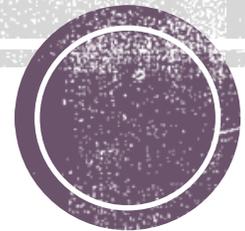


# **WALT: Face new challenges positively and know how to set personal goals**

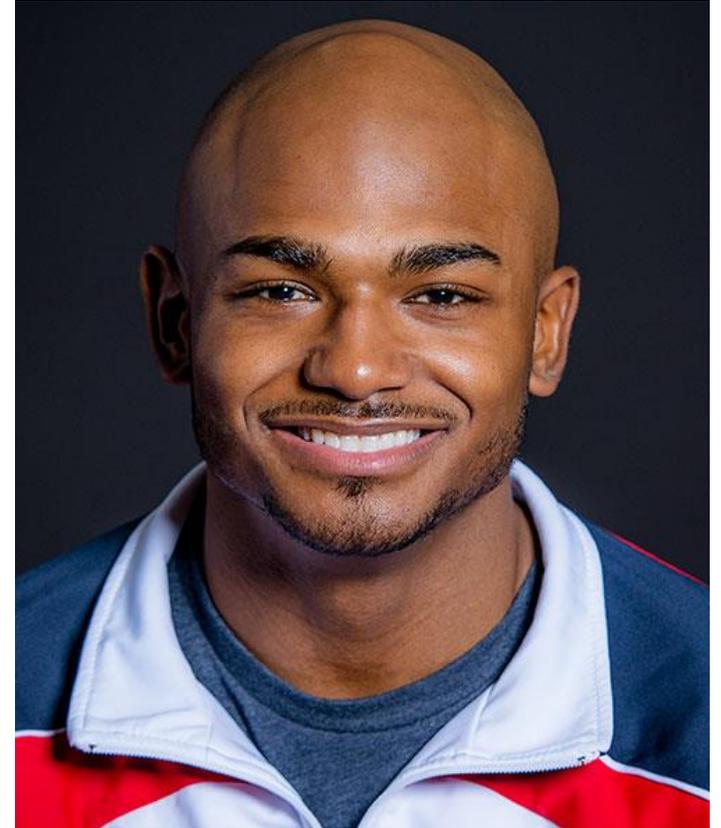
**Year 5 2020**

**Lesson 1**



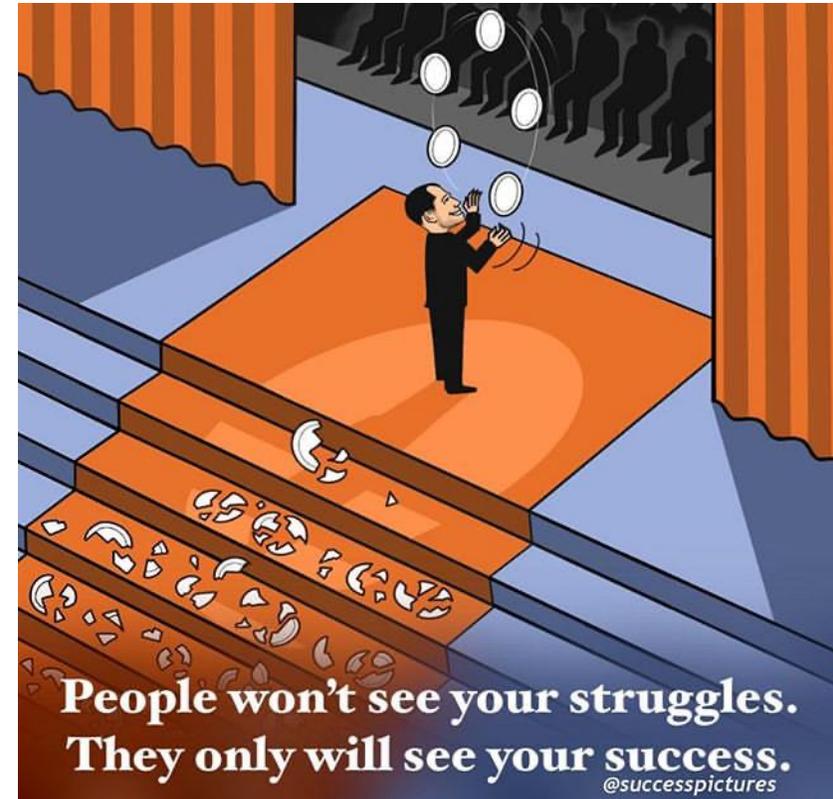
# John Orozco

- John Orozco is a Puerto Rican who was born in the United States. Since he was a child he was keen on becoming a gymnast and he dedicated his life to it.
- He has won several gold, silver and bronze medals in gymnastics.
- Gym Class Heroes called ‘the fighter’ and the music video is based around his dedication and hard work to the sport.
- Before you watch the video, read through the questions in part 1 of your worksheet and discuss or answer them.
- <https://www.youtube.com/watch?v=bxV-OOIamyk>



