

STRONG START RESPONSIBILITIES

- **NO FUSS ALLOWED**
- Place journal on desk.
- Complete the Do Now activity in silence.



DO NOW



Complete Task 1 - What types of things hold you back? (circle the answers that apply to you)

Scared to take a risk

Fear of being embarrassed

Worried that you will get it wrong

Find it difficult to focus

Stress and Anxiety

Fear of looking foolish

Finding it hard work

Something else



Aspiration- Aim to achieve a Steps to Success grade 1



Date

Title: Resilience



Objective: What are we learning?

To understand the term 'resilience' and how this skill will help us in our transition to Hazel Wood

Purpose: Why is it important?

Resilience is a life skill and children who develop resilience are better equipped to learn from failure and adapt to change.



Keywords

Resilience

Perseverance



Keystone words

You are going to try out
a series of tasks that
you might find difficult
- but, don't give up!



Resilience:
What is it?

Beat the Timer

Challenge: To stand up when timer hits exactly 1 minute.

Can you beat The Cube?



Cup Pong!

CHALLENGE: You need to get 5 ping pong balls into the cup.

You only have 1 minute to do it.

Can you beat The Cube?



Castle of Cards

CHALLENGE: You need to get your Castle of Cards to 4 tiers high.

You only have 2 minutes to do it.

Can you beat The Cube?



Resilience

This is the ability to:

“Recover quickly from difficulty and toughness”.

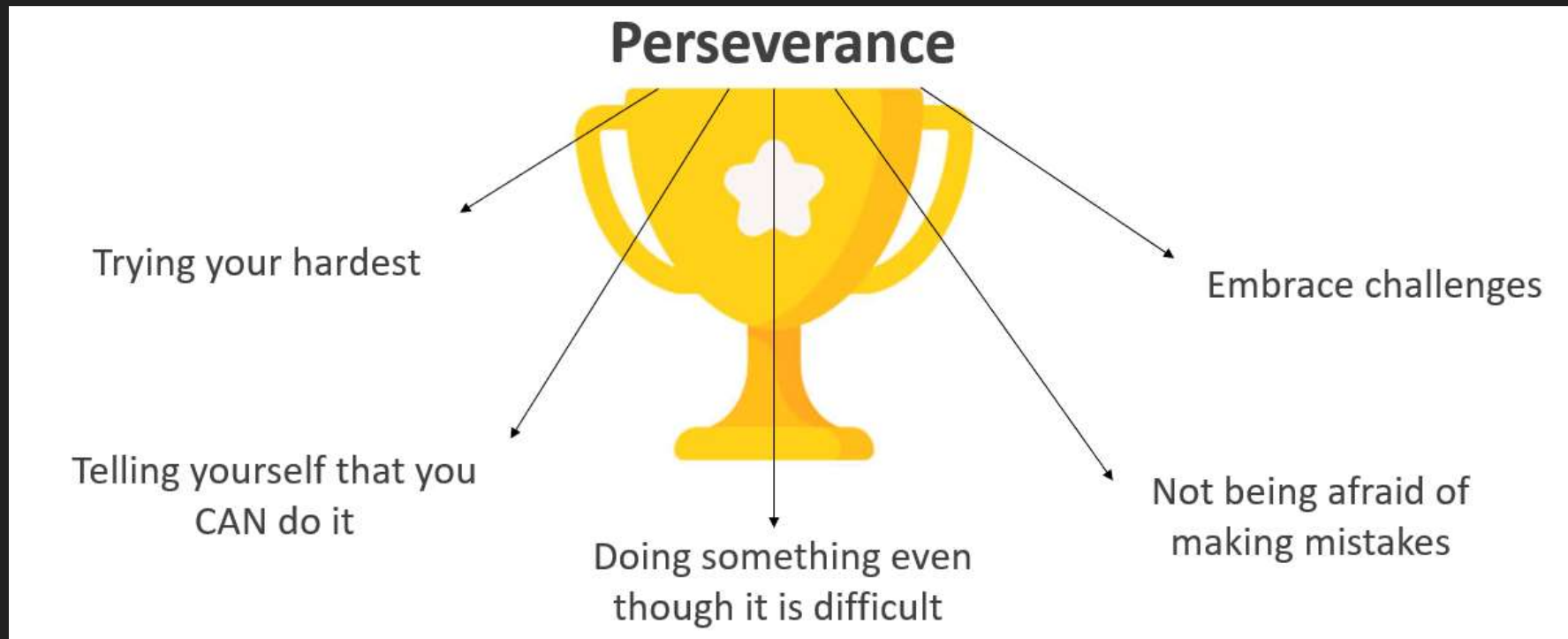
Just because you can't do it yet doesn't mean you won't ever be able to!

