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

Colossians 3:23

Resilience

Year 5 - Autumn 1 & 2

Key Knowledge:

To know that:

Þ Personal growth/best is more important than comparing against others

Þ Having a growth mindset means you can improve at anything

Þ Reflecting after performance helps me to learn how to improve

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

Þ A growth mindset uses the power of the word 'yet'

Key Vocabulary:

Current ability - how well you can do a skill however this can improve with practise.

Marvellous mistakes - doing something wrong allows us a chance to learn and improve

Strategy - a plan or way of getting success. It's good to try different ways

Present - thinking about what's happening now and not worrying about the past or future

