



LKS2 Autumn 1: We are Ambitious

We are learning....

- To identify and focus on things we have achieved and the strengths we have. This can support positive mental health and wellbeing by developing our confidence, resilience and independence. Thinking about our achievements and the actions we took to accomplish them.
- To set ourselves goals and how we can work towards these to create success. We will look at the benefits of practice, asking for help, how to learn from any mistakes and being realistic.
- That we all find different things easier or more difficult and this is fine. Viewing challenges with a positive attitude means that we can try with determination, adapt our strategy if it could be improved, ask for help when needed, think about other similar tasks we have achieved and consider how we accomplished those.
- That stereotypes can be damaging. These could be someone's gender, background or the way they choose to live their life. We should all have the same opportunities as everyone else as we are all equal. Our human rights ensure we all have the right to a happy, healthy and safe life with access to equal opportunities.



- That we can do anything in our future if we put the right steps in to help us along the way.



Quiz questions:

- How does practice help us to achieve our goals?
- In what ways can we keep ourselves going if we fail at a task to start with?
- What are some realistic goals that we can set? Why should we always aim high even if that seems out of reach?
- How can you change your words to encourage someone to learn something new?
- What is a stereotype? Do you see them in your daily life?
- What do you want to do when you grow up? How can you get there?



Key Vocabulary

achievement:	Something we have done well or a challenge we have accomplished.
behaviour:	Our actions . The way we behave.
resilience:	Trying again and continuing to persevere when we find something difficult.
action:	Something we do.
growth mindset:	The belief that if we work at something we can achieve it.
fixed mindset:	The belief that people's intelligence and abilities are set rather than flexible and progressive.
qualifications:	Learning we have completed that enables us to try something new.
experience:	Things we have done or achieved.
responsibilities:	Tasks that we do to contribute or things we are in charge of.
curriculum vitae:	A formal document used in job applications containing personal information about skills, qualifications and experience .
ambitions:	Things we would like to do or achieve.
stereotype:	Assuming someone will behave in a certain way because of a shared characteristic. This could be based on the way they look, the way they speak, where they come from or their gender.
opportunities:	Chances to do things.
self-worth:	The feelings we have about ourselves, our self-esteem and the respect we feel we deserve from others.

Children will be given opportunities to ask any questions they may have and adults in the class will set aside time to explore any questions or issues that are raised in the course of the lesson.

If you have any questions or concerns regarding your child's PSHE and Citizenship lessons, or anything else, please don't hesitate to let us know.