

PSHE Jigsaw – Dreams and Goals – Spring 1 Coverage

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Week 1	<p>Challenge</p> <p>Understand that if I persevere I can tackle challenges</p>	<p>My treasure chest of success</p> <p>Set simple goals Tell you about a thing I do well</p>	<p>Goals to success</p> <p>Choose a realistic goal and think about how to achieve it Tell you things I have achieved and say how that makes me feel</p>	<p>Dreams and goals</p> <p>Tell you about a person who has faced difficult challenges and achieved success Respect and admire people who overcome obstacles and achieve their dreams and goals (e.g. through disability)</p>	<p>Hopes and dreams</p> <p>Tell you about some of my hopes and dreams Know how it feels to have hopes and dreams</p>	<p>When I grow up (my dream lifestyle)</p> <p>Understand that I will need money to help me achieve some of my dreams Identify what I would like my life to be like when I am grown up</p>	<p>Personal learning goals</p> <p>Know my learning strengths and set challenging but realistic goals for myself (e.g. one in-school goal and one out-of-school goal) Understand why it is important to stretch the boundaries of my current learning</p>
Week 2	<p>Never giving up</p> <p>Tell you about a time I didn't give up until I achieved my goal</p>	<p>Steps to goals</p> <p>Set a goal and work out how to achieve it Tell you how I learn best</p>	<p>Being healthy</p> <p>Know what I need to keep myself healthy Am motivated to make healthy choices that help me to reach my goals</p>	<p>My dreams and ambitions</p> <p>Identify a dream/ambition that is important to me Imagine how I will feel when I achieve my dream/ambition</p>	<p>Broken dreams</p> <p>Understand that sometimes hopes and dreams do not come true and that this can hurt, and recognise how resilience and support from others can help Know how disappointment feels and identify when I have felt that way, recognising the roles people (including myself) take in groups and how these can support or challenge me</p>	<p>Keeping track of money</p> <p>Recognise that there are different ways that people's spending decisions can affect others and the environment, and that things have different values Recognise that people have different attitudes towards saving and spending money, and towards risk</p>	<p>Steps to success</p> <p>Work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these Set success criteria so that I will know whether I have reached my goal</p>
Week 3	<p>Setting a goal</p> <p>Set a goal and work towards it</p>	<p>Achieving together</p> <p>Understand how to work</p>	<p>Learning with others</p> <p>Recognise who I work well with and</p>	<p>Feeling safe helps me grow</p> <p>Enjoy facing new learning challenges and</p>	<p>Overcoming disappointment</p> <p>Know how to cope with disappointment</p>	<p>Investigate jobs and careers</p> <p>Explore a range of</p>	<p>My dream for the world</p> <p>Identify problems in the world that concern me and</p>

		well with a partner Celebrate achievement with my partner	who it is more difficult for me to work with Tell you how working with other people helps me learn	working out the best ways for me to achieve them Know how to break down a goal into a number of steps and know how others could help me to achieve it	and find ways to move forward Respect myself and notice how coping builds my self-esteem and resilience	different jobs and think critically about the information I see about them online Recognise my own strengths and qualities and understand that it's okay for my goals and identity to change as I grow	talk to other people about them Recognise the emotions I experience when I consider people in the world who are suffering or living in difficult situations
Week 4	Obstacles and support Use kind words to encourage people	Stretchy learning Tackle a new challenge and understand this might stretch my learning Tell you how I feel when I am faced with a new challenge	A group challenge Work well in a group to create an end product Work with other people in a group to solve problems	Choices that help us grow Be motivated and enthusiastic about achieving our new challenge Know that I am responsible for my own learning and can use my strengths as a learner to achieve the challenge	Creating new dreams Know how to make a new plan and set new goals even if I have been disappointed Know what it means to be resilient and to have a positive attitude	Dreams and goals of young people in other cultures Describe the dreams and goals of young people in a culture different to mine Reflect on how these relate to my own	Helping to make a difference Work with other people to help make the world a better place Empathise with people who are suffering or who are living in difficult situations
Week 5	Flight to the future Understand the link between what I learn now and the job I might like to do when I'm older	Overcoming obstacles Tell you about obstacles which make it more difficult to achieve my new challenge and have ideas to overcome them Explain how I feel when I face obstacles and how I feel when I overcome them	Being relaxed Show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed Tell you when a feeling is weak and when a feeling is strong	Our new challenge: overcoming obstacles Recognise obstacles which might hinder my achievement and take steps to overcome them Know how to manage the feelings of frustration that may arise when	Achieving goals Know how to work out the steps to take to achieve a goal, and do this successfully as part of a group Enjoy being part of a group challenge	How can we support each other? Understand that communicating with someone in a different culture means we can learn from each other and I can identify a range of ways that we could support each other	Helping to make a difference Describe some ways in which I can work with other people to help make the world a better place Identify why I am motivated to do this

				obstacles occur		Appreciate the similarities and differences in aspirations between myself and young people in a different culture	
Week 6	<p>Footprint awards</p> <p>Say how I feel when I achieve a goal and know what it means to feel proud</p>	<p>Celebrating my success</p> <p>Tell you how I felt when I succeeded in a new challenge and how I celebrated it</p> <p>Know how to store the feelings of success in my internal treasure chest</p>	<p>Celebrating our achievement</p> <p>Know how to share success with other people</p> <p>Know how contributing to the success of a group feels and I am able to store those feelings in my internal treasure chest (proud)</p>	<p>Celebrating my learning</p> <p>Evaluate my own learning process and identify how it can be better next time</p> <p>Be confident in sharing my success with others and store my feelings in my internal treasure chest</p>	<p>We did it!</p> <p>Identify the contributions made by myself and others to the group's achievement</p> <p>Know how to share in the success of a group and how to store this success experience in my internal treasure chest</p>	<p>Rallying support</p> <p>Encourage my peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this, e.g. through sponsorship</p> <p>Understand why I am motivated to make a positive contribution to supporting others</p>	<p>Recognising our achievements</p> <p>Know what some people in my class like or admire about me and accept their praise</p> <p>Give praise and compliments to other people when I recognise their contributions and achievements</p>