

PSHE Strand/ Year Group

Year 1 – Dreams and Goals

Overview

In this unit, the class 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.

Key Vocabulary

Proud	Learning.
Success	Stepping-stones
Achievement	Working together
Goal	Team work
Treasure	Overcome
Coins	Obstacle
Process	Achieve
Celebrate	Dreams

Knowledge

- Know how to set simple goals
- Know how to achieve a goal
- Know how to work well with a partner
- Know that tackling a challenge can stretch their learning
- Know how to identify obstacles which make achieving their goals difficult and work out how to overcome them
- Know when a goal has been achieved

Social and Emotional Skills

- Recognise things that they do well
- Explain how they learn best
- Celebrate an achievement with a friend
- Recognise their own feelings when faced with a challenge
- Recognise their own feelings when they are faced with an obstacle
- Recognise how they feel when they overcome an obstacle
- Can store feelings of success so that they can be used in the future