

Have a go!

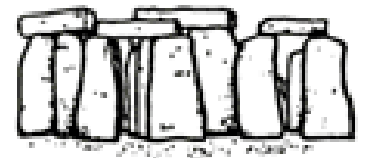


1. What can you hold in your right hand, but not in your left?

2. A cowboy rode into town on Friday, spent one night there, and left on Friday. How do you account for this?

3. What word is always spelled wrongly?

4. What common chemical compound can be represented: H, I, J, K, L, M, N, O?



1. What can you hold in your right hand, but not in your left?

Your left hand, forearm or elbow.

2. A cowboy rode into town on Friday, spent one night there, and left on Friday. How do you account for this?

His horse was named Friday.

3. What word is always spelled wrongly?

Wrongly

4. What common chemical compound can be represented: H, I, J, K, L, M, N, O?

H₂O or Water (H to O)

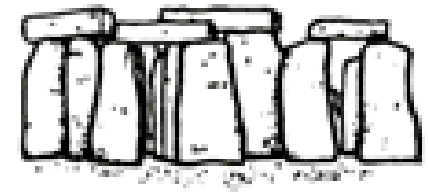
Reaching for the Stars

Key Stage 3



Able, Gifted and Talented students
The Stonehenge School

The Stonehenge School
Striving for excellence, exceeding expectation



Parental feedback

Positives

- You feel confident to support your child
- They are well supported at school
- They are independent learners
- You know how well they are doing

Areas to Develop

- Homework is not always appropriate
- Communication with parents
- Level of challenge in some lessons
- Amount of extra-curricular opportunities



Student feedback



Positives

- You know where to go to find things out and know what to do when you get stuck
- You are good at reflecting on learning at the end of a lesson
- You know how to get the highest marks you can

Areas to develop

- Almost half of you do not revise at home without having it set as HW
- You don't like making mistakes
- Some do not plan their revision successfully





It starts with a move...

...making new friends...



... to lectures...



