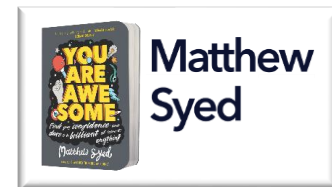
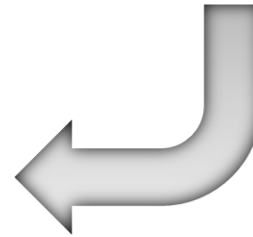


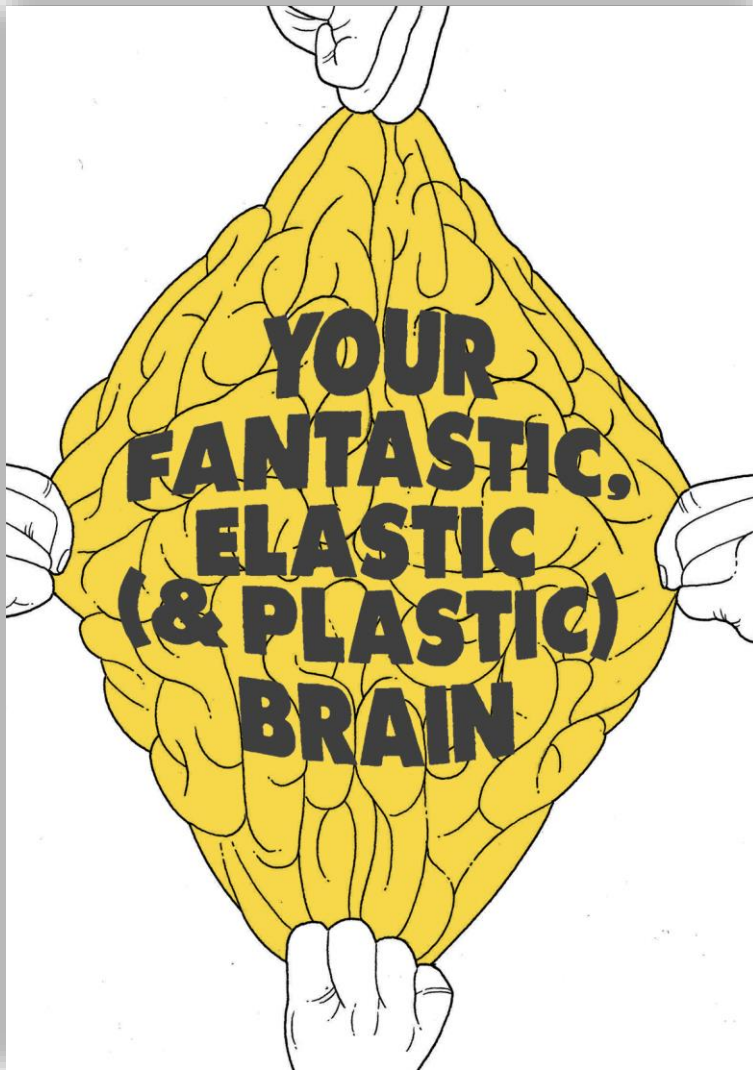
**YOU ARE
AWESOME**



TODAY'S SESSION



YOU
WILL
NEED



Matthew Syed

PiXL
Partners in excellence

Year 6 Session 3
Your Fantastic Elastic & Plastic Brain



Matthew
Syed

1. Times Tables:
Which was easiest?
Which was toughest?
Which have you repeatedly learnt (and built stronger connections for)?

2. Opposites:
Write a sentence using the opposite hand to your normal one.

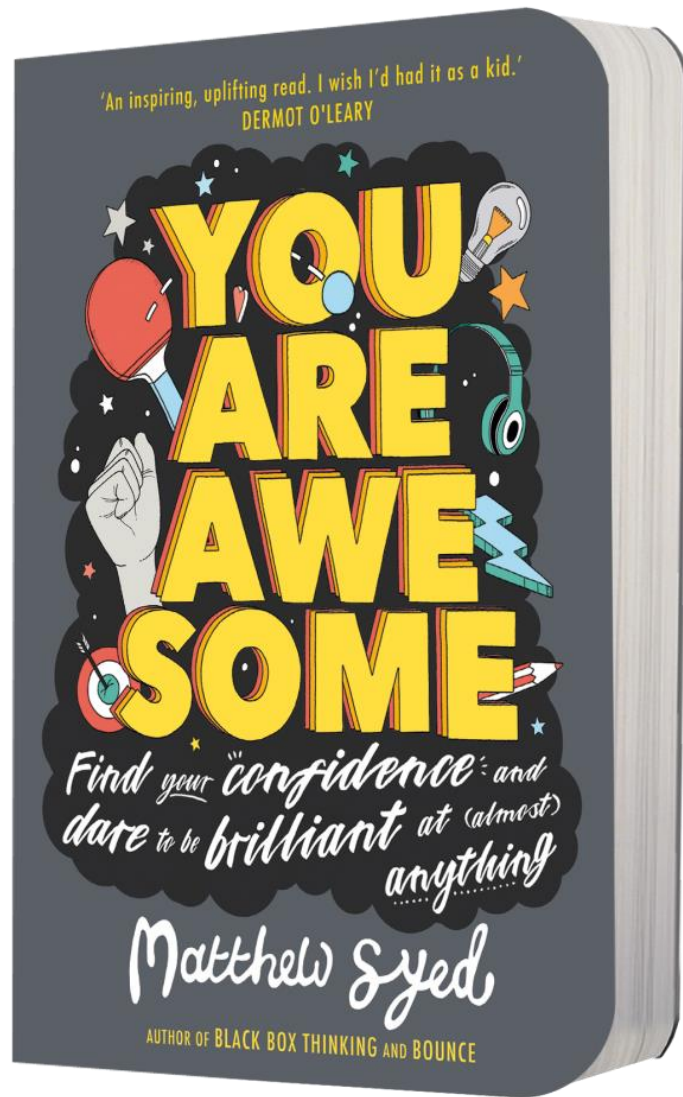
3. Sketch a map of your daily route to school. (Try not to miss anything!)



