

## PSHE Medium Term Planning – DREAMS AND GOALS – Spring 1

(Lessons refer to Jigsaw Scheme Resource)

**Dreams and Goals** aims to help children think about their hopes and dreams, their goals for success, what personal strengths are, and how to overcome challenges, via team work skills and tasks. There is also a focus on enterprise and fundraising. Children learn about experiencing and managing feelings of pride, ambition, disappointment, success; and they get to share their aspirations, the dreams and goals of others in different cultures/countries, and their dreams for the world.

### Year One – PSHE & RSE Safety

Essential Skills developed in this unit	Essential Knowledge developed in this unit
<ul style="list-style-type: none"> <li>• Explaining how I feel when I am successful and how this can be celebrated positively.</li> <li>• Saying why my internal treasure chest is an important place to store positive feelings.</li> </ul>	<ul style="list-style-type: none"> <li>• Setting goals</li> <li>• To Identify successes and achievements</li> <li>• Learning styles</li> <li>• Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles</li> <li>• To understand feelings of success</li> </ul>

CONCEPTS	CONTENT & CONTEXT	VOCABULARY
Dreams and Goals	Lesson 1. My Treasure Chest Of Success  Lesson 2. Steps to Goals  Lesson 3. Achieving Together  Lesson 4. Stretchy Learning  Lesson 5. Overcoming Obstacles	Proud Success Achievement Goal Treasure Coins Goal Learning Stepping stones Process Garden

	<p>Lesson 6.Celebrating Success</p> <p>Books</p> <p>We're going on a Bear Hunt by Michael Rosen and Helen Oxenbury</p>	<p>Dreams</p> <p>Working together</p> <p>Team work</p> <p>Celebrate</p> <p>Stretchy</p> <p>Challenge</p> <p>Feelings</p> <p>Obstacle</p>
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## Year Two – PSHE & RSE

Essential Skills developed in this unit	Essential Knowledge developed in this unit
<ul style="list-style-type: none"> <li>• Explaining how I played my part in a group and the parts other people played to create an end product. I can explain how our skills complemented each other.</li> <li>• Explaining how it felt to be part of a group and can identify a range of feelings about group work.</li> </ul>	<ul style="list-style-type: none"> <li>• Achieving realistic goals</li> <li>• To understand the importance of Perseverance</li> <li>• Learning strengths</li> <li>• Learning with others</li> <li>• Group co-operation</li> <li>• Contributing to and sharing success</li> </ul>

CONCEPTS	CONTENT & CONTEXT	VOCABULARY
	<p>Lesson 1. Goals to Success</p> <p>Lesson 2. My Learning Strength</p> <p>Lesson 3. Learning With Others</p> <p>Lesson 4. A Group Challenge</p> <p>Lesson 5. Continuing Our Group Challenge</p> <p>Lesson 6. Celebrating Our Achievement</p>	<p>Realistic</p> <p>Proud</p> <p>Success</p> <p>Celebrate</p> <p>Achievement</p> <p>Goal</p> <p>Strengths</p> <p>Persevere</p> <p>Challenge</p> <p>Difficult</p> <p>Easy</p> <p>Learning together</p> <p>Partner</p> <p>Team work</p> <p>Product</p> <p>Dream bird</p> <p>Group</p> <p>Problem-solve</p> <p>Garden</p>

## Year Three– PSHE & RSE

Essential Skills developed in this unit	Essential Knowledge developed in this unit
<ul style="list-style-type: none"> <li>• Explaining the different ways that help me learn and what I need to do to improve.</li> <li>• To understand being confident and positive when I share my success with others. I can explain how these feelings can be stored in my internal treasure chest and why this is important.</li> </ul>	<ul style="list-style-type: none"> <li>• To understand difficult challenges and achieving success</li> <li>• To explain dreams and ambitions</li> <li>• To identify new challenges</li> <li>• To understand motivation and enthusiasm Recognising and trying to overcome obstacles</li> <li>• To evaluate learning processes</li> <li>• To be able to manage feelings</li> <li>• To understand Simple budgeting</li> </ul>

CONCEPTS	CONTENT & CONTEXT	VOCABULARY
	<p>Lesson 1. Dreams and Goals</p> <p>Lesson 2. My Dreams and Ambitions</p> <p>Lesson 3. A New Challenge</p> <p>Lesson 4. Our New Challenge</p> <p>Lesson 5. Our New Challenge – Overcoming Obstacles</p> <p>6.Celebrating My Learning</p> <p><b>Books</b> Me....Jane by Patrick McDonnell</p>	<p>Perseverance</p> <p>Challenges</p> <p>Success</p> <p>Obstacles</p> <p>Dreams</p> <p>Goals</p> <p>Ambitions</p> <p>Future</p> <p>Aspirations</p> <p>Garden</p> <p>Decoration</p> <p>Team work</p> <p>Enterprise</p> <p>Design</p> <p>Cooperation</p> <p>Challenge</p> <p>Product</p> <p>Strengths</p> <p>Motivated</p>

