



Being my Best

Year 6



Key questions

To help our thinking skills and focus on key knowledge in this unit.

Aspirations and Goal Setting

- Do goals and aspirations need a plan?
- Are problems, challenges and barriers part of achieving goals?
- How can problems, challenges and barriers be overcome?

Managing Risk

- Are risks physical or emotional?
- How can a risk be emotional?
- What can someone do to reduce or remove risk?



The Protected Characteristics



Vocabulary:

Give: To offer something to someone, or to provide someone with something.

Influence: To have an effect on the character development or behaviour of someone or something.

Be active: To be busy with a particular activity.

Assessing risk: Working out the potential dangers or harm that could happen in different situations.

Problem: A situation, person, or thing that needs attention and needs to be dealt with or solved.

Choices: Options we have about what to do.

Goal setting: Choosing something we can work towards.

Overcome: To defeat or succeed in controlling or dealing with something.

Vaping: The use of e-cigarettes or other devices that let you breathe in nicotine or other drugs as vapour rather than smoke.

Practise: To do or play something regularly or repeatedly in order to become skilled at it.

Media: The means of widespread communication (broadcasting, publishing and the internet).

Aspirations: Things that you hope to achieve.

Achieve: To do something successfully.

Challenges: Things we may find tricky but can work to do well at.

Perseverance: The continued effort to do or achieve something, even when it is difficult or takes a long time.

Take notice (mindful): To give attention to.

Weigh up: To think carefully about the advantages or disadvantages of a situation before making a decision.

I can

- I can tell you how I can overcome problems and challenges on the way to achieving my goals.
- I can give examples of an emotional risk and a physical risk.