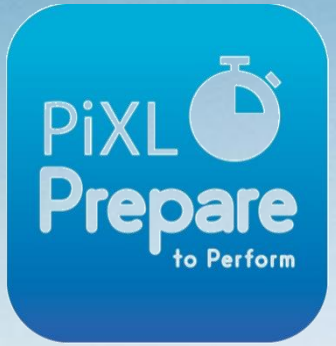


**Top 10 tips to support your child  
through their Key Stage 2 tests**

# What is Prepare to Perform?

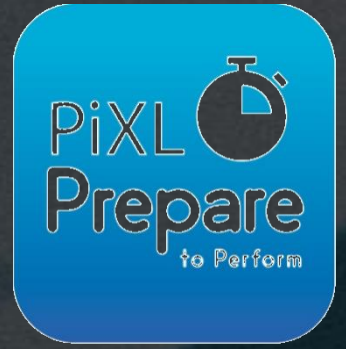


Staying calm, feeling good, being effective

- ✓ A toolkit to help your child control different aspects of their life to help them perform better when it comes to Key Stage 2 tests
- ✓ It will allow them to focus, set themselves a plan and work towards being prepared in the best possible way



# How can you help your child and prepare them to perform?

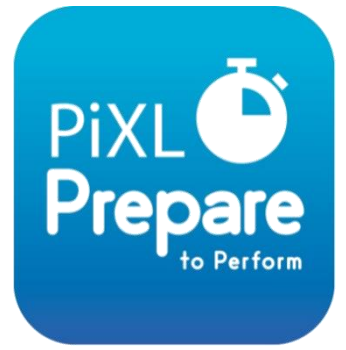


1. Being a role model
2. Help them set goals
3. Keep them active
4. Healthy eating
5. Time out
6. Sleep patterns
7. Unplugging
8. Staying cool & calm
9. Belief
10. Be supportive

Each day you can support your child to make choices which can impact how they perform during their tests



# 1. Being a role model

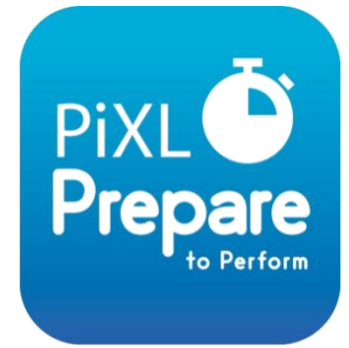


**Set a good example by modelling the behaviour you want your child to adopt...**

- Planning for the week
- Eating healthily and well
- Keeping hydrated
- Leading an active life
- Staying calm
- Being organised
- Good sleep habits



## 2. Goal Setting



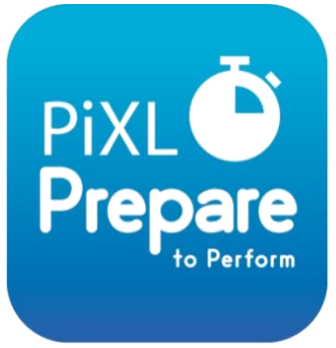
- **Encourage** them to keep a goals planner visible that details when they will read/ do their homework and practise their timestables – e.g. printed and displayed on their bedroom wall
- **Help focus** them and talk to them about their goals regularly
- Give **positive reinforcement**
- **Connect** with them about ‘**why**’ and ‘**what**’ they want to achieve



# 3. Keeping Active

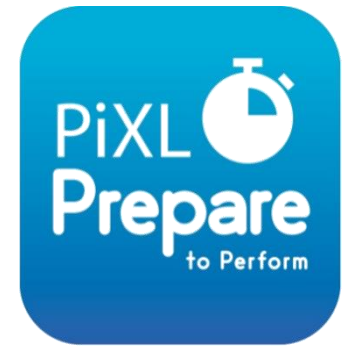
- Encourage them to keep active on a daily basis
- Carry out exercise in manageable chunks e.g. 3 x 20 min sessions throughout the day
- Plan to do active things together on a weekend
- Go out for a walk together and get some fresh air
- Help them plan out their weekly exercise schedule in advance
- After exercise your brain functions well, so encourage a revision session afterwards

60  
minutes  
per day





# 4. Healthy Eating



- Plan your family meals for the week – breakfast, snacks, lunches and evening meals
- Carry out a weekly food shop and make sure you write a list
- Avoid high sugary and fatty foods or drinks
- Aim to eat clean, fresh and healthy foods
- Have a couple or 'treat' meals / or meals out per week
- Encourage them to eat breakfast everyday
- Hydration is key to brain functioning so make sure your child carries a bottle of water with them

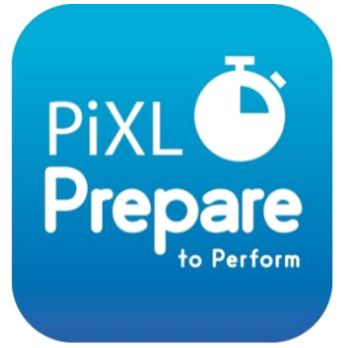


## 4. Healthy Eating

# A BALANCING ACT

# Keep your sugar levels under control.

Eating the right food and drink can energise your system, improve alertness and sustain your child through the tests



