



SCHOLARLY TRAINING

NSW Opportunity Class 2026

OFFICIAL PROGRAM LAUNCH

Year 4 OC Final Sprint 2026

Their First Real Exam. Make Sure It Builds Confidence.

45 

TECHNIQUES

Age-appropriate tools

8 

TRIAL TESTS

Full exam simulations

3 

PHASES

Learn • Condition • Settle



OFFICIAL TEST DATE
May 8, 2026

Built from 2021-2025 OC Data Analysis

scholarlytraining.com



What is the Final Sprint?

A 3-phase, age-appropriate program designed to peak your child on test day.

THE CORE JOURNEY

- ✓ **19-Day Intensive:** From foundation mastery to peak exam performance.
- ✓ **3 Distinct Phases:** Learn (Teal), Condition (Orange), Settle (Gold).
- ✓ **45 Named Techniques:** Specific strategies drilled until automatic.
- ✓ **OC-Specific Coverage:** 100% MCQ, 100 mins, Computer-based.
- ✓ **8 Full Trial Tests:** Interspersed to mirror unpredictability.

 Apr 6 – May 7

 Test: May 8

Why It Works



Targeted Weaknesses

We don't just "practice". We use 2021-2025 data to drill the exact question types that appear most often.



Built for 9-Year-Olds

Shorter sessions, gamified techniques, and specific "nervous system training" for their first big exam.



The "Extra Week" Advantage

Since OC is a week after Selective, we use May 4-7 purely for confidence settling. No burnout.

 Goal: Arrive excited, not terrified.



Three Phases. Peak on May 8.

A structured journey from mastery to confidence.



1

INTENSIVE LEARNING

APR 6 – 17 • 10 DAYS

Daily Schedule

Reading: 12pm – 1pm
Maths & TS: 4pm – 5pm

- **45 Named Techniques:** Mastering the toolkit.
- **OC-Specific Formats:** Cloze & matching drills.
- **Nervous System Training:** Gentle exposure.
- **Full Mock Exam:** Day 9 + Report.



2

EXAM CONDITIONING

APR 21 – MAY 3 • 1.5 WEEKS

Weekly Schedule

Tue: Reading 5-6pm
Thu: Maths/TS 5-6pm

- **Pattern Drills:** Past-paper analysis.
- **Peak Difficulty:** Harder than the real test.
- **Speed Training:** Decision making under time.
- **Trial Test:** May 3 (Dress Rehearsal).



3

FINAL SETTLING

MAY 4 – 7 • EXTRA WEEK

Confidence Sessions

Light review & mindset check-ins.
Focus on sleep & routine.

- **85% Difficulty Only:** Building confidence.
- **No New Content:** Trust what you know.
- **Clean Execution:** Focus on accuracy.
- **"You Are Ready":** Psychological peak.



The "Extra Week" Advantage

Because the OC test is one week after Selective, your child gets a dedicated "settling week" to reduce anxiety before their first high-stakes exam.



Phase 1 Curriculum | Days 1-5

INTENSIVE LEARNING • APRIL 6 - 10

Reading Maths Thinking Skills

Day 1

MON APR 6

READING

Literary Prose

Focus on main idea extraction and inference ladders.

MATHS

Fractions Cluster

Unit fractions, equivalence, and visual models.

Day 2

TUE APR 7

READING

Factual Cloze

Using context clues and grammar cues for gap fill.

THINKING

Critical Reas. I

Identifying assumptions and drawing conclusions.

Day 3

WED APR 8

READING

Varied Short Texts

Compare/contrast strategies for multi-text formats.

MATHS

Patterns

Number sequences and shape pattern recognition.

Day 4

THU APR 9

READING

4-Text Matching

Evidence alignment across multiple sources.

THINKING

Logical Reas. I

Conditional statements and logical implications.

Day 5

FRI APR 10

READING

Sentence Cloze

Syntax awareness and advanced vocabulary integration.

MATHS

Geom & Measure

Angle properties, perimeter, and area basics.



