



Welton Primary School — PSHE Knowledge Organiser

Year: 1

Spring 1

Dreams and Goals

PSHE Puzzle Piece Vocabulary

Achievement	Something we have done well and been successful at.
Celebrate	To be aware of the good things that people do.
Challenge	Something that makes us think.
Dreams	Ambitions or hopes that mean a lot to someone.
Feelings	An emotion.
Goal	An ambition or something we want to achieve.
Learning	Acquiring knowledge or something new.
Obstacle	Something that might get in the way.
Overcome	To succeed in dealing with a problem or challenge
Process	Being pleased with our own achievements.
Proud	Being pleased with our own achievements.
Stepping Stones	An action that moves us towards a goal.
Success	Achieving something and doing it well.
Teamwork	Working together with one person or more to achieve a goal.



Setting Simple Goals

I know that a goal is a dream and something I aspire to achieve. I can say how I will achieve my dream and what I will do. I can think of all the things that I can do and say why I am proud. I can express how I feel.



Working Collaboratively

I know that working with others is important and will help me learn. I know that sometimes working with a partner can help me and sometimes I need to work on my own. I can say what the positive and negative points of working with others are.



Tackling Challenges

I can share my thoughts and feelings when I am faced with something new. I can explain what it means when my learning has been stretched (really challenged).



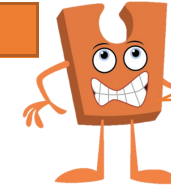
Overcoming Obstacles

I can say how I can help others with their goal and achieving it. I can give advice to someone who might find learning difficult and how to overcome it. I can say how proud I feel when I have achieved my goal and share this with others.



Achieving Goals

I can say what I am proud of, say why I am proud and how I feel. Being proud means I am pleased with what I have done. I can say how I learnt to do something. I can explain in steps how I achieved my goal. I can say how I hold onto these thoughts when my learning gets difficult.



Hello, My name is Jigsaw Jack

Questions to Support Learning

- What goals have you set at school?
- What goal would you like to set for home?
- What do you need to do achieve your goal?
- How do you feel when something is difficult?
- How do you feel when you have achieved a goal?
- How can we celebrate your achievements together?
- How does Jigsaw Jack help you in lessons?
- Can you tell me about Calm Me time?

