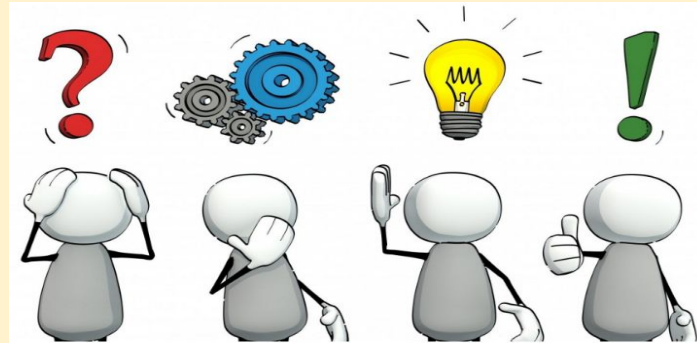


# Year 10 150 Challenge

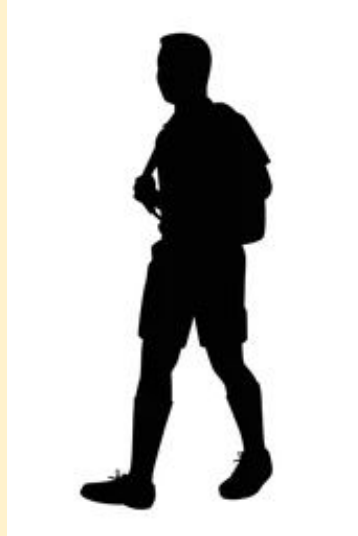


Thursday, 18th April 2024

## Year 8-9, start of y10

- Cheeky
- Popular
- Didn't put much effort into school work, lessons or homework
- Below target grade

## "Tommy"



## Now

- A Levels
- Applying for uni

## End of year 10-year 11

- Motivated
- Hard working
- Asked for, and responded to, feedback
- Got amazing GCSEs - 7-7 in English
- (still popular, still cheeky)

## Future

- Doors are open!

# How does Tommy's story link to the 150 challenge?

- Your chance to make a change
- Your chance to take control of your learning
  - Your chance to open doors to your future

We will help you every step of the way!

- WHAT - what is the 150?
- WHY - why do we do it?
- HOW - how does it work?
- WHEN - when are the key dates?
- WHO - who is involved?
- WHAT - what to expect next?



- A 7-week programme to build up your revision, retrieval & exam skills ahead of the June PPEs and Year 11
- You will receive a booklet of 150 facts from English, maths and science
- You will be tested on these facts in a low stakes exam after half-term
- You will receive 150 skills sessions during Thursday form times each week this half-term to support you commit these facts to memory
- The aim of the 150 is to improve your revision, retrieval & exams skills over the next 7 weeks

- ~~WHAT - what is the 150?~~
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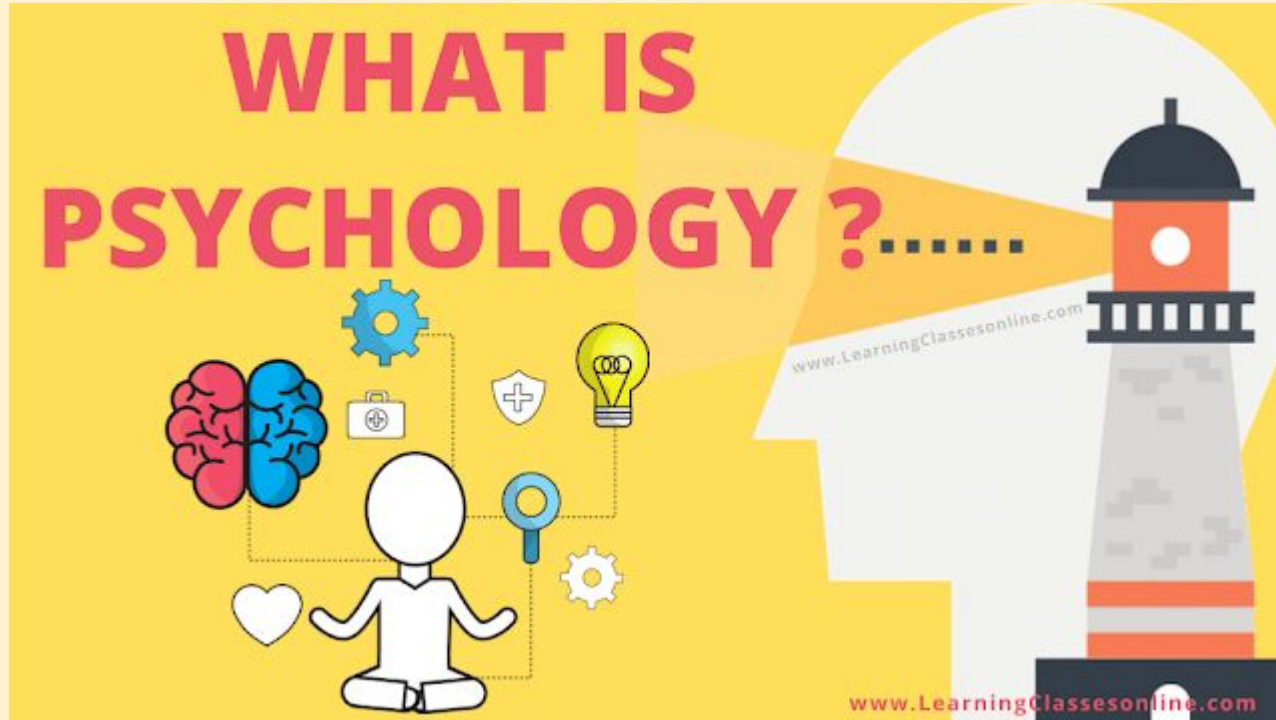


