

Marginal Gain Programme

A group of Year 10 boys has now completed the Marginal Gains Programme for this academic year. The final session was on Friday 29th November 2019. This consisted of the pupils reviewing their 5 steps to make marginal gains in various in skill they will need in the future to become employable. The skills they developed in this session was building up determination and resilience. They had to build a tower out of 20 identical block and not have it fall over. A few pupils got to 20 and were really proud of this achievement as it is a very frustrating task however none of the pupils gave up in the time limit they had. They also worked on communication and listening skills. These are both very important in future life and following any career path they aspire to.

The pupils overall have enjoyed these 3 sessions and any feedback is welcome to denfordr@mayfield.portsmouth.sch.uk.

Pupil Quotes, Question: What have you learnt from this programme?

“This has made me realise that small changes can amount to a big change”.

“I have learnt to stay focused during lessons”.

“How not to get annoyed and give up”.

