






Topic: PSHE

Term: Spring 1












Year: Unit 3

Duration: 6 weeks

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

 Knowledge	 &  Skills
I will... <ul style="list-style-type: none"> Know that they are responsible for their own learning, Know what an obstacle is and how they can hinder achievement, Know how to take steps to overcome obstacles, Know what dreams and ambitions are important to them, Know what their own strengths are as a learner Know how to evaluate their own learning progress and identify how it can be better next time. 	I will ... <ul style="list-style-type: none"> Can break down a goal into small steps, Can manage feelings of frustration linked to facing obstacles, Imagine how it will feel when they achieve their dream/ambition Recognise other people's achievements in overcoming difficulties, Recognise how other people can help them to achieve their goals, Can share their success with others, Can store feelings of success (in their internal treasure chest) to be used at another time.

What I already know: You will have already experienced working well with a partner and celebrated in shared achievements. You will know how a new challenge can make us feel and what we can do to overcome these emotions and physical sensations. You will have practiced learning how to plan stepping-stones and use your personal strengths in order to achieve a goal.

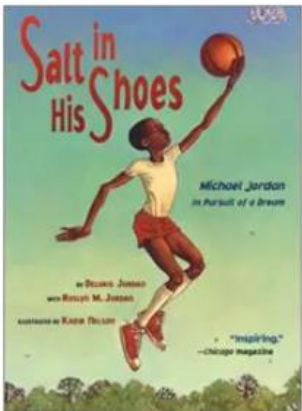
Our Key Vocabulary	Meaning
 Perseverance  Determination	<p>Perseverance is a quality that allows someone to keep on trying to do something even though it might be difficult. If you persevere, you never want to give up trying.</p> <p>Determination a quality that makes you continue trying to do or achieve something that is difficult.</p>
 Ambitions  Aspirations	<p>Ambition is a particular goal or aim that a person hopes to do or achieve. It can also be a desire to be successful, powerful, or famous.</p> <p>Aspiration is a strong desire to achieve something high or great.</p>
 Cooperation  Product	<p>Cooperation is the actions of someone who is doing what is needed or asked for.</p> <p>A product is something that is produced as a result of a process.</p>
 Strengths  Motivated  Frustration	<p>Strengths are qualities that allow us to deal with situations in a determined and effective way.</p> <p>Motivated people have a strong desire to do well and succeed in what they are doing.</p> <p>Frustration is a feeling of annoyance resulting from unresolved problems or unfulfilled needs.</p>
 'Solve It Together'  Technique	<p>Solve it together means people work together to find a solution, explanation or answer to a problem or challenge.</p> <p>Technique is the method, or steps actioned, in order to accomplish a desired outcome.</p>



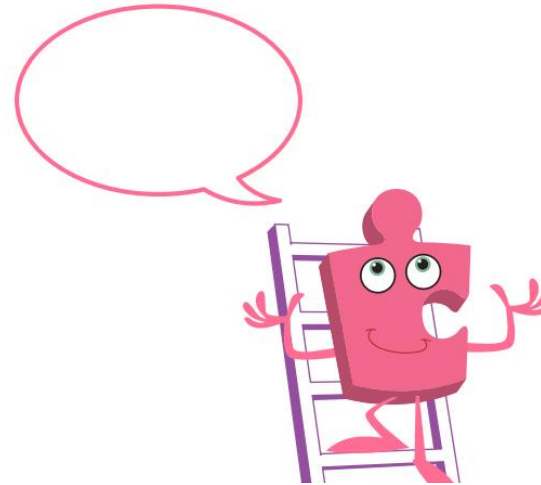
Family Talk Time Learning:

- Can you tell me about someone who overcame an obstacle to achieve their goal?
- What ambition is important to you?
- What can you do if something is difficult?
- How does it feel to be stuck?
- How can I help you to achieve your goal?
- What might it feel like when you achieve your goal?
- Describe how it felt when you achieved your goal?
- How can you use this feeling the next time you are stuck?

Texts that Teach:

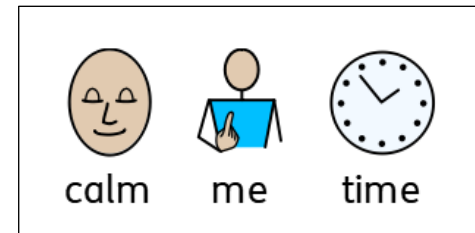


Personal reflections: Ask and tell yourself...



Think about everything that you are good at and things you have successfully achieved.

Mindfulness Activities to try:



Feel your muscles relaxing as you breathe in and out.
Repeat to yourself, 'leave my troubles at the door'.
Relax your mind as you keep leaving your worries at the door.