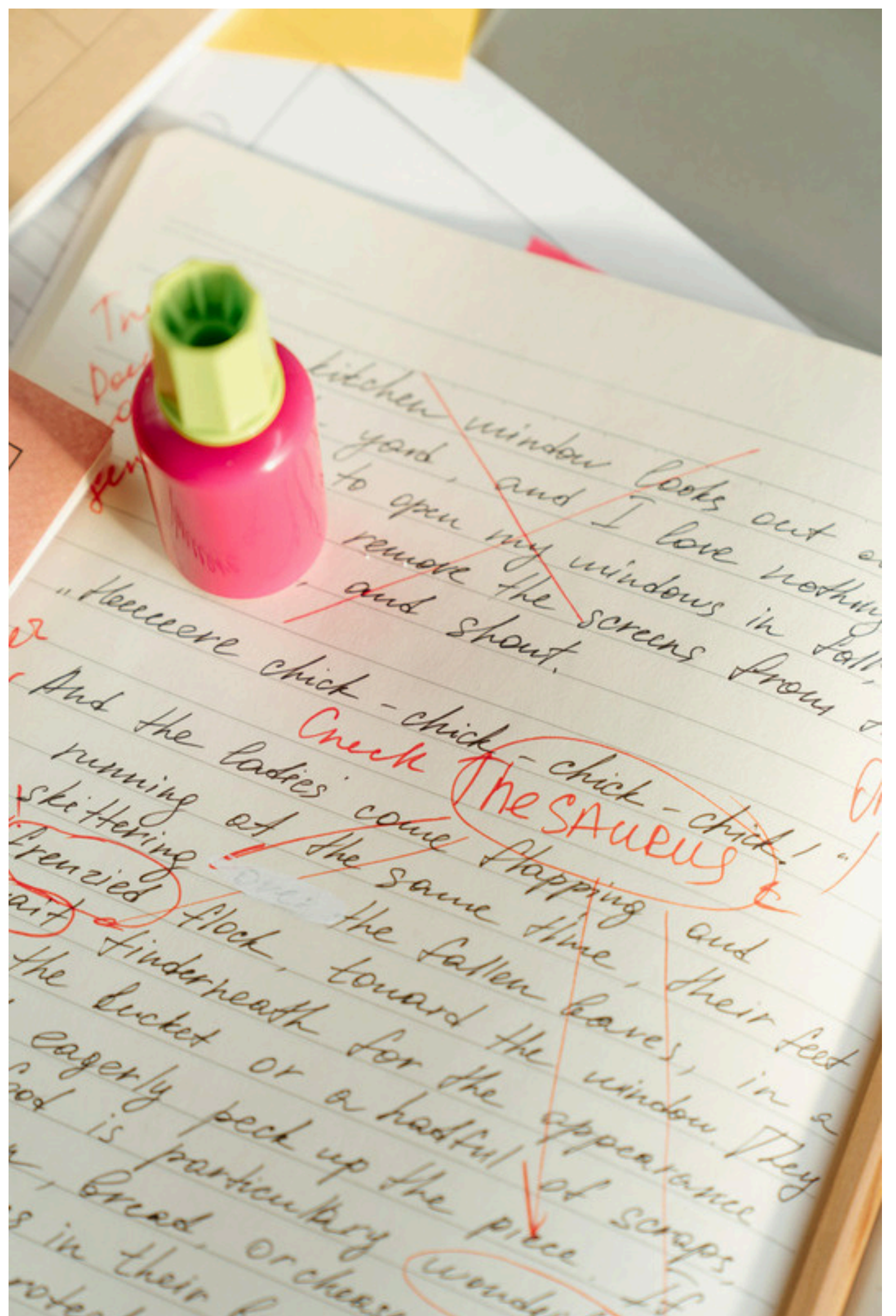
On top of the exam paper, students need to complete their 1st composition and start the second which is set to a brief by AQA. Composition lessons are given in class, but students are able to access and work on these at home through 'Flat', an online composition tool they all have access to. Finally, all students need to submit a solo performance and an ensemble performance. For many, the solo performance has been recorded, and I have asked students to work on an ensemble performance to record in the 2nd half term of the Autumn term.

