



# Year 4—Learning for Life

## Being my Best



### You have already learnt...

Give a few examples of things that I can take responsibility for in relation to my healthy and give an example of something that I've done which shows this.

Explain and give an example of a skill or talent that I've developed

Goal-setting in order to improve a skill.

### Key Knowledge

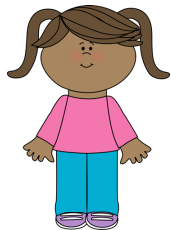
Give a few examples of different things that I do already that help to me keep healthy.

Give different examples of some of the things that I do already to help look after my environment.

### Key Skills

Healthy choices

looking after the environment



Individual



Mental health



recycle



emergency

### Key vocabulary

individual	a single human being
unique	being the only one of its kind
mental health	how we think, and feel and the health of our thought patterns and behaviours
recycle	putting a materiel through a process so that it can be used again
emergency	when someone needs help right away because

### Next year you will learn...

Give an example of when I have had increased independence and how that has also helped me to show responsibility.

Name several qualities that make people attractive that are nothing to do with how they look, but about how they behave.