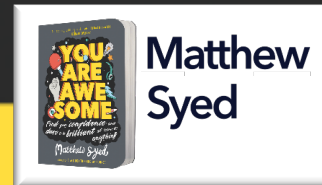




YOU ARE AWESOME



How did you respond to the following statements in your self-assessment?

2. You cannot change your level of intelligence very much by learning.

11. The harder you work at something, the better you will get.

Do you think it is important to practise new skills?

Why?



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TODAY'S SESSION



YOU WILL NEED

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Year 6 Session 4
Practice makes **perfect** awesome

 **Matthew Syed**

Make a list of things that you have practised (and become awesome at) without realising that is what you've been doing:

1. _____
2. _____
3. _____
4. _____

Time to get awesome!

Write the Arabic letter Tchah:

1 st try	2 nd try	3 rd try	4 th try
---------------------	---------------------	---------------------	---------------------

Which was your best attempt? Why do you think this was?

Tips for practising well:

1. _____
2. _____
3. _____



My 'Practising Hard' plan

What I want to get better at this week:

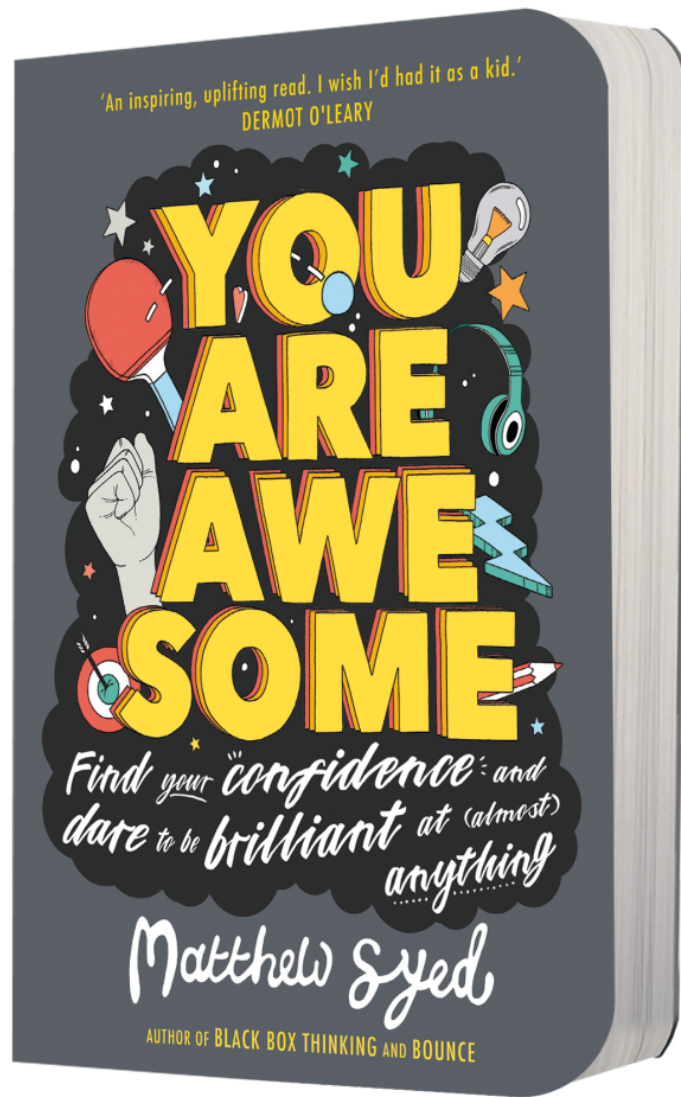
What I will do	When I will do it	How I will do it

What effect did this have?



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Read Chapter 4 of
'You Are Awesome'.



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Can you read this?

It deosn't mtttaer waht
odrer the ltteers in a wrod
are, the olny iprmoatnt
tihng is taht the frist and
lsat ltteers are in the rghit
pclae.



Matthew Syed

Without realising it you've probably spent hundreds of hours practising reading. It is a hugely complex skill. But doesn't it make you think – if you can master this reading business, with practice, why can't you master that violin piece you've been putting off learning? Or nail that science topic that you think is way beyond you?

The truth is, there is absolutely no reason why.

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Accidental practice

Make a list of things that you have practised (and become awesome at) without realising that is what you've been doing:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.



Matthew Syed

Can you write the Arabic letter **Tcheh**?

Time to get
awesome!



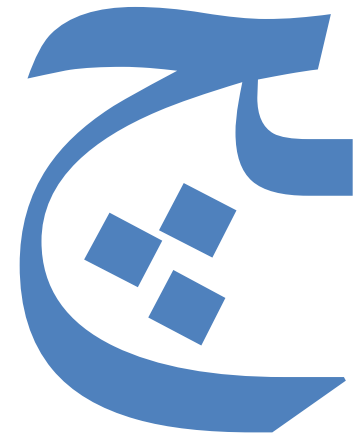
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The phases of learning



Copy this Arabic letter.
I'll read you some
instructions to help
you get started.



