

Year 1 PSHE Spring Term 1 – Dreams and Goals

Outcome of unit (Jigsaw p29)

- I can explain what helped me to succeed in a learning challenge and explain how this made me feel.
- I can explain why it is important to store positive feelings in my internal treasure chest and how this can help me in my future learning.



- I can explain how I feel when I am successful and how this can be celebrated positively.
- I can say why my internal treasure chest is an important place to store positive feelings.



- I can tell you about a challenge and what I did well.
- I can say why a challenge made me feel good about myself.

Puzzle Outcome of Weekly Celebrations (Jigsaw p3)



Knowledge/Learning Objectives

1) Can I explain and understand what goals are and set them? H1	I know that a goal is a dream and something I aspire to achieve. I can say how I will achieve my dream and what I will do. I can think of all the things that I can do and say why I am proud. I can express how I feel.
2) Can I explain how I will achieve my goals?	I can say what I am proud of and why. I can say why I am proud and how I feel. Being proud means I am pleased with what I have done. I can say how I learnt to do something. I can explain in steps how I will achieve my goal.
3) Can I work successfully with other people? R12 R16	I know that working with others is important and will help me learn. I know that sometimes working with a partner can help me and sometimes I need to work on my own. I can say what the positive and negative points of working with others are.
4) Can I understand how it feels to be challenged in my learning?	I can share my thoughts and feelings when I am faced with something new. I can explain what it means when my learning has been stretched (really challenged).
5) Can I identify things that might stop me from learning? R30 H4	I can say how I can help others with their goal and achieving it. I can give advice to someone who might find learning difficult and how to overcome it. I can say how proud I feel when I have achieved my goal and share this with others.
6) Can I tell you how I feel when I do something well? H3	I can explain how I felt when I did something well. I can say how I hold onto these thoughts when my learning gets difficult.

Subject Specific Vocabulary/Facts

Achievement	Something we have done well and been successful at.
Celebrate	To be aware of the good things that people do.
Challenge	Something that makes us think.
Dreams	Ambitions or hopes that mean a lot to someone.
Feelings	An emotion.
Goal	An ambition or something we want to achieve.
Learning	Acquiring knowledge or something new.
Obstacle	Something that might get in the way.
Overcome	To succeed in dealing with a problem or challenge.
Process	A series of actions or steps.
Proud	Being pleased with our own achievements.
Stepping stones	An action that moves us towards a goal.
Success	Achieving something and doing it well.
Team work	Working together with one person or more to achieve a goal.

Teams---All Staff Team---Files---New Jigsaw Teaching Materials 2020---Year 1---UK-5-6-3-DG.zip

H – Health and Wellbeing (PSHE Association PoS)
R – Relationships (PSHE Association PoS)
L – Living in the Wider World (PSHE Association PoS)

Year 2 PSHE Spring Term 1 – Dreams and Goals

Outcome of unit (Jigsaw p29)

- I can analyse the different roles people played in a group to create and end product and justify what was helpful and what wasn't.
- I can identify a range of feelings about working in a group.
- I can analyse my feelings and those of others and can explain how we could improve our group skills next time.



- I can explain how I played my part in a group and the parts other people played to create an end product.
- I can explain how our skills complemented each other.
- I can explain how it felt to be part of a group and can identify a range of feelings about group work.



- I can tell you what I did to help my group create an end product.
- I can say how I felt about working in a group.

Puzzle Outcome of Weekly Celebrations (Jigsaw p3)



Knowledge/Learning Objectives

1) Can I set a realistic goal and know how to achieve it? H2 H3	I know that a goal is something I want to achieve. I know that I will have to think about how I will achieve it. To achieve something I will need a plan of what I will do.
2) Can I understand why it is important to persevere? R15 R30	I know that perseverance is never giving up. I know that some tasks are really hard and some can be easy. I can explain how some tasks will require more perseverance than others. I know what my learning strengths are.
3) Can I explain how working with others can help me? R12 R13 R14 R16	I know that there are some people that I can work better with than others. To achieve my dream, there will be people who can help me. I can work with a partner and explain how we have helped each other.
4) & 5) Can I work cooperatively with others? R13 R14 R16 R19 H2 H3	I know that working with others will help me to achieve a goal/dream. I can give the benefits of working together. I can say how feeling calm can help me to reflect and achieve.
6) Can I share my achievements with others? R19 H4	I know that by working as a team I can achieve a variety of things.

