



What is Learning Power?



Building Learning Power (BLP) is an approach to learning that was created by Professor Guy Claxton. It is based on the idea that we are all capable of becoming better learners. BLP applies this idea directly to the work of teachers in the classrooms, to provide a practical framework for fostering lifelong learning in all young people. BLP allows us to nurture this ethos and build the children's learning power through a variety of strategies and techniques.



Key Principles

- It is a learning culture that encourages children and teachers to become better learners
- It allows children to approach difficulties in learning without fear of failure
- It allows the children to take small steps within learning
- It develops confidence
- It is not additional to teaching but should be grounded within everyday teaching and learning
- It gives clear labels for the children to use to develop their understanding of learning processes

Why should we be Building Learning Power?

BLP begins to allow schools to develop a common language for learning across the entire school. The language should be used in all classrooms, with all children. This helps everyone talk about understanding learning to learn.

The idea is that the four dispositions (4 Rs) are like a group of "learning muscles". Just as we can build our physical muscles with the right kind of exercise, learning muscles can also be developed and can grow in strength and stamina. It is these we are aiming to develop in the children.

What does BLP look like?

Professor Claxton suggests there are four main learning dispositions- the 4R's

- **Resilience**- not giving up
- **Resourcefulness**- being able to use a range of learning strategies and knowing what to do when you get stuck
- **Reflectiveness**- being able to think about yourself as a learner and how you might be able to do this better
- **Reciprocity**- being able to learn with and from others, as well as on your own.

These dispositions are then split into seventeen learning 'muscles' that the children are encouraged to 'stretch' within their everyday lessons and activities and apply to different aspects of their learning.

How are we implementing BLP at Enfield Academy of New Waltham?

Your children should now have been introduced to some of the key elements of BLP that at Enfield we believe are the most important in enhancing your child's capacity to learn. You may have heard your children already using some of this language.

We have chosen four key elements that will be introduced to children, from entering the school in Early Years, and reinforced throughout the entirety of their learning journey.

Collaboration

Knowing how to manage yourself in the 'give and take' of a collaborative venture, respecting and recognising other viewpoints; adding to and drawing from the strength of teams.



Empathy and Listening

Contributing to others' experiences by listening to them, to understand what they are really saying and putting yourself in their shoes.

Managing Distractions

Recognising and reducing distractions; knowing when to walk away and refresh yourself. Creating your own best environment for learning.



Perseverance

Keeping going in the face of difficulties, channelling the energy of frustration productively. Knowing what a slow and uncertain process learning often is.

In Lower Key Stage 2 (Years 3 & 4) a further 2 more elements are introduced.

<p><u>Meta Learning</u> Knowing yourself as a learner- how you learn best; how to talk about the learning process.</p>	<p><u>Interdependence</u> Knowing when it's appropriate to learn on your own or with others, and being able to stand your ground in a debate.</p>
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In Upper Key Stage 2 (Years 5 & 6) the final elements are introduced.

<p><u>Planning</u> Thinking about where you are going, the action you are going to take, the time and resources you will need and the obstacles you may encounter.</p>	<p><u>Absorption</u> Being able to lose yourself in learning becoming absorbed in what you are doing - rapt and attentive, in a state of 'flow'.</p>
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How can you help at home?

Draw attention to, and model, positive learning habits

<p>Resilience</p>	<ul style="list-style-type: none">• Demonstrate/model sticking at things even if they are difficult• Talk about how you feel when you are taking on challenges• Praise your child when they persevere but also encourage them to take a break when they have had enough• Help them to find interests and activities that are really absorbing• Talk with them about what helps them to concentrate and manage distractions• Encourage questions
<p>Resourcefulness</p>	<ul style="list-style-type: none">• Demonstrate making links between different ideas• Don't allow your child's imagination to shrivel up!• Help them to find ways of using resources such as reference books, dictionaries, the Internet
<p>Reflectiveness</p>	<ul style="list-style-type: none">• Encourage them to take responsibility for preparing for school• Ask not what they did at school, but what they learned• Help them to think about, and plan, activities• Encourage flexibility and the ability to change a plan if necessary
<p>Reciprocity</p>	<ul style="list-style-type: none">• Demonstrate/model being a good learner• Work, play and learn alongside your children, enabling them to pick up good habits through imitation• Make expectations of turn-taking and co-operation clear