

PSHE – Year 1 – Spring Term  
 DREAMS AND GOALS – UNIT 3  
 HEALTHY ME – UNIT 4



Prior Learning	
EYFS OBJECTIVES COVERED Y1 UNITS – BEING ME IN MY WORLD UNIT 1 CELEBRATING DIFFERENCE UNIT 2	
Key vocabulary for this unit	
<u><b>Dreams and Goals unit 3</b></u> Proud, Success, Achievement , Goal, Treasure Stepping Stones, Process, Dream, Working Together, Teamwork, Celebrate, Challenge, Feelings, Overcome, Obstacle,	<u><b>Healthy Me unit 4</b></u> Healthy, Medicines, Road safety, Healthy choices Clean, Illness, Germs, Balanced diet,
Learning Sequence	
<b>DREAMS AND GOALS</b>	
<b>My Treasure Chest of Success</b>	<ul style="list-style-type: none"> <li>• To set simple goals</li> <li>• To say something that is done well</li> </ul>
<b>Steps To Goals</b>	<ul style="list-style-type: none"> <li>• To set a goal and work out how to achieve it</li> </ul>

<b>Achieving Together</b>	<ul style="list-style-type: none"> <li>• To understand how to work well with a partner</li> </ul>
<b>Stretchy Learning</b>	<ul style="list-style-type: none"> <li>• To tackle a new challenge and understand this might stretch my learning</li> </ul>
<b>Overcoming Obstacles</b>	<ul style="list-style-type: none"> <li>• To identify obstacles which make it more difficult to achieve my new challenge and work out how to overcome them</li> </ul>
<b>Celebrating My Success</b>	<ul style="list-style-type: none"> <li>• To describe how it feels to succeed in a new challenge</li> </ul>
<b>HEALTHY ME</b>	
<b>Being Healthy</b>	<ul style="list-style-type: none"> <li>• To understand ways to keep healthy</li> </ul>
<b>Healthy Choices</b>	<ul style="list-style-type: none"> <li>• To know how to make healthy lifestyle choices</li> </ul>
<b>Clean and Healthy</b>	<ul style="list-style-type: none"> <li>• To know how to keep clean and healthy and how germs can cause illnesses</li> <li>• To understand that all household products including medicines can be harmful if not used properly</li> </ul>
<b>Medicine Safety</b>	<ul style="list-style-type: none"> <li>• To understand how medicines can help when ill and how to use them safely</li> </ul>
<b>Road Safety</b>	<ul style="list-style-type: none"> <li>• To know how to keep safe when crossing the road and who can help to stay safe</li> </ul>
<b>Happy, Healthy Me</b>	<ul style="list-style-type: none"> <li>• To identify ways to keep myself safe and healthy</li> </ul>
<b>Assessment milestones</b>	
<b>DREAMS AND GOALS</b> <ul style="list-style-type: none"> <li>• To know how to set simple goals and understand how to overcome obstacles to achieving these</li> </ul>	<b>HEALTHY ME</b> <ul style="list-style-type: none"> <li>• To know some ways that I can stay healthy to keep myself happy and safe</li> </ul>