

# UKS2 Cycle B

Knowledge  
Organiser



## Summer 1—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.