

## Year 1

Week 1: Setting simple goals  
Week 2: Steps to goals  
Week 3: Achieving together  
Week 4: Stretchy Learning  
Week 5: Overcoming obstacles

## Year 2

Week 1: Goals to success  
Week 2: My learning strengths  
Week 3: Learning with others  
Week 4 & 5: A group challenge

## Year 3

Week 1: Dreams and Goals  
Week 2: My dreams and ambitions  
Week 3: A new challenge  
Week 4: Our new challenge  
Week 5: Our new challenge -  
overcoming obstacles



## Spring 1 Dreams and Goals

## Year 4

Week 1: Hopes and dreams  
Week 2: Broken dreams  
Week 3: Overcoming  
disappointment  
Week 4: Creating new dreams  
Week 5: Achieving goals

## Year 5

Week 1: Racism  
Week 2: When I grow up (My dream  
lifestyle)  
Week 3: Investigate jobs and careers  
and my dream job  
Week 4: Dreams and goals of young  
people in other cultures  
Week 5: How can we support each  
other?

## Year 6

Week 1: Celebrating difference;  
disabilities  
Week 2: Personal learning goals and  
steps to success  
Week 3: My dream for the world  
Week 4 & 5: Helping to make a  
difference

## Week 1

### Lesson aim:

Setting simple goals

### Vocab:

Proud  
Success  
Achievement  
Goal

## Week 2

### Lesson aim:

Steps to Goals

### Vocab:

Goal                  Process  
Learning          Dreams  
Stepping stones

## Week 3

### Lesson aim:

Achieving together

### Vocab:

Working together  
Team work  
Achievement  
Celebrate



# Year 1 Spring 1 Dreams and Goals

## Week 4

### Lesson aim:

Stretchy learning

### Vocab:

Learning  
Stretchy  
Challenge  
Feelings

## Week 5

### Lesson aim:

Overcoming obstacles

### Vocab:

Challenge          Goal  
Obstacle  
Overcome  
Achieve

## Resources to help support learning at home:

### Book list

Title	Author	Summary
Ruby's Worry	Tom Percival	The importance of sharing our worries and how this helps us to overcome them
The Squirrels Who Squabbled	Rachel Bright	The importance of working together
After the fall	Dan Santat	Perseverance and resilience
The dot	Peter H Reynolds	Resilience, self-belief
How to Catch a Star	Oliver Jeffers	Dreams and aspirations and what you can do to achieve them
The Girl Who Never Made Mistakes	Mark Pett	Fear of failure, learning from mistakes, resilience
Look up	Nathan Bryon	Following your dreams

### Websites

<https://www.bbc.co.uk/cbbc/watch/what-do-you-want-to-be-when-you-grow-up>

<https://biglifejournal.com/blogs/blog/5-fun-goal-setting-activities-children>

## Week 1

### Lesson aim:

Goals to success

### Vocab:

Realistic  
Proud  
Success  
Celebrate  
Achievement  
Goal

## Week 2

### Lesson aim:

My learning strengths

### Vocab:

Strengths  
Persevere  
Challenge  
Difficult  
Easy

## Week 3

### Lesson aim:

Learning with others

### Vocab:

Learning together  
Success  
Celebrate  
Achievement  
Goal  
Partner  
Team work



# Year 2 Spring 1 Dreams and Goals

## Week 4 & 5

### Lesson aim:

A group challenge

### Vocab:

Learning together  
Success Proud  
Celebrate Group  
Achievement  
Challenge  
Team work  
Problem-solve

## Resources to help support learning at home:

### Book list

Title	Author	Summary
Ruby's Worry	Tom Percival	The importance of sharing our worries and how this helps us to overcome them
The Squirrels Who Squabbled	Rachel Bright	The importance of working together
After the fall	Dan Santat	Perseverance and resilience
The dot	Peter H Reynolds	Resilience, self-belief
How to Catch a Star	Oliver Jeffers	Dreams and aspirations and what you can do to achieve them
The Girl Who Never Made Mistakes	Mark Pett	Fear of failure, learning from mistakes, resilience
Look up	Nathan Bryon	Following your dreams

### Websites

<https://www.bbc.co.uk/cbbc/watch/what-do-you-want-to-be-when-you-grow-up>

<https://biglifejournal.com/blogs/blog/5-fun-goal-setting-activities-children>

## Week 1

### Lesson aim:

Dreams and Goals

### Vocab:

Perseverance  
Challenges  
Success  
Obstacles  
Dreams  
Goals

## Week 2

### Lesson aim:

My dreams and ambitions

### Vocab:

Dreams  
Goals  
Ambitions  
Future

## Week 3

### Lesson aim:

A new challenge

### Vocab:

Garden  
Decoration  
Dream  
Goal  
Team work  
Design  
Cooperation

## Resources to help support learning at home:

### Book list

Title	Author	Summary
The Orangutan Who Sang	Jay Vincent and Stew Wright	Achieving your ambitions/overcoming fears with the help of your friends
The Girl Who Never Made Mistakes	Mark Pett	Fear of mistakes, learning from mistakes, resilience
After the Fall	Dan Santat	Perseverance, resilience
Emmanuel's Dream: The True Story of Emmanuel Ofosu Yeboah	Laurie Ann Thompson	Based on a real-life story, achieving your goals, overcoming obstacles



## Year 3 Spring 1 Dreams and Goals

## Week 4

### Lesson aim:

Our new challenge

### Vocab:

Challenge Responsible  
Product  
Team work  
Cooperation  
Strengths  
Motivated  
Enthusiastic  
Efficient

