

Skills for Tomorrow - Month 1 - Determination

English

- **ENe-4A:** Demonstrates developing skills and strategies to comprehend texts through listening, reading and viewing.
- **ENe-10C:** Thinks imaginatively and creatively about familiar topics, simple ideas and the literacy and wider world.
- **ENe-11D:** Responds to and composes simple texts about familiar aspects of the world and their own experiences.

Mathematics

- **MAe-13MG:** Sequences events, uses everyday language to describe durations and informal units to compare time.
- **MAe-1WM:** Describes mathematical situations using everyday language, actions, materials and informal recordings.

PDHPE

- **PDe-1:** Identifies people and demonstrates protective strategies that help keep themselves healthy, safe and active.
- **PDe-5:** Explores possible strategies to

Introduction – The Power of Determination

This month, we're focusing on one powerful skill – **determination**. It's about sticking with something, even when it feels difficult.

We'll begin by watching an animated video about **Usain Bolt**, the fastest man in the world. After the video, you'll discuss his story as a class and with your friends. What helped him succeed? What kept him going when things got tough?

Then, just like Usain Bolt, **you'll choose a personal challenge** – something that will help you strengthen your own determination. It could be learning a new skill, practising something every day, or finishing a task you've been putting off.

Throughout the month, you'll push yourself to keep going, even when it's hard. You'll notice how determination helps you grow stronger, more focused, and proud of your effort.

Remember – champions aren't born, they're made through effort, patience, and the courage to never give up.

Intro Video

Teacher Notes – This part of the course focuses on speaking, listening, and comprehension skills through the theme of determination. Children begin by watching an animated video about Usain Bolt, followed by structured class and peer discussions exploring his journey, challenges, and mindset.

They practise active listening, asking thoughtful questions, and expressing their ideas clearly. These discussions help develop vocabulary, confidence, and understanding. The emphasis is on meaningful conversations that build comprehension and communication while reinforcing the value of never giving up.

<i>resolve simple conflicts and seeks help when needed.</i> • PDe-6: <i>Explores contextual factors that influence health, safety and wellbeing.</i> Science & Technology • STe-3LW-ST: <i>Explores the characteristics, needs and uses of living things.</i> • STe-4WS-S: <i>Investigates questions and makes predictions based on everyday observations.</i>	Print Your ‘Skills for Tomorrow’ Booklet As you begin this month’s challenge, you’ll need a special place to record all the progress you make. Don’t worry – we’ve created a Determination Booklet just for you! Simply print your own copy and, as you complete each task, fill it in to capture your hard work, achievements, and memories. One day, when you graduate, you can look back with pride. Remember – there are 12 booklets to collect throughout the course!	Teacher Notes - This activity encourages children to take ownership of their learning by independently documenting their progress in a dedicated Determination Booklet. As they complete each step of the monthly challenge, pupils record their actions, reflections, and achievements, creating a personal record of growth. This process promotes accountability, self-assessment, and pride in their work. The booklet also serves as a lasting portfolio, allowing students to look back on their efforts, track development over time, and celebrate milestones across all 12 collected booklets.
Creative Arts – Visual Arts • VAKe-1: <i>Makes artworks in a particular way about experiences and the world around them.</i> Creative Arts – Drama • DRAES1.1: <i>Uses imagination and roleplay to explore familiar and imagined situations.</i> HSIE (Geography) • GEE-1: <i>Identifies places and develops an understanding of the importance of places to people.</i> Digital Technologies	Tell us About Yourself – All About You! Before We Begin... Before we can start the course, we’d love to know a little bit about you! On the first page of your booklet, tell us a few things about who you are. Then, use the box provided to draw a lovely picture of yourself and colour it in to make it bright and cheerful. This is your chance to make your booklet truly yours – so have fun and be creative!	Teacher Notes - This activity encourages personal identification and ownership by inviting students to share basic information about themselves and create a self-portrait on the first page of their booklet. By combining written details with a coloured drawing, children personalise their learning resource, making it unique and meaningful to them. This process builds a sense of belonging, pride, and connection to the course. It also helps teachers understand each learner as an individual, supporting differentiated instruction and stronger teacher–student relationships from the outset.

