



Session 3 of 8	Key Language Connection Knowledge Neuroplasticity Repeat Return Skill
Suitable for Year 6	
Focus: Our brains adapt / grow the more we exercise them (or use them to learn new things).	
Learning objectives 1. To understand that the brain is a muscle and new connections must be repeated. 2. To reflect on current learning habits and identify which are building knowledge for the future.	
Lesson Timings	
1 min	Slide 1: Remind pupils of the course/its purpose – to develop growth mindset. Slide 2: Recap last week’s session (What’s holding me back?) and review home learning.
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2 mins	Slide 5: Read the quote from the book about ‘neuroplasticity’. Slide 6: Read the simple definition of ‘neuroplasticity’ to pupils.
1 min	Slide 7: Show the image of the brain completing a ‘work out’ – explain that the brain is like a muscle. The more you build associations; the more it grows.
5 mins	Slide 8: Remind pupils of the message from chapter 3: if you don’t repeatedly return to information, you’ll forget it. If you don’t repeatedly practise habits, you’ll lose the skill. Slide 9: Give the example of times tables. Without regularly returning to your times tables during the learning process, you’ll forget them. Hopefully they will notice that they can do their 2s, 3s, 4s, 5s better because they found them easier at first, so chose to return to these. With trickier ones, they may struggle more as they will have avoided returning to these over and over again.
2 mins	Slide 10: Click on the play icon (or copy and paste the link below) to show the short trailer for the TV programme ‘The Knowledge’ (as referenced in chapter 3). Ask pupils to recall why taxi drivers experienced more growth in their brain function than the bus drivers – because their routes were more complex so they had to work harder.
1 min	Slide 11: Recap the two key points.
6 mins	Slide 12: Challenge time – ask pupils to complete one or both of these two tasks to demonstrate simply the process of neuroplasticity.
1 min	Slide 13: Are you ready? (Homework task) Share the weekly task with pupils.
1 min	Slide 14: Watch the brief clip from Matthew Syed.

Resources YAA Session 3 PPT YAA Book & Clip 3: Matthew Syed YAA Session 3 Worksheet The Knowledge short trailer: https://www.youtube.com/watch?v=HEEe6U3dfZ8	Teacher notes
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