

# Dare to be Challenged




Name:

Form:

Work to Complete	Next Steps	Tick when achieved
1. Well written, detailed and well presented reviews and evidence of summer challenge – photos of practice, working with family, outcomes and progress.		
2. Own pit diagram		
3. Pit diagram of focused skill area		
4. Mindset solution Grid		
5. Deliberate practice Grid		
6. Ready to Learn poster		
7. Perseverance Self analysis		
8. Resilience acrostic Poem.		
9. HPL Mind Map.		
10. Deliberate practice flashcards		
11. Metacognition Diagram		
12.Blooms taxonomy homework.		
13. Skill specific work – Photographs that show progress, time plan, written analysis and evaluation of progress, Diary entries, timetable, photographs of outcomes, research on the wider idea i.e. – football – rules of the game etc...		Portfolio 1

# What will need to be in your portfolio?

1. Well written, detailed and well presented reviews and evidence of summer challenge – photos of practice, working with family, outcomes and progress.



This summer I learnt how to swim backstroke. I have been able to swim since I was four but have never learnt backstroke. I decided now was the time.

### My Summer Challenge

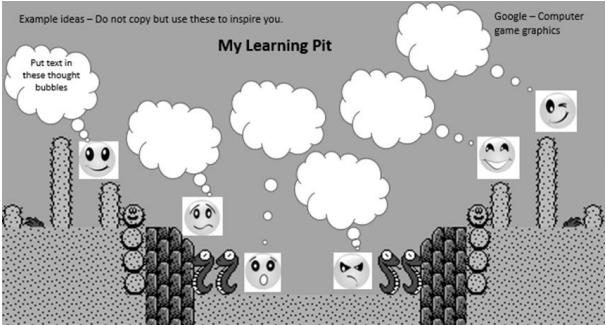
My summer challenge was to be able to swim one length of backstroke without stopping and improve my technique gradually. I had to improve my confidence and trust in order to do this.

My overall goal for this challenge was to be a much more confident swimmer and I think that I achieved that.

I worked together with my dad and my older brother to complete my challenge. They helped by showing me the correct technique. Supporting me to stay in a straight line and know when I was approaching the wall and encouraged me to keep trying.

I practiced my challenge skill and actually managed to swim three lengths as well as swimming in the sea, which was harder as there were waves.

2. Own pit diagram



4. Mindset solution Grid – Complete

Learning Stage	Analysing my learning Mindsets	Growth	Fixed	Personal Targets
Initial Desire	I thought oh no I have to do homework in the summer, that's not fair.	/	/	To not see learning as a bad thing but to see it as a fun thing to be part of
Evaluating the situation	I was thinking it would be good fun to do it with my mum as she is really good at it and can help me to learn.	/		To continue to find the positives in situations and be optimistic about the benefits.
Dealing with setbacks				
Attitude to Challenge				
Attitude to Effort				
Attitude to Criticism				
Success of others				
Predicted result				

5. Deliberate practice Grid - Complete

Principles of Deliberate Practice	Top tips	How well have you been doing on this so far?				Written target review 1 – Why, next steps	Target review 2
Push beyond your comfort zone	If it is too easy you need to add in more challenge, if it is too hard take a step back.	1	2	3	4		
Make specific goals	Use the practice schedule your teacher gave you. This breaks your skill into small manageable skills.						
Focus during practice	You should really challenge yourself when you practice. Do it properly and focus just on your specific targets.						
Practice regularly, for good length of time	Make/ use your practice schedule and stick to it.						
Get immediate expert feedback	Record and analyse your practice as you go. Get your parent/teachers to give you feedback based on your specific targets. Self evaluate your progress at the end of your practice.						
Form a model/ your learning will help it be easy and automatic.	Use the faster sessions to review scheme. In your long term memory make it easy and automatic. The more you practice the easier it will become.						
Use your skill specific practice timetable to help you fill in your current position and written target 1.							

BE READY TO LEARN

SHOW PASSION AND FIND YOUR ENERGY

FOLLOW YOUR DREAMS FIRST TIME

REMEMBER & LEARN

THINK BIG DREAMS WILL GO FOR IT!

GO

TAKE RISKS & MAKE MISTAKES

BE NICE TO YOURSELF

TRY NEW THINGS

SUPPORT YOUR DREAM DREAMS

BELIEVE IN YOURSELF AND EMBRACE CHALLENGES

WORK HARD CELEBRATE YOUR SUCCESS

RAISE YOUR HAND

ENGAGE

Question	What made me rate this above zero?	What could I do to increase the score and make it closer to ten?
1		
2		
3		
4		
5		
6		

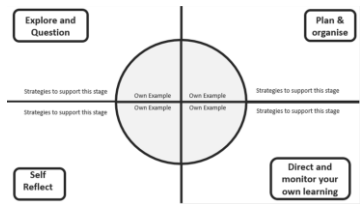
Remember you are good enough  
Everyone is different  
Stop comparing yourself  
Individuality rocks 🦋  
Learn something new daily  
Involve yourself in what you love doing  
Enjoy things that make you happy  
Not everyone can be 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup>  
Care about yourself and others  
Expect that some days won't be great

[illegible]

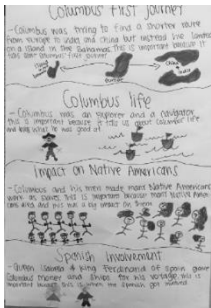
10. Deliberate practice flashcards.



