



Year 11 Assembly

If Not Now...

Achieve | Belong | Participate



Well Done

- Clear focus
- Noticeable right from Monday P1
- All staff I have spoken to talked about this
- Less behaviour points
- Less disruption to learning
- Less stopping others from learning, less impact on their outcomes

Believe You Can...



https://www.youtube.com/watch?v=1hwvm6hDG1s&ab_channel=TimMarovt

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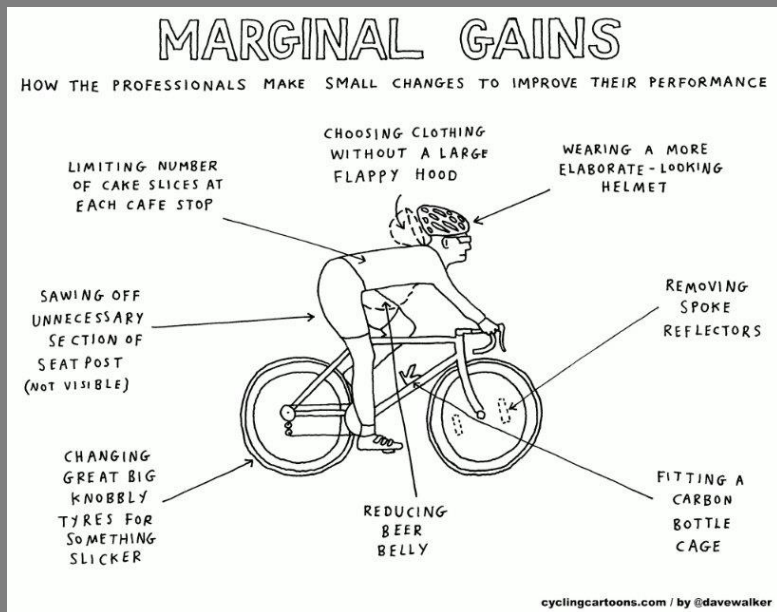
Marginal Gains

"The whole principle came from the idea that if you broke down everything you could think of that goes into riding a bike, and then improved it by 1%, you will get a significant increase when you put them all together"

Dave Brailsford (2012)



Marginal Gains



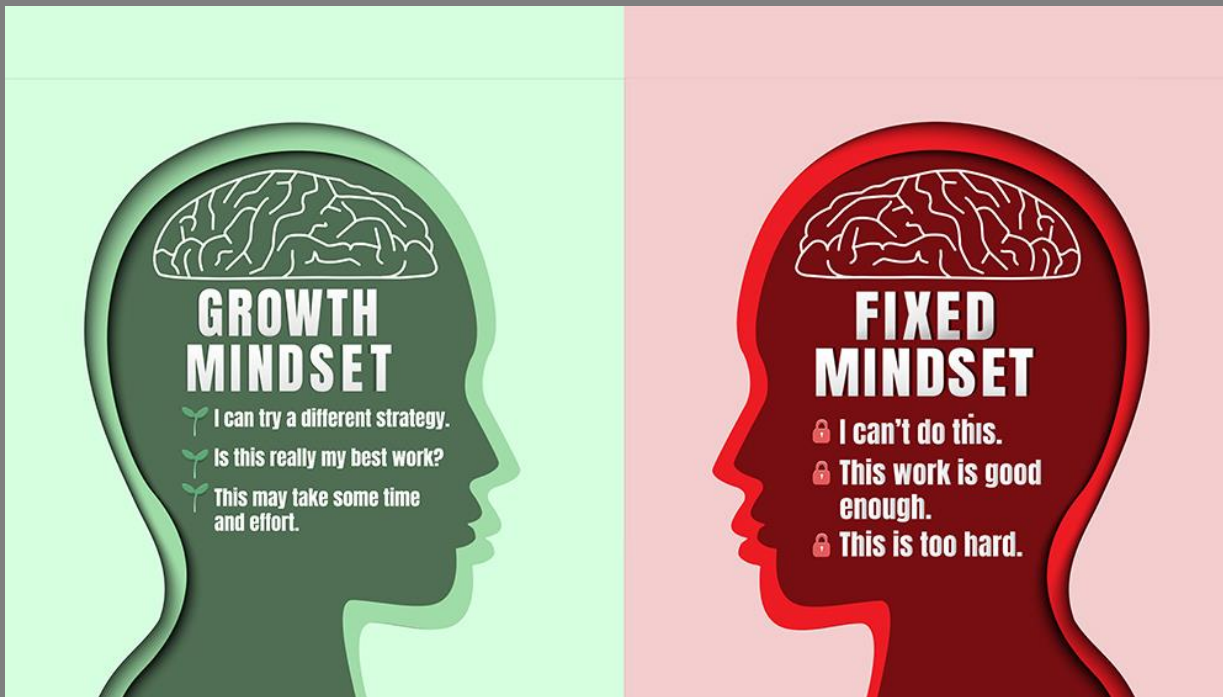
What could be your marginal gains over the next 2 months?