## Week 5

### Lesson aim:

Our new challenge -  
Overcoming obstacles

### Vocab:

Obstacles Frustration  
Solve it together  
Technique  
Solution  
Team work

### Websites

<https://www.bbc.co.uk/teach/class-c-lips-video/pshe-ks2-keep-learning/zd v2xyc>

<https://www.youngminds.org.uk/professional/resources/building-positive-mental-health/>

## Week 1

### Lesson aim:

Hopes and dreams

### Vocab:

Dream  
Hope  
Goal  
Determination  
Perseverance  
Resilience  
Positive  
Attitude

## Week 2

### Lesson aim:

Broken dreams

### Vocab:

Dreams            Resilience  
Goals  
Hopes  
Disappointment  
Fears  
Hurt

## Week 3

### Lesson aim:

Overcoming disappointment

### Vocab:

Positive experiences  
Hopes            Cope  
Dreams            Help  
Disappointment            Resilience  
Hurt  
Goals  
Plans

## Resources to help support learning at home:

### Book list

Title	Author	Summary
The Orangutan Who Sang	Jay Vincent and Stew Wright	Achieving your ambitions/overcoming fears with the help of your friends
The Girl Who Never Made Mistakes	Mark Pett	Fear of mistakes, learning from mistakes, resilience
After the Fall	Dan Santat	Perseverance, resilience
Emmanuel's Dream: The True Story of Emmanuel Ofose Yeboah	Laurie Ann Thompson	Based on a real-life story, achieving your goals, overcoming obstacles



## Year 4 Spring 1 Dreams and Goals

## Week 4

### Lesson aim:

Creating new dreams

### Vocab:

Resilience  
Commitment  
Self-belief  
Motivation  
Perseverance  
Determination  
Goal  
Dream

## Week 5

### Lesson aim:

Achieving goals

### Vocab:

Goal  
Team work  
Design  
Cooperation

### Websites

<https://www.bbc.co.uk/teach/class-c-lips-video/pshe-ks2-keep-learning/zd v2xyc>

<https://www.youngminds.org.uk/professional/resources/building-positive-mental-health/>

## Week 1

### Lesson aim:

Racism

### Vocab:

Racism

Colour

Race

Discrimination

Culture

Ribbon

## Week 2

### Lesson aim:

When I grow up (my dream lifestyle)

### Vocab:

Dream      Grow up

Hope      Adult

Goal      Lifestyle

Feeling

Achievement

Money

## Week 3

### Lesson aim:

Investigate jobs and careers and My dream job (why I want it and the steps to get there)

### Vocab:

Dream

Perseverance

Hope

Motivation

Job

Profession

Money

Goal

Salary

Contribution

Career

Society

Determination

## Resources to help support learning at home:

### Book list

Title	Author	Summary
The Orangutan Who Sang	Jay Vincent and Stew Wright	Achieving your ambitions/overcoming fears with the help of your friends
Be resilient	Dr Sharie Coombes and Katie Abey	A self-care activity book with activities to support resilience
The Boy Who Harnessed the Wind	William Kamkwamba	Resilience, achieving your dreams
You are awesome	Matthew Syed	About building resilience, the importance of growth mindset and embracing mistakes



## Year 5 Spring 1 Dreams and Goals

## Week 4

### Lesson aim:

Dreams and goals of young people in other cultures

### Vocab:

Dream      Country

Hope

Goal

Aspiration

Culture

## Week 5

### Lesson aim:

How can we support each other?

### Vocab:

Aspiration

Dream

Goal

Culture

Sponsorship

Communication

## Websites:

<https://www.firstcareers.co.uk/>

<https://www.bbc.co.uk/bitesize/articles/zdqnxyc#zqggvw>  
x

<https://www.bbc.co.uk/bitesize/articles/zrkthcw#zqynn9>  
q

<https://www.savethechildren.org.uk/how-you-can-help/events-and-fundraising/fundraising-ideas>

## Week 1

### Lesson aim:

Celebrating difference;  
disabilities

### Vocab:

Paralympian  
Achievement    Accolade  
Disability    Sport  
Perseverance  
Admiration  
Stamina

## Week 2

### Lesson aim:

Personal learning goals and  
Steps to success

### Vocab:

Dream                    Learning  
Hope                    Steps  
Goal                    Strengths  
Stretch                Realistic  
Feeling                Personal  
Achievement        Unrealistic  
Success                Criteria

## Week 3

### Lesson aim:

My dream for the world

### Vocab:

Dream                    Issue  
Hope                    Suffering  
Goal                    Concern  
Feeling                Hardship  
Achievement  
Money  
Global



# Year 6 Spring 1 Dreams and Goals

## Week 4 & 5

### Lesson aim:

Helping to make a  
difference

### Vocab:

Dream    Hardship  
Hope    Empathy  
Goal    Motivation  
Achievement  
Money    Suffering  
Sponsorship

## Resources to help support learning at home:

### Book list

Title	Author	Summary
The Orangutan Who Sang	Jay Vincent and Stew Wright	Achieving your ambitions/overcoming fears with the help of your friends
Be resilient	Dr Sharie Coombes and Katie Abey	A self-care activity book with activities to support resilience
The Boy Who Harnessed the Wind	William Kamkwamba	Resilience, achieving your dreams
You are awesome	Matthew Syed	About building resilience, the importance of growth mindset and embracing mistakes

### Websites:

<https://www.firstcareers.co.uk/>

<https://www.bbc.co.uk/bitesize/articles/zdqnxyc#zqggwx>

<https://www.bbc.co.uk/bitesize/articles/zrktbcw#zqynn9q>

<https://www.savethechildren.org.uk/how-you-can-help/events-and-fundraising/fundraising-ideas>