


Topic: PSHE

Term: Spring 1









Year: Unit 2

Duration: 6 weeks

## The Powerful Knowledge we will take away from this PSHE Puzzle:

 Knowledge	 &  Skills
I will... <ul style="list-style-type: none"> <li>Know how to set simple goals,</li> <li>Know how to achieve a goal,</li> <li>Know how to identify obstacles which make achieving their goals difficult and work out how to overcome them,</li> <li>Know when a goal has been achieved,</li> <li>Know how to work well with a partner,</li> <li>Know that tackling a challenge can stretch their learning.</li> </ul>	I will ... <ul style="list-style-type: none"> <li>Recognise things that they do well,</li> <li>Explain how they learn best,</li> <li>Recognise their own feelings when faced with a challenge/obstacle,</li> <li>Recognise how they feel when they overcome a challenge/obstacle,</li> <li>Celebrate an achievement with a friend,</li> <li>Can store feelings of success so that they can be used in the future.</li> </ul>

**What I already know:** You will have already learned how to use positive words to encourage yourself and others to achieve goals or overcome challenges. You will understand that perseverance is a quality that allows someone to keep on trying to do something even though it might be difficult. You will also have started to think about what kind of jobs you would like to do when you are older.

Our Key Vocabulary	Meaning
  Dream      Goal	<p><b>Dreams</b> are thoughts and feelings created in your imagination. They can be about something that you have wanted to do or have for a long time.</p> <p><b>Goals</b> are targets you set for yourself that you want to work towards.</p>
  Achievement      Success	<p><b>Achievement</b> is the result of never giving up and meeting your goals.</p> <p><b>Success</b> is the satisfactory achievement of something.</p>
 Stepping-stones	<p><b>Stepping-stones</b> are planned small steps that you can make towards achieving a desired goal.</p>
  Working together      Teamwork	<p><b>Working together and Teamwork</b> is when people work respectfully and effectively within a group and do their share of the tasks.</p>
 Celebrate	<p>To celebrate achievements means we praise (someone or something); we say that (someone or something) is great or important.</p>



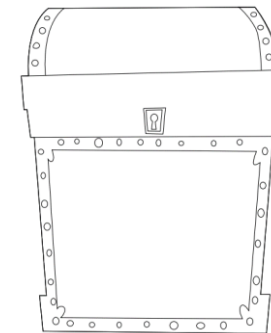
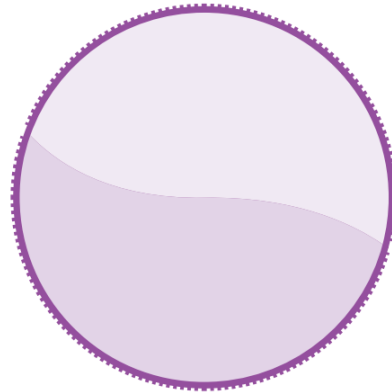
### Family Talk Time Learning:

- What goals have you set for yourself at school?
- What goal would you like to set for home?
- What do you need to do achieve your goals?
- How do you feel when something is difficult?
- How can we work together to overcome challenges?
- How do you feel when you have achieved a goal?
- How can we celebrate your achievements together?

### Texts that Teach:

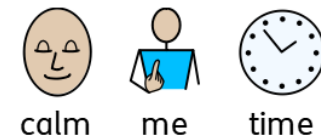
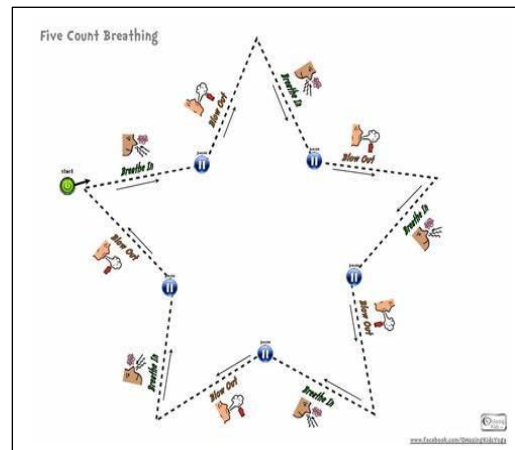


### Personal reflections: Ask and tell yourself...



How many coins of success could you fill your treasure chest with?

### Mindfulness Activities to try:



Move your finger along each line and count to five in your head as you breathe in and out.