

Skills Challenge – Week 6 Aiming High

This skill is about planning well to achieve clear set goals. In challenging themselves to aim high, children develop a sense of what doing well looks like. By focusing on aiming high children can learn a positive and motivated approach to new challenges. They become able to set clear and measurable goals for themselves and understand what is needed to achieve this by ordering tasks and making use of any help available to them. Additionally, they learn how to reflect on their progress to see if they are on target and revise their plans if needed.

You can find out more about aiming high at www.skillsbuilder.org

Here are some activities for you to take part in to help develop your aiming high skills. Once completed, send evidence to us at childrensuniversity@wakefield.ac.uk and we will send you a stamp code for 1 Learning Hour per activity.

Activity 1 – Do a 7-day exercise challenge. This could be star jumps, skipping, hopping or running laps of your garden. Before you start, give yourself a moment to consider how many you think you can do. Then give it a go until you become tired. Make sure you count how many jumps, skips, hops or laps you did before you had to stop. Each day, challenge yourself to do more. Record your progress by writing down your results each day on a chart. Don't forget to do warmups!

Activity 2 – What do you want to do when you're older? You might already know or you might have no idea just yet. Think about the type of activities you enjoy doing right now. In what job would you be able to use the skills you have? You might like to be an artist, or a dancer. You might enjoy history or maths. There are lots of careers out there where your skills are valuable. There are also different routes to your chosen career. You might go to college or university, or an apprenticeship might be the right way for you. Do some research into different careers and let us know what you find. How will you reach this goal? Where will you study? What do you need to learn? Don't forget to check out www.wakefield.ac.uk for course ideas. We also have a Careers Coach section on the website!

Activity 3 – Inspirational people we know. We all know Captain Sir Tom Moore and his great achievements in fundraising for NHS Charities Together. He has children and grandchildren who most likely looked up to him and admired him for his efforts and positive approach to achieving his goals. Before this he had a career in the army. For this task we would like you to interview someone in your family who you admire for their achievements. Maybe you have an older sibling who has done well in school exams or a relative who has run a marathon? Maybe someone you know has a career you would like to do? Or maybe you could write down the questions you would ask a famous athlete or actor.

Have fun and don't forget to send us photos or videos to claim your stamp code.