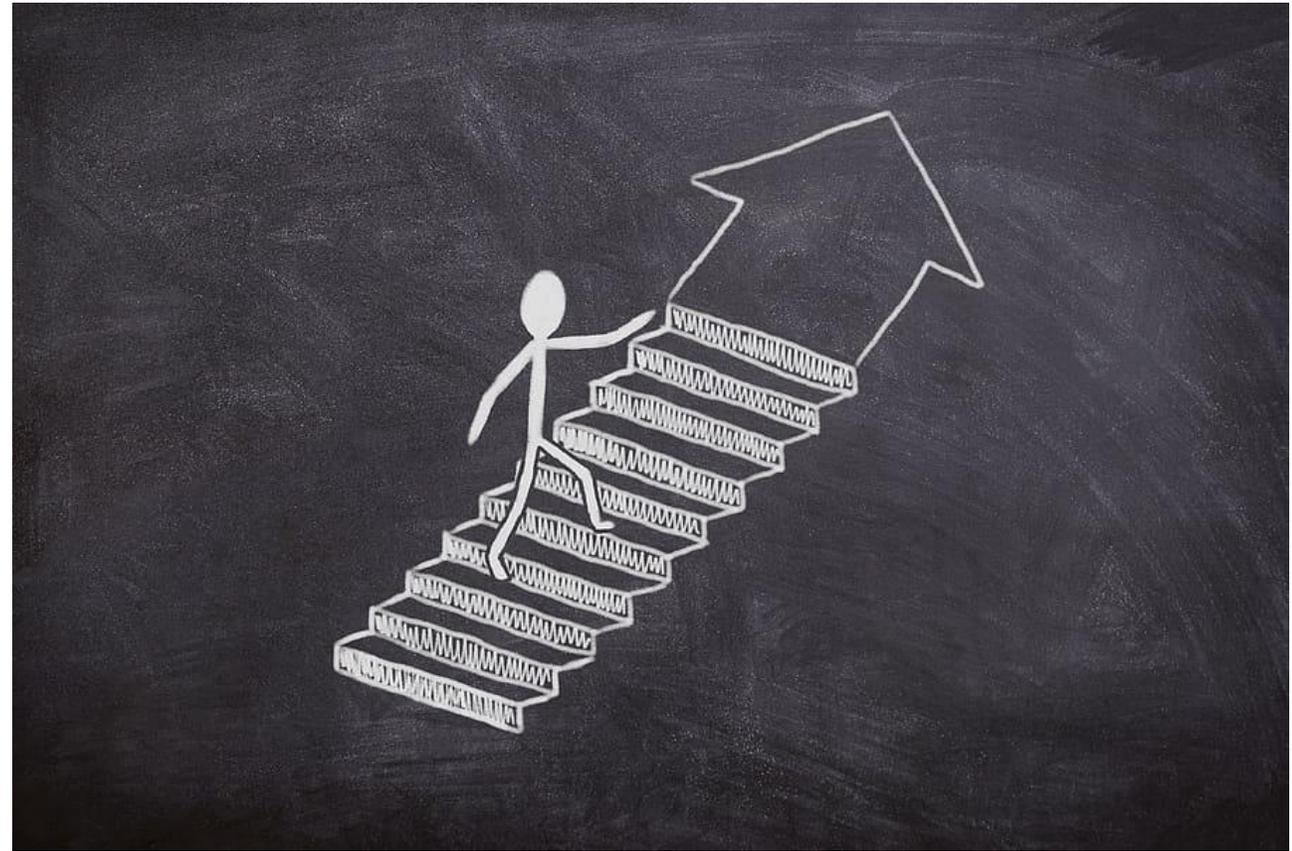
# Small steps lead to success.

- Often in life we take small steps to accomplish something big (while making a lot of mistakes along the way).
- For example: as a baby you couldn't speak, as a toddler you begin to pronounce words, then as a child you can say words properly.
- Do part 2 of your task, come up with a list or timeline of the small steps that you have achieved in your life.



# Main Task: Face new challenges positively and know how to set personal goals

- Each one of those steps may seem small, but they can end up adding to something great like John Orozco's story: he woke up early trained hard everyday, even alone and outside of gymnastics class. In the end it paid off.
- Your task is to decide what would you like to be successful in, in three weeks time. Then come up with a small step plan of what you want you need to achieve in the following weeks to make that happen.
- Complete Part 3 THE TASK.



# Reflection

- Now look back at your goals. Imagine it is three weeks time and you have achieved it.
- How would that make you feel?
- You need to remember this feeling because over the three weeks you may feel like giving up, its too hard or you'd rather do something else. But remember if you want to achieve the feeling of doing something great you have to earn it.
- (Also if you don't achieve your goal that's also ok, don't beat yourself up about it – just set yourself another more achievable goal and try again, remember small steps are what lead to the big success).

