

**Lesson 1/6**

# **To be able to try my best, even when I don't win.**

## **EDSTART KNOW**

- explain why trying my best is important.
- understand that winning isn't the only success.
- say that effort makes me stronger.

## **EDSTART GO**

- keep going, even if I don't win.
- try hard in different activities.
- practise skills to improve.

## **EDSTART SHOW**

- celebrate my own effort.
- clap for others who try hard.
- share what I did well, even without winning.

**Recap: To be able to try my best, even when I don't win.**

**Lesson 2/6**

# **To be able to keep going when things are hard.**

## **EDSTART KNOW**

- **explain why not giving up makes me stronger.**
- **understand that mistakes are part of learning.**
- **say kind words to myself when I find it tricky.**

## **EDSTART GO**

- **keep trying even if I fail first time.**
- **repeat a skill until I improve.**
- **join in even when I feel tired.**

## **EDSTART SHOW**

- **share how I kept going with my class.**
- **cheer for others who don't give up.**
- **celebrate my own resilience.**

**Recap: To be able to keep going when things are hard**

**Lesson 3/6**

# **To be able to learn** **from mistakes.**

## **EDSTART KNOW**

- **explain that mistakes help me learn.**
- **say that everyone makes mistakes.**
- **notice when I improve after trying again.**

## **EDSTART GO**

- **repeat a skill until it gets better.**
- **try new ways if the first doesn't work.**
- **stay calm when I make errors.**

## **EDSTART SHOW**

- **share how I improved after a mistake.**
- **encourage others when they keep trying.**
- **celebrate effort over perfection.**

Recap: To be able to learn from mistakes.

## Lesson 4/6

# To be able to set myself small goals.

### EDSTART KNOW

- explain what a goal is.
- understand why goals help me improve.
- notice when I achieve my goal.

### EDSTART GO

- try hard to reach my goal.
- break a big goal into smaller steps.
- celebrate progress along the way.

### EDSTART SHOW

- share my goal with the class.
- show how I worked towards it.
- cheer for my friends' goals.

**Recap: To be able to set myself small goals.**

## **Lesson 5/6**

# **To be able to show good sportsmanship.**

### **EDSTART KNOW**

- **explain what good sportsmanship means.**
- **understand that effort matters more than winning.**
- **notice when others show kindness in games.**

### **EDSTART GO**

- **play fairly and follow the rules.**
- **say well done to my partner.**
- **keep calm when I lose.**

### **EDSTART SHOW**

- **clap for the other team.**
- **model fair play to others.**
- **celebrate everyone's effort.**

**Recap: To be able to show good sportsmanship.**

**Lesson 6/6**

# **To be able to reflect** **on my progress.**

## **EDSTART KNOW**

- **remember what I have learned about resilience.**
- **explain why resilience helps me in life.**
- **notice how I got better.**

## **EDSTART GO**

- **perform skills with more confidence than before.**
- **keep trying until I succeed.**
- **practise calmly, even under pressure.**

## **EDSTART SHOW**

- **share what I'm proud of with my class.**
- **celebrate my own and others' progress.**
- **show confidence when reflecting on my term.**