

LESSON: Influences and goals (Boxer)

Adaptation guide for Year 3 and 4

This guide is aimed to support the adaptation of the year 5 - 6 lesson about influences and goals. Guidance on creating a climate for learning by establishing ground rules, communication and handling questions effectively for all year groups can be found in the main lesson plan. Resources for these adaptations can also be found in this pack.

Baseline assessment activity: Attitude continuum

10 min

Pupils demonstrate their understanding and attitudes about achieving goals using **Resource 1: Attitude continuum**.

Worksheet: Qualities and Strengths

15-20 min

Pupils watch the video and complete the **Resource 2: Qualities and strengths** worksheet for the boxer and then for themselves.

Setting a goal

15-20 min

Discuss the different types of goals that someone may have and briefly provide some examples of some realistic in school and out of school goals that could be achieved within a short time e.g. improving a spelling score, achieving a new swimming badge. Then, pupils reflect on how their qualities and strengths might help them.

For example:

Goal: Play for the school football team

Qualities that might help: Being determined

Strengths that might help: Working well in a team

Pupils then complete **Resource 3: Setting a goal**.

End point assessment

5 min

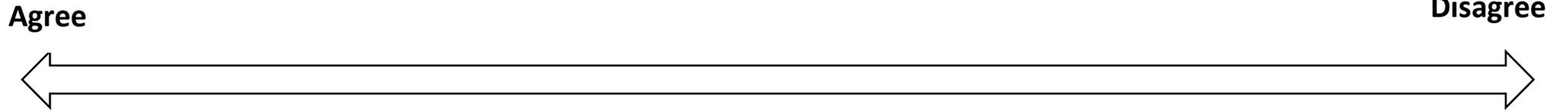
Ask pupils to revisit their baseline assessment and make any changes as a result of their learning in this lesson. Pupils could discuss any changes they made and explain their reasons.

Extension Activity:

Pupils consider what they are going to do to achieve their goal and write a mini action plan with 3 practical steps. For example:

Goal: Be able to recall the 12 times table

- *Practise for 15 minutes everyday*
- *Get parents or friends to ask questions*
- *Make flashcards*



It's easy to achieve goals	Some people are born more talented than others
The most important thing to achieving a goal is hard work	Everyone is good at something

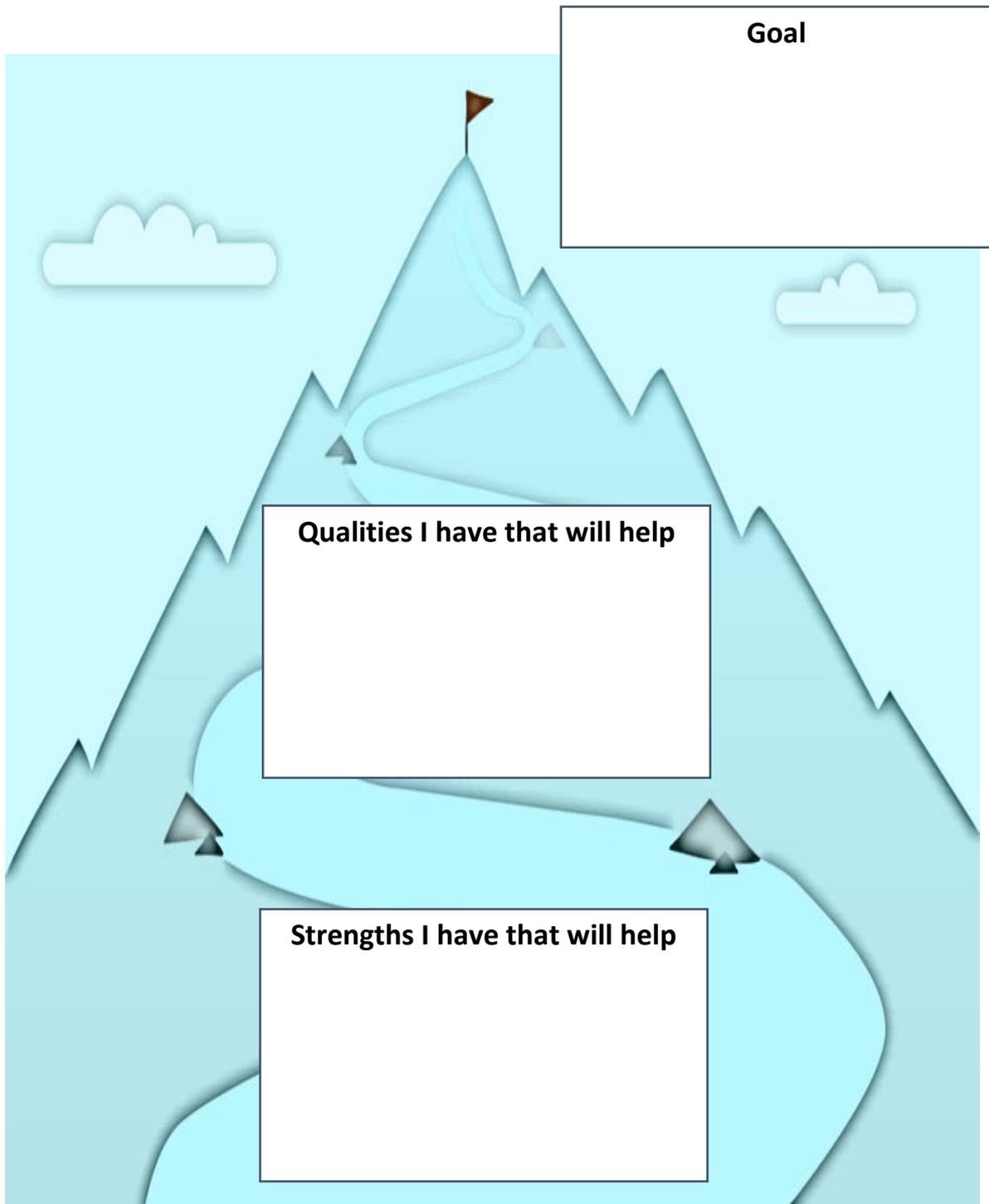


Anthony's qualities (what he is like)	
Anthony's strengths (what he is good at)	

My qualities	
My strengths	

Qualities word bank			
Hard - working	Patient	Resilient	Curious
Determined	Friendly	Creative	Imaginative
Caring	Calm	Adventurous	Responsible
A passion for ___	Enthusiastic	Confident	Talkative

Strengths word bank			
Science	Being a good listener	Looking after animals	Helping others
Drama and acting	Art	Maths	Computer skills
Writing	Working with others	Sports	Resolving arguments
Reading	Music	Problem solving	Languages



Goal

Qualities I have that will help

Strengths I have that will help