		Enthusiastic Excited Efficient Responsible Obstacles Frustration 'Solve it together' technique Solution Team work Review Learning Celebrate Evaluate
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## Year Four – PSHE & RSE

Essential Skills developed in this unit	Essential Knowledge developed in this unit
<ul style="list-style-type: none"> <li>• Planning and set new goals even after a disappointment.</li> <li>• Explaining what it means to be resilient and to have a positive attitude.</li> </ul>	<ul style="list-style-type: none"> <li>• To understand hopes and dreams</li> <li>• Overcoming disappointment</li> <li>• Creating new, realistic dreams</li> <li>• Achieving goals</li> <li>• Working in a group</li> <li>• Celebrating contributions</li> <li>• To understand resilience</li> <li>• To understand Positive attitudes</li> </ul>

CONCEPTS	CONTENT & CONTEXT	VOCABULARY
	<p>Lesson 1. Hope and Dreams</p> <p>Lesson 2 .Broken Dreams</p> <p>Lesson 3. Overcoming Disappointment</p> <p>Lesson 4. Creating New Dreams</p> <p>Lesson 5. Achieving Goals</p> <p>Lesson 6. We Did It!</p> <p><b>Books</b> Salt in his Shoes by Deloris and Roslyn M Jordan</p>	<p>Dream</p> <p>Hope</p> <p>Goal</p> <p>Determination</p> <p>Perseverance</p> <p>Resilience</p> <p>Positive Attitude</p> <p>Disappointment</p> <p>Fears</p> <p>Hurt</p> <p>Positive experiences</p> <p>Plans</p> <p>Cope</p> <p>Help</p> <p>Self-belief</p> <p>Motivation</p> <p>Perseverance</p> <p>Commitment</p> <p>Team work</p>

		Enterprise Design Cooperation Positive attitude Review Disappointment Learning Strengths Success Celebrate Evaluate
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## Year Five – PSHE & RSE

Essential Skills developed in this unit	Essential Knowledge developed in this unit
<ul style="list-style-type: none"> <li>• Comparing my hopes and dreams with those of young people from different cultures.</li> <li>• Reflecting on the hopes and dreams of young people from another culture and explain how this makes me feel.</li> </ul>	<ul style="list-style-type: none"> <li>• To identify Future dreams</li> <li>• To understand the importance of money</li> <li>• To understand Jobs and careers</li> <li>• To identify dream jobs and how to get there</li> <li>• To identify goals in different cultures</li> <li>• To understand how to Support others (charity)</li> <li>• To understand Motivation</li> </ul>

CONCEPTS	CONTENT & CONTEXT	VOCABULARY
	<p>Lesson 1. When I Grow Up (My dream Lifestyle)</p> <p>Lesson 2. Investigate Jobs and Careers</p> <p>Lesson 3. My Dream Job. Why I Want it and the Steps To Get there</p> <p>Lesson 4. Dreams and Goals of Young People in Other Cultures</p> <p>Lesson 5. How We Can Support Each Other?</p> <p>Lesson 6. Rallying Support</p>	<p>Dream</p> <p>Hope</p> <p>Goal</p> <p>Feeling</p> <p>Achievement</p> <p>Money</p> <p>Grown up</p> <p>Adult</p> <p>Lifestyle</p> <p>Job</p> <p>Career</p> <p>Profession</p> <p>Money</p> <p>Salary</p> <p>Contribution</p> <p>Society</p> <p>Determination</p> <p>Perseverance</p> <p>Motivation</p> <p>Aspiration</p>



		Culture Country Sponsorship Communication Support Rallying Sponsorship
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## Year Six – PSHE & RSE

Essential Skills developed in this unit	Essential Knowledge developed in this unit
<ul style="list-style-type: none"> <li>• Explaining different ways to work with others to help make the world a better place.</li> <li>• Explaining what motivates me to make the world a better place.</li> </ul>	<ul style="list-style-type: none"> <li>• To understand Personal learning goals, in and out of school Success criteria</li> <li>• To understand emotions in success</li> <li>• To understand how to making a difference in the world</li> <li>• To understand motivation</li> <li>• To be able to recognise achievements</li> <li>• To understand Compliments</li> </ul>

CONCEPTS	CONTENT & CONTEXT	VOCABULARY
	<p>Lesson 1. Personal Learning Goals</p> <p>Lesson 2. Steps to Success</p> <p>Lesson 3. My Dreams For the World</p> <p>Lesson 4. Helping to Make a Difference</p> <p>Lesson 5. Helping to Make a Difference</p> <p>Lesson 6. Recognising Our Achievements</p>	<p>Dream</p> <p>Hope</p> <p>Goal</p> <p>Learning</p> <p>Strengths</p> <p>Stretch</p> <p>Achievement</p> <p>Personal</p> <p>Realistic</p> <p>Unrealistic</p> <p>Feeling</p> <p>Achievement</p> <p>Success</p> <p>Criteria</p> <p>Learning steps</p> <p>Achievement</p> <p>Money</p> <p>Global</p> <p>Issue</p> <p>Suffering</p>

		Concern Hardship Sponsorship Empathy Motivation Admire Respect Achievement Praise Compliment Contribution Recognition
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