

Autumn 1 - We are Happy!

Mental Fitness:

Strength of Self-Awareness



STRENGTH

Social Fitness:

Families and people who care for me

Caring Friendships



FAMILIES AND PEOPLE



WHO CARE FOR ME



CARING



FRIENDSHIPS

Physical Fitness:

Healthy Eating



HEALTHY EATING

Themes:

self-esteem, self-talk,
self-awareness,
spirituality, self-respect,
core values, self-worth,
self-efficacy and
showing up as your best self.

Personal Attributes:

confidence,
modesty,
humility,
self-respect,
self-worth,
free will

This terms end goals



To know that they are unique human beings.

To know that they are not their thoughts.

To know that self-awareness needs to be practised and helps us to show up as our best selves.



To know that families are built on love and friends are important in our one life.



To know that their bodies need good fuel to work well.

Begin to understand that they need to build all three fitness components to live their one life well.

We only get one life, so let's learn how to live it well!