



Year 1 – PSHE KCV – Dreams and Goals



Prior Learning

I feel good when I try something new and can do it.

I can explain how I feel when I find something tricky.

Key skills to learn:

- *How to set simple goals and work out how to achieve it.*
- *Understanding how I learn best.*
- *How to identify my successes and achievements.*
- *Ways to tackle a new challenge and understand how this might stretch my learning.*
- *The emotions I feel when I am faced with a new challenge*
- *To identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them.*
- *How to store the feelings of success in my internal treasure chest.*

SMSC Links:

Social – Recognising and understanding how to work well and celebrate achievement with my partner.

Moral – Making the right decision regarding steps to overcome new challenges.

Spiritual – Recognising and reflecting on my own successes and achievements; creating a sense of enjoyment.

Cultural – Understanding, respecting and celebrating the achievements of others.

Words to know and spell (Tier 2 Vocabulary)

Goals	Garden	Feelings
Coins	Dreams	Stretchy
Treasure	Learning	

Words to understand and spell (Tier 3 Vocabulary)

Proud	Feeling deep pleasure or satisfaction as a result of achievements.
Success	The accomplishment of an aim or purpose.
Achievement	Something done successfully with effort, skill or courage.
Process	A series of actions or steps taken in order to achieve a particular end.
Stepping Stones	An action or event that helps make progress towards a goal.
Team Work	The combined action of a group, especially when efficient and effective
Celebrate	Honour or praise publicly, acknowledge a significant event.
Challenge	A task or situation that tests someone's abilities.
Obstacle	Something that gets in the way or prevents progress.
Overcome	Success in dealing with a problem or difficulty.

Concept check questions. Test yourself:

What is your special success?

What steps do you need to take to reach your goal?

How do you feel when you achieve a goal?

How does it feel when we start to learn something new?

How can you help each other to reach your goals?