

Christleton Primary School

Building Learning Powers Overview



Term	Half term	Focus
Autumn	First	Managing Distractions (Resilience Muscle)
	Second	Reasoning (Resourceful Muscle)
Spring	First	Imagining (Resourceful Muscle)
	Second	Meta Learning (Reflective Muscle)
Summer	First	Perseverance (Resilience Muscle)
	Second	Empathy and Listening (Reciprocal Muscle)