Arabic letter Tchah



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The phases of learning



Now follow the instructions yourself.

1. Start at the top left hand side.
2. Draw a short horizontal line, then a curve similar to a capital C.
3. At the top of the letter C shape, draw a small L shape.
4. Add three dots in a group in the middle of the C shape.



Arabic letter Tchah



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The phases of learning



Now have a go on your own. Because you have practised, you should find this easier than when we started.

Once you don't need the instructions anymore, then you know it has become automatic. Practice makes awesome!



Arabic letter Tcheh



Matthew Syed

Anything is possible



The reality is, with a **growth mindset**, anything is possible. But practice can be hard, particularly if you are doing it well! What tips would you give someone for 'practising hard'?

Use these words in your responses:

Resilience

Challenge

Focus



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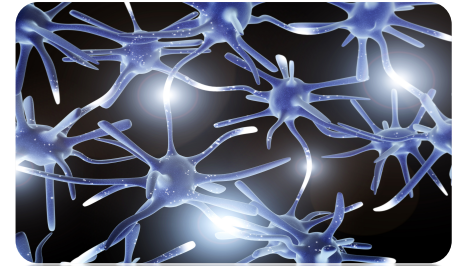
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Creating neural pathways



Choose one thing that you want to get better at this week. It might be a specific concept in a subject (division in Maths, for example) or something outside school (your backhand in squash, for example).

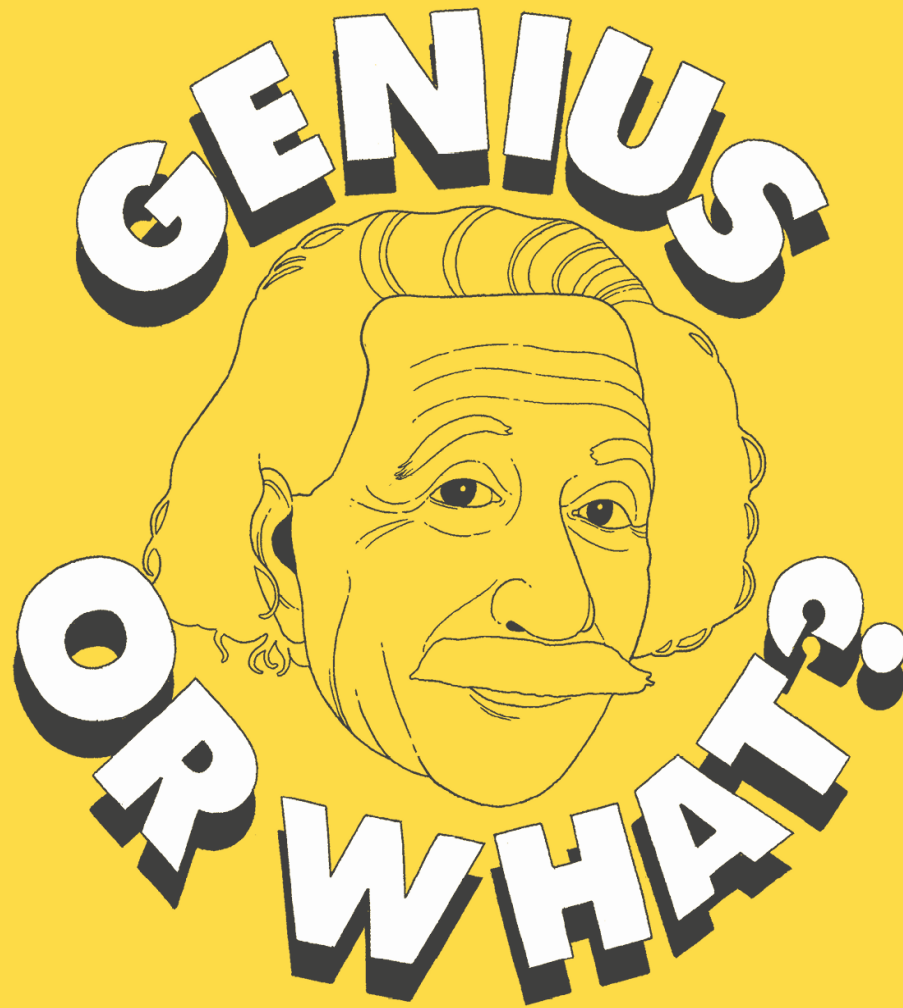
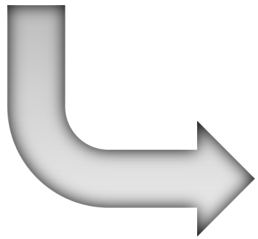
Make a '**Practising Hard**' plan.

What will you do? When will you do it? How will you do it? What effect did this 'practising hard' have?



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NEXT
SESSION

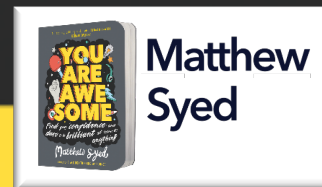


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YOU ARE AWESOME



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