



Year 4 – PSHE KCV – Dreams and Goals



Key skills to learn:

- Explain my hopes and dreams and understand the feelings created.
- Understand that sometimes hopes and dreams do not come true and that this can hurt.
- Knowing that reflecting on positive and happy experiences can help me to counteract disappointment.
- Understand what it means to be resilient and to have a positive attitude.
- How to work out the steps to take to achieve a goal, and can do this successfully as part of a group.
- Know how to share in the success of a group.

SMSC Links:

Social – Understand that sometimes hopes and dreams do not come true and that this can hurt in life.

Moral – Making the right choice, knowing how it feels to work cooperatively and achieve success.

Spiritual – Know what it means to be resilient and to have a positive attitude.

Cultural – Identifying, respecting and celebrating the achievements of others

Words to know and spell (Tier 2 Vocabulary)

Perseverance	Challenges	Success
Obstacles	Admire	Ambition
Enthusiastic	Aspirations	Enterprise
Motivates	Efficient	Frustration
Dream	Hope	Solution

Words to understand and spell (Tier 3 Vocabulary)

Determination	Being determined to complete, making a firm decision and not changing it.
Disappointment	Sadness caused by not fulfilling hopes or expectations.
Fears	An unpleasant emotion caused by the threat of danger, pain or harm.
Achieve	Successfully reach a goal/get a result due to effort, skill or courage.
Cope	Deal effectively with something difficult.
Positive experiences	Enjoyment of taking part in something confidently and optimistically.
Commitment	Being dedicated to a cause or activity.
Resilience	Being able to recover quickly from difficulties or toughness.
Cooperation	Working together to meet a shared goal.

Concept check questions. Test yourself:

How does it feel to have a dream for the future? How might you achieve it? What can help when you feel hurt or disappointed?

What new goals or plans can be set to help difficult situations?

What is self-belief?

How well did you work together as a team?