THIS WEEK:

1. Flip it: See if you can perform everyday tasks with the opposite hand/side/foot to that which you normally use. How long might it take to feel normal?
2. Times tables: practise your times tables and get better at the tougher ones; the ones you're not so good at.
Ask a family member to quiz you daily.

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Read Chapter 3 of
'You Are Awesome'.



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This means we can shape up our brain just like we can shape up our body. Think of it as a mental muscle. If we put the brain through a fitness programme that helps to build neural pathways, we can mould it into something truly incredible. And the more we push ourselves, the more connections we make and the stronger they become. Scientists have a name for this. Wait for it... it's called...

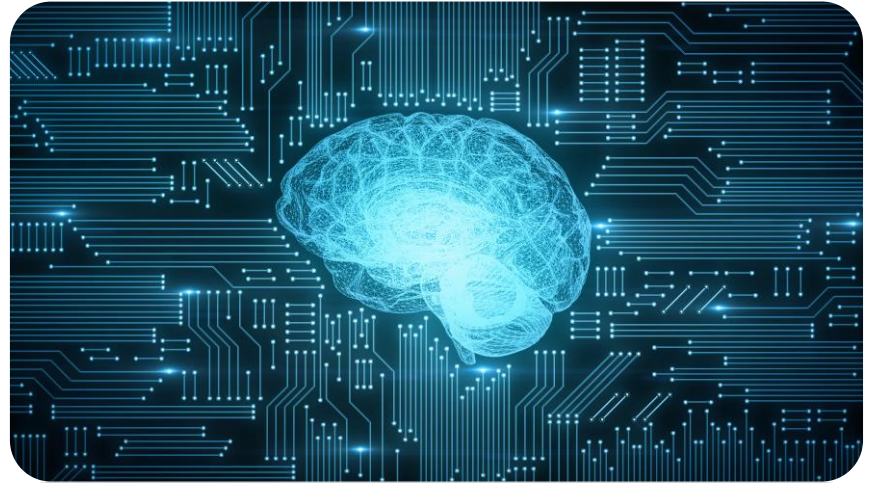
NEURO-PLASTICITY.

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Neuroplasticity



*the ability of the brain to change
(and build stronger connections)
throughout an individual's life*



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REMEMBER:

If you don't repeatedly return to new information you learn, you'll forget it!



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Try it:

