





The ASPIRE Curriculum-Key Learning



Title: Dreams and Goals

Year 4 Spring 1

Subject: PSHE

Key Knowledge	Key Skills (Social and Emotional)	Key Vocabulary	
<ul style="list-style-type: none"> I know what my hopes and dreams are. I know that hopes and dreams don't always come true. I know that reflecting on positive and happy experiences can help me to counteract disappointment. I know how to make a new plan and set new goals even if I have been disappointed. I know how to work out the steps I need to take to achieve a goal. I know how to work as part of a successful group. I know how to share in the success of a group. <div data-bbox="89 1043 471 1178" style="background-color: yellow; padding: 5px; margin-top: 20px;"> <p>Taking small steps to achieve a goal</p> </div> <div data-bbox="479 1029 744 1343" style="text-align: center; margin-top: 20px;">  </div>	<ul style="list-style-type: none"> I can talk about my hopes and dreams and the feelings associated with these. I can identify the feeling of disappointment. I can identify a time when I have felt disappointed. I can cope with disappointment. I can help others to cope with disappointment. I can identify what resilience is. I have a positive attitude. I enjoy being part of a group challenge. I can share my success with others. I can store feelings of success (in my internal treasure chest) to be used at another time. <div data-bbox="879 1039 1304 1343" style="text-align: center; margin-top: 20px;">  </div> <div data-bbox="1319 1001 1702 1143" style="background-color: yellow; padding: 5px; margin-top: 20px;"> <p>I can store my success in my internal treasure chest.</p> </div>	<p>Cope</p> <p>Commitment</p> <p>Determined</p> <p>Enterprise</p> <p>Evaluation</p> <p>Motivation</p> <p>Persevere</p> <p>Positive attitude</p> <p>Resilience</p> <p>Self - Belief</p>	<p>To deal with difficulties in a calm manner</p> <p>Being dedicated to cause or activity.</p> <p>To keep trying with something even if it is difficult.</p> <p>A project</p> <p>To judge whether something is good or not.</p> <p>The reasons why someone does something.</p> <p>Carry on with something even if it is difficult.</p> <p>Being optimistic even in difficult situations.</p> <p>Being able to recover from difficulties</p> <p>Having confidence I your own abilities.</p>

Dreams and Goals

