

Lift Off

student book: secondary



 Learner name:

 Primary school:

 Secondary school:

Sample

With thanks to the schools involved in piloting this programme:

Northlands Primary School, Rugby

Riverside Academy, Rugby

Boughton Leigh Junior School, Rugby

The Avon Valley School and Performing Arts College, Rugby

Developed in partnership with:



www.phf.org.uk



theprogressiontrust.org

Modules and characteristics

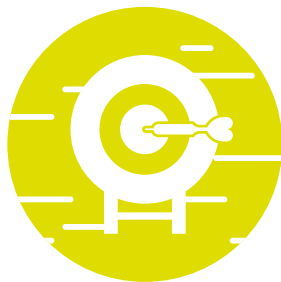


Each of the three Lift Off modules is made up of six characteristics:



Awareness

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



Aspiration

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



Attainment

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



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

Progression

My profile

 I like...

 Picture or photo of me

 I don't like...

 I can do these things on my own...

 I need help to...

Please help me by...

 I have already achieved...

 In the future I would like to...

My secondary school

 My school is called...

 Picture or photo of building


 My tutor group is called...

 My tutor is called...

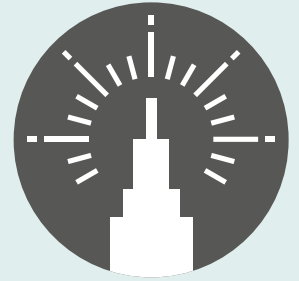
 My favourite subjects...

 How I get to and from school...

 Picture or photo of school logo

 Lunchtimes at my school include...

My primary school



🏠 My school was called...

📷 Picture or photo of building

👥 My class was called...

👤 Adults I worked with were...

♥ My favourite subjects were...

↔ How I travelled to and from school...

📷 Picture or photo of what I used to wear or the school logo

🍴 Lunchtimes at my school included...

My thoughts about moving to secondary school

☆ What I enjoyed about primary school...

↻ Things that are different at secondary school..

Self-assessment checklist

✓ Tick to show how confident you are in the following areas...

Characteristic	Very confident	Confident	Unsure	Not very confident
Strengths	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Possibilities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Challenges	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Routes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Information	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Support	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Self-worth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Self-efficacy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Self-control	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Purpose	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Resilience	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Determination	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Planning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Communication	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Self-improvement	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Application	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Collaboration	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Problem Solving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Learner signature:

Date:

Tutor signature:

Date:

My characteristics

Awareness

Strengths

What went well:

What I could improve next time:

Possibilities

What went well:

What I could improve next time:

Challenges

What went well:

What I could improve next time:



Application

What went well:

What I could improve next time:

Collaboration

What went well:

What I could improve next time:

Problem solving

What went well:

What I could improve next time:

Sample



LOSWB2/1

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