



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

Colossians 3:23



Being My Best

Year 4  
Autumn 1



Key Knowledge:

To know that:

- Everyone is unique in different ways
- The body gets energy from food, water and oxygen and that exercise and sleep are important to our health;
- There are ways in which they can contribute to the care of the environment (using some or all of the seven Rs);
- There are times when they will make the same choices as their friends and times when they will choose differently
- Some choices they make for themselves and some choices others make for them;
- There are different ways people can support the school community;
- People have different qualities and attributes and these can help them to support the school community.





### Key Vocabulary:

Attributes—a quality or feature of a person's character

Community—a group of people living in the same place or having a particular characteristic in common

Unique—being the only one of its kind; unlike anything else

Environment—the surroundings or conditions in which a person, animal, or plant lives

Talents— something a person is really good at

Personality—characteristics or qualities that form an individual's character

Appearance—the way someone or something looks

Mutual Respect—treating other people with dignity and recognising their value

Environmental Sustainability—the ability for the planet's natural environment to survive and thrive

Benefits—an advantage or profit gained from something

