

FOUR PURPOSES

Ambitious, capable learners

- Set themselves high standards and seek and enjoy challenge
- Build up a body of knowledge and have the skills to connect and apply that knowledge in different contexts
- Question and enjoy solving problems
- Communicate effectively in different forms and settings, using both Welsh and English Explain the ideas and concepts they are learning about
- Use number effectively in different contexts Understand how to interpret data and apply mathematical concepts
- Use digital technologies creatively to communicate, and analyse information
- Undertake research and evaluate critically what they find

Healthy, confident individuals

- Have secure values and are establishing their spiritual and ethical beliefs
- Build their mental and emotional well-being by developing confidence, resilience and empathy
- Apply knowledge about the impact of diet and exercise on physical and mental health in their daily lives Know how to find the information and support to keep safe and well
- Take part in physical activity
- Take measured decisions about lifestyle and manage risk
- Have the confidence to participate in performance Form positive relationships based upon trust and mutual respect
- Face and overcome challenges
- Have the skills and knowledge to manage everyday life as independently as they can

Enterprising, creative contributors

- Connect and apply their knowledge and skills to create ideas and products Think creatively to reframe and solve problems
- Identify and grasp opportunities
- Take measured risks
- Lead and play different roles in teams effectively and responsibly
- Express ideas and emotions through different media
- Give of their energy and skills so that other people will benefit

Ethical, informed citizens

- Find, evaluate and use evidence in forming views Engage with contemporary issues based upon their knowledge and values Understand and exercise their human and democratic responsibilities and rights Understand and consider the impact of their actions when making choices and acting Are knowledgeable about their culture, community, society and the world, now and in the past
- Respect the needs and rights of others, as a member of a diverse society
- Show their commitment to the sustainability of the planet

It is evident that growing, cooking and learning about food provides rich authentic learning experiences and promotes all of the Four Purposes. When planning for learning, teachers can identify specific aspects of the Four Purposes to focus upon. For example, when growing food in a community garden, learners will be giving of their energy and skills so that other people will benefit.

INTEGRAL SKILLS

Creativity and innovation

- Able to generate ideas
- Develop curiosity and inquisitiveness
- Demonstrate courage to explore and develop ideas
- Ability to turn ideas into action
- Plan and manage projects
- Identify opportunities
- Act upon opportunities and ideas and transform them into value – the value can be financial, cultural or social

Critical thinking and problem-solving

- Analyse and understand
- Ask questions
- Evaluate information and situations
- Be objective looking at opposite views
- (strengths and weaknesses)
- Question
- Challenge perceptions
- Identify potential solutions
- Justify decisions
- Identify and develop arguments

Personal effectiveness

- Self-aware
- Confidence and self-esteem
- Emotional intelligence
- Evaluate own learning/strengths
- and areas for development
- Independence
- Leadership
- Social and cultural awareness, ethics

Planning and organising

- How the ideas are implemented
- Set goals
- Decision-making
- Time management
- Monitor and reflect on results
- Adapt
- Check for accuracy
- Responsibility and reliability
- Manage resources

So that I am able to:

- Take risks
- Express my opinions
- Work collaboratively
- Be adaptable
- Be persistent
- Be resilient
- Learn from my mistakes

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