



Dreams & Goals

Jigsaw PSHE Spring 1 - Dreams and Goals (Y4)

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 children talk about their hopes and dreams. They discuss how it feels when dreams don't come true and how to cope with / overcome feelings of disappointment. The children talk about making new plans and setting new goals even if they have been disappointed. The class talk about group work and overcoming challenges together. They reflect on their successes and the feelings associated with overcoming a challenge.

Puzzle Pieces (lessons)

1. Hopes and Dreams (identifying hopes /dreams and how they make us feel).
2. Broken Dreams (understanding that some hopes/dreams don't come true and how to deal with disappointment).
3. Overcoming Disappointment (coping with disappointment, reflecting on the positive to help with the negative).
4. Creating New Dreams (planning/setting new goals following setbacks, understanding resilience).
5. Achieving Goals (enjoying a group challenge, working out steps to achieve a challenge).
6. We Did It! (sharing in the success of a group and identifying own contributions).

Vocabulary

Dream, Hope, Goal, Determination, Perseverance, Resilience, Positive attitude, Disappointment, Fears, Hurts, Positive experiences, Plans, Cope, Help, Self-belief, Motivation, Commitment, Enterprise, Design, Cooperation, Success, 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.