



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

Colossians 3:23



Being My Best

Year 6  
Autumn 1



Key Knowledge:

To know that:

- The outcomes of risk-taking in a given situation can vary from serious to mild and can involve physical and emotional injury
- Ways to overcome problems and challenges include being patient, asking for help and trying a different way.
- An emotional risk could be something that upsets you and a physical risk is something that causes you injury
- People have aspirational goals and that actions need to be set to achieve these.
- The five ways to wellbeing are: to connect, be healthy, take notice, keep learning and be active.
- The five ways to wellbeing contribute to a healthy lifestyle and there are various ways to implement them
- There can be risk factors in a given situation.
- A risk can be reduced; by thinking before they act
- There are risks related to growing up and explain the need to be aware of these.





### Key Vocabulary:

**Implementation**—to start using a plan or system

**Achievement**— a result gained by effort

**Contribute**—to give something e.g money/time/ideas

**Success**—to have a good or favourable result; do well.

**Media**—the means of distributing information to large numbers of people

**Relevant**—related to what is being discussed or is presently important

**Risk**—a chance of getting hurt or losing something

**Social norms**—beliefs and actions that are seen as acceptable within society

**Consequences**—something that follows naturally from a person's action, inaction, or poor decision

**Benefits**—an advantage or profit gained from something.

**Cooperation**—working together to reach the same goal

**Enterprise**—a plan or project that is risky, bold, or difficult to carry out

**Documentary**—a film, which shows real events or provides information about a particular subject.

