



The ASPIRE Curriculum-Key Learning

Title: Dreams and Goals Year 1 Spring 1 Subject: PSHE

Key Knowledge	Key Skills (Social and Emotional)	Key Vocabulary	
<ul style="list-style-type: none"> I know how to set simple goals. I know how to achieve a goal. I know how to work well with a partner. I know that tackling a challenge can stretch my learning. I know how to identify obstacles which make achieving my goals difficult and work out how to overcome them. I know when a goal has been achieved. <div data-bbox="96 892 514 1025" style="background-color: red; color: white; padding: 5px; margin-top: 20px;"> <p>To achieve a goal you have to keep trying.</p> </div> 	<ul style="list-style-type: none"> I can recognise things that I do well. I can explain how I learn best. I can celebrate an achievement with a friend. I can recognise my own feelings when faced with a challenge. I can recognise my own feelings when I am faced with an obstacle. I recognise how I feel when I overcome an obstacle. I can store feelings of success so that they can be used in the future. <div data-bbox="947 921 1457 1016" style="background-color: red; color: white; padding: 5px; margin-top: 20px;"> <p>Celebrating achievement together.</p> </div> 	<p>Achieve</p> <p>Challenge</p> <p>Goal</p> <p>Obstacle</p> <p>Overcome</p> <p>Process</p> <p>Stepping Stone</p> <p>Success</p>	<p>Something you have done successfully.</p> <p>Encourage someone to join in a competitive situation.</p> <p>A persons ambition or aim</p> <p>Something that stops progress</p> <p>To succeed in dealing with a problem or difficulty.</p> <p>A series of actions or steps taken to achieve something.</p> <p>Actions that helps you to make progress towards a specific goal.</p> <p>When you achieve something you wanted or hoped for.</p>

Dreams and Goals

