



Can describe their successes and explain why they are successful

Can recognise when they have not been so successful and can describe why

Takes time to think back on previous learning

I know what I know and I know what I don't know, and I know what to do about it!

Can explain the progress they have made compared to their starting point

**Aqua Power Skills**  
**"Reflecting on your own Learning"**

Can spot their strengths as a learner

Makes links between previous learning and strategies used to help in approaching new challenges

Knows what areas of their learning they need to focus on for improvement

Recognises the importance of reflection and takes responsibility to do this regularly

Identifies gaps in their learning and seeks to fill them

Can reflect honestly on their learning

Knows which learning powers they have used and which ones will help them achieve their next steps

Thinks about different solutions to problems and picks a suitable one to try first.