If Not Now, When?



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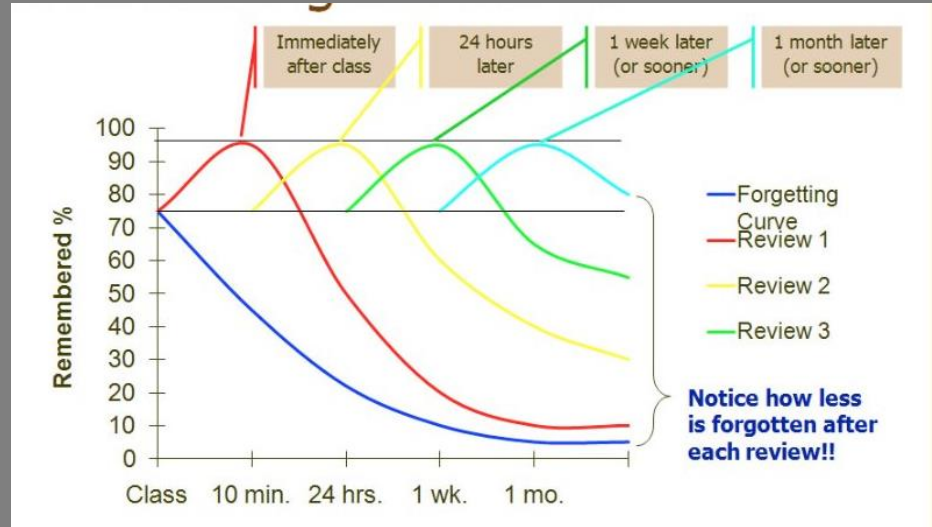
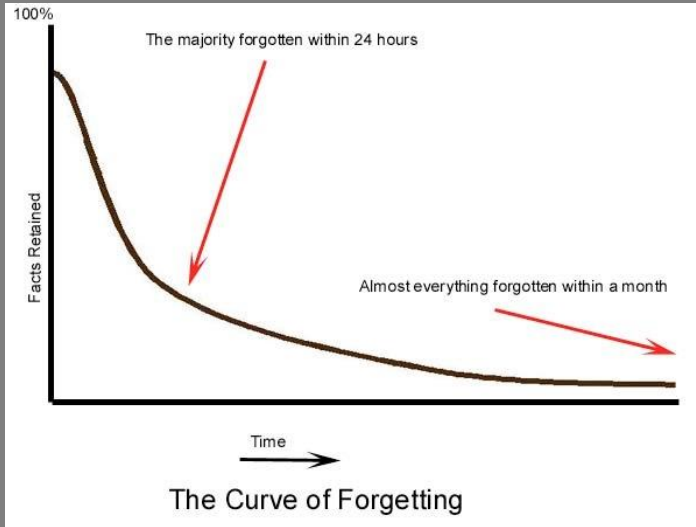
Mindset



Mindset



Forget Me Not





What If?

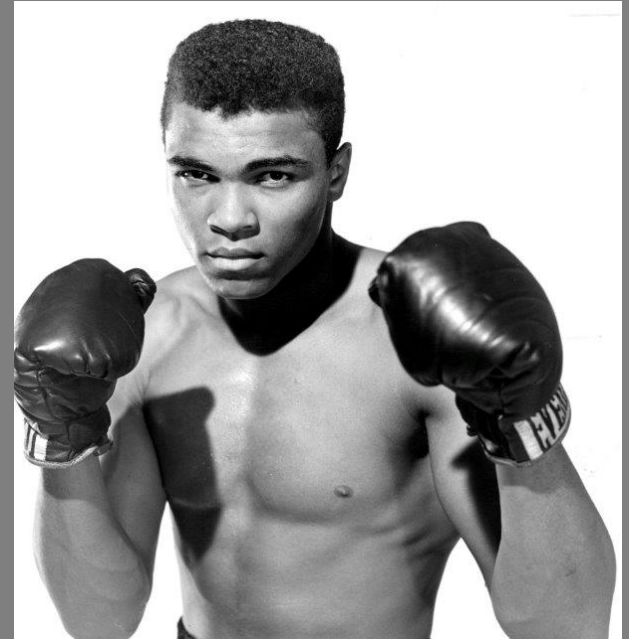
- You stopped your behaviour limiting your results?
- You were in school on time every day?
- You motivated yourself more than you thought you could?
- You went to every revision session?
- You committed to 3 hours revision a day?
- You used these marginal gains to change your results?

Preparation is Key



“The fight is won or lost far away from witnesses - behind the lines, in the gym, and out there on the road, long before I dance under those lights.”

Muhammad Ali



Book your time to celebrate



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If Not Now, When?



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