



Topic: Health and Well Being (Self-esteem; personal qualities; goal setting; managing setbacks)

Question: **What Strengths, Skills and Interests Do We Have?**

Learning Expectations:

- How to recognise personal qualities and individuality
- To develop self-worth by identifying positive things about themselves and their achievements
- How their personal attributes, strengths, skills and interests contribute to their self-esteem
- How to set goals for themselves
- How to manage when there are set-backs, learn from mistakes and reframe unhelpful thinking

Programme of Study References:

H27, H28, H29, L25

Key Websites:

[Medway Public Health Directorate - Primary RSE lessons \(Y4/5\), 'Puberty'](#)

[Betty - It's perfectly natural](#)

Cross Curricular:

Art and design

Science

Prior learning: Children will have previously discussed skills they have and things they enjoy.

Future learning: How to recognise and respect similarities and differences between people and what they have in common with others. That there are a range of factors that contribute to a person's identity (e.g. ethnicity, family, faith, culture, gender, hobbies, likes/dislikes)

Essential Knowledge:

Be able to talk positively about yourself.

To be able to set targets for yourself.

To be able to learn from mistakes made.

Key Vocabulary:

Personal, self-worth, achievements, self-esteem, goals, targets, manage, mistakes, positively, ambition, achieve, future, target, effort, growth mindset, challenges, obstacles, set-backs, strengths, resilience, determination, skills, learn, succeed, success