



Somerset Bridge Primary School  
Aspire - Brave - Care - Collaborate

# PSHE: Dreams and Goals

## Year 1

### Key Vocabulary



Achievement	Something you get from working hard and not giving up	
Goal	Something that you want and have to work hard to get	
Proud	Being happy with yourself about what you have done	
Learning	To get to know new things	
Challenge	Having to work hard in your learning	
Obstacle	Something which can get in the way of your learning	
Celebrate	To make something special	
Dreams	To believe something is possible	
Team work	To work together with other people	

### Key Topics



What am I good at?		
What do I want to get better at and how can I do it?		
Working with a partner can be fun		
Challenges can help stretch my learning		
Sometimes things can make my learning harder		
It can feel good when you achieve your goal		

### Dreams



	Skipping	
	Tying my shoe laces	
	Reading	
	Writing	
	Sports	
	Maths	

My treasure chest of success

Steps to goals

Achieving together

Stretchy learning

Overcoming obstacles

Celebrating my success

