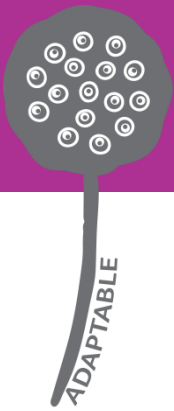


Adaptable



D  **scover**
& do
HOME LEARNING

iCAN *personal goals*

*Early Years
Milepost 1*

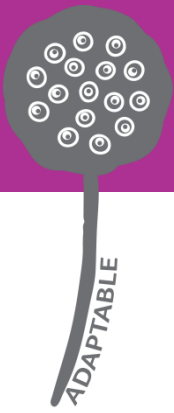
Adaptable



At iCAN we understand that different people, cultures and traditions might have different views. We are able to change our ideas sometimes, and accept that this might be necessary for the best outcomes and are confident in this ability to change our ideas.

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Adaptable



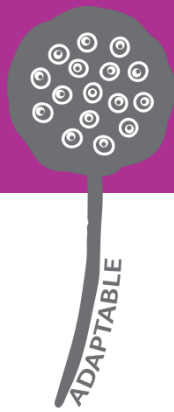
Challenge 1: Play dough shapes

- Play dough is adaptable!
- You can stretch it, bend it and change its shape. How many different shapes can you make?
- Take photos and label each picture. For example; a ball, pancake or snake...



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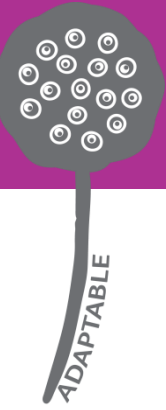
Challenge 2: A new sporting skill

- Be adaptable and try a new sporting skill.
- Research a sport that you haven't tried before and record doing this. It could be in the form of a video or photos.
- Did you enjoy it? Why? Why not?



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Challenge 3: Fun with junk!

- Recycle some empty boxes/tubes/junk.
- How can you adapt them to make them into something new?



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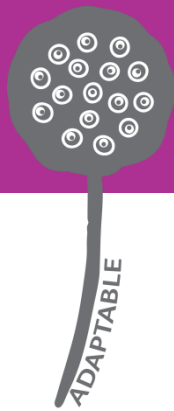
Challenge 4: Doing something by yourself

- How independent are you?
- Can you adapt and do something that you do not normally do? For example; tidy your room, dress yourself, carry your own bag or make your own breakfast?
- Take photos of you doing it and label each one.



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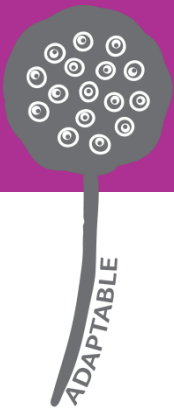
Challenge 5: Body shapes!

- How many numbers or letters of the alphabet can you and your family make with your bodies?
- Take photos to show everyone!



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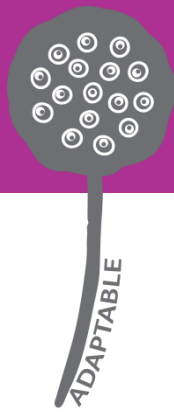
Challenge 6: New vegetables

- Be adaptable with your eating habits.
- Try a new vegetable this week.
- Record your response.
- Did you like it?
- Take a photo and write about how it made you feel.



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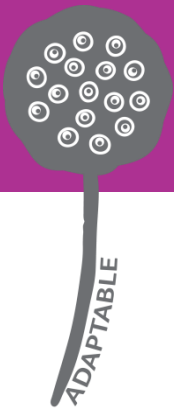
Challenge 7: Give up something!

- Be adaptable and give up something you love for a week, for example; your iPad, chocolate or something else!
- How did it make you feel?
- What did you do instead?



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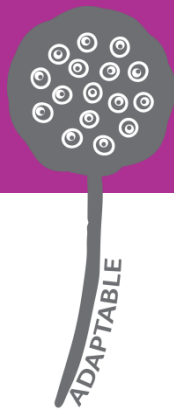


Challenge 8: Adapt a routine

- Brush your teeth with the hand that you don't normally use so if you use your right hand, try with your left hand!
- Can someone in your family try it too?
- Was it fun?
- Was it difficult?
- Video your response or take photos and label them.



Adaptable



Remember to share your personal goal challenges at:
padlet.com/ican/adaptable

Our **iCAN** personal goals
Milepost 1

Which goals are you working towards?

- THINKERS**
 - Identify and consider issues from my learning
 - Use a range of thinking skills in solving problems
 - Draw conclusions and develop my own reasoned point of view
 - Reflect on my learning in my life
 - Identify my own strengths and weaknesses
- RESPECTFUL**
 - Know about the varying needs of other people, other living things and the environment
 - Respect for themselves, the needs of other people, other living things and the environment
 - Act in accordance with the needs of other people, other living things and the environment
- PRINCIPLED**
 - Develop my own feelings on what is right and wrong
 - Know about the moral issues associated with the subject I study
 - Be able to express my own personal feeling with good reasons
 - Explain reason for my actions
- COMMUNICATORS**
 - Make my meaning and intention clear
 - Use a variety of technologies to aid my communication
 - Communicate with different people things
- RISK TAKERS**
 - Know that it is ok to make a mistake
 - Learn from my mistake
 - Try new things and experiences
- ENQUIRERS**
 - Consider interesting questions related to my learning
 - Plan and carry out research related to questions
 - Collect and use evidence from my investigations
 - Use my understanding to answer other questions
- ADAPTABLE**
 - Know about different views, cultures and traditions
 - Consider and respect views, cultures and traditions of other people
 - Cope with unfamiliar situations
 - Approach tasks with confidence
- COOPERATIVE**
 - Understand that different people have different roles to play in groups
 - Choose different roles dependent on the needs of the group and on the activity
 - Work together to achieve goals
 - Resolve problems in an appropriate manner, that arise in a group setting
- RESILIENT**
 - Stick with a task until it is completed
 - Cope when things do not go my way
 - Try again when I am not successful in my act

iCAN British International School
ipc international primary curriculum

To inspire every child to recognise their full potential, believe they can make a difference and respect themselves, others and the world in which they live.