PSHE
Knowledge Organiser

Year 2 – Spring 1
Dreams and Goals

Character Virtue
Perseverance

Focus Question: How can I achieve my goals?

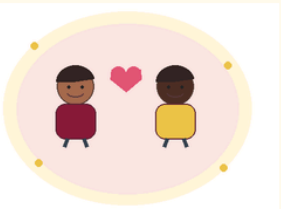
Key Vocabulary

dream	Something I hope to do or be.
goal	Something I want to achieve.
realistic	Something I could work towards.
perseverance	Keeping going when it is tricky.
teamwork	Working together to reach a goal.
motivation	A reason to keep trying.
relaxed	Feeling calm in my body and mind.

Key Learning

- I can persevere with others to solve a team problem.
- I can choose a realistic goal and plan steps.
- I know healthy choices can help me meet goals.
- I can describe who I learn well with and why.
- I know ways to feel calm and relaxed.

Dreams and Goals in Action



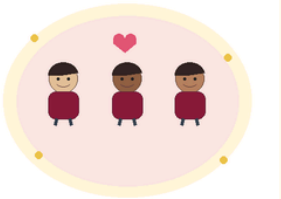
Team challenges

Listen, share ideas and keep trying together.



Plan my goal

Choose a goal and take one step at a time.



Relax and refocus

Rest, breathe slowly and try again.

Remember and Try

- Choose a realistic goal.
- Work well with others.
- Take care of body and mind.

End Point

I can set a realistic goal, persevere with a team, make helpful choices and use relaxation when I need it.