Phase 1 Curriculum | Days 6–10

INTENSIVE LEARNING • APRIL 13 – 17

■ Reading
 ■ Maths
 ■ Thinking Skills

Day 6

MON APR 13

READING

Poetry Deep-Dive
Analyzing tone, mood, and advanced figurative language.

MATHS

Adv. Fractions
Mixed numbers, improper conversions & comparisons.

Day 7

TUE APR 14

READING

Word Knowledge
Morphemes, roots, and decoding unfamiliar words.

THINKING

Critical Reas. II
Strengthening and weakening arguments effectively.

Day 8

WED APR 15

READING

Mixed Speed Prac.
Building cadence, fluidity, and accuracy under pressure.

THINKING

Spatial Reas. II
Cube nets, 3D rotations, and complex view analysis.

Day 9

THU APR 16

FULL TEST

Full Mock Exam
Computer-based Reading, Maths & Thinking Skills.

REVIEW

Instant Debrief
Same-day error analysis and score breakdown.

Day 10

FRI APR 17

PLANNING

Sprint Plan
Personalised targeting of identified weak spots.

REVIEW

Tech Clean-up
Confidence reps to solidify technique execution.



The Settling Curve

Peak difficulty in late April, then tapering down to build confidence before the exam.

Phase 2: Conditioning ● Phase 3: Settling ● Test Day ●



CONDITIONING PHASE

Push past test difficulty to make the real thing feel easier.



SETTLING PHASE

Drop intensity to 85%. Focus on confidence & execution.



45 Named Techniques. Here are 12 of them.

Each technique is age-appropriate, tied to a specific OC sub-topic, and drilled gently until automatic.

Reading

Maths

Thinking

READING

#01



2-Minute Poetry

Quick scan for tone, mood, and structure before deep reading.

READING

#02



Skim-Scan-Deep

3-step process to locate answers in long factual texts.

READING

#03



Topic Sentence Spotlight

Identify main ideas instantly by checking first/last sentences.

READING

#04



Evidence Anchor

Physically underlining the text that proves an answer choice.

READING

#05



Sentence Cloze Ladder

Using grammar cues (verb tense, plurality) to eliminate options.

READING

#06



4-Text Match Path

Systematic cross-checking of keywords across multiple texts.

MATHS

#07



60-Second Rule

If no path seen in 60s, flag and move on. Return later.

MATHS

#08



Bar Model Builder

Visualising word problems to solve complex ratio/fraction questions.

MATHS

#09



Estimation Brackets

Quickly eliminating impossible answers before calculating.

MATHS

#10



Pattern Hop

Identifying alternating sequences or multi-step jumps.

THINKING

#11



Grid Elimination

Using logic grids to systematically rule out false scenarios.

THINKING

#12



Reset Breath

Physical technique to clear panic and refocus during exams.



Built from Data. What 5 Years of OC Tests Tell Us.

We analyze every past paper to ensure your child practices exactly what appears on the exam.



READING: THE BIG 4

Consistent format appearance frequency (Last 5 Years)

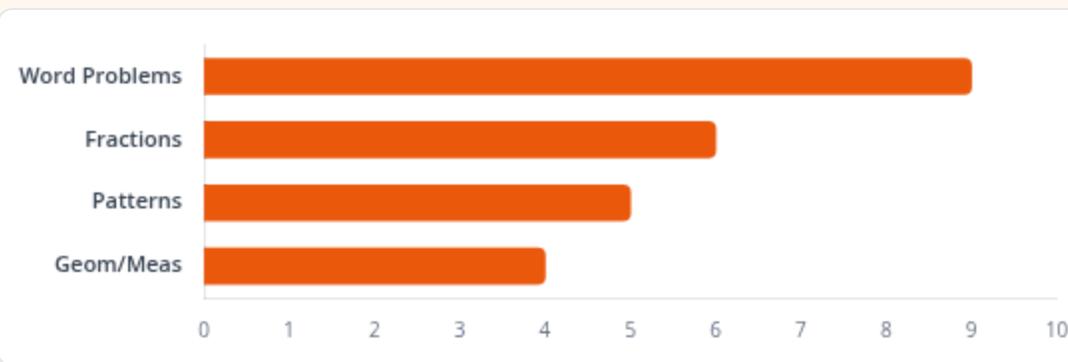
Format Frequency

Literary Prose	5 / 5 Yrs
Poetry Analysis	5 / 5 Yrs
Factual Cloze	5 / 5 Yrs
Varied Short Texts	5 / 5 Yrs



