

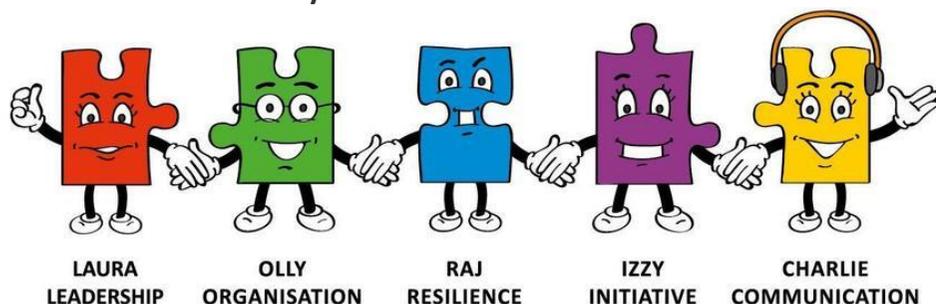
Personal Development

At Alanbrooke Community Primary School, we use the Primary PiXL Edge - Learning Powers to support us with delivering the transferable key life skills and attributes that benefit all our pupils, where ever they go.

We call this **LORIC**.

Leadership, Organisation, Resilience, Initiative and Communication

Here is The LORIC family:



Our Personal Development curriculum identifies bronze, silver and gold statements to describe concepts achievable throughout our children’s journey. This is because these traits need to be constantly practised and kept in balance (even as adults) and are therefore not necessarily age related. These concepts will be taught and reinforced using embedded LORIC skills, through all areas of the curriculum including PSHE and assemblies. They are revisited each term, but some learning may have a particular focus.

Curriculum concepts	Try new things	Imagine	Work hard	Improve
	Concentrate	Understand others	Push oneself	Not give up
		BRONZE	SILVER	GOLD
Milestones	Try new things: This concept involves appreciating the range of life opportunities.	<ul style="list-style-type: none"> • Try new things with the help of others. • Talk about some things of personal interest. • Join in with familiar activities. • Concentrate on things of interest. 	<ul style="list-style-type: none"> • Try new things when encouraged. • Enjoy new experiences. • Join clubs or groups. • Talk about new experiences with others. 	<ul style="list-style-type: none"> • Enjoy new things and take opportunities wherever possible. • Find things to do that give energy. • Become fully involved in clubs or groups.

				<ul style="list-style-type: none"> • Meet up with others who share interests in a safe environment.
	<p>Work hard This concept involves understanding the importance of effort.</p>	<ul style="list-style-type: none"> • Work hard with the help of others. • Enjoy the results of effort in areas of interest. • Take encouragement from others in areas of interest. 	<ul style="list-style-type: none"> • Enjoy working hard in a range of activities. • Reflect on how effort leads to success. • Begin to encourage others to work hard. 	<ul style="list-style-type: none"> • Have fun working hard. • Understand the benefits of effort and commitment. • Continue to practise even when accomplished. • Encourage others by pointing out how their efforts gain results.
	<p>Concentrate This concept involves understanding how to become focused.</p>	<ul style="list-style-type: none"> • Give attention to areas of interest. • Begin to 'tune out' distractions. • Begin to show signs of concentration. • Begin to seek help when needed. 	<ul style="list-style-type: none"> • Focus on activities. • 'Tune out' some distractions. • Search for methods to help with concentration. • Develop areas of deep interest. 	<ul style="list-style-type: none"> • Give full concentration. • 'Tune out' most distractions. • Understand techniques and methods that aid concentration. • Develop expertise and deep interest in some things.
	<p>Push themselves This concept involves understanding how to overcome doubts and insecurities.</p>	<ul style="list-style-type: none"> • Express doubts and fears. • Explain feelings in uncomfortable situations. • Begin to push past fears (with encouragement). • Listen to people who try to help. • Begin to try to do something more than once. 	<ul style="list-style-type: none"> • Begin to understand why some activities feel uncomfortable. • Show a willingness to overcome fears. • Push past fears and reflect upon the emotions felt afterwards. • Begin to take encouragement and advice from others. 	<ul style="list-style-type: none"> • Find ways to push past doubts, fears, or a drop in motivation even in challenging circumstances. • Push oneself in areas that are not so enjoyable. • Listen to others who encourage and help, thanking them for their advice. • Reflect upon how pushing past doubts, fears or a drop in

			<ul style="list-style-type: none"> • Keep trying after a first attempt. 	<p>motivation leads to a different outlook.</p>
	<p>Imagine This concept involves understanding how to apply knowledge inventively</p>	<ul style="list-style-type: none"> • With help, develop ideas. • Respond to the ideas of others’. • Respond to questions about ideas. • Act on some ideas. 	<ul style="list-style-type: none"> • Begin to enjoy having new ideas. • Show some enthusiasm for the ideas of others. • Ask some questions in order to develop ideas. • Show enjoyment in trying out some ideas. 	<ul style="list-style-type: none"> • Generate lots of ideas. • Show a willingness to be wrong. • Know which ideas are useful and have value. • Act on ideas. • Ask lots of questions.
	<p>Improve This concept involves an appreciation that small improvements make big differences</p>	<ul style="list-style-type: none"> • Share with others likes about own efforts. • Choose one thing to improve (with help). • Make a small improvement (with help). 	<ul style="list-style-type: none"> • Share with others a number of positive features of own efforts. • Identify a few areas for improvement. • Attempt to make improvements. 	<ul style="list-style-type: none"> • Clearly identify own strengths. • Identify areas for improvement. • Seek the opinion of others to help identify improvements. • Show effort and commitment in refining and adjusting work.
	<p>Understand others This concept involves an appreciation of others</p>	<ul style="list-style-type: none"> • Show an awareness of someone who is talking. • Show an understanding that ones own behaviour affects other people. • Listen to other people’s point of view. 	<ul style="list-style-type: none"> • Listen to others, showing attention. • Think of the effect of behaviour on others before acting. • Describe the points of view of others. 	<ul style="list-style-type: none"> • Listen first to others before trying to be understood. • Change behaviours to suit different situations. • Describe and understand others’ points of view.
	<p>Not give up This concept involves the understanding of the importance of persistence.</p>	<ul style="list-style-type: none"> • Try again with the help of others. • Try to carry on even if a failure causes upset. • Keep going in activities of interest. 	<ul style="list-style-type: none"> • Find alternative ways if the first attempt does not work. • Bounce back after a disappointment or failure. • Show the ability to stick at an activity (or a club or interest). 	<ul style="list-style-type: none"> • Show a determination to keep going, despite failures or setbacks. • Reflect upon the reasons for failures and find ways to bounce back.

		<ul style="list-style-type: none">• Try to think of oneself as lucky.	<ul style="list-style-type: none">• See oneself as lucky.	<ul style="list-style-type: none">• Stick at an activity even in the most challenging of circumstances.• See possibilities and opportunities even after a disappointment.• Consider oneself to be lucky and understand the need to look for luck.
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