

Updated
for 2019–2020



Supporting the transition from primary to secondary school

Lift Off is an activity-based programme that develops soft skills and builds self-esteem to help learners make a successful transition from primary to secondary school.

This flexible programme for learners aged 10–12 can be delivered in primary and secondary schools. It is supported by a range of high-quality teaching and learning resources.

Lift Off will help learners to manage their own learning, recognise their strengths and the characteristics they need to develop, and prepare for their future.

Backed by research

Lift Off has been created by ASDAN as a result of a research project and pilot scheme in association with The Progression Trust and funded by the Paul Hamlyn Foundation.

You can read more about the findings of the research project and pilot scheme in the Lift Off summary report and the full external project evaluation by Tiller Research Ltd on the ASDAN website: www.asdan.org.uk/lift-off

“One of the things that’s really good about this programme is introducing the students to language about skills and attributes. This helps them identify the skills and attributes they have, and the qualities they need to succeed in life.”

*Emma Gilbert, Head of Core Studies,
Sawtry Village Academy, part of Cambridge
Meridian Academies Trust (CMAT), Cambridgeshire*

Course structure

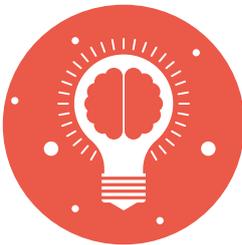
Lift Off consists of activities designed to develop learners' skills in 18 key characteristics that will aid their progression



Modules and characteristics

Lift Off contains three modules; each module contains 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

Activities and challenges

The tutor resource pack contains guidance for tutors, alongside teaching and learning resources.

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

- **Starter:** a 20-minute activity to introduce the characteristic
- **Challenges 01 and 02:** 40-minute activities to allow learners to develop the characteristic
- **Challenge 03:** a 40-minute activity to develop deeper understanding of the characteristic ★ NEW

Measuring progress

★ NEW

The Progression Awareness Tool contains resources to measure and evaluate learners' progress through questioning and personal reflection. It can support the delivery of Lift Off by:

- identifying specific cohort or individual needs
- supporting learners to reflect on their own characteristics
- providing evidence of the impact of Lift Off



Delivery models

Lift Off in Years 6 and 7: broad support for transition

Start in Year 6

Use the primary to secondary student book to explore student's feelings about transition and the move to secondary school



Choose activities

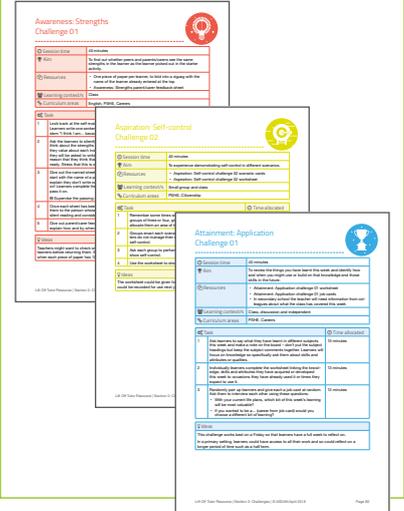
Use the full resource pack and select activities across modules to develop a wide range of characteristics

OR

Start in Year 7

Use the secondary student book to reflect on student's feelings about transition and their new secondary school





Lift Off in Year 7: targeted full-year programme

Baseline assessment

Use the Progression Awareness Tool to assess learners' strengths and weaknesses



Focus on a key module

Use the module student book and resource pack for your chosen module



Reassess

Use the Progression Awareness Tool to evaluate learners' progress and identify areas for further development

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Complete further modules

Use the module student book and resource pack for your chosen module(s)



Curriculum materials and resources

Lift Off is supported by a range of high-quality teaching and learning resources.

Tutor resource pack ★ UPDATED

Centres should purchase tutor resource pack materials, containing session plans for each characteristic, supporting resources and guidance for tutors.

- Module resource packs are available for centres working on a particular module.
- A full resource pack is available for centres working across all three modules.

Purchase of this resource includes access to electronic copies of materials.

Student books ★ UPDATED

Each learner will require their own copy of a Lift Off student book, featuring templates to record their progress and reflect on their experiences.

- Separate student books are available for each of the three modules, to support learners working on a particular module.
- Two student books are available for learners working across all three modules – one for use in primary and secondary settings and one for secondary only.

The image shows two pages from a tutor resource pack. The left page is titled 'Aspiration: Self-control Challenge 02' and contains a session plan with details on aim, resources, learning contexts, curriculum areas, and tasks. The right page is the 'Aspiration: Self-control Challenge 02 worksheet', which includes a name and date field, a question 'How can self-control make situations better?', and a section for giving three examples with explanations. At the bottom, there is a large box for designing a self-control card.

Extract from the tutor resource pack, showing session plans and teaching resources for the Aspiration module

Progression Awareness Tool ★ NEW

The Progression Awareness Tool has been developed to support the delivery of Lift Off. It can be used to identify specific cohort or individual needs, support self-reflection and provide evidence of the impact of Lift Off.

The pack comprises a guidance booklet for tutors, along with 30 copies of the following learner resources:

- Questionnaire
- Reflection questions
- Reflection worksheet
- Review worksheet

Purchase of this resource includes access to electronic copies of learner materials.

Packs of stickers

These stickers can be used at the discretion of tutors to show when a learner has developed a particular characteristic. These can be used on learners' work or given as rewards.

Certificates

These internally-awarded certificates can be used to reward learners' achievements. Certificates are available to purchase in packs of 30 and awarded at the discretion of the tutor.

The image shows two pages from a student book. The left page is the cover of the 'Lift Off student book: primary to secondary' by ASDAN, featuring a space-themed background with stars and icons. The right page is a 'My characteristics Awareness' record page, which has sections for 'Strengths', 'Possibilities', and 'Challenges', each with a 'What went well?' and 'What I could improve next time?' sub-section.

Extract from the primary to secondary student book, showing the characteristics record pages for the Awareness module.