

Lift Off

Supporting the transition from primary to secondary school

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

- For learners aged 10–12 in primary and secondary education
- Learners complete challenges and develop characteristics that will aid their progression (see overleaf)
- Challenges develop soft skills and build self-esteem to help learners make a smoother transition to secondary school
- Evidence from the pilot scheme shows that Lift Off has an impact on learners' ability to thrive at secondary school – in particular disadvantaged learners
- Materials include resources and guidance for tutors, plus stickers, student record books and certificates (see overleaf)
- Easy to set up and administrate – simply purchase resources and get started!



Lift Off is made up of three modules. Each module contains six characteristics that will help develop learners' skills for progression:



Awareness: Strengths, Possibilities, Challenges, Routes, Information, Support



Aspiration: Self-worth, Self-efficacy, Self-control, Purpose, Resilience, Determination



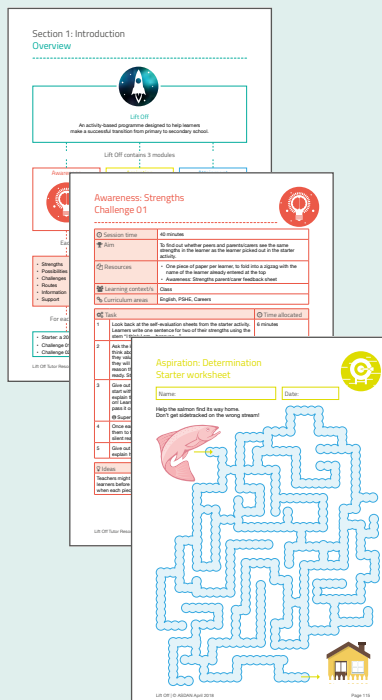
Attainment: Planning, Communication, Self-improvement, Application, Collaboration, Problem Solving

Resources and materials

The following materials are available to support Lift Off:

- Tutor resource pack – containing session plans for each characteristic, supporting resources and guidance for tutors
- Student books – for either primary to secondary or secondary only delivery models. Includes templates for learners to record and reflect on their progress (one per learner)
- Packs of stickers – to show when a learner has developed a particular characteristic
- Packs of certificates – to reward learners' achievements

Learn more  www.asdan.org.uk/lift-off



The image displays three overlapping pages from the Lift Off tutor resource pack. The top page is the 'Section 1: Introduction Overview', which includes a rocket icon and text stating 'An activity-based programme designed to help learners make a successful transition from primary to secondary school'. The middle page is 'Awareness: Strengths Challenge 01', featuring a lightbulb icon and a table with columns for 'Question type', '40 minutes', 'Aim', 'Discussion', 'Learning contents', and 'Topic/subject'. The bottom page is 'Aspiration: Determination Starter worksheet', featuring a yellow gear icon, a maze, and a house icon. It includes a 'Name' and 'Date' field and instructions: 'Help the astronaut find his way home. Don't get sidetracked on the wrong element!'.

Pages from the Lift Off tutor resource pack