

# Get Set



## Teacher or Parent Guide

# Introduction

*This workshop is the second in a series of 3 workshops, which provide year 6 students with an opportunity to think through the excitements and worries of the transition process, and prepare them with helpful tools for the coming year.*

This video is 20 minutes long, with opportunities to pause the video and complete activities. Each student will need a pencil, some paper and a copy of the Get Set booklet (page 5 & 6).

## Activity 1: Get Set Challenge

***If you are doing the workshop at home*** - The Get Set challenge is designed to be a fun reminder to read the instructions or questions carefully. The on-screen instructions tell children to read the whole screen before they begin, which means they would have read challenge 7, where they learn that the only challenge they need to complete is number 3!

***If you are doing the workshop in school*** - You might prefer to use the test we would usually use in the workshop. You can find this test on page 7. The only instruction you should give children is to read the instructions and complete the test in test conditions.

## The 3 Rs

When the 3 R's appear on the screen, pause the video and allow children to write the three words down.



# Activity 2: Time Management

This can be done individually or in groups if children are in school. Have children work through the list on the video of all the things Jane has to do in the week and write them into the timetable in the booklet.

If children are in school, give some time for them to feedback about where they have placed certain things. Particularly the two events that happen at the same time, as they will have to make a decision on which one they prioritise.

# Activity 3: Resilience poster

After watching the video about Cliff Young, pause the video and give children some time to design a poster about resilience. They can draw a picture, write a poem or an acrostic, write a story of a time they have shown resilience etc. If you are doing the workshop in school, you might want to save this activity for another time or for children to do at home.

We would love to see some of these posters, so please send them to us at **[transition@phase-hitchin.org](mailto:transition@phase-hitchin.org)**.

# Activity 4: Role Models

After watching the videos of people sharing their role models, encourage children to think of someone they see as a role model. Remind them that a role model isn't about wanting to be someone else, but admiring things about another person that inspire them or that they want to develop. If you are completing this workshop in school, you might want to look up some details about some of the people on the screen.

Once they have decided, they can write the name in their booklet with three or four qualities they admire about their role model. They will then be asked to choose one quality that they would like to develop and think about something they can do to help them to do that. It might take them a little bit of time to think or work out what that might be.







We hope that you enjoyed this workshop, and found it workshop useful and accessible.

Please let us know your thoughts by completing our short feedback form:

