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

Colossians 3:23

Resilience

Year 6 - Autumn 1 & 2

Key Knowledge:

To know that:

Þ Use a variety of techniques and strategies (such as breathing exercises, collaborating with a teammate) to keep emotions under control and so they don't affect performance.

Þ Evaluate and select a technique(s) or strategy(ies) which works best for each individual to keep emotions under control.

Þ Use multiple attempts, if needed, to learn a new skills or achieve a target whilst remaining positive

Þ Understand 'personal best' is more important than current ability.

Þ Embrace and welcome moments of failure or disappointment as opportunities to reflect and learn about how to improve performance.

Key Vocabulary:

Grit - being able to keep working toward a goal and overcoming obstacles, even when it's hard.

Growth Mindset - believing you can get better at something and learn new skills by practising.

Personal Best - you best 'score or attempt' at a particular activity. Avoid comparing against others as it's personal to you.



