

Prior Learning

- Know what dreams and goals are.
- Know what dreams and ambitions are.
- Know what challenge is and the benefits of facing one.
- Know that we may encounter obstacles in reaching our dream or goal.
- Identify different learning processes
- Begin to understand how to evaluate what we have done to try and do even better next time.

Key Skills

- To know how it feels to have hopes and dreams.
- To know how disappointment feels and can identify when we have felt that way
- To know how to cope with disappointment and how to help others cope with theirs
- To know what it means to be resilient and to have a positive attitude
- To enjoy being part of a group challenge
- To know how to share in the success of a group and how to store this success experience in our internal treasure chests



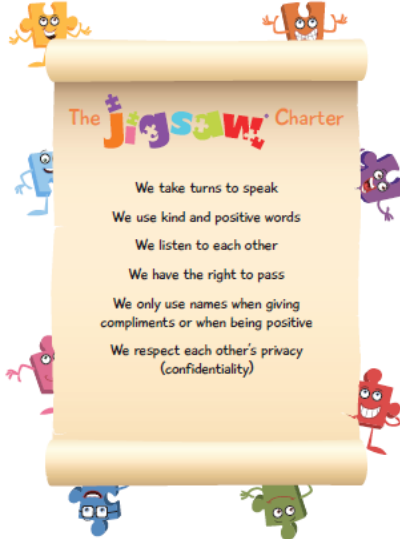
Year 4 - PSHE Dreams and Goals



Jiggy Jaz



Journal



Chime



Jerrie Cat's 'paws'

Key knowledge

- To understand and tell another about some of your hopes and dreams
- To understand that sometimes hopes and dreams do not come true and that this can hurt
- To know that reflecting on positive and happy experiences can help us to counteract disappointment
- To know how to make a new plan and set new goals even if I have been disappointed
- To know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group
- To identify the contributions made by myself and others to the group's achievement

Vocabulary

Dream	An ambition you imagine
Goal	Something you want to accomplish
Determination	The quality that makes you continue trying to do something even when this is difficult
Perseverance	The quality of continuing to try to achieve a particular aim despite difficulties
Resilience	The ability of people or things to recover quickly after something unpleasant, such as shock, injury, etc.
Positive attitude	Thinking and behaving in a positive manner
Hopes	To want something to happen and think that it is possible
Motivation	The reason why somebody does something or behaves in a particular way
Self-belief	You knowing that you can accomplish something
Commitment	A promise to do something or to behave in a particular way either for yourself or others
Disappointment	The feeling of being sad because something has not happened or been as good as you expected or hoped
Fears	The bad feeling that you have when you are in danger or when a particular thing frightens or upsets you.
Hurt	To cause physical pain to somebody/yourself; to injure somebody/yourself
Cope	To deal successfully with something difficult
Enterprise	A way to make money.
Success	When you have achieved something that you want and have been trying to do or get
Celebrate	To show that something is important by doing something special on it
Evaluate	To think about the positives and negatives of something after it has happened.