



Session 1 of 8	Key Language Achieve Average Awesome, Awe Compare Dreams Mindset, Motivate, Motivation
Suitable for Year 6	
Focus: Success is greater than impressing others.	
Learning objectives 1. To understand my own mindset. 2. To recognise that we each have the potential to do well, but it takes effort.	
Lesson Timings	
1 min	Slide 1: Introduce the course/its purpose: to help you consider your potential for greatness.
3 mins	Slide 2: Ask students to complete the PLC (containing 15 statements to reveal information about their mindset).
1 min	Slide 3: Introduce today’s theme - ‘From Average to Awesome’.
5 mins	*Slide 4: Read chapter 1 of ‘You are Awesome’. <i>*NOTE: This can be read within a longer PSHE session or in a separate tutor time session.</i>
	Slide 5: Read the quote from the book about being awesome.
1 min	Slide 6: Ask students to consider what examples of objects, people, food & drink, hobbies, places they would consider to be awesome.
1 min	Slide 7: Ask students to think about the word ‘awesome’. Are there alternative words?
2 mins	Slide 8: Remind students that Kid Average and Kid Awesome had very different approaches to challenge. Ask them to gather words and phrases that both Kid A’s might say.
	Slide 9: Students should spend time reflecting on the types of words and phrases they use when they are learning. Ask them to consider which Kid A they sound more like.
5 mins	Slide 10: Ask them to write down one goal – perhaps for today, this week, this year, life.
	Slide 11: Students should sort their actions into things they are already doing to achieve this goal, and actions they are not yet doing that they should be doing to reach that goal.
1 min	Slide 12: Watch the brief clip from Matthew Syed.
1 min	Slide 13: Are you ready? (Homework task) Reveal slide 13 and ask them to choose one action from the list they have just written to achieve before next week. Who or what do they need to help them achieve this?
Resources YAA Session 1 PPT YAA PLC 1 YAA Book & Clip 1: Matthew Syed YAA Session 1 Worksheet	
Teacher notes	

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