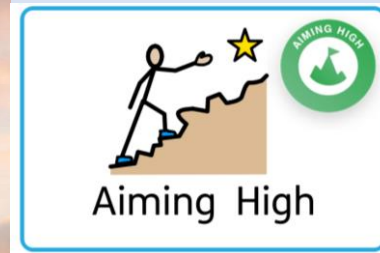
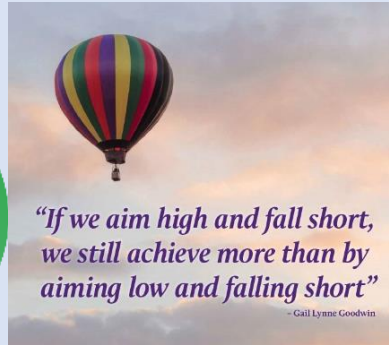




## Your Fortnightly Focus Skill is: Aiming High



### Activities for the classroom and at home

Consider a goal that you would like to achieve in the next few weeks or months of the year. What are the steps you will need to take to reach your goal?

Draw these as stepping stones and write down 3 actions you should take to help you reach your goal.

Share your drawing with a family member and talk about what you are going to do. They may have some great ideas and encouragement to help you.

Create an outdoor challenge for your family or friends in a garden or local park. You could set up an obstacle course, a circuits workout or plan a running route. Explain the rules clearly and set everyone, including yourself, a target or goal to achieve. Encourage others to have a go and to aim high!

Create a daily exercise plan for yourself.

Plan what activities you will do, for how long and when.

Set yourself a goal for each day and for the week ahead.

#### Reflection Questions

**Getting Started:** How do you know if something is too difficult for you?

**Intermediate:** Why is it important to be willing to take on new challenges?

**Advanced:** What resources might you need to achieve a goal you have set for yourself?

**Mastery:** What steps do you need to take to get closer to reaching your goal?

#### Reflection Questions

**Getting Started:** How do you know if something is too difficult for you?

**Intermediate:** Why is it important to be willing to take on new challenges?

**Advanced:** What resources might you need to achieve your goals?

**Mastery:** What steps do you need to put in place to make your goals happen?

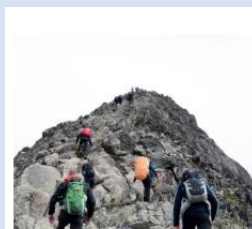
#### Reflection Questions

**Beginner:** How do you know if something is too difficult for you?

**Intermediate:** Why is it important to be willing to take on new challenges?

**Advanced:** What resources might you need to achieve your goals?

**Expert:** What steps do you need to put in place to make your goals happen?



## Aiming High

The ability to set clear, tangible goals + devise a robust route to achieving them.



One day,  
everyone will  
build the  
essential skills  
to succeed



### Introduce Skill

[Skill Story: Jake, the Snake Who Can Aiming High Assembly](#)

Other uses: circle time activity, PSHE lessons, small group/1:1 intervention, class buddy pair-ups

### Supporting Materials

[Skill Logo Posters](#) (Referencing explicit use of Aiming High during school day)

[Aiming High Skill Icon](#) (Can be added to lesson plans, whiteboard slides, displays and/or worksheets)

[Expanded Framework Posters](#) (Using explicit language in feedback and reflections: class display, desktop resource)

[Skill Certificate](#) (Recognising and rewarding skill development: teacher, peer 'shout-outs' and/or support staff)

[Skill Challenges](#) (more at [skillsbuilder.org/homezone](https://skillsbuilder.org/homezone))

## Skills Builder Academic Year Coverage

Week commencing	Skill to be covered	Week commencing	Skill to be covered
Sept 1st 2022	Teamwork	Jan 30th 2023	Staying positive
Sept 19th 2022	Aiming High	Feb 20th 2023	Aiming High
Oct 3rd 2022	Staying positive	April 18th 2023	Leadership
Oct 10th 2022	Listening	Mar 6th 2023	Teamwork
Oct 31st 2022	Speaking	Mar 20th 2023	Listening
Nov 14th 2022	Team work	Apr 17th 2023	Speaking
Nov 21st 2022	Leadership	May 02nd 2023	Problem Solving
Nov 28th 2022	Listening	May 15th 2023	Creativity
Dec 12th 2022	Speaking	June 05th 2023	Aiming High
Jan 9th 2023	Problem solving	June 19th 2023	Staying positive
Jan 23rd 2023	Creativity	July 3rd 2023 x 3	Aiming High

### Fortnightly Focus:

