

 SCHOLARLY TRAINING

# Year 6 Selective Final Sprint 2026

Intensive Exam Readiness Program

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**Simple plan. Smart practice. Peak confidence.**

# WHAT IS THE FINAL SPRINT?



Comprehensive 19-Day Intensive Program



## The Program Gist

- **19-Day Intensive Journey:** Designed to move students from solid foundations to peak exam performance.
- **Two Distinct Phases:** First, **Learn Deeply** (Mastery), then **Condition** (Exam Simulation). No last-minute cramming.
- **Comprehensive Coverage:**
  - 📖 English & Writing
  - 📊 Maths & Thinking Skills

*"Simple plan. Smart practice. Peak confidence."*



## Why It Works

- ✓ **53 Named Techniques:** Specific strategies (e.g., "60-Second Rule", "STEEL") trained until they become automatic habits.
- ✓ **Rigorous Testing:** Daily timed drills plus **2 Full Mock Exams** to build stamina and identify gaps.
- ✓ **Weak-Spot Targeting:** Personalised review sessions to fix specific errors before they happen in the real test.
- ✓ **Pattern Analysis:** Deep dive into past papers (2021–2025) to recognize recurring question types and traps.

# THE BIG PICTURE: 2 PHASES

From Foundation Mastery to Peak Exam Conditioning

PHASE 1

📅 Apr 6-17

## Intensive Learning



### Week 1: Foundation Mastery

Core topics in English, Maths & Thinking Skills. 60-Second Rule & Pacing basics.



### Week 2: Advanced Mastery

Complex spatial reasoning, advanced vocab, and "undulating prioritisation".



### Day 9 & 10: Mock & Review

Full mock exams followed by weak-spot targeting and a Personalised Sprint Plan.



PHASE 2

📅 Apr 21-30

## Exam Conditioning



### Pattern Analysis

Reviewing 2021-2025 past papers to spot trends and traps.



### Fluidity Sessions

Training at 85% difficulty to build confidence without burnout.

🚩 **Saturday, April 26**

Full Trial Test (Dress Rehearsal) - 150 mins



Goal: ⚡ Peak Performance on May 1

# Phase 1 — Week 1

Foundation Mastery & Technique Acquisition

📅 April 6 – 10

## Day 1

Mon 6 Apr

### 📖 ENGLISH

#### Poetry & Figurative Language

Tone, mood, Indigenous voices

### 📊 MATHS

#### Fractions Cluster

Equivalent, operations, decimals

## Day 2

Tue 7 Apr

### ✍️ WRITING

#### Fiction Inference

Character motivation, Speed Narrative

### 🧠 THINKING

#### Ratios & Critical Reasoning I

Strengthening Arguments (P-C-E)

## Day 3

Wed 8 Apr

### 📖 READING

#### Non-Fiction & Argument

Main ideas, Fact vs. Opinion

### √x MATHS

#### Algebra & Critical Reasoning II

Patterns, Weakening Arguments

## Day 4

Thu 9 Apr

### 📖 ENGLISH

#### Cloze Mastery

Context clues, Text Types

### 📐 MATHS

#### Geometry & Logical I

Arrangement puzzles, Grid elimination

## Day 5

Fri 10 Apr

### 📖 MIXED

#### Persuasive Speed Writing

PEEL method, Mixed Drills

### 🧠 THINKING

#### Word Problems & Logical II

Truth & Lies, Code-breaking

# Phase 1 — Week 2

Advanced Mastery & Undulating Prioritisation

📅 April 13 – 17

Day 6 Mon 13 Apr	Day 7 Tue 14 Apr	Day 8 Wed 15 Apr	Day 9 Thu 16 Apr	Day 10 Fri 17 Apr
<p><b>ENGLISH</b></p> <p><b>Advanced Poetry II</b> Symbolism, Free-Flow Writing</p> <p><b>MATHS</b></p> <p><b>Advanced Fractions</b> Spatial &amp; Abstract Reasoning</p>	<p><b>VOCAB</b></p> <p><b>Deep-Dive &amp; Mastery</b> Prefixes/Suffixes, Text Types</p> <p><b>MATHS</b></p> <p><b>Data &amp; Numerical</b> Stats, Speed/Distance/Time</p>	<p><b>READING</b></p> <p><b>Critical Analysis</b> Mixed Prompt Speed Writing</p> <p><b>THINKING</b></p> <p><b>Cross-Topic Problems</b> Critical Reasoning III</p>	<p><b>MOCK EXAM</b></p> <p><b>Part 1: English</b> 40 min Reading, 30 min Writing</p> <p><b>TIMED TEST</b></p> <p><b>Part 2: Maths/TS</b> 40 min Maths, 40 min Thinking</p>	<p><b>REVIEW</b></p> <p><b>Mock Analysis</b> Weak-Spot Targeting</p> <p><b>STRATEGY</b></p> <p><b>Sprint Plan</b> Personalised Phase 2 Goals</p>

# Phase 2 — Exam Conditioning

Pattern Analysis, Trial Test & Fluidity

🏃 April 21 – 30

**Tue**  
21 Apr

## 📖 English Pattern Analysis

Reviewing past-paper trends and frequency of text types (2021–2025).

**Thu**  
22 Apr

## 📊 Maths & TS Pattern Analysis

Trend analysis of Critical Reasoning, Spatial, and Numerical questions.

**Fri**  
23 Apr

## ✍️ Writing Speed Under Pressure

Practising with past prompts like identity, belonging, and courage.

