Christ the Sower Ecumenical Primary School

# PSHE
Knowledge Organiser

# Year 4 – Spring 1
# Dreams and Goals

Character Virtue
**Perseverance**

## Focus Question: How can I follow my dreams and cope with setbacks?

## Key Vocabulary

| | |
|---|---|
| dream | Something I hope for in the future. |
| goal | Something I work towards. |
| perseverance | Keeping going despite difficulty. |
| disappointment | Sadness when hopes are not met. |
| resilience | Recovering and trying again. |
| self-esteem | How I feel about myself. |
| challenge | Something that tests my skills. |

## Key Learning

- I can show determination when facing a challenge.
- I can talk about my hopes and dreams for the future.
- I can recognise disappointment and describe how it feels.
- I can use coping strategies to build resilience and self-respect.
- I can enjoy and contribute to a group challenge.

## Dreams and Goals in Action



### Keep working

Perseverance helped Wilma Rudolph succeed.



### Dreams take effort

Michael Jordan practised towards his goal.



### Manage setbacks

It is okay to feel disappointed; try a new plan.

## Remember and Try

- Talk about goals and plan realistic steps.
- Use helpful coping strategies when things go wrong.
- Contribute, encourage others and reflect as a team.

## End Point

I can talk about my dreams, respond positively to disappointment and show resilience and teamwork when working towards a goal.