

Central  
Bedfordshire

great  
prospects



# Leaving Key Stage 2 Passport to Success in Central Bedfordshire

The national curriculum describes what children need to achieve academically, but growing up is so much more. Here are some of the life experiences and skills that will help young people to develop into the exceptional adults we know they can be.

**A great place to live and work.**

If your child is aged 11 and transferring to secondary school, or moving up to Year 7 in their current school, then here are a few ideas of things they will enjoy doing or should be able to do:

**Start to become even more independent**

Be responsible for your own things, look after them and have them with you when you need them. Get yourself up in the morning, make sure you eat properly and have the right uniform. Clear up after yourself – pick up your wet towel and wash your dishes! Don't rely on your adults to sort it out... you need to start doing this for yourself. Remember when your homework needs to be handed in and plan your time so you can do it. Know where you need to be throughout the day and get yourself there – friends can help, but you need to be able to do this on your own too.

**Develop a love of exercise and healthy eating**

There are thousands of different sports and activities. Try as many as you can and find one you enjoy. Challenge yourself to get better at it – run faster, jump higher, score more goals, hit the target more often, make fewer mistakes in your routine. Think about what you eat and drink; rich, sugary foods can taste good but they will leave you feeling slow and sluggish. Think about making healthy food choices, fruit instead of sweets, water instead of pop, a balanced meal instead of fatty, salty snacks.

**Get books to work for you**

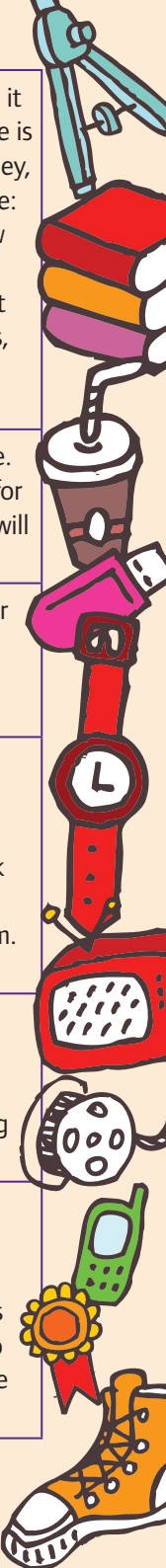
Books are the most wonderful things. They can entertain you with a good story, make you laugh and cry, help you find things out, develop a hobby or passion or even send you to sleep. Join your local library or visit your school library and start exploring. Recommend books to others. Let people know if you did not like a book and why. Find the authors you love and those you want to avoid.

**Go through a tough experience and be stronger from it**

Life doesn't always go smoothly and sometimes we need to develop an ability to cope with tricky things. Think about a difficult situation you have dealt with and how you have become stronger because of it. Think about the person you are and what helps you to cope with adversity.

**Know how our country is run**

Find out who is in charge of the country and understand the roles the Queen, the Prime Minister and the government play.



**Use your maths knowledge to help you on a day-to-day basis**

You have spent many years learning about maths – now make it work for you. Calculate how much less you have to pay if there is a percentage discount. Don't get ripped off – count your money, know your change and understand the value of it. Tell the time: it stops you being late and helps you plan your life. Know how much of each ingredient you need if you are making double the recipe. Measure a space and work out if your things will fit in. You will find out how useful your tables, inverse operations, fractions, percentages and decimals, graphs and measuring really are.

**Recite a poem or a piece of prose**

Learn something off by heart and then recite it to an audience. This can be part of a school play, a class project, or even just for the fun of it. Once you start to know beautiful language you will use more interesting vocabulary and make your writing better.

**Travel on public transport**

You may have an adult with you, but you decide which train or bus you need to get, buy the ticket and get on and off at the right stops. Practise your journey to school. Know where the busy roads are and how to cross them safely.

**Find a favourite artist / musician and performer**

Look and listen to lots of different creative individuals and groups and decide which you prefer and why. Think about the mediums (materials, instruments etc.) and what you like about them. Do not restrict your self to painted artwork; think about designers, architects, modern and older composers and performers, photographers – there are so many to choose from. Be able to explain your choices.

**Speak another language**

You may already speak a different language at home, or be learning one at school. Try to speak in the language to people and see if they understand you. Have fun with the language and pretend you are ordering food in a foreign cafe or meeting someone who speaks the language for the first time.

**Find out about a different religion or culture**

Visit a place of worship you haven't been to before. Chat to people from different faiths and cultures and get an understanding of what they believe in and how they live their lives. See if you can find similarities with religions and cultures you are more familiar with. We all live under the same sky – so find out about what makes others tick and share and celebrate with them.



**Chat to someone at school you do not know**

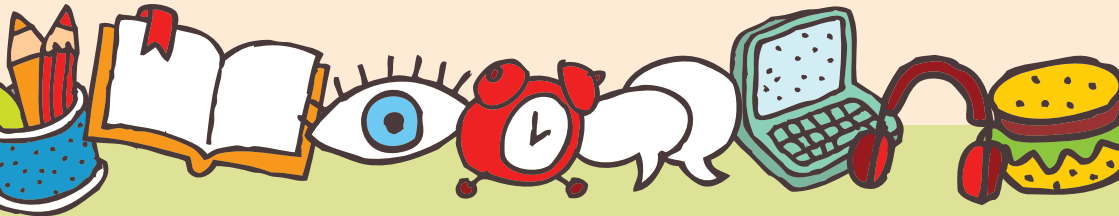
Meeting and talking to new people is daunting for everyone and you need to feel particularly brave sometimes. The more you smile and chat to people – they will smile and chat back to you. Just don't do it whilst your teacher is talking!

**Develop a hobby**

It doesn't matter what it is, find something you love and then find out more about it. You will start to become an expert in your field when you specialise in a certain hobby. It can be anything – card making, football, film critic, rock climbing, visiting castles – you name it, it can become a hobby!

**Keep yourself safe**

As you grow more independent, you need to become aware of the dangers around you – and avoid them. Know how to protect yourself on-line; posting is permanent! Think about how to get around safely (wear a helmet when you are on your bike.) Think about where it is not safe to go at different times of the day and night. Understand what is acceptable behaviour from others and what isn't. Most importantly, ask for help if you need it and keep asking until you feel safe. Know who to trust and who can help you.



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