**Sat**  
26 Apr

## 🚩 Full Trial Test

Dress rehearsal. 150 mins computer-based. Real exam conditions.

**Tue**  
29 Apr

## 🔄 English Fluidity Session

Speed reading and cloze speed runs at 85% difficulty to build flow.

**Thu**  
30 Apr

## 🎧 Maths/TS Final Fluidity

Mixed pillars and pacing practice. Final confidence boost before test day.

🎯 PHASE 2 FOCUS:

✅ Technique Automation

✅ Pacing Strategy

✅ Building Confidence

🚫 Zero New Content

# English & Writing

Comprehensive Mastery: Reading, Vocabulary & Creation

 Core Subjects



## Reading Comprehension

- **Poetry & Figurative Language**  
Tone, mood, symbolism, and Indigenous voices.
- **Fiction Inference**  
Character motivation, perspective, and implied emotion.
- **Non-Fiction & Argument**  
Main ideas, bias detection, and Fact vs. Opinion analysis.
- **Cloze Passage Mastery**  
Context clues, grammar elimination, and collocation.



## Writing & Vocabulary

- **Narrative Speed & Structure**  
"Zoom Lens" openings and "Show don't tell" sensory drills.
- **Persuasive Writing**  
PEEL structure, developing strong arguments & counter-arguments.
- **Text Type Mastery**  
Fluency in diaries, letters, reports, scripts, and speeches.
- **Morphemic Decoding**  
Decoding via 78 core prefixes, suffixes, and Greek/Latin roots.

### Technique Highlights

Strategies for Speed & Accuracy

 2-Minute Poetry

 STEEL Annotation

 Skim-Scan-Deep

 Evidence Anchor

 Tone Triangle

# Maths & Thinking Skills

Comprehensive Mastery: Quantitative, Logical & Spatial Reasoning

 Reasoning & Problem Solving



## Mathematics

- **Fractions, Decimals & Ratios**  
Operations, percentages, proportional reasoning & scaling.
- **Algebra & Patterns**  
Function rules, input-output tables, and simple equations.
- **Geometry & Measurement**  
Composite area, volume, angle properties & coordinates.
- **Data & Word Problems**  
Statistics, probability, and multi-step problem solving.



## Thinking Skills

- **Critical Reasoning (CR)**  
P-C-E Framework, strengthening/weakening arguments & fallacies.
- **Logical Reasoning**  
Deduction, truth & lies, arrangement puzzles & code-breaking.
- **Spatial & Abstract**  
Pattern matrices, rotation, reflection & paper folding (2D to 3D).
- **Numerical Reasoning**  
Speed/distance/time, Pigeonhole Principle, Heads & Legs.

### Technique Highlights

Tools for Efficiency & Logic

 Cross-Cancellation

 Bar Model

 P-C-E Framework

 Grid Elimination

 Rule Hunt Order

Estimation Bracketing

# The 53 Exam Techniques — Highlights

Strategic Tools for Speed, Accuracy & Psychology

53 Named Strategies

## Pacing & Psychology

- 60-Second Rule
- Bank & Return
- Reset Breath
- Cherry-Picking
- Emotional Hijack Check
- Flagging System

## Reading & Writing

- STEEL Annotation
- Skim-Scan-Deep
- Topic Sentence Spotlight
- PEEL Structure
- Morphemic Decoding
- Evidence Anchor

## Mathematics

- Cross-Cancellation
- Benchmark Fractions
- Bar Model Visualisation
- Decompose & Label
- Angle Chasing
- Estimation Bracketing

## Thinking Skills

- P-C-E Framework
- Conclusion-First Read
- Negation Test
- Grid Elimination
- Rule Hunt Order
- Corner Tracking

# Trial Test — Your Dress Rehearsal

Full Simulation of the Real Exam Day Experience

 ADMIT ONE



DATE

**Saturday**  
**April 26, 2026**



TIME SLOTS

**9:00 AM**

OR 1:00 PM



FORMAT

**Computer Based**

Real Exam Platform

## Test Structure

150 minutes of sustained focus across all four pillars.



**Reading**

40 Mins



**Maths**

40 Mins



**Thinking Skills**

40 Mins



**Writing**

30 Mins



### The Purpose

Build stamina, calm nerves, and apply all 53 techniques under "emotional hijack" pressure.



### The Outcome

Receive a detailed percentile report and a "Final Week Action Plan" for Phase 2 settling.

# Mindset & Philosophy

The Psychology of High Performance

 Mental Game

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**"Peak confidence, not peak anxiety."**

Success isn't just about what you know—it's about how calmly you can access that knowledge under pressure.



## Nervous System Training

Gradually extending "active focus" stamina to handle the full 150-minute exam duration.



## Settle, Don't Cram

Phase 2 is for consolidation. Zero new content allows the brain to organize and retain.



## Trust Your Training

Focus on clean, fast execution of the 53 techniques you have already mastered.



## Reset Breath

Use a single deep breath to break "emotional hijack" loops when stuck on a hard question.



## Sleep Well

Physical readiness is non-negotiable. Prioritise sleep in the final week for memory access.



# You are ready.

You have the plan, the practice, and the techniques to succeed.



## Review Your Plan

Use your Personalised Sprint Plan to target your top 3 weak spots efficiently.



## Automate Techniques

Trust your 53 named strategies. Turn them from concepts into automatic habits.



## Settle & Condition

Use the Trial Test to calm your nerves and build the stamina for 150 minutes of focus.



**Test Day: May 1, 2026**

NSW Selective High School Placement Test

**Arrive calm. Execute cleanly.**

Your preparation is your confidence.