

At home, write down ways that you have used your learning muscles.



At home I have used my **Capitalising** learning muscle to:

.....

Capitalising

.....



At home I have used my **Planning** learning muscle to:

.....

Planning

.....



At home I have used my **Revising** learning muscle to:

.....

Revising

.....

**Which learning muscles will your child use in Year 3?**



Capitalising



Planning



Revising

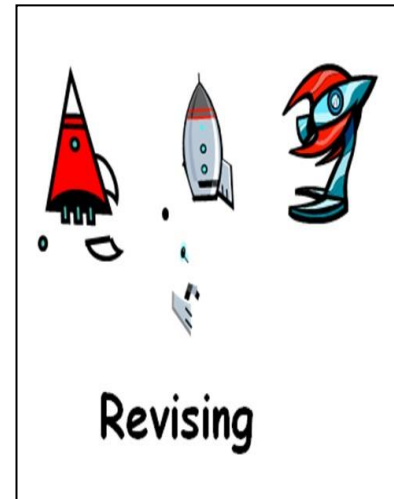
We use our **'Capitalising'** learning muscle to help us to improve our work.



For example, in class we use our **Capitalising** muscle to:

- Ensure that we have all the equipment to complete a task.
- Know where we can find further information.
- Know when to work alone or in groups.

We use our **'Revising'** learning muscle to help us to know when it's best to work by ourselves or with others.



For example, in class we use our **Revising** muscle to:

- Notice and correct mistakes in our own work.
- Not be afraid of making mistakes – that is where learning starts!
- Follow the Super Learner Steps.

We use our **'Planning'** learning muscle to help us to remember what works and learn from experience.



For example, in class we use our **Planning** muscle to:

- Use the Super Learner Steps for our task.
- Know what the next steps are.
- Know exactly what I have to do for each step.

Can you help your child to use their learning muscles at home?



Let them find answers to questions by themselves by drawing on resources available to them.



Can a route be planned, using a map on a phone, to walk into Bradford town centre? How about helping to write a shopping list to plan a meal?



Encourage your child to attempt something new and not be afraid to make mistakes.