



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 but powerful ways to support all pupils – especially those with Special Educational Needs and Disabilities (SEND),

Just as 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.



2 Cognitive and metacognitive strategies

We teach pupils how to think about their own thinking – planning their work, checking it, and understanding what helps them learn best.



3 Scaffolding

Teachers give just the right level of support – not too much and not too little.



4 Flexible grouping

Pupils work in different groups depending on the task.

5 Using technology effectively

We use technology to support, not replace, good teaching.