MATHS: HIGH-YIELD TOPICS

Average questions per test (2021-2025)



THINKING SKILLS PILLARS

Test proportion by sub-topic



• Critical Reas.	30-40%
• Logical Reas.	20-30%
• Spatial	20-25%
• Numerical	15-20%



OC UNIQUE FORMATS

Things you won't see in Selective



Sentence Cloze

Grammar & syntax focus. Appears every year.



4-Text Matching

Complex cross-referencing. Appears every year.



OC-Specific Format Training

We don't just teach content. We train specifically for the unique demands of the Opportunity Class test.



THE TRAP

What Students Expect



Standard Paper Tests

"Like NAPLAN or school exams"



Creative Writing

Expecting a narrative or persuasive task



Generous Timing

Teacher-paced or slow environments



Simple Comprehension

Reading a text and answering direct questions

VS



THE REALITY

What OC Actually Tests



Sentence Cloze **UNIQUE TO OC**

Advanced grammar & syntax gap-fills. Not in Selective.



4-Text Matching **UNIQUE TO OC**

Synthesizing evidence across four disparate texts.



100% Computer-Based

Digital interface. Scroll fatigue management required.



No Writing Test

Purely 100% Multiple Choice Questions.



Full Trial Test Simulation

Pressure-proof technique and pacing before the real thing.

OFFICIAL SIMULATION

ID: OC-2026-T1

00
00

YEAR 4 OC

TRIAL TEST

DATE
Saturday, May 3 2026

TIME
100 Minutes

TEST COMPONENTS

■ Reading (30m) + ■ Maths (40m) + ■ Thinking (30m)

ADMIT ONE

FULL ACCESS

CHOOSE SESSION:

09:00 AM

- OR -

01:00 PM

Computer Based



8 Trial Tests Total

Interspersed throughout all phases to build stamina and familiarity with exam conditions.



Deliberate Undulation

Difficulty varies intentionally to mirror the unpredictability of the real OC exam.



Extra Trial Test

One week after Selective means your child gets one additional full simulation compared to Y6.



Built for 9-Year-Olds. The psychological side.

The OC test is their first performance event. We train attention, emotions, and energy.

“Their First Real Exam

Most 9-year-olds have never sat quietly for 100 minutes under pressure.

Knowledge isn't enough. If they panic, they can't access what they know. We normalize the environment so the test feels like just another practice session.

KEY PHILOSOPHY



RESET BREATH

4-7-8 breathing technique to lower heart rate instantly when panic strikes.



60-SECOND RULE

Emotional discipline: If stuck for 60s, flag and move. Don't spiral.



FLAG & MOVE

Systematic marking of uncertain questions to review later with fresh eyes.



CHERRY-PICK START

Finding the easiest questions first to build early momentum and confidence.



POSITIVE SELF-TALK

Replacing "I can't do this" with "I have trained for this."



SLEEP PROTOCOL

3-day pre-exam taper of screen time and earlier bedtimes for focus.



Peak confidence, not peak anxiety. The Sprint trains the nervous system, not just the brain.



“

*The child who walks into the exam knowing **exactly what to do**, how to **manage their time**, and that they've **done the work** — that child performs.*

That's what the Sprint is for.

”

19

DAYS

45

TECHNIQUES

8

TRIAL TESTS

3

PHASES

1

EXTRA WEEK

May 8

TEST DAY

 SPRINT DATES

April 6 – May 7

Intensive Learning • Conditioning • Settling

 OC TEST

May 8 – 9

Official 2026 Test Window

READY TO START?

scholarlytraining.com

 **BOOK FREE DIAGNOSTIC**