

Year 1 - Dreams and goals.

Over the term, we will be looking at our dreams and goals. We will look at what a dream is and how to set goals for ourselves that are achievable. We will be reminded of Growth Mindset and being resilient in our learning and trying no matter how hard things get.

In this unit children will:

- Understand the feeling of completing a goal and why we feel this way.
- Learn how to complete a goal by practicing.
- Work as a team and individuals to complete goals.
- Identify feelings when dealt a new challenge.
- Learn how to deal with feelings that occur when facing new challenges.

Prior Learning

EYFS – Setting targets.

Cross Curricular Links

Art – Drawing & colouring.

D&T – Creating a flower.

Key Questions

- What is a dream?
- What is a goal?
- How do we achieve these?
- Can anything help me complete my goal?
- Can a dream be too ambitious?
- Are all my dreams achievable?

Key Vocabulary

- **Goal**- an idea of the future or desired result that a person or a group of people imagine, plan and commit to achieving.
- **Achievement** - something that is done successfully with effort, skill, or courage.
- **Success** - the accomplishment of an aim or purpose.
- **Proud** - feeling deep pleasure or satisfaction as a result of one's own achievements, qualities, or possessions or those of someone with whom one is closely associated.
- **Dreams** - a cherished aspiration, ambition, or ideal.
- **Process** - a series of actions or steps taken in order to achieve a particular end.

Key Knowledge

- **Goals** are something you are acting on. **Dreams** are something you are just thinking about. **Goals** require action. **Dreams** can happen without lifting a finger, even while you are asleep.
- **Goals** have a finish line. Goals must have a specific **process** and outcome.
- **Goals** are more realistic and can make you feel **proud**, whereas dreams can often be fantasy with little or no **success**.