



Dreams & Goals

## Jigsaw PSHE Spring 1 - Dreams and Goals (Y3)

This term, the Jigsaw unit we will be covering in PSHE is 'Dreams and Goals'. This unit is focused around our dreams, goals and ambitions, along with challenges we may face on our paths to achievement. The 'puzzle pieces' explored are detailed below, as is the core vocabulary we will be teaching and using.

In this Puzzle the class look at examples of people who have overcome challenges to achieve success and discuss what they can learn from these stories. The children identify their own dreams and ambitions and discuss how it will feel when they achieve them. They talk about facing learning challenges and identify their own strategies for overcoming these. The children talk about obstacles which might stop them from achieving their goals and how to overcome these. They reflect on their progress and successes and identify what they could do better next time.

### Puzzle Pieces (lessons)

1. Dreams and Goals (overcoming challenges to achieve success, learning about people who have done this).
2. My Dreams and Ambitions (identifying dreams and ambitions, imagining how it would feel to achieve them).
3. A New Challenge (Facing new challenges, breaking goals down into achievable chunks and working out how to achieve them).
4. Our New Challenge (being enthusiastic about facing a challenge, using own strengths to achieve).
5. Our New Challenge - Overcoming Obstacles (recognising obstacles, considering how to overcome them, acknowledging frustration and managing it).
6. Celebrating My Learning (evaluating the learning process, sharing successes with others).

### Vocabulary

Perseverance, Challenges, Success, Obstacles, Dreams, Goals, Ambitions, Future, Aspirations, Garden, Decorate, Team work, Enterprise, Design, Cooperation, Product, Strengths, Motivated, Enthusiastic, Excited, Efficient, Responsible, Frustration, 'Solve It Together' Technique, Solutions, Review, Learning, Celebrate, Evaluate.

Jigsaw, the mindful approach to PSHE is a progressive and spiral scheme of learning. In planning the lessons, Jigsaw PSHE ensures that learning from previous years is revisited and extended, adding new concepts, knowledge and skills, year on year as appropriate.