**So, why do we do the 150  
challenge?**

- The 150 is designed to build up your revision, retrieval & exams skills ahead of the June PPEs and Year 11
- The facts in the 150 Challenge will also be tested in your June PPEs.
- These facts form the foundational knowledge required for GCSE English, Maths and Science
- It allows you to ‘experience’ a revision-exam cycle with a low-stakes outcome ahead of your PPEs
- It helps ALL students, regardless of their existing ability to revise
- It teaches grit, determination and commitment - which you will be able to talk about in your personal statements and next steps



The 150 challenge is built on the psychology (cognitive science) of how we learn



Psychology is the study of the **mind**:

- how we **think**
- how we **behave**
- how we **learn**

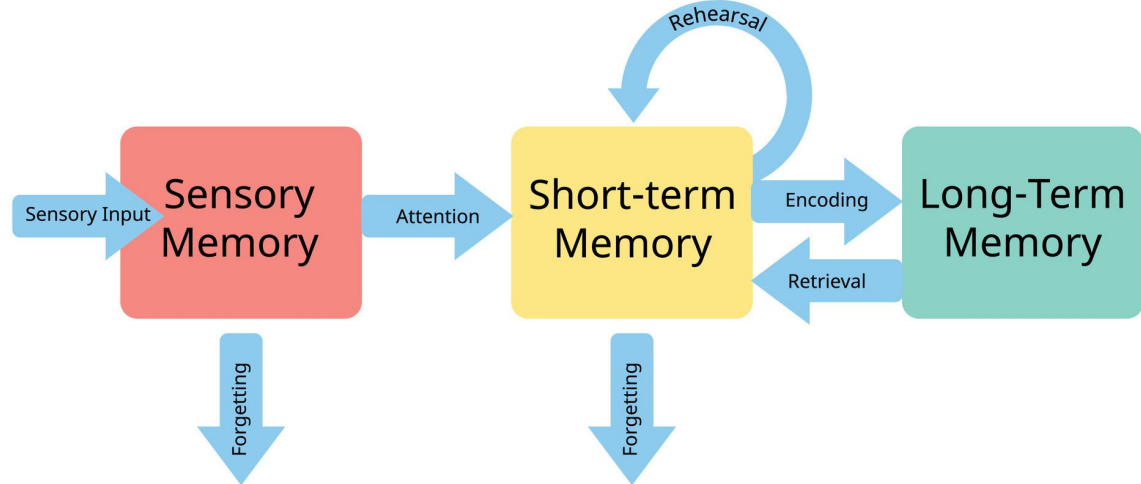
*You can study it at A Level at Northwood Sixth Form!*

## What is the difference between your **short term memory/working memory** and your **long term memory**?

Example:

