



## Working out how to work

### Learning Objectives

1. Introduce students to the concept of marginal gains and its application in various areas of life. Discuss the importance of continuous improvement and focusing on small, incremental progress.
2. Inspire students to cultivate a mindset of determination, adaptability, and risk-taking in their pursuit of success.
3. Learn about how habits enable progress and change
4. Introduce students to the concept of changing systems and habits for success.
5. Help students identify habits and behaviours that hinder their progress.
6. Discuss the importance of a long-term perspective and creating sustainable habits.
7. Inspire students to be open, adaptable, and willing to experiment as they change their systems.
8. Introduce students to the concept of enjoying working hard and finding fulfilment in their work.
9. Help students identify work that aligns with their passions and interests.
10. Discuss the importance of focusing on the process and celebrating progress.
11. Inspire students to develop a positive mindset towards hard work and find joy in their journey. Introduce students to the importance of acquiring knowledge for personal and professional growth.
12. Encourage students to make a commitment to lifelong learning.
13. Promote seeking out diverse sources of knowledge to broaden perspectives. Emphasise the value of applying acquired knowledge in practical settings.



Lesson Series

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🕒 45 - 60 minutes

## Working out how to work

### Materials Needed

✔ SharkSkillz WebApp

✔ Access to computer/tablet

✔ Whiteboard

✔ Inspirational quotes related to determination and success (optional)

✔ Paper for Posters

✔ Notepad or exercise book to take notes



## Marginal Gains

### Introduction

🕒 10 minutes

1. Greet the students and introduce the topic of Marginal Gains and its significance in making progress. Enter Stage 1 of the SharkSkillz Real World Skillz ocean. Play the three lessons of audio to the class.
2. Start a discussion by asking students if they have ever thought about making improvements to help them make progress and take a few responses.

### Definition and Application of Marginal Gains

🕒 15 minutes

1. Provide a clear definition of marginal gains as the idea that small improvements in various areas can lead to significant overall improvement.
2. Showcase examples of how marginal gains have been applied successfully, both historically and in contemporary context. Use visuals, stories, or case studies to help students understand how small improvements can accumulate over time to create substantial results.
3. Facilitate a short brainstorming session where students can identify areas where small improvements could lead to significant overall progress.

### Finding out about the history of Currency

🕒 15 minutes

1. Discuss the importance of having a determined mindset to effectively apply the concept of marginal gains.
2. Introduce quotes or stories of individuals who demonstrated determination and resilience in their pursuit of success.
3. Engage students in a reflective activity where they share personal experiences or examples of individuals, either in their lives or from the media, who exemplify the determination and adaptability required for achieving marginal gains.



## Marginal Gains

### Risk-Taking and Adaptability

⌚ 10 minutes

1. Highlight the role of risk-taking and adaptability in the pursuit of marginal gains.
2. Discuss the potential risks and benefits associated with trying new approaches, methods, or strategies.
3. Encourage students to consider how being open to new ideas and taking calculated risks can provide the opportunity for significant growth and improvement.
4. Facilitate a mini-discussion or group activity where students weigh different scenarios and evaluate the potential risks and benefits of implementing new strategies or ideas for achieving marginal gains.

### Conclusion

⌚ 5 minutes

1. Summarise the main points covered in the lesson, emphasising the definition and application of marginal gains, the importance of continuous improvement, and the mindset of determination and adaptability.
2. Encourage students to reflect on their takeaway from the lesson and identify specific areas of improvement or potential applications of the concept of marginal gains in their own lives.
3. End the lesson on an inspirational note by sharing a final quote or story that exemplifies the power of determination and consistent improvement.



## Changing Your Systems for Success

### Learning Objectives

1. Introduce students to the concept of changing systems and habits for success.
2. Help students identify habits and behaviours that hinder their progress.
3. Discuss the importance of a long-term perspective and creating sustainable habits.
4. Inspire students to be open, adaptable, and willing to experiment as they change their systems.

### Introduction

🕒 10 minutes

1. Greet the students and introduce the topic of changing systems and its significance in making progress. Enter Stage 3 of the SharkSkillz Real World Skillz ocean. Play the three lessons audio to the class.
2. Start a discussion by asking students if they have ever thought about changing systems and take a few responses.

### Identification of Hindering Habits

🕒 15 minutes

1. Discuss the concept of hindering habits or behaviours and their impact on one's progress and success.
2. Encourage students to identify habits they recognise in themselves that may be hindering their personal or academic development.
3. Facilitate a short reflective activity where students can individually identify and list down their hindering habits or behaviours.



## Changing Your Systems for Success

### Setting Sustainable Habits

🕒 20 minutes

1. Highlight the importance of taking a long-term perspective when changing systems.
2. Explain the difference between short-term changes and sustainable habits that support longterm success.
3. Guide students through the process of identifying achievable and realistic habits that can be built upon gradually.
4. Encourage students to brainstorm alternative habits or behaviours that can replace their hindering habits.

### Conclusion

🕒 15 minutes

1. Explain the concept of experimentation and adaptation when changing systems.
2. Emphasise that not every habit or approach will work for everyone, and it's essential to be open to trying new things and adjusting as necessary.