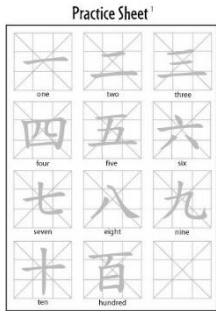
11. Metacognition Diagram



12.Blooms taxonomy homework.



13. Skill specific work – Photographs that show progress, time plan, written analysis and evaluation of progress, Diary entries, timetable, photographs of outcomes, research on the wider idea i.e. – football – rules of the game etc...





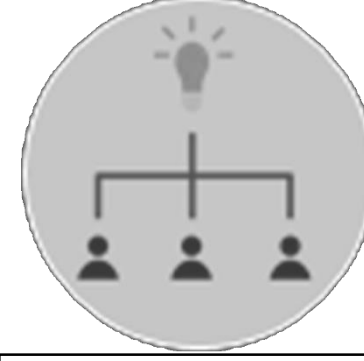
Perseverance



Confident



Resilience



Collaborative



Ready to Learn



Enquiring



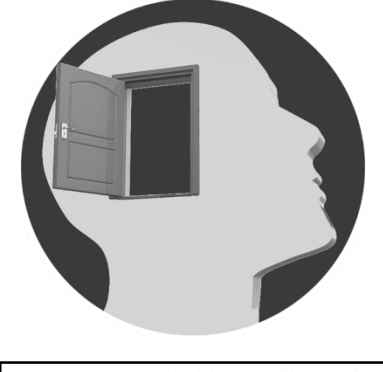
Creative and  
Enterprising



Concern for  
Society



Deliberate  
Practice



Open Minded



Risk-Taking

## Values, Attitudes and Attributes - Your Learning behaviours

**Values** = The moral principles and beliefs or accepted standards of a person or social group.

**Attitudes** = The way that you think and feel about something, especially when this shows in the way you behave.

**Attribute** = Is a quality or feature that someone or something has.



Linking



Creating



Analysing



Meta-thinking



Realising

## Advanced Cognitive Performance Characteristics (ACPs)

Ways of thinking that will help you to learn more effectively

**Advanced** = An advanced student has already learned the basic facts of a subject and is doing more difficult work.

**Cognitive** = The mental process involved in knowing, learning, and understanding things.

**Performance** = How successful or how well someone does something.

**Characteristics** = Are the qualities or features of a person that belong to them and make them recognizable.

# Do It Now

## MINDSET QUIZ

1. Circle the number for each question which best describes you
2. Total and record your score when you have completed each of the 10 questions

		Strongly Agree	Agree	Disagree	Strongly Disagree
1.	Your intelligence is something very basic about you that you can't change very much	0	1	2	3
2.	No matter how much intelligence you have, you can always change it quite a bit	3	2	1	0
3.	Only a few people will be truly good at sports, you have to be born with the ability	0	1	2	3
4.	The harder you work at something, the better you will be	3	2	1	0
5.	I often get angry when I get feedback about my performance	0	1	2	3
6.	I appreciate when people, parents, coaches or teachers give me feedback about my performance	3	2	1	0
7.	Truly smart people do not need to try hard	0	1	2	3
8.	You can always change how intelligent you are	3	2	1	0
9.	You are a certain kind of person and there is not much that can be done to really change that	0	1	2	3
10	An important reason why I do my school work is that I enjoy learning new things	3	2	1	0



Learning Stage	Analysing my learning Mindsets	Growth	Fixed	Personal Targets
Initial Desire				
Evaluating the situation				
Dealing with setbacks				
Attitude to Challenge				
Attitude to Effort				
Attitude to Criticism				
Success of others				
Predicted result				

Principle of Deliberate practise	Top tips	How well have you been doing on this so far?				Written Target review 1 – Why, next steps	Target review 2
Push beyond your comfort Zone	If it is too easy you need to add in more challenge, if it is too hard take a step back.	1	2	3	4		
Make specific goals	Use the practise schedule your teacher gave you. This breaks your skill into small manageable skills.						
Focus during practise.	You should really challenge yourself when you practise. Do it properly and focus just on your specific targets.	I need to focus on more			I am doing very well		
practise regularly, for good length of time	Make/ use your practise schedule and stick to it.						
Get immediate expert feedback	Record and analyse your practise as you go. Get your parents/guardians to give you feedback based on your specific targets. Self evaluate your progress at the end of your practise.						
Form a model/ schema in your long term memory make it easy and automatic.	Use the tutor sessions to review your learning this will help it to stay in your long term memory. The more you practise the easier it will become.						

# Perseverance and Resilience self analysis

As an initial guide , rate yourself on a scale of 1 -10 1 being low and 10 high.

1	I have plenty of support from other people in my life.	
2	I am able to accept myself for who I am.	
3	I am confident in my ability to cope with problems.	
4	I am good at communicating and interacting with others at times of stress.	
5	I am good at facing challenging problems and solving these bit by bit.	
6	I cope well with my emotions in the face of adversity.	
7	I am willing to try again if it all goes wrong.	

Question	What made me rate this above zero?	What could I do to increase the score and make it closer to ten?
1		
2		
3		
4		
5		
6		
7		Portfolio 11

**Explore and  
Question**

**Plan &  
organise**

Strategies to support this stage

Strategies to support this stage

Own Example

Own Example

Own Example

Own Example

Strategies to support this stage

Strategies to support this stage

**Self  
Reflect**

**Direct and  
monitor your  
own learning**