Prepare to Perform

What have you done?
What can you do?
What are you doing?
What are you going to do?

Outcome Goal – What you want achieve and why.

What do you dream about achieving?

What would be YOUR gold medal performance?

SET A GOAL THAT MAKES YOU WANT TO JUMP OUT OF BED IN THE MORNING

Physical and Emotional Health

You have a responsibility to look after yourself leading up to and during your exams.

You can't perform in or out of school if you don't feel well.

Being healthy means that your body and mind function as they are supposed to

You can maintain your health by taking care of yourself in many different ways

Are you ready to perform?

1 is the lowest and means you really need to improve in this area.

5 means you are really happy and feel like you are doing everything you can to perform at your best.

Power to Perform

Performance
Goals
Stress Management
Mental Energy
Sleep
Rest & Recovery
Physical Activity
Nutrition

1   2   3   4   5

Exercise and performance

Regular exercise releases brain chemicals key for memory, concentration, and mental sharpness at the same time as lifting your mood, and lowering stress and anxiety all of which contribute to brain health
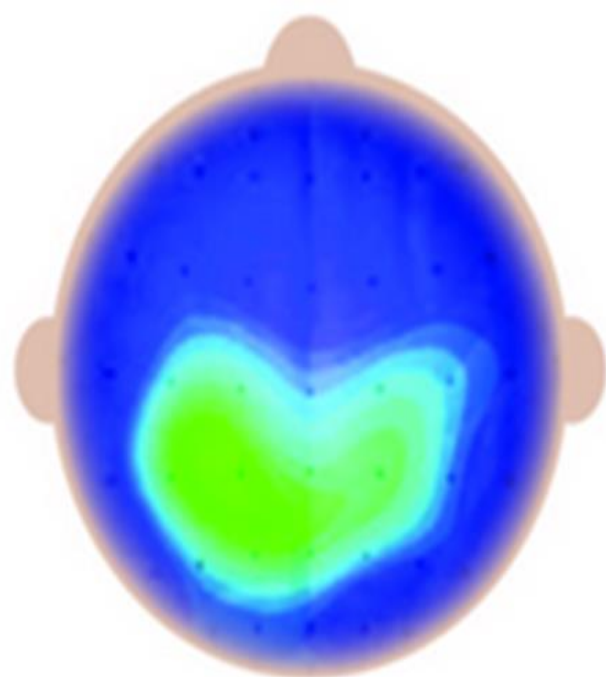
Physically active students have more active brains

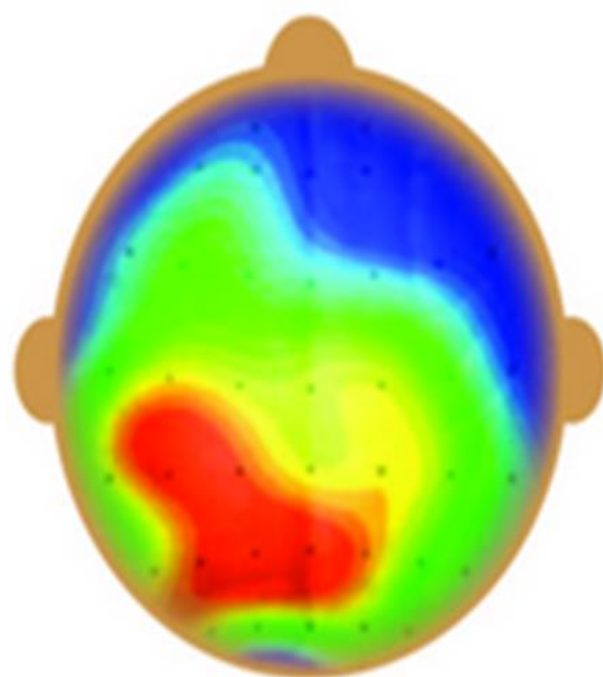Your brain functions well after exercise so try carrying out some revision afterwards

- Boosts your memory
- Improves your concentration
- Helps reduce stress
- Lengthens attention span