Subject Specific Vocabulary/Facts

Achievement	Something we have done well and been successful at.
Celebrate	To be aware of the good things that people do.
Challenge	Something that makes us think.
Difficult	To need a lot of effort to try and achieve something.
Dreams	Ambitions or hopes that mean a lot to someone.
Easy	To achieve something without a lot of effort.
Goal	An ambition or something we want to achieve.
Partner	Someone who we work with.
Persevere	To never give up.
Proud	Being pleased with our own achievements.
Realistic	Showing things that are accurate to real life.
Strengths	The good things or skills that a person has or does.
Success	Achieving something and doing it well.
Team work	Working together with one person or more to achieve a goal.

Year 3 PSHE Spring Term 1 – Dreams and Goals

Outcome of unit (Jigsaw p29)

- I can analyse my learning strengths and use this to design clear steps to help me improve.
- I am confident to discuss my successes and difficulties with others.
- I can analyse these feelings and explain how they can assist me in the future.

- I can explain the different ways that help me learn and what I need to do to improve.
- I am confident and positive when I share my success with others.
- I can explain how these feelings can be stored in my internal treasure chest and why this is important.

- I can tell you something I did well in a learning challenge and something I want to get better at.
- I am happy to talk about what I did well and say why it makes me feel good.

Puzzle Outcome of Weekly Celebrations (Jigsaw p3)



Knowledge/Learning Objectives

1) Can I explain what it would be like to face challenges and succeed? R12	I know that a challenge can make things more difficult to achieve. I can say how some people overcome this and achieve their dreams.
2) Can I identify an ambition and how I might achieve it? H4	I know that an ambition is a dream that I have. It is the ultimate dream. I know that it will take hard work to achieve my ambition. I can say it is good to have dreams (something to aim for). I know that having a plan will help.
3) Can I persevere when faced with learning challenges?	I know that working as part of a team helps everyone to achieve. I know that when I find things a challenge, I can ask for help and support and I can give this to others who ask for it. I know that working effectively means listening and supporting my peers.
4) Can I work with enthusiasm and motivation?	I know that I am responsible for my own learning and only I can achieve the outcomes needed. I know that I can ask for support. I know that being motivated means that I really want to do something because of how it will make me feel.
5) Can I manage feelings of frustration and challenges I may face? R14 R15 H2 H3	I know that a hurdle is something that might stop me achieving a dream in the short term. I know that feeling frustrated means that I may feel a little bit angry. I know that a solution is finding a way to overcome this.
6) Can I evaluate my learning and how I can improve? R13 H2 H3	I know that evaluating is saying how something has gone (well or not), how well I did and what I could do differently next time.

Subject Specific Vocabulary/Facts

Ambitions	Strong desires to do something.
Aspirations	Dreams or goals to aim for.
Celebrate	To be aware of the good things that people do.
Challenges	Something that makes us think.
Cooperation	Working together.
Dreams	Cherished aspirations.
Efficient	To be able to work in a well organised and skilful way.
Enterprise	A project.
Enthusiastic	An intense enjoyment.
Evaluate	To say how well (or not well) something has gone.
Frustration	To feel upset or annoyed when it's difficult to achieve something.
Goals	Ambitions; something we want to achieve.
Motivated	To have an interest in doing something.
Obstacles	Something that gets in the way.
Perseverance	A persistence in doing something.
Responsible	To look after or be in charge of someone or something.
Review	A critical look at something.
Self-review	To critically look at your own thoughts and actions.
Solution	A way to solve a problem or deal with a difficult situation.
Strengths	Something that we are good at or do well.
Success	Achieving something and doing it well.
Team work	Working with others to achieve an outcome.

Year 4 PSHE Spring Term 1 – Dreams and Goals

Outcome of unit (Jigsaw p29)

- I know that sometimes things can go wrong and can tell you why it is good to try again.
- I know how it feels to be disappointed and can tell you ways to stay positive.



- I can plan and set new goals even after a disappointment.
- I can explain what it means to be resilient and to have a positive attitude.



- I can deal with disappointment by analysing what went wrong and I can use these experiences to make new plans to avoid similar obstacles.
- I can explain why being resilient/having a positive attitude contributes to having greater chance of success.

