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## Set up the activity

Instruct the class as follows:

Now that we have looked at the big muscle bands **(Resilience, Resourefulness, Reciprocity and Reflectiveness)** and the smaller muscles that lie beneath them, it is possible to recognise some things we are good at and some we could do with improving.

Note down those muscles that are strengths of yours and those that you think could do with building up.

Provide class with the **A3 Grid Sheet** divided into 48 squares (6 x 8).

Ask them to produce a **Snakes & Ladders** board for a learning journey. They should have **five learning ladders** that make them leap forward *(e.g. You notice patterns in a complicated diagram: go up the ladder)* and **five learning snakes** that make them slide backwards *(e.g. You fail to listen and understand what someone in your class is saying to you: do down the snake).*

Swap boards, provide dice and play the game.

## Debrief and rate the learning stretch

Stress the importance of knowing yourself as a learner

- Playing to your strengths and making them even stronger … How could we exercise these capacities …?
- Overcoming weaknesses and building capacities … What could we do to stretch ourselves …?

## Extend

Develop strategies for learning muscle strengthening – e.g. create a trail of strength scales that students can use to stretch their muscles at particular times… *In this piece of work I'm going to be stretching my reasoning muscle to a target fitness level of 6 out of 10 … I will be doing this by …*