FOOD TECH

We have recently started our first NEA (Non-Exam Assessment) which counts for 15% of the final GCSE grade. We are only allowed to complete this work in lessons and we have to complete it within 10 in lesson hours so it is vital we are in for as many lessons as possible and if we miss any that we catch up.

Whilst we are not allowed to complete NEA work outside of lessons and I am not allowed to set the work as self-study, I would strongly recommend that students carry out research towards the task at home to maximise the time they have to complete the work. This can be brought into lessons as notes and typed up.

I will be starting a catch for any students who have missed lessons due to absence, these will be on a Thursday, Break 2 in 208.



ASSEMBLIES


Over the last couple of weeks, students have been visited in assemblies by local colleges to give them a taste of what's on offer.

REVISION STRATEGIES

Don't wait to get started on your GCSE revision! The best time to start a routine is right now. Small amounts regularly now is more effective than spending all of your time revising in the run-up to the exams. But don't listen to us on this, listen to the brain scientists. This is from cognitive psychologist Daniel Willingham:

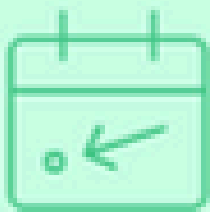
"How can students ensure that what they learn is not forgotten? There are a few things students might do, but one clear way to make memories longer lasting is to distribute studying over time—in other words, don't cram."

Willinghams recommended strategies



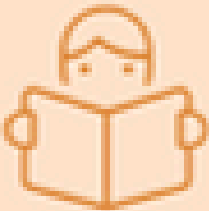
Active Recall

Retrieving information from memory rather than re-reading it. This process solidifies learning, especially for partially learned material. Ways that you can do this: write out flash cards and test yourself with them; or write down everything you can recall about a topic then check your answers - keep doing this until you can write down everything you need to know; or use sites like Seneca for self-quizzing.




Spaced Practice

Distributing study sessions over a longer period instead of a single, long marathon session. This involves returning to learned material multiple times, adding depth to understanding with each review.



Reading with a Task


Don't just read the text. Read and engage with the text by, for example, identifying conclusions and analysing how they are supported.



Listening with a Strategy


Connecting individual points to broader conclusions when listening to lectures or information.

Cramming



- Definition: Hasty memorisation of material under pressure within a short deadline, often involving superficial understanding.
- Outcome: Can lead to temporary, inconsistent recall but rarely results in deep understanding or long-term retention of information
- Risks: May cause burnout, confusion during an exam, or the risk of blanking out.

Why Willingham's Strategies Are Better:



- Long-Term Retention: Spaced practice builds strong, durable memory networks that lead to retention for weeks, months, or even years.
- Deep Understanding: These strategies move beyond rote memorisation to foster genuine understanding of the subject matter.
- Cognitive Principles: Willingham's approach aligns with cognitive principles, such as the idea that factual knowledge precedes skill development, and learning is a positive change in long-term memory.

HEALTH AND WELLBEING

How ready are you to perform?

All of our hard work comes together when we have an opportunity to perform, whether that's in a sports competition, a theatrical performance or in an examination.

