

### Prior Learning (Skills)

- Be able to describe their own achievements and the feelings linked to this
- Recognise their own strengths as a learner
- Recognise how working with others can be helpful
- Be able to work effectively with a partner
- Be able to choose a partner with whom they work well
- Be able to work as part of a group
- Recognise how it feels to be part of a group that succeeds and store this feeling

### Prior Learning (Knowledge)

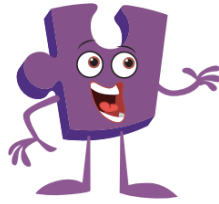
- Know how to choose a realistic goal and think about how to achieve it
- Know that it is important to persevere
- Know how to recognise what working together well looks like
- Know what good group working looks like
- Know how to share success with other people

### Key Skills

- Recognise other people's achievements in overcoming difficulties
- Imagine how it will feel when they achieve their dream / ambition
- Can break down a goal into small steps
- Recognise how other people can help them to achieve their goals
- Can manage feelings of frustration linked to facing obstacles
- Can share their success with others
- Can store feelings of success (in their internal treasure chest) to be used at another time



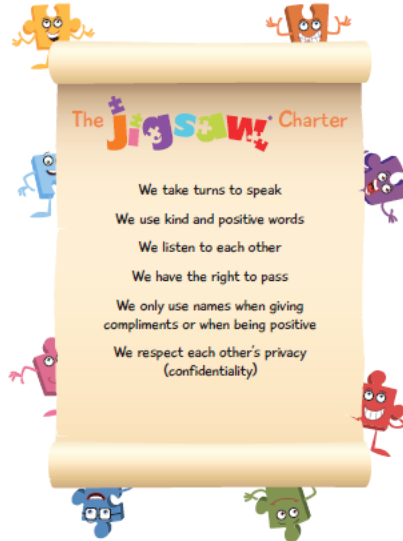
# Year 3 – PSHE Dreams and Goals



Jiggy Jino



Journal



Chime



Terrie Cat's 'paws'

### Key knowledge

- Know about specific people who have overcome difficult challenges to achieve success
- Know what dreams and ambitions are important to them
- Know how they can best overcome learning challenges
- Know that they are responsible for their own learning
- Know what their own strengths are as a learner
- Know what an obstacle is and how they can hinder achievement
- Know how to take steps to overcome obstacles
- Know how to evaluate their own learning progress and identify how it can be better next time

### Vocabulary

<b>Perseverance</b>	doing something despite it being difficult
<b>Team work</b>	Working as a group
<b>Celebrate</b>	To mark a special occasion with others
<b>Evaluate</b>	to judge the quality, importance or value of something
<b>Review</b>	to think or talk about something again, in order to make changes to it or to make a decision about it
<b>Solutions Solve it</b>	the answer to a problem
<b>Technique</b>	a way of doing an activity that needs skill
<b>Frustration</b>	the feeling of being annoyed or less confident because you cannot achieve what you want
<b>Responsible</b>	to have control and authority over something or someone and the duty of taking care of it, him, or her
<b>Enthusiastic</b>	a feeling of energetic interest in a particular subject or activity and an eagerness to be involved in it
<b>Motivated</b>	very enthusiastic or determined because you really want to do something
<b>Strengths</b>	Things a person is good at
<b>Cooperation</b>	to act or work together for a particular purpose, or to be helpful by doing what someone asks you to do
<b>Design</b>	to make or draw plans for something
<b>Aspirations</b>	something that you hope to achieve
<b>Ambitions Goals/dreams</b>	a strong wish to achieve something
<b>Obstacles,</b>	something that blocks you from going forward and achieving
<b>Success,</b>	achieving the results wanted or hoped for
<b>Challenges</b>	Something found difficult
<b>Enterprise</b>	Thinking of or taking on new ideas to make a product or money