

Being My Best Knowledge Page Year 6

Long term Learning

What are the five ways to wellbeing?

How can I achieve my aspirations?

What could be the outcome of risk taking?

What risks may I encounter as I grow up?

How do I help in a first aid emergency?

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)

Lesson Progression

Wk	Lesson
1	Five Ways to Wellbeing project
2	This will be your life!
3	Our recommendations
4	What's the risk? (1)
5	What's the risk? (2)
6	Basic first aid, including Sepsis Awareness

Resources

Coram Life Education