



Year 1 - Spring 2 - PSHE Dreams and Goals

What I already know...

In EYFS we talked about what we would like to be when we are older– goals for the future! We spent time building our resilience skills and thinking about what makes us feel proud and how we celebrate success for ourselves and for others.

Making a difference at The Merton and beyond.

The children will learn to set simple goals and work out how to achieve them. We will interweave this journey with our gymnastics unit. The children will begin the term by thinking about their current gymnastic skills and ability and think about how confident they feel in this unit. As a class we will talk about setting simple goals, how to achieve them, as well as overcoming difficulties when they try. The children learn to recognise the feelings associated with facing obstacles to achieving their goals as well as when they achieve them. They discuss partner working and how to do this well, thinking about how when we work together collaboratively we can achieve more. The children will learn to express how they feel when they succeed in a new challenge and how to store the feeling of success in their internal treasure chest.

What I will learn...

- How to set simple goals
- How to achieve a goal
- How to work collaboratively with a partner
- That tackling a challenge will stretch my learning
- How to identify obstacles which make achieving my goals difficult and work out how to overcome them
- When a goal has been achieved



Key Skills

- Understand that challenges can be difficult
- Recognise some of the feelings linked to perseverance
- Talk about a time that they kept on trying and achieved a goal
- Be ambitious
- Resilience
- Recognise how kind words can encourage people
- Feel proud
- Celebrate success



Key Vocabulary

Proud	Feeling deep pleasure or satisfaction as a result of one's own achievements
Success	The accomplishment of an aim or purpose
Achievement	Something done successfully with effort, skill, or courage
Goal	The object of a person's ambition or effort; an aim or desired result
Obstacle	Something that blocks one's way or prevents or hinders progress
Celebrate	Acknowledge (a significant or happy day or event) with a social gathering or enjoyable activity
Challenge	Something new and difficult which requires great effort and determination.
Collaboratively	Working together with two or more people