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| **Year 7 Unit 1** | **Road Map** | | | | | |
| In this unit you will investigate the importance of your mental attitude  **LG1**: Knowledge  **LG2**: Application  **LG3**: Skills | Assessment Grades |  |  | | | |
| Pre-topic test score | |  | | | |
| Post topic test score | |  | | | |
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| **Themes** | **Learning Goals/Outcomes/Content** | | | R | A | G |
| How can I improve on my skills and behaviours? Analysing and planning my personal development. | LG1: Identify different skills and behaviours we can develop and categorise them correctly. Set a SMART target.  LG2: Describe how different people can develop their skills and behaviours and begin the plan to develop your own through use of a SMART target.  LG3: Explain why it is important we develop certain skills and behaviours in order to be successful and check the SMART targets of others. | | |  |  |  |
| What is a ‘Growth Mindset’ and how can having one  help us achieve and be successful? | LG1: Identify statements that describe either a Fixed or a Growth Mindset.  LG2: Describe the attributes of a Fixed or Growth Mindset and how we can apply those of a Growth Mindset to our own lives.  LG3: Explain why a Growth Mindset can help us succeed and develop our skills and personal qualities. | | |  |  |  |
| How can boosting our self-confidence boost our achievement? | LG1: Identify different confidence boosters and situations where they can be used.  LG2: Describe how using these boosters can aid our achievement and how we can apply them to our own lives.  LG3: Explain why we have chosen particular boosters to suit particular case studies and the role science plays in our confidence levels. | | |  |  |  |

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