

**GIVE YOUR CHILD A**  
**RUNNING START**  
**INTO SECONDARY SCHOOL!**



Heading into secondary school can be daunting: *New place, new people, new workload.*



**Up-Grade Running Start** is here to give your child the best possible preparation for the **Maths and English** content for Year 7.



We'll be introducing, and becoming familiar with, the new demands of the **secondary school curriculum** by covering all areas of year 7 study over a 6-week and 10-session period.



Receiving this running start into secondary will help your child stay **comfortable and in control** of their new environment.

# Martial Arts and Exercise to Improve Attention State



**Up-Grade** understand that martial arts and exercise in general can *boost your child's brain cognition!*

Researchers say that there are two ways to *improve attention*; through attention training (AT), and through attention state training (AST).

AST is what we strive for as it is about getting into a specific state of mind that allows a *stronger focus* on academic tasks –this is the **Up-Grade** way!

Martial arts are a main form of AST, and supporting this, recent research has shown a link between practice and improved alertness. Further promoting this idea, an additional study showed that martial arts practice is linked with *better performance* on attention tasks.

This *heightened state* of attention can be achieved through exercise, martial arts or yoga, among other things, and this is why we combine academic work with peppered physical workouts and tasks throughout our two-hour sessions.



# MATHS SESSIONS (13:00 – 13:50)

**WEEK**

**1**

**TUESDAY**  
**31<sup>ST</sup> JULY**  
**ALGEBRAIC**  
**MANIPULATION**  
**ANGLES**

**THURSDAY**  
**2<sup>ND</sup> AUG**  
**RATIO AREA**  
**PERIMETER**

**WEEK**

**2**

**TUESDAY**  
**7<sup>TH</sup> AUG**  
**BIDMAS**  
**CONVERSION**

**THURSDAY**  
**9<sup>TH</sup> AUG**  
**DISTANCE,**  
**TIME AND**  
**GRAPHS**

**WEEK**

**3**

**TUESDAY**  
**14<sup>TH</sup> AUG**  
**FREQUENCY**  
**MEAN**  
**LANGUAGE**

**THURSDAY**  
**16<sup>TH</sup> AUG**  
**PIE CHARTS**  
**PROBABILITY**

**WEEK**

**4**

**TUESDAY**  
**21<sup>ST</sup> AUG**  
**FREQUENCY**  
**MEAN**  
**LANGUAGE**

**THURSDAY**  
**23<sup>RD</sup> AUG**  
**PROBLEM**  
**SOLVING**  
**ESTIMATING**

**WEEK**

**5**

**TUESDAY**  
**28<sup>TH</sup> AUG**  
**AVERAGES**  
**EQUATIONS**  
**FRACTIONS**

**THURSDAY**  
**30<sup>RD</sup> AUG**  
**TRANSFORMATION**  
**NUMBER**  
**VOLUME**

# BREAK TIME – GAME TIME!

The 20-minute game break will be a time to refresh and recoup.

Up-Grade Training believe that moving and being active is a key component to top performance and high-level learning!



This will be a chance to stretch legs and blow off steam using some of the child-friendly gym equipment available at the venue. Any of these respite activities will be supervised by one of the qualified supervisors present.



**Drinks will be provided.** Please bring snacks from home where required!



# ENGLISH SESSIONS (14:10 – 15:00)

**WEEK 1**

**TUESDAY**  
**31<sup>ST</sup> JULY**  
**READING**  
**SKILLS**

**THURSDAY**  
**2<sup>ND</sup> AUG**  
**READING**  
**SKILLS**

**WEEK 2**

**TUESDAY**  
**7<sup>TH</sup> AUG**  
**WRITING**  
**SKILLS**

**THURSDAY**  
**9<sup>TH</sup> AUG**  
**WRITING**  
**SKILLS**

**WEEK 3**

**TUESDAY**  
**14<sup>TH</sup> AUG**  
**LANGUAGE**

**THURSDAY**  
**16<sup>TH</sup> AUG**  
**LANGUAGE**

**WEEK 4**

**TUESDAY**  
**21<sup>ST</sup> AUG**  
**SPEAKING AND**  
**LISTENING**  
**SKILLS**

**THURSDAY**  
**23<sup>RD</sup> AUG**  
**SPEAKING AND**  
**LISTENING**  
**SKILLS**

**WEEK 5**

**TUESDAY**  
**28<sup>TH</sup> AUG**  
**CREATIVITY**

**THURSDAY**  
**30<sup>RD</sup> AUG**  
**CREATIVITY**

# Your teachers:

## Daniel Barfoot

BA Hons in Education

CPCAB Accredited Counsellor

ASMAA Sports Coach - Level 3

1st degree black-belt kickboxer

Southern area ICO kickboxing champion

English Revolution kickboxing champion

Life coach and yoga instructor

First-Aid trained and certified



## Sarah Barfoot

Undergraduate degree in Education

ASMAA Sports Coach - Level 3

1st degree black-belt kickboxer

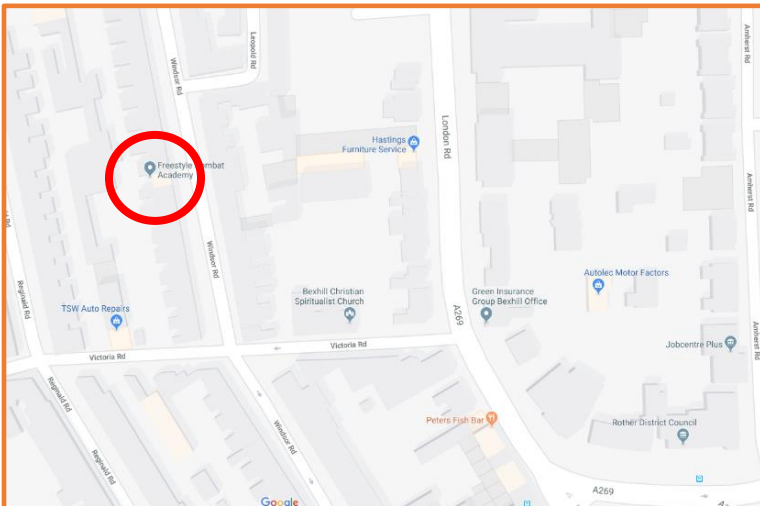
First-Aid trained and certified

# WHERE TO FIND US...

*Up-Grade Training at Freestyle Combat Academy*

*Units 8 & 9 - Phoenix Works - Windsor Road - Bexhill On Sea - TN39 3PE*

We are located close to Bexhill Town Centre, two minutes from the town-hall and four minutes from the local ALDI. A map can be found below:



# *And finally...!*

***Stay-and-play (15:00 -15:25)***



*As an **added bonus** and wind-down, feel free to hang around after and use some more of the gym's equipment!*



*Qualified supervisors will be on hand for some stay-and-play and free training!*