



Understanding
Ourselves

Grade One

Target Practice



Achieving Our Goals in Life

This SuperUnit is a structured inquiry into helping the learner understand themselves. Learners will establish and achieve personal goals in their life. Learners will be empowered to independently give direction to their life. Learners will develop their ability to do reflective thinking.

Thinking, doing and rethinking



Highlights of Learning Experiences

SuperUnit Launch: Rock Climbing Wall Experience

Field Trip(s): Vertical Academy Rock Climbing, week of 21 August 2017

Guest Speaker(s): Ms. Kattina Fox, week of August 28th

Project(s): Sharing the journey of making and reaching an independently chosen goal.

Core Values:

Academic Excellence - Critical thinking, Self Management

Sense of Self - Character, Lifelong Learning

Balance in Life - Wellness, Balanced Obligations

SuperUnit Celebration: Students will share their class goal, small group goal and their individual goal they made with their Grade 8 buddies and parents through their online digital portfolio Seesaw.



Focus on Learning by Subject

Science - Body and health awareness

SS - Impact of family life and school life on achieving goals and a healthy lifestyle

English - How-to and procedural writing

Math - Creating routines using data

Art - Setting goals for learning routines in the art classroom.

Drama - Role playing and practicing appropriate healthy behaviours

Music - Introduction to song, dance and instruments

PE - Goal setting for a healthy body

Vietnamese - Introductions, greetings, and routines

Thinking helps make good goals



Questions to Ask your Child

- Why are goals important?
- What makes reaching goals challenging? Easier?
- How does thinking about my goal (reflection) help me?
- Why is it important to be healthy?
- What are some healthy choices we can make for our bodies?



Home Learning

- Read books or magazines about nutrition, exercise, and making healthy choices.
- Find a healthy recipe and cook together as a family.
- Visit www.gonoodle.com and create a family account. Have fun doing exercise videos and learning meditation techniques.



Suggested Home Extensions

- As a family, document how many fruits and vegetables you eat during family meals. Create a healthy eating goal based on the data you collected.
- Discuss how much technology use (TV, computer, iPad) you think is acceptable for adults and children in your family. Make a goal for maximum technology use per day.
- Choose an exercise goal for your family, and have fun reaching it together! Examples might include playing outside for at least 30 minutes a day or going on a walk together five days out of the week.



Key Vocabulary

- Goals
- Reflective thinking
- Evaluate
- Stamina
- Growth mindset



**SuperUnit Launch: Field Trip to the Vertical
Academy Rock Climbing Gym**

Field Trip: Vertical Academy Rock Climbing

Dates: August 21st, 22nd, 23rd and 24th (1 class per day)

Guest Speaker: Ms. Kattina Fox

Date: Week of August 28th

SuperUnit Celebration: 2nd-6th October, Student Classrooms



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