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

Colossians 3:23

Resilience

Year 4 – 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 couple of taught strategies 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 whilst remaining positive throughout

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

Personal growth/best is more important and valued than comparing performance against others

Being honest with yourself when identifying strengths/areas for improvement can help performance

By practising more, a skill can be learnt quicker

Key Vocabulary:

- Reflection-thinking about the past and how you could improve performance
- Stress-normal response to life's changes, pressures, and challenges
- Honesty-tell yourself the truth about how you have performed
- Control-being able to feel a certain way without it being overpowering



