

PSHE Year 3 Spring 1 – Dreams and goals



PSHE

Powerful knowledge/skills for this unit:

Knowledge

I will:

- tell you about a person who has faced difficult challenges and achieved success
- identify a dream / ambition that is important to me
- enjoy facing new challenges. I'm working out the best ways need to achieve them
- be motivated and enthusiastic about achieving a new challenge
- recognise obstacles which might hinder my achievements and can take steps to overcome them
- evaluate my own learning process and identify how it can be better next time

Social and emotional skills

I will:

- respect and admire people who overcome obstacles and achieve their dreams and goals (e.g. through disability)
- imagine how I will feel when I achieve my dream / ambition
- break down a goal into a number of steps and know how others could help me to achieve it
- know that I'm responsible for my own learning and can use my strengths as a learner to achieve the challenge
- manage the feelings of frustration that may arise when obstacles occur
- confident in sharing my success with others and can store my feelings in my internal treasure chest

Key vocabulary

Ambition, challenge, community, differences, dream, enthusiastic, evaluate, frustration, future, goal, healthy, identity, include, learning, motivated, obstacles, outdoors, responsible, respect, review, safe choices, self-esteem, self-review, solution, strengths, success, team work, wellbeing, water safety

Big Question:

Are you motivated and enthusiastic about new challenges?

The zones of regulation



By the end of this topic...

I can explain the different ways that help me learn and what I need to do to improve. I am confident and positive when I share my success with others.

I can explain how these feelings can be stored in my internal treasure chest and why this is important.

Mindmate Monday lesson

MindMate

Year 3 Spring 1 Life in KS2 New faces/ new routines

Lesson focus: I am learning to handle change

Pupils should have the opportunity to... understand the importance of being co-operative with others understand that change happens & can be challenging understand that adapting to change is key to developing emotional wellbeing