



Lacock Primary School – Year 4/5/6 –PSHE– Being my best-Summer 1 2024



Important Vocabulary

Connect
 Be active
 Assess risk
 Identify problems
 Make choices
 Set goals
 Have aspirations (know what you want to do)
 Be mindful
 Achieve
 Challenges
 Perseverance
 Keep learning

Five ways of well being

1. Connect
2. Be active
3. Take notice
4. Keep Learning
5. Give

Key Skills

- problem solving
- creative thinking
- physical activity
- team work
- resilience
- assessing situations

What will you do in the future?



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First Aid

Knowing what to do when someone has an accident,
 Dealing with cuts, bruises, burns.



Key Questions

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 a risk?

What I should already know:

I will need to practise and persevere to get better.

This learning will help me in the future when I learn:

I make choices which help me to be successful at home, in school and in the community