## Enjoying Working Hard

### Learning Objectives

1. Introduce students to the concept of enjoying working hard and finding fulfilment in their work.
2. Help students identify work that aligns with their passions and interests.
3. Discuss the importance of focusing on the process and celebrating progress.
4. Inspire students to develop a positive mindset towards hard work and find joy in their journey.

### Introduction

🕒 10 minutes

1. Greet the students and introduce the topic of working hard and its significance in making progress. Enter Stage 5 of the SharkSkillz Real World Skillz ocean. Play the three lessons audio to the class.
2. Start a discussion by asking students if they have ever thought about working hard and take a few responses.

### Identifying Passions and Interests

🕒 15 minutes

1. Discuss the concept of work that aligns with one's passions and interests.
2. Encourage students to identify their personal interests and passions, and brainstorm possible career paths or areas of study that align with those interests.
3. Facilitate a small group discussions where students share their interests and explore potential career options that excite them.



## The Power of Acquiring Knowledge

### Learning Objectives

1. Introduce students to the importance of acquiring knowledge for personal and professional growth.
2. Encourage students to make a commitment to lifelong learning.
3. Promote seeking out diverse sources of knowledge to broaden perspectives.
4. Emphasise the value of applying acquired knowledge in practical settings.

### Introduction

🕒 10 minutes

1. Greet the students and introduce the topic of acquiring knowledge and its significance in the economy. Enter Stage 13 & 14 of the SharkSkillz Crypto Skillz ocean. Play the three lessons audio to the class.
2. Start a discussion by asking students if they have ever thought about knowledge acquisition and take a few responses.

### Making a Commitment to Lifelong Learning

🕒 15 minutes

1. Discuss the concept of a commitment to learning and its significance for personal and professional growth.
2. Guide students to reflect on their current learning habits and identify areas where they can make a stronger commitment to acquiring knowledge.





## Enjoying Working Hard

### Focus on the Process

🕒 20 minutes

1. Highlight the importance of focusing on the process, rather than just the outcome.
2. Guide a conversation on how the process of working hard can be enjoyable and fulfilling. Share personal examples or stories from successful individuals who have found joy in their journey towards achieving their goals.
3. Engage students in a reflection activity where they write down the aspects of their work that they find enjoyable and fulfilling.
4. Discuss the significance of celebrating progress and successes along the way.
5. Encourage students to set both short-term and long-term goals for their work.
6. Guide students to develop strategies for recognising and celebrating their progress, such as creating a progress journal or rewards system.
7. Facilitate a sharing session where students can discuss their progress and successes with their peers, providing recognition and positive feedback.

### Conclusion

🕒 10 minutes

1. Discuss the importance of developing a positive mindset towards hard work.
2. Introduce the concept of positive affirmations and how they can help foster a positive outlook on the work we do.
3. Guide students to create personal, positive affirmations related to enjoying working hard and finding fulfilment in their work.
4. Engage in a short discussion on the power of positive affirmations and ways they can be incorporated into daily routines.



## The Power of Acquiring Knowledge

### Seeking Diverse sources of Knowledge

🕒 20 minutes

1. Highlight the importance of seeking out diverse sources of knowledge to broaden perspectives. Present students with various examples of different sources of knowledge, including books, articles, online courses, podcasts, and seminars.
2. Facilitate a group activity where students brainstorm sources of knowledge they can explore in their areas of interest or expertise.
3. Encourage students to consider expanding their learning beyond their current field and explore other disciplines as well.
4. Facilitate a sharing session where students can discuss their ideas and examples of how they have or plan to apply their acquired knowledge.

### Conclusion

🕒 15 minutes

1. Ask students to reflect on the three main lessons discussed in the lesson: making a commitment to lifelong learning, seeking diverse sources of knowledge, and applying acquired knowledge.
2. Provide time for students to write down their thoughts on how they can apply these lessons to their personal and professional lives.
3. Encourage students to set a specific learning goal or action plan based on the lessons learned in the lesson.



Lesson 05

🕒 60 minutes

5+ Plan

## Conclusion

1. We recognise that by this stage teachers will have adapted lessons to suit their class. Please do finish the Real World Skillz ocean and finish your research/projects with your class. You might even encourage your pupils to explore these ideas outside of the classroom. Some pupils may even become the next Dale Brailsford in their personal time! Try to encourage your students to become interested in these concepts. We hope you enjoyed using SharkSkillz WebApp! Please check out our other lessons series lesson plans for every other ocean.
2. Please use the quest section of our WebApp throughout but especially at the end of this lesson series to test if you remember your SharkSkillz.

## Note

1. Modify the activities and discussion points based on the age group and educational level of the students. Consider incorporating interactive exercises, group discussions, or real-life examples to increase engagement and practical application. Encourage students to participate actively, ask questions, and share their personal experiences throughout the lesson, fostering a supportive and positive learning environment.

## Possible Homework

1. Ask the students to try to implement some of the skillz that they learnt in these lessons to their personal lives. They could even try to record how making these changes will help improve their lives.