<http://bit.ly/Get-set-teacher-feedback>

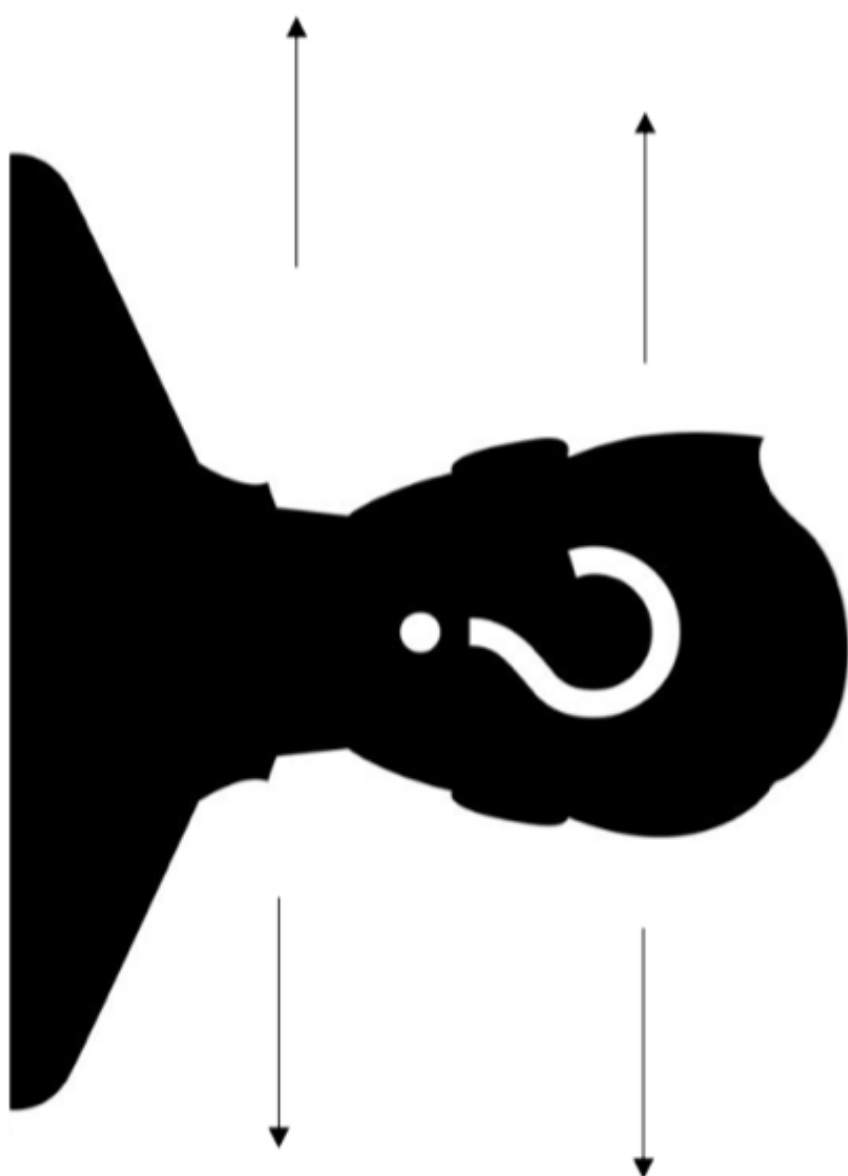
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**Role Model**

**My role model is** \_\_\_\_\_

**I have chosen them because they are ...**



**I want to be more .....**

**I am going to start developing this by**

\_\_\_\_\_ **every day.**

**Name** \_\_\_\_\_



**The Three Rs**

- 1.**
- 2.**
- 3.**

# Time management

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8							
9							
10							
11							
12							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							

NAME \_\_\_\_\_

SCORE \_\_\_\_\_

### FOLLOW DIRECTIONS

**Directions:** You have five minutes to complete this test. Carefully read the entire test before doing anything. In order to ensure the accuracy of this exam, you should not use more than the allotted time of five minutes. Good Luck!

**You may begin now!**

1. Write today's date—month-day-year in the top right-hand corner of your test paper.
2. Write the answer to the following multiplication problem directly underneath the date on your test paper-- $6 \times 5 = ?$
3. Write the name of the month that begins with the letter "D" in the top left-hand corner of your test paper.
4. Add 15 to the answer you got in #2, and write this new total directly underneath your answer for #3.
5. In the lower left-hand corner of your test paper, write the names of your favourite singer and your favourite group.
6. Just above your answer to #5, write "This test is very easy."
7. In the lower right-hand corner of your test paper, draw a rectangle and inside the rectangle draw a five-pointed star. The size of these drawings is not important.
8. Directly above your answer to #7, draw a row of three small circles. Once again, size is not important.
9. Write the name of the first president of the United States on the back of your test paper anywhere you choose. If you don't know who this is, write your own name instead.
10. Write the name of any country that begins with the letter "I" directly underneath your answer to #2.
11. Take the number of dwarfs in the Snow White story and add it to the number of bears in the Goldilocks story. Divide by 2. Write this total in the approximate centre of your test paper.
12. Think of a number between 1 and 50. Double that number. Add 20. Add 6. Subtract 17. Subtract 9. Divide by 2. Write this number on your test paper directly underneath your answer to #11.
13. Now that you have carefully read all of the parts so far, and you have not carried out any of the actual work, skip the next 2 questions and go back and only complete #3.
14. The name of the first president of the United States is George Washington. He was president from 1789 until 1797. Add the two dates together to see if the total is less than 5000.
15. You should not be reading the end of the exam before the beginning of the exam, but now that you are here, you have just wasted some of the time you may need to complete the test.