**Short term memory:**  
what I had for  
breakfast today

**Long term memory:**  
My home address



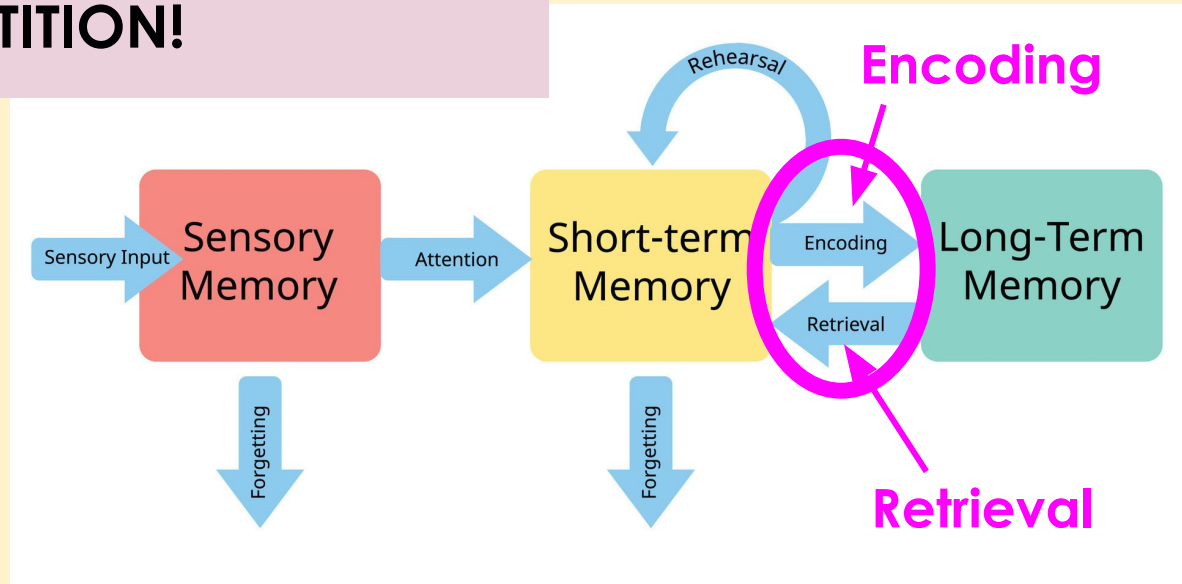
What **causes** something to be stored in your long term memory?

The short answer?  
**REPETITION!**

Example:

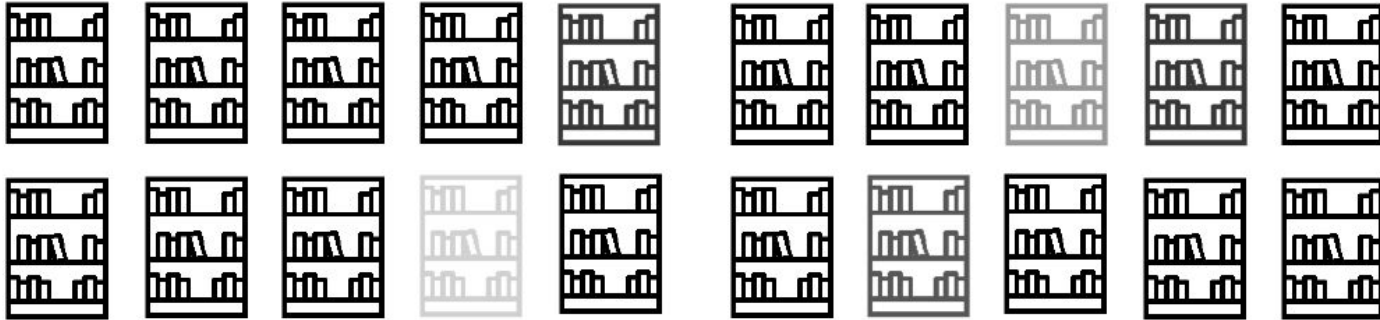
**Short term memory:**  
what I had for breakfast today

**Long term memory:**  
My home address



## Long term memory:

An endless library written with fading ink!



Revising is the process of **revisiting information which you have already been taught to ensure that you have learned it and to ensure that you can use it effectively in exams.**



1. Finding and closing gaps in your knowledge.



2. Strengthening fading knowledge in your long term memory.



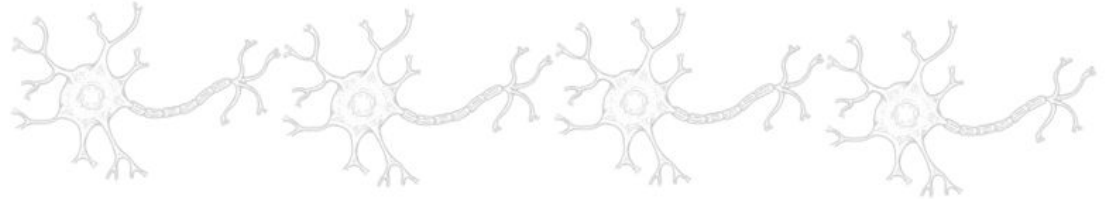
3. Practising recalling knowledge quickly and/or applying it in different scenarios (e.g. exam questions).

