



Personal Development Milestones MTP



	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
To try new things	<p>Try new things with the help of others.</p> <p>Talk about some things of personal interest.</p>	<p>Join in with familiar activities.</p> <p>Concentrate on things of interest.</p>	<p>Try new things when encouraged.</p> <p>Enjoy new experiences</p>	<p>Join clubs or groups.</p> <p>Talk about new experiences with others.</p>	<p>Enjoy new things and take opportunities wherever possible.</p> <p>Find things to do that give energy.</p>	<p>Become fully involved in clubs or groups.</p> <p>Meet up with others who share interests in a safe environment</p>
To work hard	<p>Work hard with the help of others.</p>	<p>Enjoy the results of effort in areas of interest.</p> <p>Take encouragement from others in areas of interest.</p>	<p>Enjoy working hard in a range of activities</p>	<p>Reflect on how effort leads to success.</p> <p>Begin to encourage others to work hard.</p>	<p>Have fun working hard.</p> <p>Understand the benefits of effort and commitment</p>	<p>Continue to practise even when accomplished.</p> <p>Encourage others by pointing out how their efforts gain results.</p>
To concentrate	<p>Begin to show signs of concentration.</p> <p>Give attention to areas of interest.</p>	<p>Begin to seek help when needed.</p> <p>Begin to 'tune out' distractions.</p>	<p>Focus on activities.</p> <p>'Tune out' some distractions.</p>	<p>Search for methods to help with concentration.</p> <p>Develop areas of deep interest</p>	<p>'Tune out' most distractions.</p> <p>Understand techniques and methods that aid concentration</p>	<p>Give full concentration.</p> <p>Develop expertise and deep interest in some things.</p>
To push themselves	<p>Express doubts and fears.</p> <p>Begin to try to do</p>	<p>Begin to push past fears (with encouragement).</p> <p>Explain feelings in</p>	<p>Begin to understand why some activities feel uncomfortable.</p>	<p>Push past fears and reflect upon the emotions felt afterwards.</p>	<p>Find ways to push past doubts, fears, or a drop in motivation even in challenging</p>	<p>Push oneself in areas that are not so enjoyable.</p> <p>Reflect upon how</p>



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	something more than once. Listen to people who try to help.	uncomfortable situations.	Show a willingness to overcome fears. Begin to take encouragement and advice from others.	Keep trying after a first attempt	circumstances. Listen to others who encourage and help, thanking them for their advice	pushing past doubts, fears or a drop in motivation leads to a different outlook.
To imagine	With help, develop ideas. Respond to the ideas of others'.	Respond to questions about ideas. Act on some ideas.	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.	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
To improve	Share with others likes about own efforts. Choose one thing to improve (with help).	Make a small improvement (with help).	Share with others a number of positive features of own efforts.	Identify a few areas for improvement. Attempt to make improvements.	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.
To understand others	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	Listen to others, showing attention.	Think of the effect of behaviour on others before acting. Describe the points of view of others.	Listen first to others before trying to be understood.	Change behaviours to suit different situations. Describe and understand others' points of view.



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To not give up	<p>Try again with the help of others.</p> <p>Try to carry on even if a failure causes upset.</p>	<p>Keep going in activities of interest.</p> <p>Try to think of oneself as lucky.</p>	<p>Find alternative ways if the first attempt does not work.</p>	<p>Bounce back after a disappointment or failure.</p> <p>Show the ability to stick at an activity (or a club or interest).</p> <p>See oneself as lucky</p>	<p>Show a determination to keep going, despite failures or set backs.</p> <p>Reflect upon the reasons for failures and find ways to bounce back.</p>	<p>Stick at an activity even in the most challenging of circumstances.</p> <p>See possibilities and opportunities even after a disappointment.</p> <p>Consider oneself to be lucky and understand the need to look for luck.</p>