Knowledge Mat- LKS2 PSHE – Dream and Goals

Subject Specific Vocabulary	
Positive	To change your perspective. Your perspective has a powerful influence on your life and happiness. .
Self-belief	A person's belief in their ability to complete tasks and to achieve their goals
Hopes	A feeling of expectation and desire for a particular thing to happen.
Dreams	To aspire about what you want to achieve in life
Disappointment	Sadness or displeasure caused by the non-fulfilment of one's hopes or expectations.
Plans	A detailed proposal for doing or achieving something.
Resilience	The capacity to withstand or to recover quickly from difficulties; toughness.
Commitment	the state or quality of being dedicated to a cause,
Motivation	The driving force behind someone's actions
Perseverance	Persistence in doing something despite difficulty or delay in achieving success





Important facts to know by the end of the PSHE topic:

- Able to share some hopes and dreams

-Understand that dreams and aspirations can come true

-Able to set new goals to overcome obstacles

-Able to recognise my own achievements as well as others.



Sticky Knowledge

- ❑ I can tell you about some of my hopes and dreams
- ❑ I understand that sometimes hopes and dreams do not come true and that this can hurt
- ❑ I know that reflecting on positive and happy experiences can help me to counteract disappointment
- ❑ I know how to make a new plan and set new goals even if I have been disappointed
- ❑ I know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group
- ❑ I can identify the contributions made by myself and others to the group's achievement