

**Welcome to**  
**POWER UP! PRIMARY**  
**2016 Edition**  
**Quick Teacher Guide**  
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**PLEASE READ THIS SHORT GUIDE ON RECEIPT OF YOUR COPY OF  
THE POWER UP! PROGRAMME. You may print this guide.**

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Appendices 1 & 2:

Printable Template for Actions

Printable Template for Declarations

## Power Up! Primary - Programme Features

- There are five themed sections in the programme.
- Sections consist of different activities, and last different lengths of time: the longest sections are section one and section five.
- There are several videos to watch in each section, including the introduction.
- Text is present on most pages, . Blocks of useful information can be taught, read by different readers and/or read privately by each pupil at their computer/device.
- Questions are found throughout the document and these form the critical reflection point for pupils. Pupil answers are gathered through the range of shapes and boxes on many pages which are designed for pupils to type in. Apart from fill in open-writing boxes, there are drop down boxes offering fixed choices for selection. These vary in content and style.
- In addition to PC-based activities, several class or home-based activities are included in the format; it is for the teacher to decide how best to implement these.
- As a teaching resource, the material is flexible enough to incorporate additional teaching on the principles outlined; it lends itself to various forms of reading aloud, discussion, active research, additional pair and group activities and reflection, according to teacher interest and aims for this transitional phase.
- Each themed section is designed for use with a variety of learning methods to explore the practical topics, the themes and the underlying concepts referred to in the programme. A possible approach is outlined in the Teaching Approach section below.

## The Coaching Approach behind the Programme - Informative and Reflective, with Fun!

The basis of professional (marketplace) coaching is the belief that the participants are inherently resourceful and can find many of their own answers to the problems and challenges they face, when asked good questions.

Power Up! Primary Programme enables pupils to begin to recognise some of the core personal principles and beliefs, which enable them to make empowered decisions.

We encourage teachers to hold back from offering answers or asking leading questions to students in the first instance in order that the student can begin their own reflective process.

The five sections present pupils with transition topics in a framework of core principles. These are also the section headings:

1. Fitting in - feeling safe (Finding their place in the new school)
2. The things that matter to me (What they value)
3. What's the point? (Finding their purpose in school)
4. Believing in myself (Understanding their potential)
5. Being powerful - feeling strong (Personal power and its uses)

As you teach the programme, these elements can be helpfully drawn out through discussion, or by following up an interesting set of answers by pupils during a feeding back session.

To understand and embed the Power Up! concepts more fully or to use them for teaching over a longer period in the future (eg during Spring *and* Summer terms), we suggest obtaining a copy of our new teacher's book, *Empowering Students in Transition*.