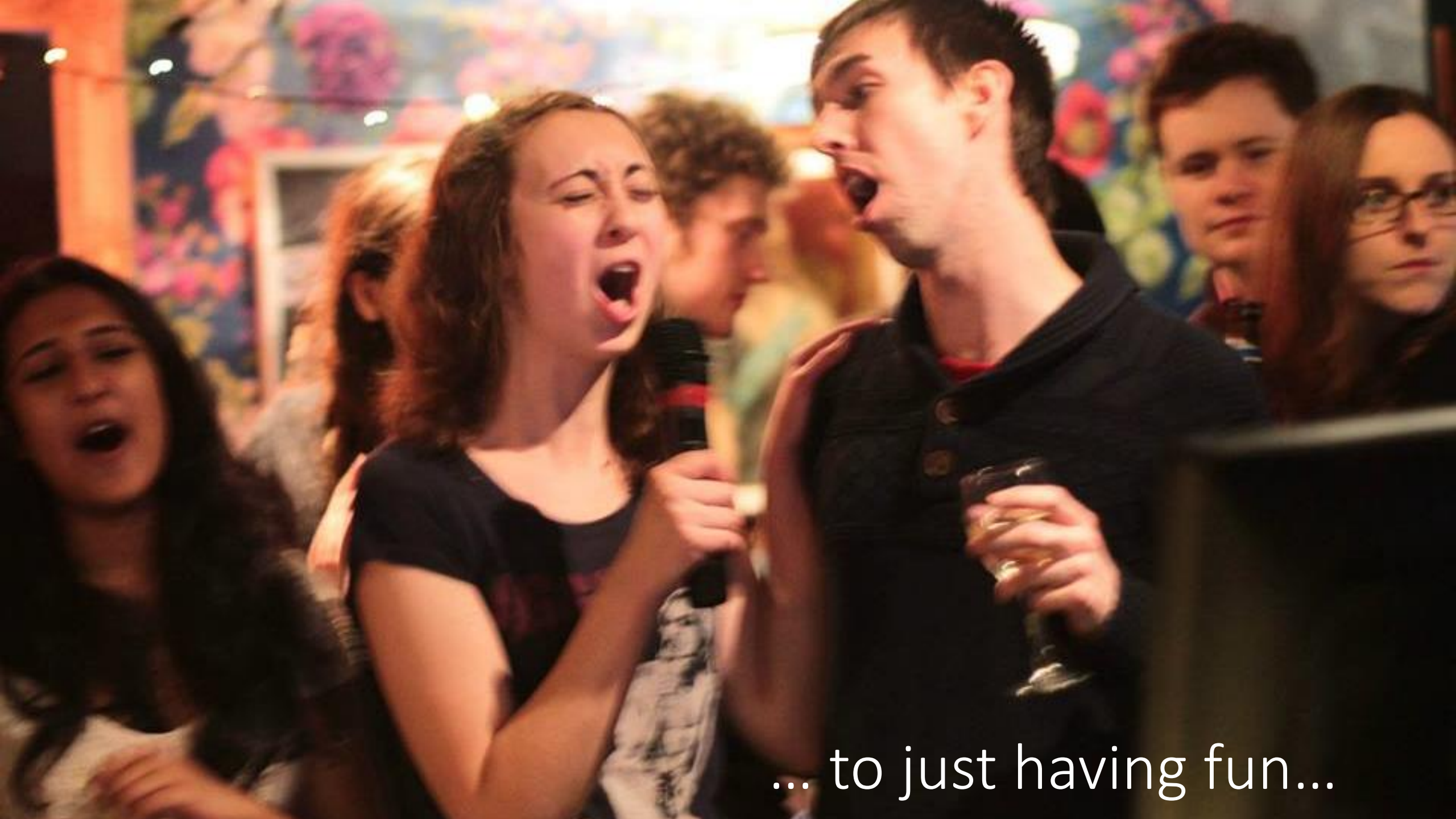


...work in the library...

... to figuring out how to
cook...

...and clean...





... to just having fun...

...And a top class
qualification

What does this all have in common?