- a) 2x table
- b) 5x table
- c) 6x table
- d) 9x table
- e) 11x table

1 $1 \times 1 = 1$ $2 \times 1 = 2$ $3 \times 1 = 3$ $4 \times 1 = 4$ $5 \times 1 = 5$ $6 \times 1 = 6$ $7 \times 1 = 7$ $8 \times 1 = 8$ $9 \times 1 = 9$ $10 \times 1 = 10$ $11 \times 1 = 11$ $12 \times 1 = 12$	2 $1 \times 2 = 2$ $2 \times 2 = 4$ $3 \times 2 = 6$ $4 \times 2 = 8$ $5 \times 2 = 10$ $6 \times 2 = 12$ $7 \times 2 = 14$ $8 \times 2 = 16$ $9 \times 2 = 18$ $10 \times 2 = 20$ $11 \times 2 = 22$ $12 \times 2 = 24$	3 $1 \times 3 = 3$ $2 \times 3 = 6$ $3 \times 3 = 9$ $4 \times 3 = 12$ $5 \times 3 = 15$ $6 \times 3 = 18$ $7 \times 3 = 21$ $8 \times 3 = 24$ $9 \times 3 = 27$ $10 \times 3 = 30$ $11 \times 3 = 33$ $12 \times 3 = 36$	4 $1 \times 4 = 4$ $2 \times 4 = 8$ $3 \times 4 = 12$ $4 \times 4 = 16$ $5 \times 4 = 20$ $6 \times 4 = 24$ $7 \times 4 = 28$ $8 \times 4 = 32$ $9 \times 4 = 36$ $10 \times 4 = 40$ $11 \times 4 = 44$ $12 \times 4 = 48$	5 $1 \times 5 = 5$ $2 \times 5 = 10$ $3 \times 5 = 15$ $4 \times 5 = 20$ $5 \times 5 = 25$ $6 \times 5 = 30$ $7 \times 5 = 35$ $8 \times 5 = 40$ $9 \times 5 = 45$ $10 \times 5 = 50$ $11 \times 5 = 55$ $12 \times 5 = 60$	6 $1 \times 6 = 6$ $2 \times 6 = 12$ $3 \times 6 = 18$ $4 \times 6 = 24$ $5 \times 6 = 30$ $6 \times 6 = 36$ $7 \times 6 = 42$ $8 \times 6 = 48$ $9 \times 6 = 54$ $10 \times 6 = 60$ $11 \times 6 = 66$ $12 \times 6 = 72$
7 $1 \times 7 = 7$ $2 \times 7 = 14$ $3 \times 7 = 21$ $4 \times 7 = 28$ $5 \times 7 = 35$ $6 \times 7 = 42$ $7 \times 7 = 49$ $8 \times 7 = 56$ $9 \times 7 = 63$ $10 \times 7 = 70$ $11 \times 7 = 77$ $12 \times 7 = 84$	8 $1 \times 8 = 8$ $2 \times 8 = 16$ $3 \times 8 = 24$ $4 \times 8 = 32$ $5 \times 8 = 40$ $6 \times 8 = 48$ $7 \times 8 = 56$ $8 \times 8 = 64$ $9 \times 8 = 72$ $10 \times 8 = 80$ $11 \times 8 = 88$ $12 \times 8 = 96$	9 $1 \times 9 = 9$ $2 \times 9 = 18$ $3 \times 9 = 27$ $4 \times 9 = 36$ $5 \times 9 = 45$ $6 \times 9 = 54$ $7 \times 9 = 63$ $8 \times 9 = 72$ $9 \times 9 = 81$ $10 \times 9 = 90$ $11 \times 9 = 99$ $12 \times 9 = 108$	10 $1 \times 10 = 10$ $2 \times 10 = 20$ $3 \times 10 = 30$ $4 \times 10 = 40$ $5 \times 10 = 50$ $6 \times 10 = 60$ $7 \times 10 = 70$ $8 \times 10 = 80$ $9 \times 10 = 90$ $10 \times 10 = 100$ $11 \times 10 = 110$ $12 \times 10 = 120$	11 $1 \times 11 = 11$ $2 \times 11 = 22$ $3 \times 11 = 33$ $4 \times 11 = 44$ $5 \times 11 = 55$ $6 \times 11 = 66$ $7 \times 11 = 77$ $8 \times 11 = 88$ $9 \times 11 = 99$ $10 \times 11 = 110$ $11 \times 11 = 121$ $12 \times 11 = 132$	12 $1 \times 12 = 12$ $2 \times 12 = 24$ $3 \times 12 = 36$ $4 \times 12 = 48$ $5 \times 12 = 60$ $6 \times 12 = 72$ $7 \times 12 = 84$ $8 \times 12 = 96$ $9 \times 12 = 108$ $10 \times 12 = 120$ $11 \times 12 = 132$ $12 \times 12 = 144$

*Which was easiest? Which was toughest?
Which have you repeatedly learnt (and
build stronger connections)?*



Matthew Syed



Watch short trailer: **The Knowledge**

<https://www.youtube.com/watch?v=HEEe6U3dfZ8>



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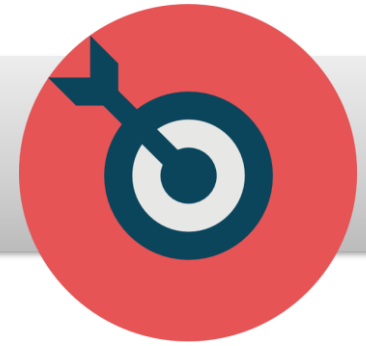
SO LET ME EXPLAIN

1. The tougher the practice, the more neural connections you build.
2. Keep practising – don't stop.



Matthew Syed

CHALLENGE TIME



1. Write a sentence with the opposite hand to usual.
2. Sketch a basic map of your daily route to school.

Then, on the journey home later, find out if you missed any important steps out. If you did, these will be because the route is so automatic for you now that you stop having to think carefully about it now; you just follow the path. When we slow or stop those daily routes, we begin to forget them.



Matthew Syed



1. **Flip it:** See if you can perform everyday tasks with the opposite hand/side/foot to that which you normally use. How long might it take to feel normal?
2. **Times tables:** Practise your times tables and get better at the tougher ones, the ones you're not so good at. Ask a family member to quiz you daily.



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