

PSHE Knowledge Organiser

Year: 3 Term 3

Focus - Dreams and Goals

National Curriculum Objectives

- Know what their own hopes and dreams are
- Know that hopes and dreams don't always come true
- Know that reflecting on positive and happy experiences can help them to counteract disappointment
- Know how to make a new plan and set new goals even if they have been disappointed
- Know how to work out the steps they need to take to achieve a goal
- Know how to work as part of a successful group
- Know how to share in the success of a group



'Jigsaw Jino' wants you to recognise and manage the feelings of frustration when you find something.

Jigsaw 'Jerrie Cat' says pause when things get tough - count to 3 and try, try again!

Hello I'm Jigsaw Jino

The Jigsaw chime – eyes closed and imagine how you will feel when you achieve your dream/ambition.

Key vocabulary

Word	Meaning
Resilience	The capacity to withstand and recover quickly from difficulty.
Goal	The result or achievement toward which effort is directed
Perseverance	To continue steadfastly in a task or course of action
Determination	The quality of having a firm goal or being determined.

Sticky Knowledge:

Identifying your ambitions gives you a target to work towards.

Achieving learning challenges shows resilience.

Taking steps to achieve your goals shows determination.