

Year 3

Autumn 1

Moor First PSHE
Knowledge
Organiser - Aiming
High

Weaving concepts

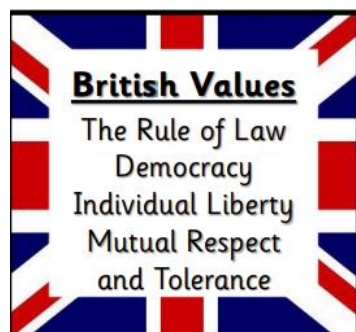


What should I already know?

Key Learning Point: Having a Positive Learning Attitude

Self-talk to help a positive learning attitude:

- I want to try my best with this learning task;
- If I keep trying, I will improve;
- By learning from my mistakes, I can get better;
- This is a new challenge for me and I like learning new things;
- I can't do this yet, but I will.



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.

Sticky Knowledge

Key Learning Points:

Developing a Growth Mindset: Having a **growth mindset** can help us achieve and overcome challenges. This can support our mental health and wellbeing as it can contribute to a sense of purpose and success. It can also improve our self-esteem as we show belief in ourselves. We can develop a **growth mindset** by:

- trying our best;
- adapting our strategies to try a new approach;
- asking for help;
- learning from others;
- looking and listening;
- using positive affirmations (reminding ourselves things may seem challenging and this is because we are learning, remembering the progress we have made);
- seeing challenges as exciting;
- learning from mistakes;
- celebrating progress.