

Our 5-a-Day for Learning

At our school, we use the EEF 5-a-Day Framework to help every child learn well, every day. It gives teachers simple, powerful ways to support all pupils, especially those with Special Educational Needs and Disabilities (SEND).

Just like eating five pieces of fruit and veg a day keeps our bodies healthy, using these five teaching approaches helps keep learning strong!

1 Explicit instruction

Teachers explain and model what pupils need to learn, step by step. We show examples, think out loud, and make sure pupils know exactly what success looks like.

2 Cognitive and metacognitive strategies

We teach pupils how to *think about their own thinking*. This includes planning their work, checking it, and spotting what helps them learn best.

3 Scaffolding

Teachers give the right level of support — not too much and not too little. We might use word banks, sentence starters, visual prompts or checklists. As pupils grow in confidence, the support is gradually removed.

4 Flexible grouping

Pupils work in different groups depending on the task. Sometimes they learn with others who have similar needs; other times, mixed groups help them learn from each other.

5 Using technology effectively

We use technology to support, not replace, good teaching. This could include tools to support reading, writing, or communication — always chosen to match pupils' needs.

The 5-a-Day Framework helps all pupils take part, make progress, and feel confident in their learning. It builds independence, understanding, and success for every child.

If you'd like to know more about how we use this in class, please ask your child's teacher — we're always happy to explain!

Find out more on the EEF website:

<https://educationendowmentfoundation.org.uk/education-evidence/guidance-reports/send>