University

Independence . Friendship . Opportunity



Relaxation methods



DAVID MARTINEZ

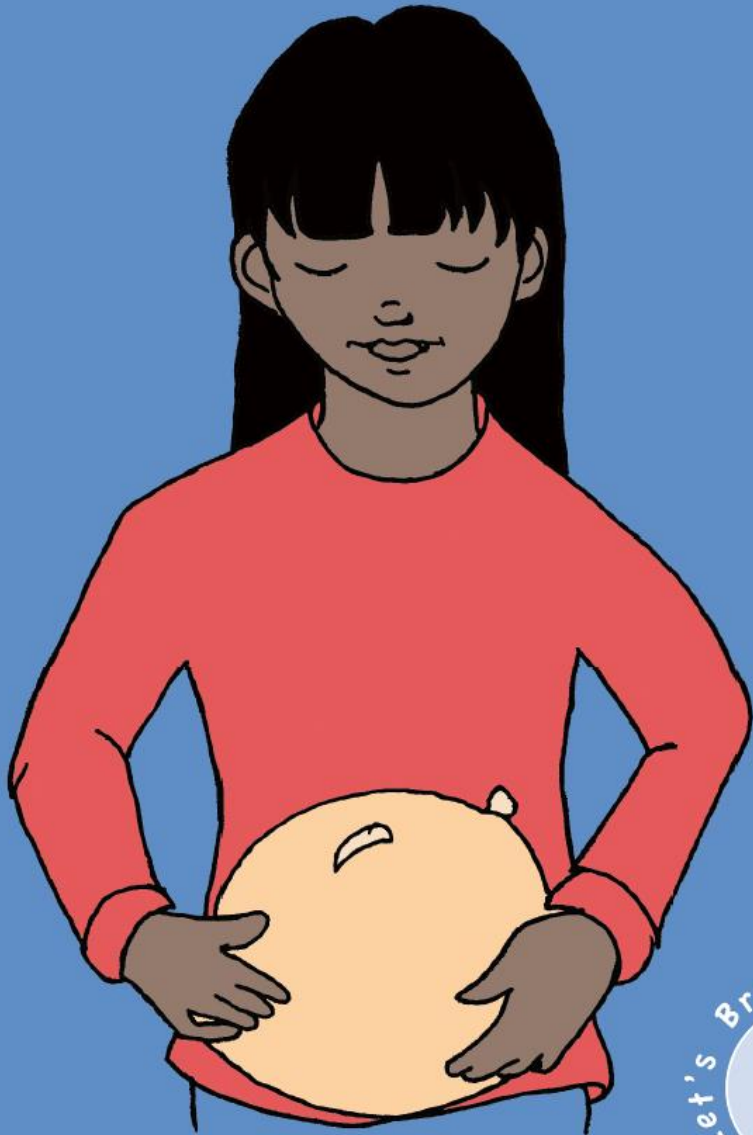
Standing Mountain



Sitting Mountain

Balloon Breath

Calm. Focus. Clarity.



1
Begin in
Standing or Sitting
Mountain with a tall,
straight spine. Close your
eyes and place your
hands gently on
your lower belly.

2
Imagine
that your belly
just turned into a balloon.
Slowly inflate the balloon
by breathing in through
your nose. Feel your belly
expand as your balloon
fills with air.

3
Slowly deflate
your balloon by exhaling
the stale balloon air out
through your nose.
Repeat 4-6 times.
Notice how you feel.

Corkscrew

Energize. Release. Cleanse.
New perspective.



1. Begin in Sitting Mountain.
2. Rest your left hand on the outside of your right thigh, your right hand anchored in or on the back of your seat. Inhale and sit up tall. Exhale and turn your upper body to gaze out over your right shoulder. Be sure to keep your posture upright and hold for 3-5 breaths.
3. Exhale to release the twist and return to Sitting Mountain. Switch sides.



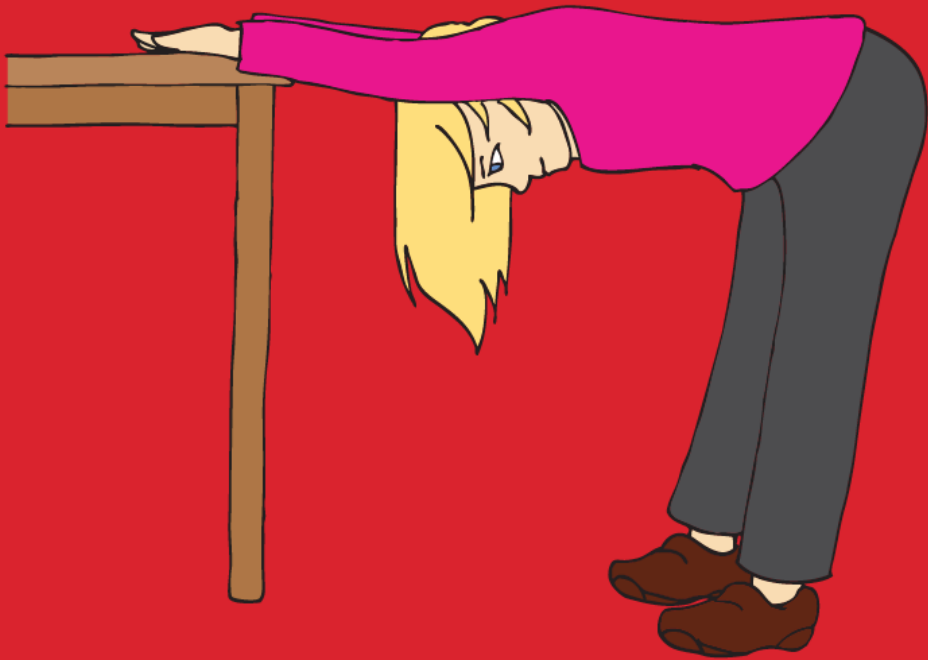
- **Pretzel Twist.** For more of a challenge, try crossing your right leg over your left leg while practicing Corkscrew as instructed above. You might also try wrapping your right arm behind your back to grasp the inside of your left elbow with your fingers. Remember to switch sides.

