

Challenge and Metacognition with NACE: How can metacognition improve challenge for all?

21.04.2026 | 09:00 - 12:00

Location: Online, via Microsoft Teams

IAPS Members: £99 Non-IAPS Members: £125

Audience: Teaching and Learning Leads, More Able Leads, Curriculum Leads,
Class Teachers

Course Director and Presenter: Christabel Shepherd, NACE Director of
Challenge and Curriculum Development

09:00

Registration

09:10

Session 1: Understanding cognitive challenge and metacognition

This session will explain the core components of both cognitive challenge and metacognition. Based on evidence-based research, the importance of metacognition for learning will be explored. The metacognitive cycle will be exemplified to support delegates in developing a clear understanding of this and the stages it involves. Delegates will then be introduced to a metacognitive framework to support them in identifying the degree to which each of their pupils are metacognitive.

10:10

Break

10:20

Session 2: Understanding the relationship between cognitive challenge and metacognition.

The importance of metacognition as a "cognitive bridge" in supporting cognitive challenge will be explored and exemplified. Delegates will develop an understanding of how the three pillars of metacognitive practice specifically support students during high-challenge tasks. Metacognitive talk and modelling will be explored and demonstrated as key strategies for the development of pupils' metacognition and as a form of support with cognitive challenge in the classroom.

11:00

Comfort break

11:05

Session 3: Developing practical strategies for metacognition in the classroom.

Delegates will be introduced to and have the opportunity to explore a number of practical classroom strategies to promote pupils' metacognition, considering how these also promote cognitive challenge for all. This session will also explore challenge as a prerequisite for the development of metacognition.

12:00

Course ends

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