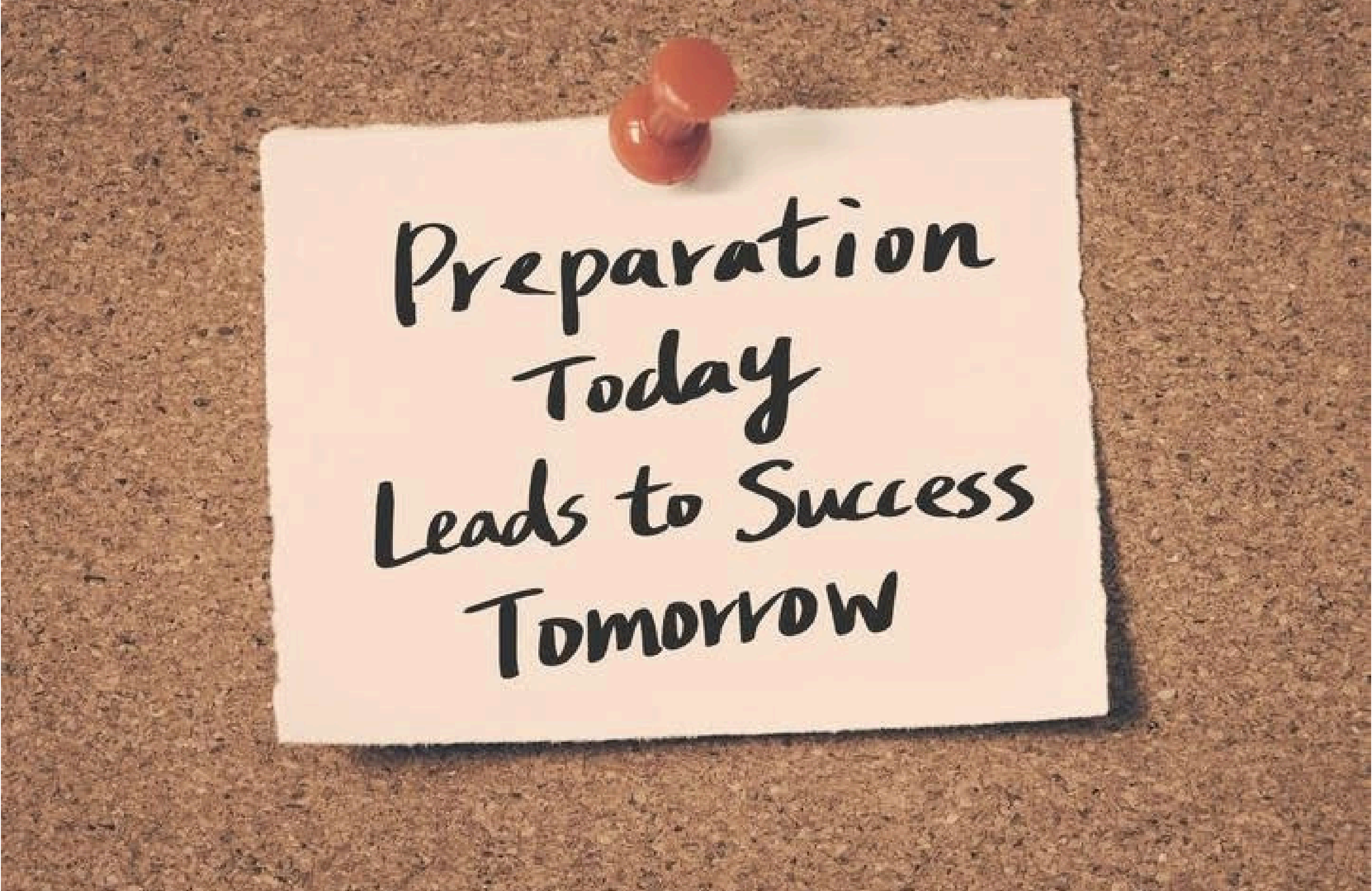
When we think about how we can prepare to perform, we think about the 'content' of that performance: the lines we need to perform in the play or the content we need to know for an examination.

There are so many things that influence a performance though and, to be the best, all of these factors need to be worked on – not just revision.

What factors affect our ability to perform?

our goals
ability to manage stress
mental energy
quality of sleep
whether we feel rested and recovered
physical activity
nutrition

Performance: it's all in the preparation



Preparation
Today
Leads to Success
Tomorrow

HEALTH AND WELLBEING



PREPARE TO PERFORM – DAILY PLANNER

You have learned about the importance of eating the right things, sleeping, relaxing, chunking revision and turning off your phone. Now is the time to prepare yourself each day so that you can perform at your best. Plan your day using the table below. To be 'performance ready' you need to be making the right choices. For each of the activities listed below, give yourself one point - the aim is to get 10 points a day by doing 10 of these things.

Eating an appropriate breakfast
Eating an appropriate and healthy snack/s
Exercising
Eating a healthy lunch
Planning chunked revision
Having time to relax
Having time to socialise

Eating a healthy evening meal
Turning off your phone
Having 7-8 hours sleep
Drinking plenty of water
Making a smoothie
Planning time to calm yourself down

My daily priorities:

6am

7am

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

9pm

10pm

11pm

Number of performance points = _____

☐ I am performance ready (tick box)

☐ I am not performance ready (tick box) and tomorrow I need to.....