



PSHE – Dreams and Goals

Prior Learning	
<ul style="list-style-type: none"> • To know about specific people who have overcome difficult challenges to achieve success. • To know what dreams and ambitions are important to them. • To know how they can best overcome learning challenges. • To know that they are responsible for their own learning. • To know what their own strengths are as a learner. • To know what an obstacle is and how they can hinder achievement. • To know how to take steps to overcome obstacles. • To know how to evaluate their own learning progress and identify how it can be better next time. 	
Key vocabulary for this unit	
Dream Hope Goal Determination Perseverance Resilience Positive Attitude Disappointment Fears Hurt Positive experiences Plans Cope	Help Self-belief Motivation Commitment Team work Design Cooperation Review Learning Strengths Success Celebrate Evaluate
Learning Sequence	
Hopes and Dreams	<ul style="list-style-type: none"> • To tell you about some of my hopes and dreams.

Broken Dreams	<ul style="list-style-type: none"> • To understand that sometimes hopes and dreams do not come true and that this can hurt.
Overcoming Disappointment	<ul style="list-style-type: none"> • To know that reflecting on positive and happy experiences can help me to counteract disappointment.
Creating New Dreams	<ul style="list-style-type: none"> • To know how to make a new plan and set new goals even if I have been disappointed.
Achieving Goals	<ul style="list-style-type: none"> • To know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group.
We Did It!	<ul style="list-style-type: none"> • To identify the contributions made by myself and others to the group's achievement.
Assessment milestones	
Social and Emotional Skills	
<ul style="list-style-type: none"> • To know how to cope with disappointment and how to help others cope with theirs. • To know what it means to be resilient and to have a positive attitude. 	

Healthy Me

Prior Learning	
<ul style="list-style-type: none"> • To know what it feels like to make a healthy choice. • To identify how I feel towards drugs. • To express how being anxious or scared feels. • To take responsibility for keeping myself and others safe. • To respect my body and appreciate what it does for me. 	
Key vocabulary for this unit	
Friendships Emotions Healthy Relationships Friendship groups Value	Guilt Advice Alcohol Liver Disease Pressure Peers

Roles Leader Follower Assertive Smoking Vaping	Anxiety Fear Believe Assertive Opinion
Learning Sequence	
My Friends and Me	<ul style="list-style-type: none"> • To recognise how different friendship groups are formed, how I fit into them and the friends I value the most.
Group Dynamics	<ul style="list-style-type: none"> • To understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situations.
Smoking	<ul style="list-style-type: none"> • To understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke.
Alcohol	<ul style="list-style-type: none"> • To understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol.
Healthy Friendships	<ul style="list-style-type: none"> • To recognise when people are putting me under pressure and can explain ways to resist this when I want.
Celebrating My Inner Strength and Assertiveness	<ul style="list-style-type: none"> • To know myself well enough to have a clear picture of what I believe is right and wrong.
Assessment milestones	
<p>Social and Emotional Skills</p> <ul style="list-style-type: none"> • To be aware of how different people and groups impact on me and can recognise the people I most want to be friends with. • To identify feelings of anxiety and fear associated with peer pressure. • To tap into my inner strength and know how to be assertive. 	