- **Sitting Chair Twist.** Begin in Sitting Mountain, hands pressed together in front of the heart. Inhale up tall. Exhale and bend forward to cross your left elbow over your right thigh, as you gaze to the right. Hold Sitting Chair Twist for 3-5 breaths before returning to Sitting Mountain. Switch sides.

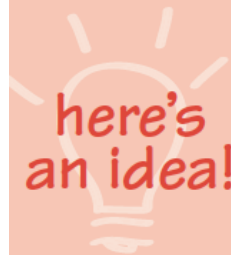


Desk Puppy

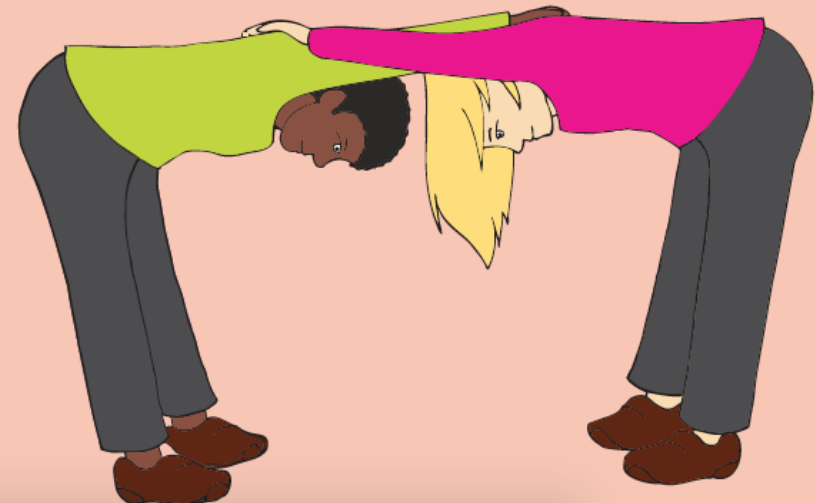
Stretch. Release. Refresh.
Posture preparation.



1. Stand behind your desk with your chair pushed in. Place the palms of your hands on the middle of your desk.
2. Take a step back and bend forward so that your head comes down between your arms.
3. Check your alignment. Your arms and legs should be straight. Your back is flat with your hips pressing backward. Your heels are on the floor.
4. Let your head hang and relax between your arms. Feel the stretch in your shoulders, arms, hamstrings and calves. Breathe and release into the stretch a little more with each exhale. Ahh.
5. When you are finished, step forward and slowly roll your spine back up to standing. Shake out your limbs as needed.



- **Puppy Friends.** This is the partner version of Desk Puppy. Stand facing your partner and place your hands on each other's shoulders. Continue from Step 2 above.



Verbal/linguistic intelligence

- using language to present your ideas, to express your feelings or to persuade others

Logical/mathematical intelligence

- reasoning, logical thinking; handling mathematical problems

Visual/spatial intelligence

- creating and interpreting visual images; thinking in three dimensions

Bodily/kinesthetic intelligence

- feeling and expressing things physically; doing hands-on work

Musical/rhythmic intelligence

- creating and feeling a rhythm to express a mood; detecting and analysing musical themes

Intrapersonal intelligence (within the self)