Puzzle Outcome of Weekly Celebrations (Jigsaw p3)



Knowledge/Learning Objectives

1) Can I explain what my hopes and dreams are and how I will achieve these?	I know that hopes and dreams are what I aspire to. I know that they are things that I have to work toward and have a plan for. I know that these can be short and long term.
2) Can I explain that sometimes I will be faced with disappointment when my hopes and dreams don't come true?	I know that dreams can go wrong and how I can deal with this. I will know that this can happen and I need to be able to deal with this. I can explain how I might feel. I can reflect upon my feelings and how these can differ.
3) Can I explain how being happy will have a positive impact upon my reactions? R12	I know how it helps to work with others and how after something has gone wrong, it can be made better by having a positive outlook. I can talk about when I feel like giving up and how I can overcome this.
4) Can I explain how to set a new goal and overcome disappointment? R14	I know that after a disappointment I will need to set a new goal. I know that this means being resilient and not giving up. I know that I can do well at things if I keep trying.
5) Can I explain how to achieve a goal and what steps I need to take? R14	I know how to work toward an end goal and how I can work with other people to achieve a goal. I know how I can collaborate and help others. I can discuss how to become more efficient when working as a team.
6) Can I identify how well I have worked in a group? R16 H2 H3	I know how to collaborate with others to achieve a desired outcome. I can explain how to do this.

Subject Specific Vocabulary/Facts

Celebrate	To be aware of the good things that people do.
Commitment	Being dedicated to completing something.
Cooperation	Working together.
Cope	Do something effectively/well.
Determination	Never giving up.
Disappointment	Feeling sad or upset about something.
Dreams	Cherished aspirations.
Enterprise	A project.
Evaluate	To say how well (or not well) something has gone.
Fears	Being frightened/worried about something.
Goals	Ambitions; something we want to achieve.
Hope	To expect or long for something to happen.
Motivation	To have an interest in doing something.
Perseverance	A persistence in doing something.
Positive attitude	To believe that things will work out well and to your expectations.
Positive experiences	Something you do that gives you a happy and powerful memory.
Resilience	To recover from a difficult situation.
Review	A critical look at something.
Self-belief	To trust or believe in your strengths and personality.
Strengths	Something that we are good at or do well.
Success	Achieving something and doing it well.
Team work	Working with others to achieve an outcome.

Teams---All Staff Team---Files---New Jigsaw Teaching Materials 2020---Year 4---UK-8-9-3-DG.zip

H – Health and Wellbeing (PSHE Association PoS)
R – Relationships (PSHE Association PoS)
L – Living in the Wider World (PSHE Association PoS)

Year 5 PSHE Spring Term 1 – Dreams and Goals

Outcome of unit (Jigsaw p29)

- I can tell you about my dreams and goals and also some that young people from different cultures might have.
- I can tell you how I feel about my dreams and goals.

- 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.

- I can explain why the dreams and goals of young people from different cultures might be different from my own and give reasons for this.
- I can evidence how I may have different opportunities and life chances compared to some young people and can say how I feel about this.

Puzzle Outcome of Weekly Celebrations (Jigsaw p3)



Knowledge/Learning Objectives

1) Can I explain how money will be needed to help me achieve my dreams? H2 H3	I know money is needed to do certain things and how this can affect what I can/cannot do. I can describe how I would like my life to be when I am older and how I will achieve this. I can say what dreams I have.
2) Can I explain the range of jobs there is and the different salaries they have?	I know that there is a range of different professional jobs and that there are different routes to achieve them. I know that different jobs will have different salaries. I can express my opinion about what might surprise me or what I have found out.
3) Can I explain what I would like to do when I am older and how I might get there? R15	I know that certain careers require lots of different training and further education. Different careers need different skills. I can explain how I will need to develop my perseverance and determination as I develop my skills. I can explain how it will feel to be in a job that I really want to do.
4) Can I explain how different cultures might have different dreams and goals? R16	I know that different people from different cultures may have different goals to me. I can compare and contrast my life with that of someone from another culture. I can explain how my dreams can be the same as someone else in another culture.
5) Can I explain how we can support each other? R12	I know that by communicating with others from my own and other cultures, I am able to understand how our dreams are the same and also different. I know that we can communicate in different ways. I can explain the importance of listening to others and how this impacts upon different outcomes.
6) Can I explain how we can support people in different ways? R12	I know that we are able to support other cultures through sponsorship. I can give examples of how I can support others in different countries. I can explain how we can support others and work as part of a team.