• DTEK-2: Uses digital systems and devices in authentic situations.	Read this Week's Story – The Boy Who Ran Towards His Dreams Each month, you'll read the true story of a very famous person who has shown us exactly how to use the skill we're learning to practise. This week, we're focusing on determination, and we'll be reading the story of Usain Bolt, the fastest man in the world! Usain came from a small village in Jamaica and had some tough times along the way. But he <i>never gave up</i>. He trained hard, kept trying, and one day, he became the fastest man on Earth, breaking world records and winning Olympic gold medals. Read or listen to the story opposite, then talk with your friends about what you learned from Usain's journey.	Teacher notes – This week, we're introducing the skill of determination through the real-life story of Usain Bolt. Children will read or listen to a simplified, age-appropriate version of his journey – from growing up in a small Jamaican village to becoming the fastest man in the world. As a teacher, please model the skill by sharing a time when <i>you</i> showed determination in your own life. This helps children connect the concept to real experiences and see it in action. During the reading, pause to ask open-ended questions that build comprehension, such as: • “Why do you think Usain didn't give up?” • “How did he show determination?” • “What would you have done if you were in his shoes?” Encourage children to talk in pairs or small groups after reading, using simple sentence starters like: • “I learned that determination means...” • “Usain taught me that if something is hard...” The aim is to help children not only understand the story but <i>internalise</i> the behaviour through discussion and reflection.
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	Comprehension Questions – Usain Bolt and Determination To learn more about this amazing person and how he developed the powerful skill of determination, read the story opposite carefully. Look at the questions, explore the key vocabulary, and try to fill in the missing words in the sentences. Work with the friends around you to complete your task card. Talk about what you’ve learned, ask each other questions, and share ideas. Let’s discover how Usain Bolt became the fastest man on Earth — by never giving up!	Teacher Notes - This activity supports early reading and comprehension by exploring Usain Bolt’s real-life story through simplified text, vocabulary, and guided questions. Children will read the story, identify key words, fill in missing information, and answer questions using full sentences. Working with peers encourages oral language development and collaborative thinking. The focus is on helping children understand how determination shaped Bolt’s journey, while practising reading for meaning, recall, and discussion — all essential comprehension strategies in the early years.
	Research – Choose Your Inspirational Person! Now that you’ve learned all about Usain Bolt and how he used determination to reach his goals and make his dreams come true, it’s your turn! Choose one of the 12 inspirational people from our list. Once you’ve chosen, go home and do your own research about them. Use your research booklet to record three amazing facts about this person, and then draw a picture of them to bring your research to life.	Teacher Notes -This activity encourages students to develop independence and research skills by choosing one of 12 inspirational figures to investigate. After learning about Usain Bolt’s determination, pupils select their own subject, gather information at home, and record three key facts in their research booklet. They also create a drawing of the person, combining factual research with creative expression. This process fosters self-directed learning, critical thinking, and the ability to source, interpret, and present information in an engaging, personal way.

	Choose your Challenge Now that you're an expert on determination, it's time to start strengthening this skill on your own. This month, we want you to choose one action to stick with for the entire month. The secret to building determination is to try something new and never give up — even when it gets tricky! Look at the list of possible actions and pick one you believe you can keep going until the very end of the month. Once you've chosen, write down why you picked that challenge and what you hope to achieve.	Teacher Notes - This activity empowers students to practise determination through sustained action. After exploring the concept, they select one achievable challenge to commit to for a full month. By sticking with their choice, pupils experience the process of setting a goal, overcoming obstacles, and building perseverance. Reflecting on why they chose their challenge promotes self-awareness, while the month-long commitment develops resilience and independence. This exercise helps embed determination as a habit, equipping students with skills transferable to all areas of learning and life.
	Keep on Track – Time Management This is the part of the course where you finish what you started! We've created a daily checklist counter for you to write one simple sentence each day about what you did to keep your challenge going. If you're planting a seed to grow into a flower for bees, tell us what you did today to help it grow. If you're doing star jumps, write down how many you managed and when you did them. This part is all about not giving up on something you've started — that's what determination is! At the end of each week, take a photo, print it, and stick it in the space provided as proof that you're well on your journey.	Teacher Notes - This activity develops students' independence and time management skills by requiring them to maintain a daily record of their chosen challenge. Pupils write a brief sentence each day describing their progress, encouraging consistent effort and self-monitoring. Whether measuring physical activity, caring for plants, or other tasks, the focus is on sustaining actions over time. Weekly photo evidence reinforces accountability and reflection, helping students understand the importance of commitment, planning, and perseverance in achieving personal goals.

	Reflection and Quiz You've completed the first month of your Kindergarten Diploma – and you're well on your way to earning your full certificate at the end of the year! 🌟 There's still a journey ahead, but now it's time to reflect on how you feel after doing something for a whole month. Answer the questions opposite in your <i>Skills for Tomorrow</i> booklet. Then, complete your online quiz by clicking the button below. When you're finished, take a photo of yourself holding your certificate and stick it next to your sentences to complete Month One of this amazing journey we're on together. Well done for not giving up!	Teacher Notes – This activity guides students to reflect on their month-long challenge, encouraging them to think about their feelings, achievements, and perseverance. Using the <i>Skills for Tomorrow</i> booklet, pupils answer targeted questions, supporting simple self-assessment and awareness of personal growth. Completing the online quiz reinforces their understanding while celebrating their progress with a certificate photo adds a tangible reward. This process builds reflection skills, helps students recognise their efforts, and strengthens their ability to assess their own learning in a positive, age-appropriate way.