



Session 6 of 8	Key Language Marginal gains Components Improvement Performance Conditions/resources Practice
Suitable for Year 6	
Focus: The Marginal Gains theory	
Learning objectives 1. To understand that small improvements can add up to a big difference. 2. To identify ways to apply the theory to my own performance.	
Lesson Timings	
	<i>Assume that the chapter has already been shared as part of a wider lesson, assembly or in the first part of this session.</i>
1 min	Slide 1: Remind pupils of the book/purpose of the course.
1 min	Slide 2: Recap the last session – Genius or what?
1 min	Slide 3: Introduce the session for today – Small steps and giant leaps
1 min	Slide 4: Briefly recap the main themes of the chapter (breaking down big tasks into small chunks can help us to achieve them, small gains can add up to large improvements).
2 mins	Slide 5: Discuss the setbacks that the GB women’s hockey team faced on their journey to success.
2 mins	Slide 6: Share and discuss the key questions on the slide. Finish the discussion by identifying that they used the marginal gains theory to help them improve.
	Slide 7: Display the quote from the book about ‘marginal gains’.
2 mins	Slide 8: Ask pupils to explain the theory to a partner. Draw a pictorial representation of the theory on the worksheet (for example a jigsaw, brick wall etc).
3 mins	Slide 9: Pupils to apply the theory to their school day. Identify what they could do to gain back 10 minutes a day to dedicate to learning a new or challenging skill. Record on worksheet.
2 mins	Slide 10: Explain that the theory only works if you are clear about your current position and where you want to get to. Ask pupils to outline where they currently are in relation to the goal they set at the beginning of the course and where they want to get to.
4 mins	Slide 11: Give pupils time to complete their own marginal gains plan.
1min	Slide 12: Watch Matthew Syed Clip
	Slide 13: Report back <i>Pupils to reflect on the changes they have made from their marginal gains plan during the week. Ask them to write a reflection on the impact that these have had and plan the next steps they will take on their journey to achieving their goal.</i>
Resources YAA Y7 PPT 6 YAA Y7 Worksheet 6 YAA Book and clip	
Teacher notes	

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