

PSHE Year 1 Spring 1 – Dreams and goals



PSHE

Powerful knowledge/skills for this unit:

Knowledge

I will:

- set simple goals
- set a goal and work out how to achieve it
- understand how to work well with a partner
- tackle a new challenge and understand this might stretch my learning
- identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them
- tell you how I felt when I succeeded in a new challenge and how I celebrated it

Social and emotional skills

I will:

- tell you about a thing I do well
- tell you how I learn best
- celebrate achievement with my partner
- identify how I feel when I am faced with a new challenge
- know how I feel when I see obstacles and how I feel when I overcome them
- know how to store the feelings of success in my internal treasure chest

Key vocabulary

Achieve, achievement, active, celebrate, challenge, confidence, dreams, feelings, goal, happiness, internal, learning, obstacle, overcome, proud, process, rest, self-respect, special, success, team work, working together,

Big Question:

Do you tackle new challenges in a positive way?

By the end of this topic...

I can explain how I feel when I am successful and how this can be celebrated positively.

I can say why my internal treasure chest is an important place to store positive feelings.

The zones of regulation



Mindmate Monday lesson

MindMate

Year 1 Spring 1 New school/class Making new friends

Lesson focus: I understand that talking about my feelings can help

Pupils should have the opportunity to... learn how to communicate their feelings about new experiences to others recognise how others show feelings & know how to respond