

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.