## Carbohydrates Macro Cheat Sheet

[illegible]

# MIGHTY MAGNESIUM

Magnesium is involved in over 1000 enzymatic reactions in the body. It's vitally important in providing our cells with energy

**Green vegetables**  
**Nuts**  
**Pulses**  
**Fish**  
**Bananas**

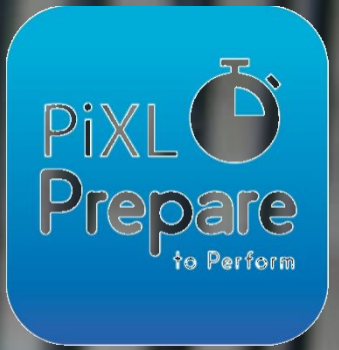
## UP THE B'S & OMEGA 3'S

B vitamins are directly involved in creating energy at a cellular level & will give you an energy boost

**Green vegetables**  
**Asparagus / Spinach**  
**Broccoli**  
**Yoghurt**  
**Chicken / Salmon**  
**Whole Grains / Brown rice**  
**Almonds / Pecans**  
**Eggs**



## 5. Time Out



Encourage them to build in opportunities to take some time out every week, away from study. For example:

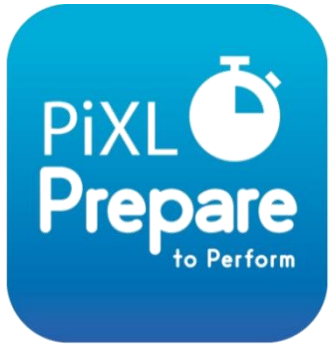
- Seeing friends
- Having a bath
- Listening to music
- Reading a book
- Doing a hobby
- Going shopping with you
- Family bike rides or walks
- Going to the cinema



# TAKING TIME OUT

IS AS IMPORTANT AS PUTTING TIME IN

# 6.Sleep Patterns

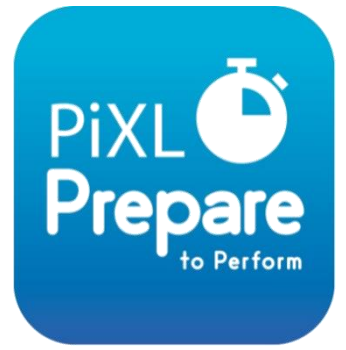


- Primary children need between 9 – 11 hours' sleep per night
- Help your child create a relaxing evening routine, away from an electronic device
- Make sure they don't eat too late at night
- Avoid giving them caffeine or sugary drinks late at night
- Make sure they don't, use their phone work or revise too late before going to bed
- Encourage them to switch off from technology at least an hour before bedtime





# 7. Unplugging

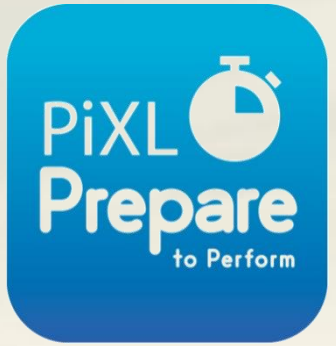


- ✓ Encourage them to unplug from technology everyday
- ✓ Help them switch off from technology at least 30 mins- 1 hr before going to sleep
- ✓ Support your child to appreciate the world around them
- ✓ Make sure they put their devices away while they are concentrating on tasks / revision / homework
- ✓ Help them learn to have the control to not be obsessed with their technology
- ✓ Choose some time each day/week to switch off and unplug from technology with them





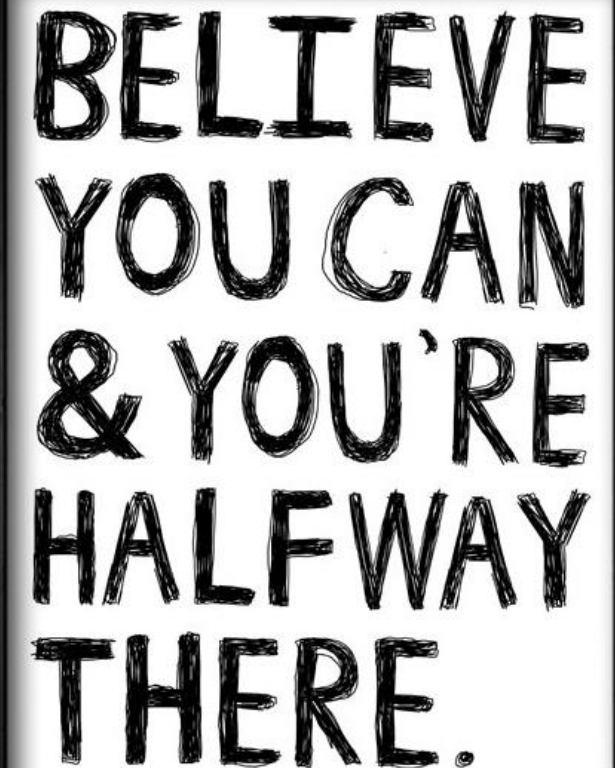
## 8. Staying Cool & Calm



- Set a good example by staying calm yourself
- Create a relaxing environment for your child
- Help them plan out coping strategies to deal with any worries
- Give them positive distractions away from schoolwork
- Help them understand any worries & to focus on controlling the controllables
- Promote a balance of schoolwork & other activities during the week

