Christ the Sower Ecumenical Primary School

PSHE
Knowledge Organiser

Year 1 – Spring 1
Dreams and Goals

Character Virtue
Perseverance

Focus Question: How can I work towards my dreams and goals?

Key Vocabulary

dream	Something I hope for.
goal	Something I want to achieve.
perseverance	Keeping going when it is tricky.
challenge	Something that may be difficult.
partner	Someone I work together with.
obstacle	Something that gets in the way.
encourage	Help someone keep going.

Key Learning

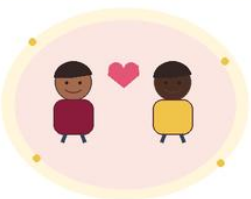
- I can encourage myself and others to keep going.
- I can choose a goal and plan steps to reach it.
- I know how to listen and work with a partner.
- I can try a challenge and learn from mistakes.
- I can talk about feelings when I face obstacles.

Dreams and Goals in Action



Keep going

Encourage yourself and try again.



Work together

Listen, share ideas and take turns.



Overcome obstacles

Try a new way or ask for help.

Remember and Try

- Choose a goal and plan small steps.
- Try, practise and ask for help.
- Be proud of the effort you make.

End Point

I can plan steps towards a goal, work with a partner and persevere when challenges are difficult.