# Strengthening the neural pathways in your brain

## Strengthening of neural circuit

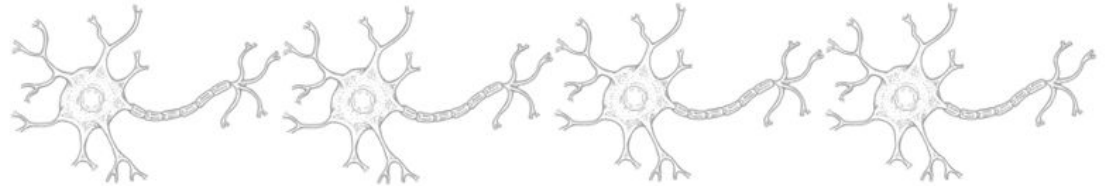
Repetition

First attempt to learn



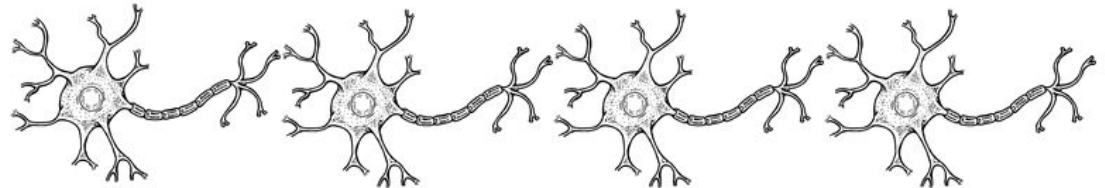
**Repetition!**

First repetition



**Repetition!!!**

Second repetition





Study Smart

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Retrieval Practice

©

The illustration shows a woman's profile with a stylized brain. Two arrows originate from the brain: one points to a black circle containing a red 'X', and the other points to a black circle containing a green checkmark. This visualizes the concept of retrieval practice, where testing oneself leads to better retention of information.

**'The Testing Effect'**

## What did we pull out from the video? Show me your whiteboard

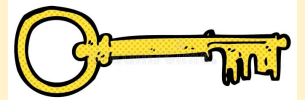
- Retrieval practice is often called **the testing effect**.
- It involved **drawing information OUT of your long term memory**.
- Retrieving knowledge from memory is something you can work on and improve (not a fixed ability!)
- 2009 research showed that **testing is key to retrieval**.
- **Leave spaces** in between when you try to retrieve information.
- Every time you retrieve information, you **make the path to that information stronger** and clearer



# The best way to retain information



Being active in the process of learning is the **KEY!**



**Through engaging with the 150, you will be active in your learning!**

- ~~WHAT - what is the 150?~~
- ~~WHY - why do we do it?~~
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- WHO - who is involved?
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# HOW does it work?

When	What
Thursday 18th April	
Thursday 25th April - Thursday 6th June	
Tuesday 23rd April - Tuesday 11th June	
<b>Wed 12th June (P1)</b>	
After Monday 17th June	

# HOW does it work?

<b>When</b>	<b>What</b>
Thursday 18th April	Today's launch You get your 150 booklet Letters go to parents & carers
Thursday 25th April - Thursday 6th June	Weekly live form time memory & retrieval sessions
Tuesday 23rd April - Tuesday 11th June	Weekly independent silent booklet quizzing in form
Wednesday 12th June (P1)	150 exam
Monday 17th June onwards	Celebrations of achievement Follow up support

# Thursday live form time memory & retrieval sessions

<b>Date (always Thursday Form)</b>	<b>Session</b>
25th April	Self Quizzing
2nd May	Peer Quizzing
9th May	Mind Maps
16th May	Chunking
23rd May	Stories
6th June	Elaboration & Brain Dumps

# Tuesday form time independent retrieval

<b>Date (always Tuesday Form)</b>	<b>Independent Practice</b>
23rd April	Self Quizzing
30th April	Peer Quizzing
7th May	Mind Maps
14th May	Chunking
21st May	Stories
4th June	Elaboration & Brain Dumps

- ~~WHAT - what is the 150?~~
- ~~WHY - why do we do it?~~
- ~~HOW - how does it work?~~
- ~~WHEN - when are the key dates?~~
- WHO - who is involved?
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Office

Year 10 Head of Year

YOU - Year 10 students

Learning Support Assistants

SEND

Exams

## Who's involved?

Year 10 Form Tutors

Your teachers

Us: Ms Singer, Ms Wilkins

Heads of English, Maths & Science

Premises

Your parents & carers



- ~~WHAT - what is the 150?~~
- ~~WHY - why do we do it?~~
- ~~HOW - how does it work?~~
- ~~WHEN - when are the key dates?~~
- ~~WHO - who is involved?~~
- WHAT - what to expect next?



# WHAT - what to expect next

- Next Thursday - live session: our 1st retrieval practice technique: self quizzing
- Tuesday following that - more time to practice independent self-quizzing techniques learned in next Thursday's
- 5 more sessions on Thursdays/Tuesdays during registration
- Your teachers to be talking to you about this a lot - not just your English, maths and science teachers
- An exam on **12th June**
- Lots of support, enthusiasm and MORE KNOWLEDGE :)

# Any questions?

