

# PSHE Year 5 Spring 1 – Dreams and goals



## PSHE

## Powerful knowledge/skills for this unit:

### Knowledge

#### I will:

- understand that I will need money to help me achieve some of my dreams
- recognise that there are different ways that people's spending decisions can affect others and the environment, and that things have different values
- explore a range of different jobs and think critically about the information I see about them online
- describe the dreams and goals of young people in a culture different to mine
- understand that communicating with someone in a different culture means we can learn from each other
- identify a range of ways that we could support each other
- encourage my peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this, e.g. through sponsorship

### Social and emotional skills

#### I will:

- identify what I would like my life to be like when I am grown up
- recognise that people have different attitudes towards saving and spending money, and towards risk
- recognise my own strengths and qualities and understand that it's OK for my goals and identity to change as I grow
- reflect on how these relate to my own
- appreciate the similarities and differences in aspirations between myself and young people in a different culture
- understand why I am motivated to make a positive contribution to supporting others

### Key vocabulary

Adult, aspiration, attitudes, barrier, career, choice, country, culture, digital, spending, dream, environment, financial, harm, goal, grown up, identity, influence, job, lifestyle, media, money, motivation, opportunity, profession, rallying, reliable, rights, risk, salary, save, self-care, self-esteem, society, spend, sponsorship, support, team work, technology, values,

### Big Question:

How do you support your peers?

#### The zones of regulation



### By the end of this topic...

I can compare my hopes and dreams with those of young people from different cultures.

I can reflect on the hopes and dreams of young people from another culture and explain how this makes me feel.

### Mindmate Monday lesson

**MindMate**

Year 5 Spring 1: Aspirations to manage change positively

Lesson focus: I am seeing changes in a more positive light

**Pupils should have the opportunity to...** learn that different people respond differently to different changes and learn that some people find change easier than others and to find out that there are things they can do that help them cope with or accept