



# PSHE – Dreams and Goals



**Overview:** We will begin our unit by setting goals for ourselves. We begin to think about how to work towards a goal and how we can achieve it. We will identify obstacles that we may face and then how to overcome them. We will discuss what it feels like to achieve a goal and what being successful means.

## What I already know...

*I know what a dream is.*

*I know about why being different can be a good thing.*

*I know who I can talk to about things.*

*I know about consequences and why these are important.*

## Jigsaw Jack



## By the end of this unit...

I can set simple goals

I can set a goal and work out how to achieve it

I understand how to work well with a partner

I can tackle a new challenge and understand this might stretch my learning

I can identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them

I can tell you how I felt when I succeeded in a new challenge and how I celebrated it

## Key Vocabulary

Goal	work	Challenge
Success	understand	achieve
Strengths		

## Key Questions

What is a goal?

What is success?

How can you achieve a goal? What do you need to do?

How do you feel when you achieve a goal?