Red areas are very active; Blue areas are least active
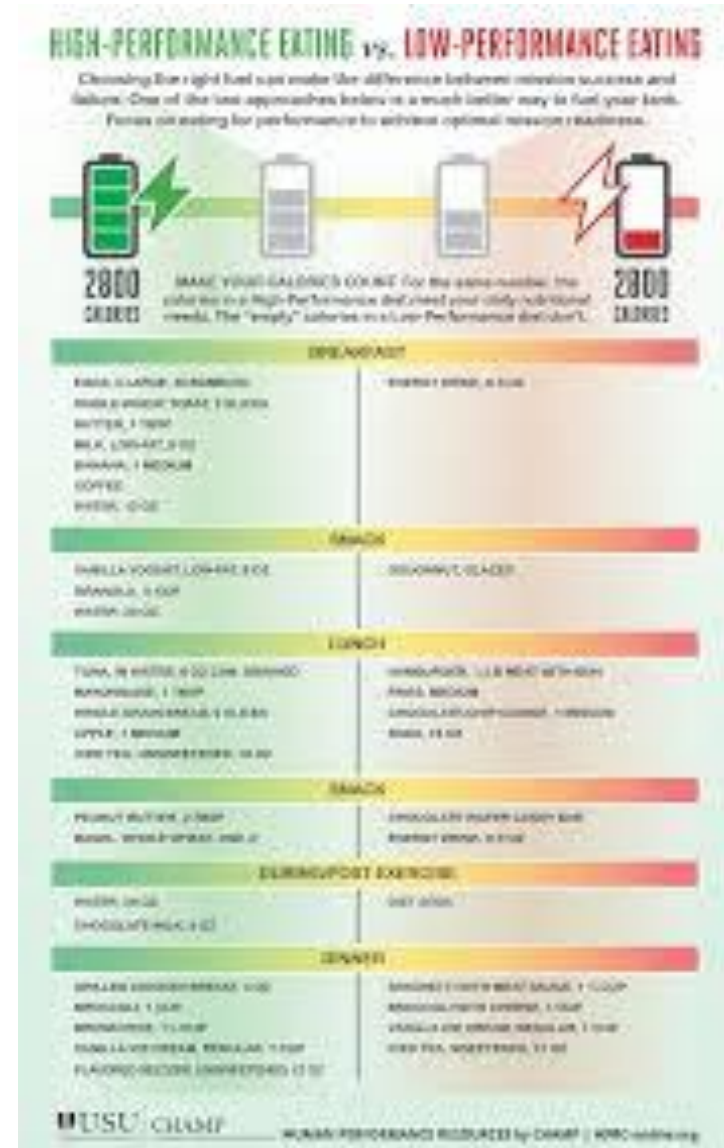

BRAIN SCANS OF STUDENTS TAKING A TEST:

