



Year 5—Learning for Life

Being my Best



You have already learnt...

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.
 Explain how setting a goal or goals will help me to achieve what I want to be able to do.

Key Knowledge

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.

Key Skills

Identifying strengths
 Positive self talk



patience



in

Key vocabulary

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|---------------|---|
| patience | being able to wait for something while having a positive attitude and |
| determination | when a person decides to do something and does not stop until they |
| independence | thinking or acting on your own without support |
| perseverance | pushing yourself to work through challenges |
| resilience | managing stress and challenges that life brings and bounce back |

Next year you will learn...

Tell you how I can overcome problems and challenges on the way to achieving my goals.
 Give examples of an emotional risk and a physical risk.