"Whatever you do, work at it with all your heart"

Colossians 3:23

Resilience

Year 3 - Autumn 1 & 2

Key Knowledge:

To know that:

⇒ Periods of frustration, stress or disappointment are completely normal and are experienced by professional sportsmen and sportswomen regularly.

⇒ Use a taught strategy to keep emotions under control and so they don't affect performance.

⇒ Use multiple attempts, if needed, to learn a new skill or achieve a target

⇒ Welcome trying new things and avoid feeling nervous or worried about these new experiences

Key Vocabulary:

Resilience-to recover quickly from difficulties

Strategy-a plan, method, or series of actions to achieve a goal

Growth mindset-believing that your brain can grow and you can learn many new things

Personal best-a person's best score or effort on a particular task or activity

Determination-not giving up and wanting to succeed

Personal growth-how much you have personally improved and avoiding comparisons with others