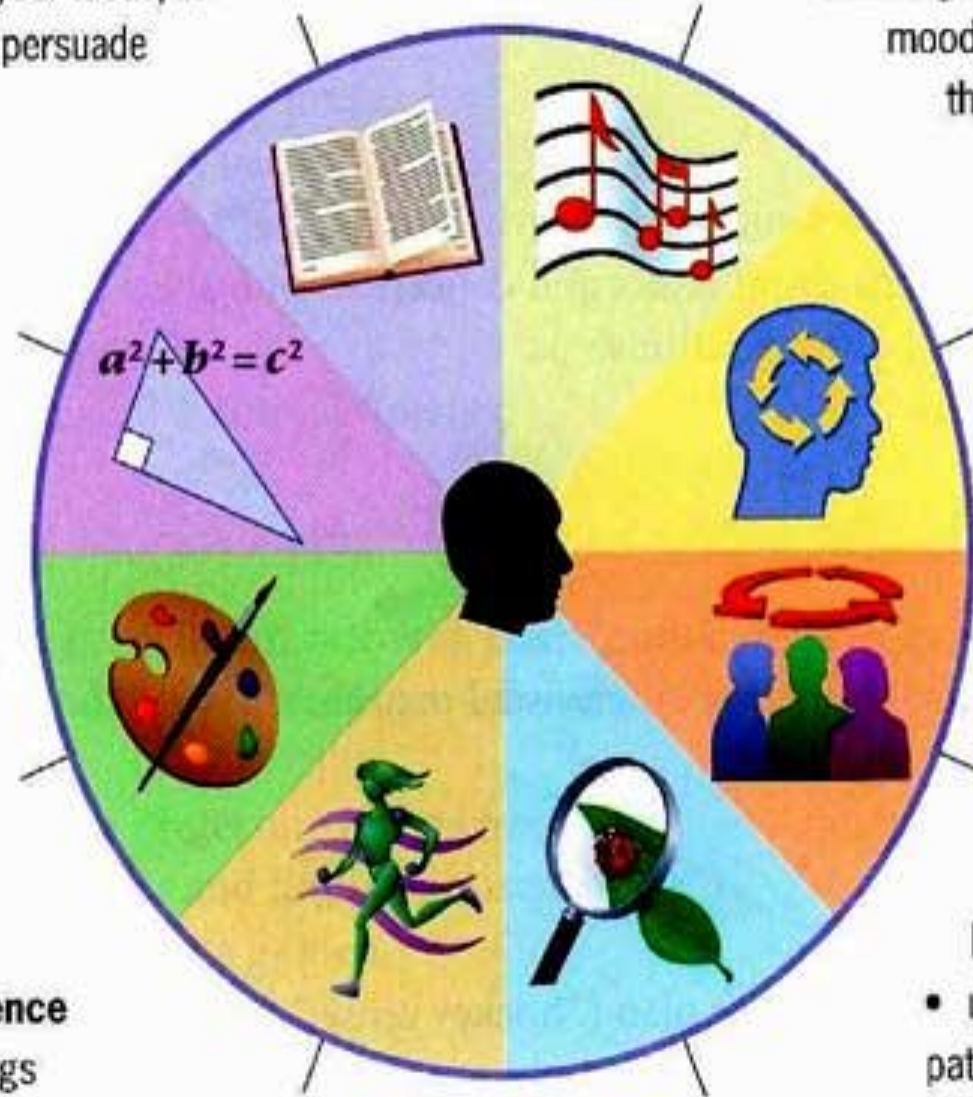
- understanding your own interior thoughts and feelings in a very clear way

Interpersonal intelligence (between people)

- understanding the feelings, needs and purposes of others

Naturalist intelligence

- understanding nature, seeing patterns in the way nature works; classifying things



Revision strategies

- Remembering things: mnemonics
- Using Mind maps for revision
- How to make revision cards



