

Section 1: Introduction

Overview



Lift Off

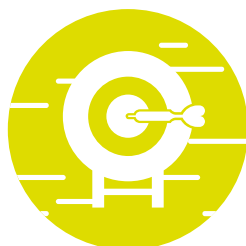
An activity-based programme designed to help learners make a successful transition from primary to secondary school.

Lift Off contains 3 modules

Awareness



Aspiration



Attainment



Each module contains activities to develop six characteristics

- Strengths
- Possibilities
- Challenges
- Routes
- Information
- Support

- Self-worth
- Self-efficacy
- Self-control
- Purpose
- Resilience
- Determination

- Planning
- Communication
- Self-improvement
- Application
- Collaboration
- Problem Solving

For each characteristic, session plans and resources are provided for:

- Starter: a 20-minute activity to introduce the characteristic
- Challenge 01: a 40-minute activity to allow learners to develop the characteristic
- Challenge 02: a 40-minute activity to develop deeper understanding of the characteristic
- Challenge 03: a 40-minute activity to develop deeper understanding of the characteristic

Section 1: Introduction

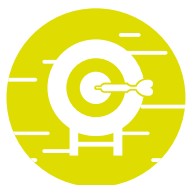
Modules and characteristics

Each of the three Lift Off modules is made up of six characteristics:



Awareness

- Strengths – I know my strengths and can make the most of them
- Possibilities – I actively investigate new possibilities
- Challenges – I understand the challenges I face
- Routes – I understand my options and the routes to my goals
- Information – I know where to find the information I need
- Support – I know what help I need and where to find it



Aspiration

- Self-worth – I know I am valuable, I value myself
- Self-efficacy – I believe I can succeed and achieve my goals
- Self-control – I can manage my emotions and control my reactions
- Purpose – I enjoy exploring and developing my ambitions for my life
- Resilience – I bounce back from set-backs – stronger
- Determination – I work hard and persevere over the long-term



Attainment

- Planning – I plan, do and review, then plan again
- Communication – I express myself clearly in appropriate ways
- Self-improvement – I reflect on my growth and develop myself
- Application – I engage in, direct and apply my own learning
- Collaboration – I work flexibly with other people and we do better together
- Problem Solving – I use many approaches to create ideas and solutions



These modules and characteristics will help develop skills for...

Progression