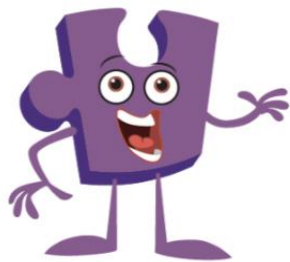


Year 3 PSHE

Focus: Dreams and Goals

Age related PSHE vocabulary			
Perseverance	Continued effort to do or achieve something even when it is difficult or takes a long time.	Frustration	The feeling of being annoyed or less confident because you cannot achieve what you want.
Obstacles	A thing that blocks one's way or hinders progress.	Aspiration	A strong hope or wish to achieve something or be successful.
Ambitions	A strong desire for success or achievement.	Cooperation	Being willing to be helpful and to do what someone asks you to do.

trust effort teamwork strive purpose
 appetite aspiration steel hope resolve
 persistence vision ambition determined success
achieve wish sacrifice imagination
 self-belief mentality intention growth
 work opportunity dream objective desire drive faith
 excellent equipped aim



Key knowledge:

- To know about specific people who have overcome difficult challenges to achieve success.
- To recognise what dreams and ambitions are important to them.
- To know how they can best overcome learning challenges.
- To understand that they are responsible for their own learning.
- To identify their own strengths 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 evaluate their own learning progress and identify how it can be better next time.

Social and emotional skills which will further develop:

- To recognise other people's achievements in overcoming difficulties.
- To imagine how it will feel when they achieve their dream / ambition.
- To break down a goal into small steps.
- To recognise how other people can help them to achieve their goals.
- To manage feelings of frustration linked to facing obstacles and share their success with others.
- To store feelings of success (in their internal treasure chest) to be used at another time.