

ACTUALISE LEARNING

Nurture. Educate. Advance

Frontier

- **Exercise and memory** (regular exercise changes the brain in ways to improve memory and thinking)
- Learning cycles, to be made from one subject into another
- Circa 15 – 20 activity themes, per learning cycle
- 3 stages of learning cycles (one level builds on the next)
- ‘Game master’ – parent in charge of asking questions to participants
- Time restraints – 2 minutes allowed, per activity to complete (egg timer)
- £5.99 – £7.99: price point

21st Century Skills

People skills

- Positive psychology

Future career skills

- Attitudes and Persuasion
- Life Skills
- Our own characters and feelings

Innovation skills

- Regulating our emotions
- Sensitivity and Alertness

Decision making skills

- Understanding communications
- Our relationship between friends
- Logic / Reasoning skills
- Positive mental state

Problem solving skills

- Communication skills
- Logic

- Perception and action

21st Century Knowledge

Maths and beyond

- Sets of numbers with equal sums
- Opportunity cost
 - Adding and subtracting - Part 1
 - Adding and subtracting - Part 2
 - Multiplying and dividing - Part 1
 - Multiplying and dividing - Part 2