after 20 minutes of
sitting quietly

after 20 minutes of
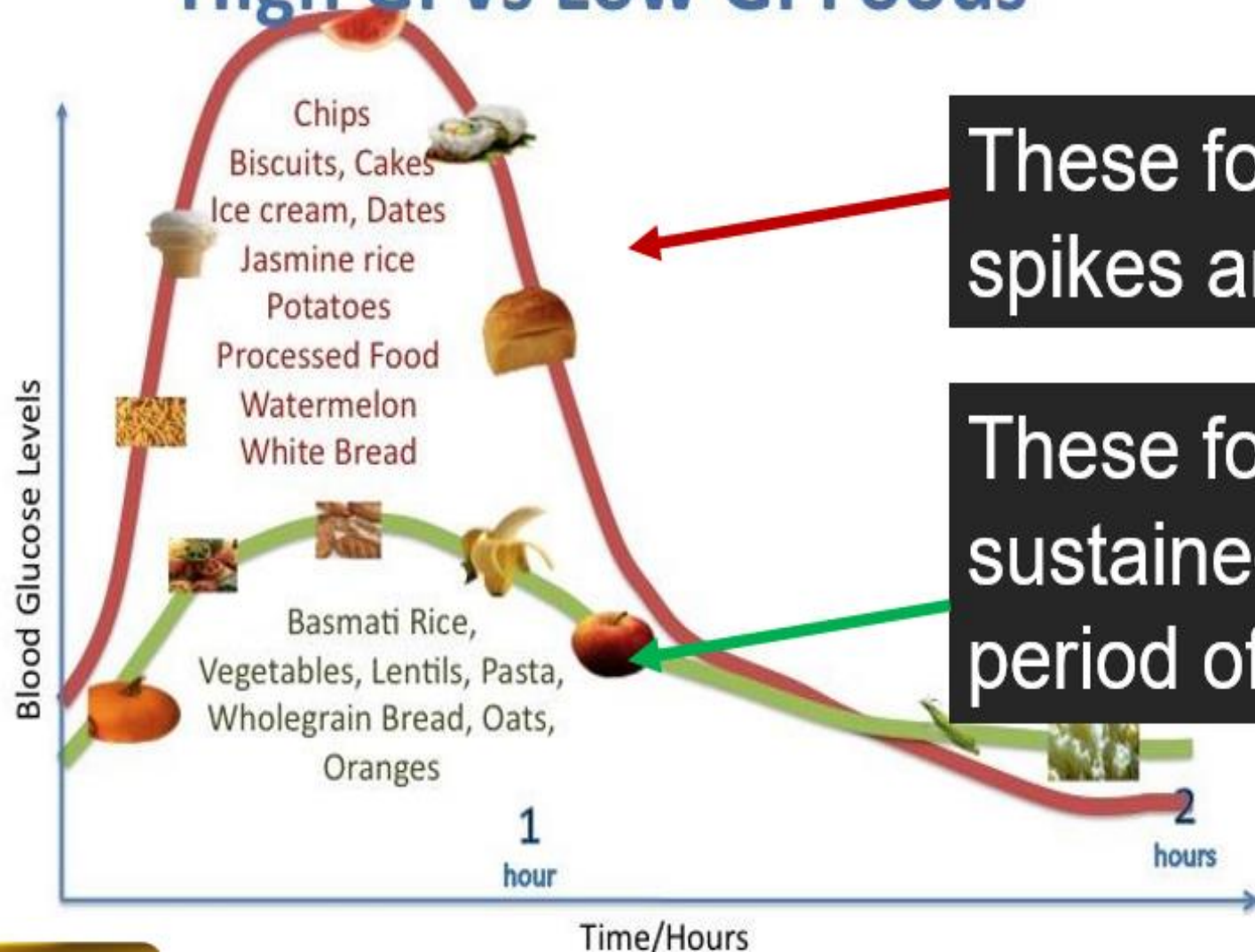walking

Diet and performance

Nutrition & stress

Someone with a healthy balanced diet is less likely to be stressed

How protein affect blood sugar levels

High GI vs Low GI Foods

Chips
Biscuits, Cakes
Ice cream, Dates
Jasmine rice
Potatoes
Processed Food
Watermelon
White Bread

Basmati Rice,
Vegetables, Lentils, Pasta,
Wholegrain Bread, Oats,
Oranges

Blood Glucose Levels

1 hour

2 hours

Time/Hours

These foods will give you energy spikes and then you will crash

These foods will give you sustained energy over a longer period of time

Sleep and performance

Lack of sleep

SLEEP DEPRIVATION   **STRESS**

Nearly 1 in 5 teens (18%) say that when they do not get enough sleep, they are *more stressed.*

36%

More than one-third of teens report fatigue or feeling tired *due to stress*

PiXL Endurance to Perform

You need 8½ to 9 hours sleep per night

What happens if you don't get enough sleep?

- Reduced decision-making skills
- Poorer memory
- Reduced concentration
- Reduced work efficiency
- Shortened attention span
- Increased risk for weight gain, depression, diabetes and cardiovascular disease
- Reduced alertness
- Poorer judgement
- Reduced awareness of the environment and situation
- Slower than normal reaction time

How can you manage it?

Enjoy more

Stress less

Reach your goals

Focus better

Communicate better

Worry less

Make better decisions

YOU ARE NOW ENTERING A STRESS FREE ZONE