Resilience

(n.) The ability to become strong, healthy, or successful again after something bad happens.

extramadness.com

What is the secret of success?



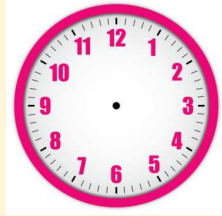
"Success is not final;
failure is not fatal.

It is the courage to continue that counts."





PLENARY



END OF LESSON RESPONSIBILITIES

- The teacher will pull the learning together towards the end of the lesson. This is called the plenary.
- There will be a discussion/ activity/ assessment of main points learnt today.
- Teacher will award you their final steps to success grades.
- Achievement points will be awarded at this point for excellence in the classroom/lesson and homework.

Reflection Time:

Write down what you can learn from your primary school experience ahead of going to secondary school.

- How did you handle things when they went wrong?
- How did you react when you got stuck?
- Think about a time when you showed an awesome attitude.
- Write down the kind of person you want to be at secondary school



Homework

Complete Week 1 of the '5 a Day Transition' sheets by completing the activities Mrs Davison (Head of Year) will collect these from your year 6 teachers.

Hazel Wood High School – 5 a day Transition Week 1					
Activity	Preparation for secondary school	Developing Self Confidence and Wellbeing	Subject Knowledge	Staying Active	Getting to our school (Use the School Website and Welcome Booklet) https://www.hazelwoodhigh.co.uk/
Monday	On your daily walk, walk from home to your new school and back, or look up which bus you will need to catch and the times.	What are the three things you are confident about with yourself and your learning?	English: Write a short descriptive story about how you imagine your first day at high school will be.	Mini Work Out: 25 sit ups 25 star jumps 1 minute jogging 25 press ups 25 squats	What is the name of the head teacher? Can you find the name of the deputy head teacher?
Tuesday	Ask a family member about how they felt when they transitioned to high school. Even better if they attend Hazel Wood already!	What are two things you would like to improve about yourself or your learning when you join Hazel Wood?	Maths: Recall the times tables for 3, 6 and 9. Draw 4 pizzas and cut them into 8 slices. Can you shade the following fractions? $\frac{1}{4}$ $\frac{1}{2}$ $\frac{3}{8}$ $\frac{5}{8}$	Mini Work Out: 25 burpees 25 jumping jacks 1 minute skipping 25 bicycle crunches 25 high knees	What are the names of the two people who look after year 7? Can you name the rest of the year 7 team?
Wednesday	What should you do if you are not going to be in school? Who should you contact and what is their phone number?	Which subjects are you excited to study when you join Hazel Wood?	Science: Research about animal and plant cells. What do they look like? What's inside them? What do the different parts do? How are they similar or different?	Mini Work Out: 25 squat jumps 25 high kicks 1 minute mountain climber 25 bicycle crunches 25 high knees	What is the school address and telephone number?
Thursday	What is the school's attendance expectation as a percentage?	What are three hobbies or interests that you could talk about with a new friend? Do Hazel Wood offer this as a club or extra-curricular activity?	MFL: Find out about Spanish speaking countries – can you mark them on a map?	Mini Work Out: 25 squat jumps 25 lunges 1 minute plank 25 high knees 25 sit ups	Who are the Assistant Head Teachers?
Friday	Write down your morning routine for September. For example: Set my alarm for 7am	What three qualities would make you a great new friend for someone from another primary?	Drama: Use a mirror to practise pulling different facial expressions and emotions. For example: happy, sad, frightened, confused, embarrassed and confident.	Mini Work Out: 25 bunny hops 25 star jumps 1 minute climb 25 sit ups 2 minutes jogging	Who looks after safeguarding in school should you have a problem?



END OF LESSON RESPONSIBILITIES

- Stand behind your chair ready to leave when asked, remain silent.
- Leave the room when dismissed by the teacher, it may be in rows or one by one.
- Teachers will sign reports at the door.
- Go quietly and sensibly to your next destination.

RESPONSIBILITY

RESPECT

ASPIRATION