

# Knowledge Organiser



## Year 6 - Being My Best

### 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 risk?

### Key vocabulary

give connect influence  
be active assessing risk  
problems choices  
goal setting overcome vaping  
practise media  
aspirations take notice (mindful)  
weigh up achieve challenges  
perseverance  
keep learning (get creative)

### 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.