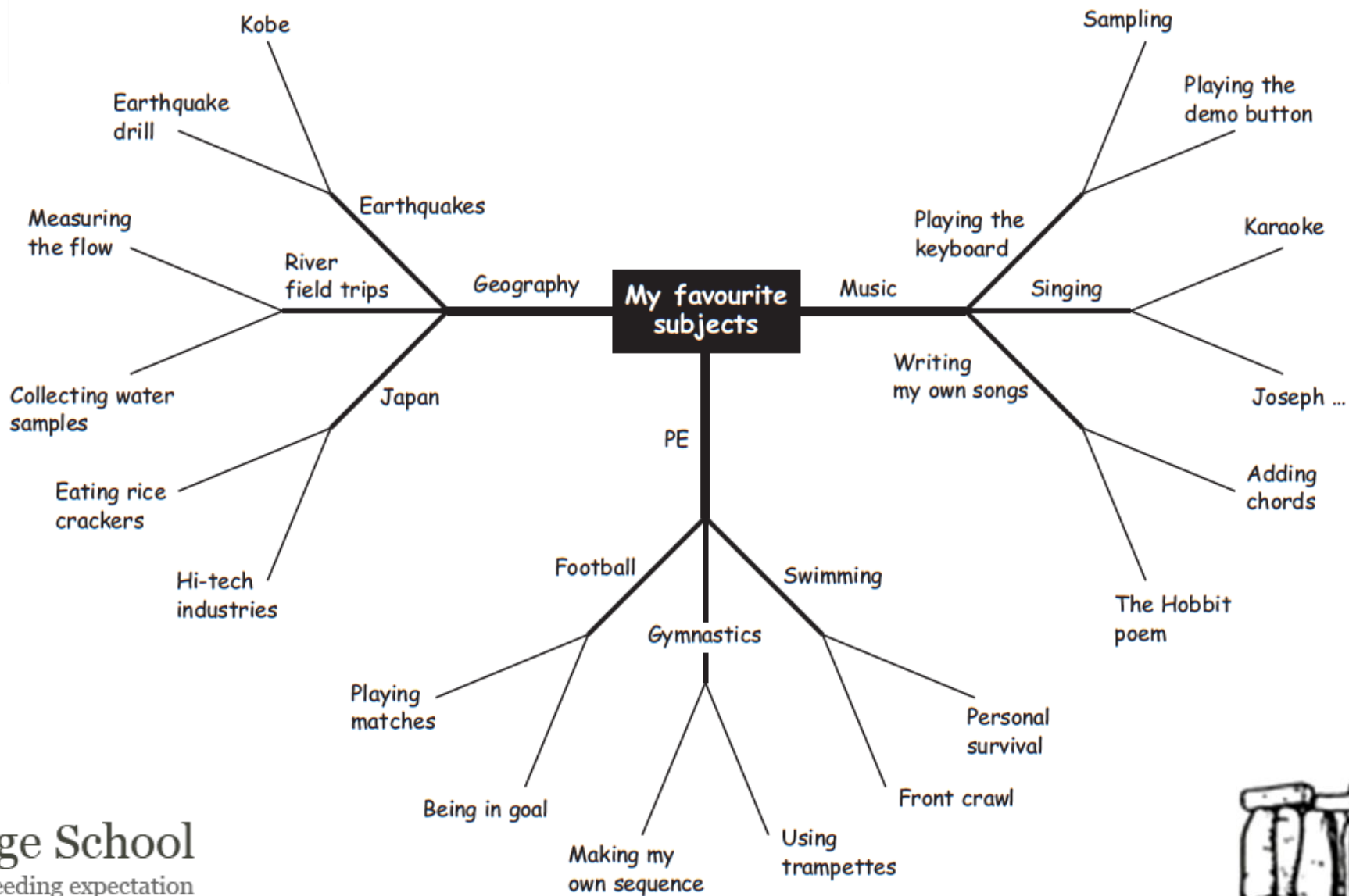
Mnemonics



The Order of the Planets

Sun Mercury Venus Earth Mars Jupiter Saturn Uranus Neptune Pluto





Revision Cards



More than three quarters of the elements are metals. The elements we call metals have properties that non-metal elements do not have. It is because of these properties that metals are very useful for some purposes but unsuitable for others.

Metals:

- are all solids at room temperature – except mercury;
- have a high melting point;
- are shiny when freshly cut;
- form alloys that are mixtures of metals;
- are mostly tough, strong and can easily be hammered or bent into shape;
- are good conductors of heat and electricity when solid or liquid.



MORE THAN $3/4$ of ELEMENTS are



METALS

MELT at HIGH temperatures

Electrical Conductors

Tough and STRONG

form Alloys (mixtures of metals)

SOLID

SHINY [when freshly cut]

