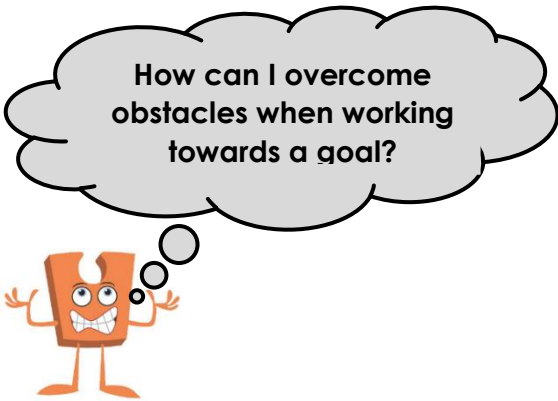


Y1 PSHE Knowledge Organiser

UNIT 3: Dreams and Goals



Key Vocabulary	Definition
challenge	A task that is hard to achieve and may need a lot of effort.
dreams	Something that is greatly wished for.
goal	This is may be an ambition or what someone may aim for.
obstacle	A thing that may block you or slows your progress.
overcome	To succeed in dealing with a problem or difficulty.
process	Steps taken to achieve a task.
proud	To feel pleasure or be satisfied with your achievements or qualities.
success	To achieve an aim or purpose.
teamwork	To work well with a group to achieve an aim or purpose.

My Key Learning



I will explore...

- The things that I do well
- How I learn best
- How to celebrate my achievements
- How it feels to face a challenge and obstacles
- How it feels to overcome a challenge

I will learn about...

- How to set simple goals
- How to use stepping stones to reach a goal
- How to work well with others
- Different ways to tackle a challenge
- Obstacles and how to overcome them