## 9. Belief

- Give them positive reinforcement
- Boost their confidence daily
- Celebrate any successes and reward them e.g. if they have achieved their mini-goals
- Try not to set your expectations too high
- Show them how proud of them you are
- Highlight things to make them feel good
- Give them the belief in themselves to help them achieve

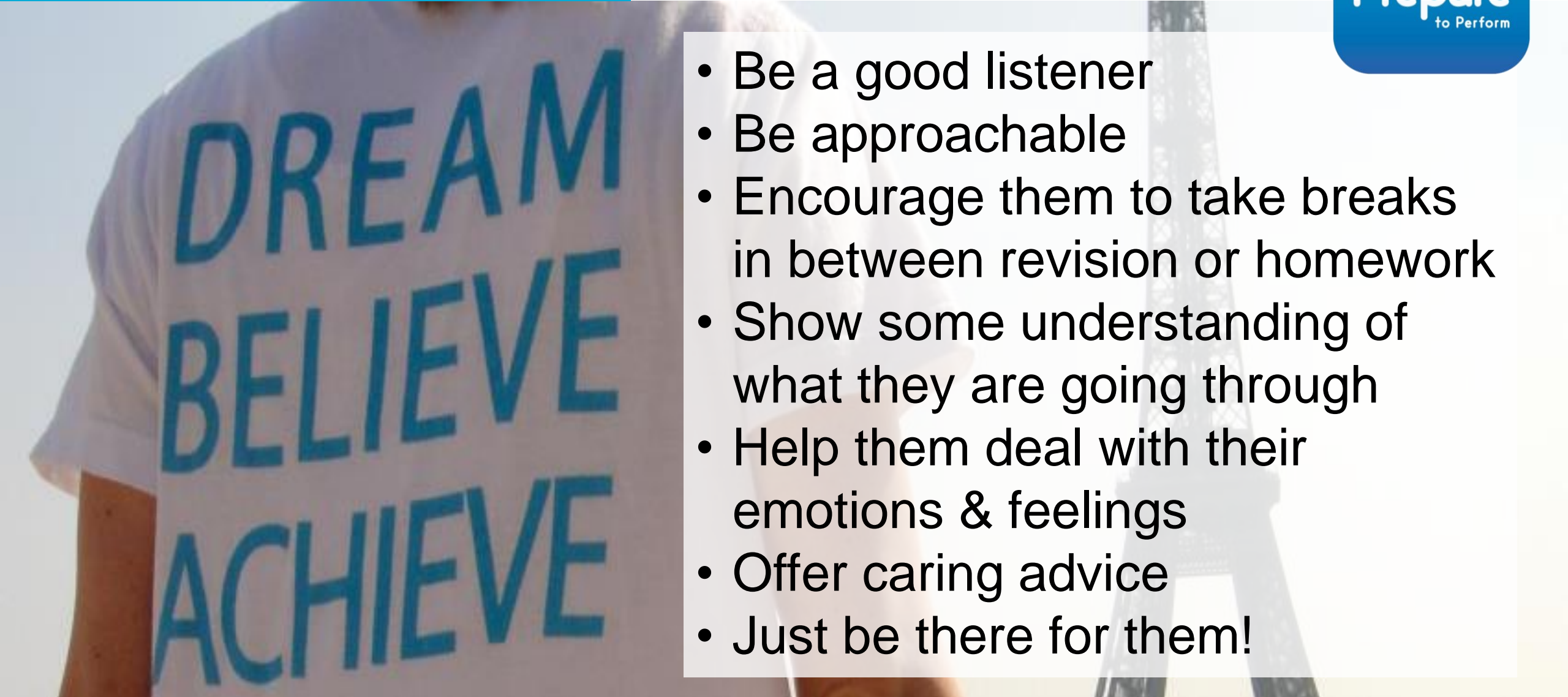


**BELIEVE  
YOU CAN  
& YOU'RE  
HALFWAY  
THERE.**



# 10. Be Supportive



- 
- The background of the slide features a person from the chest up, wearing a white t-shirt with the words 'DREAM', 'BELIEVE', and 'ACHIEVE' printed in large, bold, blue capital letters. The person is holding a white object, possibly a piece of paper or a small sign, in front of their chest. The background is a soft-focus outdoor scene with a tall, thin structure, possibly a tower or a tree, visible in the distance.
- Be a good listener
  - Be approachable
  - Encourage them to take breaks in between revision or homework
  - Show some understanding of what they are going through
  - Help them deal with their emotions & feelings
  - Offer caring advice
  - Just be there for them!