Subject Specific Vocabulary/Facts

Achievement	Something we have done well and been successful at.
Aspiration	A dream; a goal to aim for.
Career	A profession that takes up much of your life.
Communication	A way of exchanging information, such as speaking or writing.
Contribution	What we are able to offer.
Cooperation	Working together.
Culture	Ideas of a particular society.
Determination	Never giving up when doing something.
Difference	A way in which someone or something isn't the same as someone or something else.
Dream	A cherished aspiration.
Goal	An ambition; something we want to achieve.
Hope	To expect or long for something to happen.
Job	A position of paid employment.
Lifestyle	The way a person chooses to live their life.
Motivation	To have an interest in doing something.
Perseverance	Never giving up.
Profession	An occupation after completing lots of training.
Rallying	Working together to support a person or cause.
Salary	A regular payment given to somebody for doing a job.
Society	A place where people live, work or congregate.
Sponsorship	Giving money to support other people or causes.
Support	To give help to somebody, sometimes involving money.
Team work	Working with others to achieve a particular outcome.

Teams---All Staff Team---Files---New Jigsaw Teaching Materials 2020---Year 5---UK-9-10-3-DG.zip

H – Health and Wellbeing (PSHE Association PoS)
R – Relationships (PSHE Association PoS)
L – Living in the Wider World (PSHE Association PoS)

Year 6 PSHE Spring Term 1 – Dreams and Goals

Outcome of unit (Jigsaw p29)

- I can analyse and justify why my group chose an activity and how this contributes to making the world a better place.
- I can explain and evidence why we chose an act of kindness/charity based on the experiences and needs of those people affected.



- I can explain different ways to work with others to help make the world a better place.
- I can explain what motivates me to make the world a better place.



- I can tell you about something I can do with others that makes the world a better place.
- I can tell you how making the world a better place makes me feel.

Puzzle Outcome of Weekly Celebrations (Jigsaw p3)



Knowledge/Learning Objectives

1) Can I explain my strengths and set a goal? R15	I know what a realistic and unrealistic goal is and give an example. I can share my own personal goals and how I might achieve them. I can explain how it feels when I achieve something and I can say what it is to feel proud.
2) Can I explain the steps that I need to take to achieve my learning goal?	I know that to achieve a goal, there are steps that I need to take that can help to develop my skills. I can explain that by completing small steps I can achieve my goal. I know that I can imitate and learn from others. I know that a goal is manageable when it is broken down into smaller achievable chunks.
3) Can I explain how different issues in the world can have an impact upon me? H2 H3	I know that if I have an issue, worry or a concern, I can talk to others and share my thoughts. I can explain and think about the main issues that other cultures face and how this might impact upon them and me.
4) Can I explain how I can make the world a better place? [Part 1] R12 R13 H7	I can explain how working collaboratively has a positive impact upon the people around me. I can share and discuss the skills that I will be able to develop. I know that by supporting a charity I can help them.
5) Can I explain how I can make the world a better place? [Part 2] R16 H4	I know that to support a charity I will need to decide on a variety of different aspects.
6) Can I explain what I have achieved and how I will show this? R16	I know that some people in my class/school will admire the things that I do. I know that this means they like what I do. I can express what I have observed about others and say what they have done well.

Subject Specific Vocabulary/Facts

Achievement	Something we have done well and been successful at.
Admire	To give somebody or something respect or approval.
Compliment	A polite expression of praise or admiration.
Concern	Something you worry about.
Contribution	What we are able to offer.
Criteria	Standards that are used to judge or decide something.
Dream	A cherished aspiration.
Empathy	To be able to understand and share the feelings of others.
Goal	An ambition; something we want to achieve.
Hardship	Suffering as a result of something.
Hope	To expect or long for something to happen.
Issue	An important topic.
Learning steps	Small actions taken to achieve something.
Motivation	To have an interest in doing something.
Personal	Something that belongs to or affects a particular person.
Realistic	Having a sensible and appropriate idea of what can be achieved.
Recognition	An appreciation of something that is done.
Respect	To appropriately consider the feelings, wishes or rights of others.
Sponsorship	Giving money to support other people or causes.
Success	Achieving something and doing it well.
Suffering	To feel pain, distress or hardship.
Unrealistic	Having an idea of what can be achieved that is not sensible or practical.

Teams---All Staff Team---Files---New Jigsaw Teaching Materials 2020---Year 6---UK-10-11-3-DG.zip

H – Health and Wellbeing (PSHE Association PoS)
R – Relationships (PSHE Association PoS)
L – Living in the Wider World (PSHE Association PoS)