



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

Colossians 3:23

Resilience

Year 6 - Autumn 1 & 2

### Key Knowledge:

#### To know that:

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.

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

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

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

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

