

## Our learning muscles, underpin everything we do.

At Shamblehurst, we have 16 learning muscles that underpin our learning within school.

In YR, we focus on independence, collaboration, imaging, perseverance and listening muscles.

In KS1, we focus on independence, collaboration, imagining, perseverance, listening, questioning, capitalising, empathy and making links muscles.

Throughout KS2, all learning muscles are embedded and used effectively to support our children's learning.

We celebrate all of these learning muscles weekly by identifying children who have flexed muscles through the week.

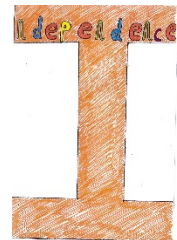


### Listening

**I listen well to others in school and learn from them.  
I know what to do to make my learning better.**

### Independence

**I take charge of my own learning.  
I can work by myself.  
I am self-motivated in school.**

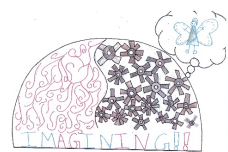


### Collaboration

**I can work well with any of the children in school.  
I can cooperate with children when working and playing with them.  
I listen well to adults and children when working in a group.  
I can work in a group and produce good work.**

### Imagining

**I can use my mind to think about how something might look  
or what might happen.  
I can explain what pictures are in my mind.**





### Perseverance

I know that learning well means I have to keep trying hard.  
I know that my work will need to be edited to make sure it is my best, this makes me a good learner.

### Questioning

I ask questions about my learning.  
I ask questions if I want to find out more.  
I know it is okay to ask questions.  
I know it is okay for me to be questioned.



### Empathy

I can think about how my actions will impact others.  
I can understand that I have an impact on others.  
I can see things from other people's perspectives.

### Making links

I can connect ideas together.  
I can link ideas from new learning to old learning.



### Reasoning

I can think about my learning in a sensible way.  
I can discuss my learning clearly and confidently give reasons why I think something.

### Managing distractions

I can work well in school no matter who I am working with.  
I know that to try my best, I need to concentrate.





### Absorption

I lose myself in my learning.

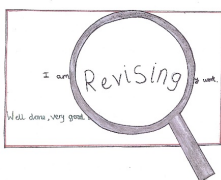
I am committed to learning well and know this is important.

### Planning

I am able to plan my time in a lesson.

I can plan my learning well.

I can follow a plan.



### Revising

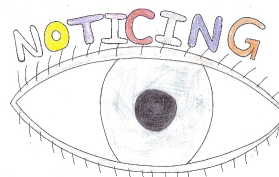
I know that learning something more than once helps me to remember it.

I can remember work I have learnt previously.

### Noticing

I can look hard at my learning and know what I have done well and what needs to improve.

I can observe changes in my learning and talk about what I have noticed.



### Imitating

I know I can borrow some work from my teacher or my friends.

I know that it is okay to base my ideas on others.

I can add some additional information of my own to others' ideas.

### Capitalising

I use lots of different tools to help me.

I have a big tool box to help with my learning.

I know what to do to help myself if I am stuck.

