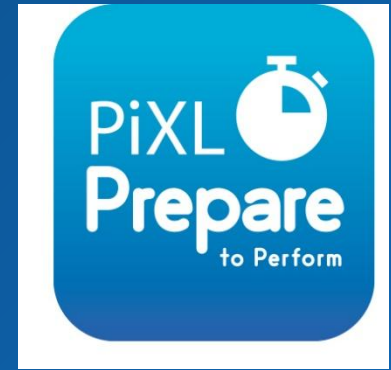


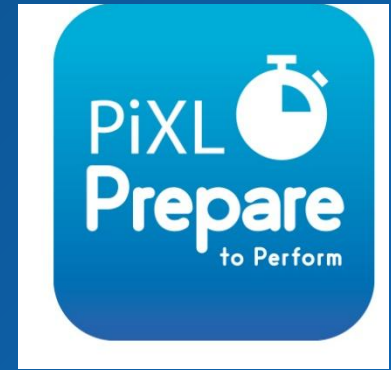
# How can you help your child and prepare them to perform?



Being a role model  
Help them set goals  
Keep them active  
Healthy eating  
Time out  
Sleep patterns  
Unplugging  
Staying cool & calm  
Believe  
Be supportive

Each day you can support your child to make choices which can impact how they perform during the exam period

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



Being a role model  
Help them set goals  
Keep them active  
High quality teaching  
Pastoral support  
Targeted intervention  
High quality feedback  
Range of resources  
Staying cool & calm  
Believe

Each day we can support your child to make choices which can impact how they perform during the exam period



# Independence

**PIXL**

## PIXL Independence: GCSE Physics – Student Booklet KS4

**Topic: Forces**

**Contents:**

- I. Level 1 – Multiple Choice Quiz – 20 credits
- II. Level 2 – 5 questions, 5 sentences, 5 words – 30 credits each
- III. Level 3 – Science in The News – 100 credits
- IV. Level 4 – Scientific Poster – 100 credits
- V. Level 5 – Video summaries – 50 credits each

**PIXL Independence: Diagnosis, Therapy & Testing**

Name of piece for working on: \_\_\_\_\_

Name: \_\_\_\_\_

Class: \_\_\_\_\_

Date: \_\_\_\_\_

<p><b>Diagnosis:</b> 1 thing I didn't understand</p> <p>(Print the questions you did writing of the areas you struggled with)</p>	<p><b>Therapy:</b> Where am I going to learn about this?</p> <p>Which of the templates will I use to transform this information?</p>	<p><b>Test:</b> 3 questions someone can ask me about my new understanding.</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>
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**PIXL Independence: Ranking Triangle**

Name of Piece: \_\_\_\_\_

Name: \_\_\_\_\_

Class: \_\_\_\_\_

The most important information goes at the top and the least important at the bottom. Make sure you justify WHY you think it is the most/least important!

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**PIXL Independence**

Name: \_\_\_\_\_

Form: \_\_\_\_\_


*Remember to get a signature from staff when you have completed a piece of independence work. Complete your card, leave it in ABI and collect another.*



The HEMEL  
HEMPSTEAD  
School

# Independence

<https://students.pixl.org.uk>

See email for login details





## Purpose?

- Demystify
- 5 top tips
- Easy, simple tasks that can help support and encourage
- Give you confidence

