

# WHEN WILL THEY TAKE PLACE?

The Year 6 KS2 SATs will be administered in the week commencing 9<sup>th</sup> May 2022. The **2022 SATs schedule** is as follows:

Monday 9<sup>th</sup> May 2022

English grammar, punctuation and spelling  
Paper 1: questions English grammar,  
punctuation and spelling Paper 2: spelling

Tuesday 10<sup>th</sup> May 2022

English reading

Wednesday 11<sup>th</sup> May 2022

Mathematics Paper 1: arithmetic  
Mathematics Paper 2: reasoning

Thursday 12<sup>th</sup> May 2022

Mathematics Paper 3: reasoning

# MOTIVATION AND GOAL SETTING

## PLANNING FOR SUCCESS WITH GOALS

- Get organized
- Set yourself a goal
- Focus on this goal
- Set revision tasks and small goals but be flexible incase it takes longer than planned
- Include time for relaxation

## MOTIVATION

Motivation is a key part of being able to ready to perform. Knowing what you want to achieve, and why you want to do something, can help keep you motivated to do the hard work required.

# BENEFITS OF SETTING REVISION GOALS

- You can see the bigger picture of what you want to achieve
- Goals produce action
- Goals motivate you
- You become more productive
- You know what you should be doing and when
- You won't worry as much
- You stay calmer
- Better sleep
- Feel more relaxed
- Peace of mind for how you approach the exam period

# PHYSICAL ACTIVITY

REGULAR PHYSICAL ACTIVITY IMPACTS THE BRAIN, IT...

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

OVER THE COURSE OF A DAY YOU SHOULD AIM TO DO 60 MINUTES OF EXERCISE:

10 min walk to school

10 min walk at lunch time

30 min after school sports club/gym/swim

10 min stretching/flexibility

# NUTRITION

- Start the day with a healthy breakfast - fruit, healthy cereal, yoghurt
- Eat at regular intervals throughout the day to keep energy levels up (avoid sugary foods or fizzy drinks)
- Keep hydrated as this keeps your brain working properly.
  
- Some good foods to eat are oily fish (salmon, trout) wholemeal bread or pasta, spinach or eggs.
- Stay away from foods made from white flour - cookies, bread, cakes etc and foods that are high in sugar (chocolate, sweets etc.)

# REST AND RECOVERY

## THE POWER OF REST:

- Regeneration of our bodies
- Required for life
- Helps us survive
- Renew and restore cells
- Keeps us functioning well
- Rebuild and revive ourselves
- Productivity and concentration
- Efficiency at school or work
- For growth and development
- To replenish our muscles, bones, tissues and cells

# SLEEP

## WHAT HAPPENS IF YOU DON'T GET ENOUGH SLEEP?

- Reduced decision-making skills
- Poorer memory
- Reduced concentration
- Reduced work efficiency
- Shortened attention span
- Reduced alertness
- Reduced awareness of the environment and situation
- Slower than normal reaction time

# TIPS FOR GETTING A GOOD NIGHTS SLEEP

1. **CONSISTENCY:** Keep a relatively consistent bedtime and wake time. Staying up late and sleeping in on weekends can disrupt your routine during the week.
2. **WORK:** Complete your revision or work by a certain time.
3. **RELAXATION/ROUTINE:** Develop a pre-bed routine that is relaxing and familiar. Television, work, computer use, movies and deep/stressful discussions late at night can disrupt sleep.
4. **UNPLUG:** Shut off all electronics at least 30 mins before you go to sleep.
5. **STIMULANTS:** Eliminate stimulants like caffeine and sugar, especially later in the day.
6. **EXERCISE:** Incorporate this daily but not too close to bedtime.
7. **FULLNESS:** Eating a dinner that makes you overly full can disturb sleep.
8. **THOUGHTS:** Write them all down before you go to bed so you have a clear mind.

# KEEPING CALM

It is perfectly normal to get worried during tests but if these worries get out of hand they can have an effect on our performance. The key is knowing a strategy to help control your worries.

## HOW TO CALM DOWN IN UNDER A MINUTE

- Breathe in through your nose and on a slow count of three.
- Push your stomach out as you breathe in.
- Breathe out through your mouth on a slow count of six.
- Repeat two more times

# REMEMBER: WELLBEING IS IMPORTANT

- Exercise
- Eat healthily and remember to eat breakfast
- Switch off screens
- Have some relaxation time
- Stick to a routine for going to bed and getting up
- Find a quiet place to work
- Remind them about resilience and encourage them to do their best
  
- The night before the test
  - Get everything ready for school the next day
  - Go to bed early
  - In the morning eat a healthy breakfast and if you can walk to school to energise your child.