

Endurance

Head



EYFS- In Jolf we never give up.

Year 1 - My brother gives up easily. I say come on.

Year 1 - I say to myself never give up on me because it means I can get better. I haven't given up on skipping yet - I need to practice.

Year 1 - I won't ever give up doing the splits because I need to keep practicing.

Year 2 - Sometimes my sister gives up and I tell her to keep going.

Year 2 - It makes me think of persevering and keeping your scale of trying and that you should always be positive about yourself (no saying bad things about yourself)

Year 2 - You should never say bad things about yourself and you should say I can't do this **yet**.

Year 3 - Makes me think of being kind. Giving money to charity and food to the poor. If you are a mean person no one would like you and you would be sad.

Year 3 - Always try to do and be what you want to be. Don't give up on your dreams.

Year 3 - If you give up on something and you don't try you won't get to do what you want to do.

Year 5- Journeys are not always easy. That is why you need to endure.

Year 5 – Endurance means to bounce back.

Year 5 – Never give up!

Year 5 – If you fall then come back stronger.

Year 6 - If you fail, you shouldn't give up.

Year 6 - You need to make mistakes - It is part of learning.

Heart



EYFS- I love running at park run, it is a long way but I do not give up.

Year 1- It makes me feel because when my cats mess up my toys I can just put them back.

Year 1 - It makes me feel happy because I went to the beach and it was really cold and I couldn't go in the water. I tried again and again and I went in.

Year 1 - I feel like if I give up I will lose. We can say to other people don't give up. Sometimes you feel really angry and when I calmed down a bit I can say you've done a really good job.

Year 2 - I feel like when endurance comes to me, I never give up and nothing is impossible.

Year 2 - If you fix your mindset to one thing you don't listen to other things. I can never give up when life is hard.

Year 3 - Don't give up on your dreams. The person who is stopping you getting to where you want to be is you.

Year 3 - Endurance makes me feel happy. I like people trying hard and getting to where they want to be.

Year 3 - It makes me feel happy when I see people trying. They don't give up and they will achieve higher things.

Year 5 – When people told me that I could not do something – I kept on going.

Year 5 – It keeps me going if I mess up!

Year 6 - It has made me feel like I should be more willing to try things because I don't need to be perfect straight away.

Year 6 - I want to build my resilience because I should endure more.

Feet



EYFS- Always try your best in phonics

Year 1 - I find swimming hard but it's getting easier because I've kept on trying.

Year 1 - Everytime I play basketball I still can't get the ball. I'm not as good as others but I'm going to try my best and not give up.

Year 1 - I'm going to keep trying to get better at football. Every day I play football outside to get better.

Year 2 - you don't listen to anything that people say when they say you're bad at writing or colouring or maths because you can keep trying or your brain will start believing it.

Year 2 - When someone thinks they can't do it, I can come over and tell them they just have to keep trying.

Year 2 - Don't listen to people when they are being rude because then you would think you can treat yourself like that and then you won't be able to do anything.

Year 3 - Don't be mean to others. Keep trying even if it is difficult.

Year 3 - I remember my 1st disco. I was scared to go because I didn't know the dances. But I went and danced at the disco and it was fun.

Year 3 - You must never give up on your dreams.

Year 5 – I am going to persevere and never give up.

Year 5 - Your heart gives you all the courage to keep moving your feet!

Year 6 - I'm going to endure in challenges in maths and use what I know to support me by making notes.

Year 6 - I will make a promise to myself