

2026-27 PSHE Jigsaw – Dreams and Goals – Spring 1 Coverage

	Year 3	Year 4	Year 5	Year 6
Week 1	Dreams and goals tell you about a person who has faced difficult challenges and achieved success respect and admire people who overcome obstacles and achieve their dreams and goals (e.g. through disability)	Hopes and dreams tell you about some of my hopes and dreams know how it feels to have hopes and dreams	When I grow up (my dream lifestyle) understand that I will need money to help me achieve some of my dreams identify what I would like my life to be like when I am grown up	Personal learning goals know my learning strengths and set challenging but realistic goals for myself (e.g. one in-school goal and one out-of-school goal) understand why it is important to stretch the boundaries of my current learning
Week 2	My dreams and ambitions identify a dream/ambition that is important to me imagine how I will feel when I achieve my dream/ambition	Broken dreams understand that sometimes hopes and dreams do not come true and that this can hurt know how disappointment feels and identify when I have felt that way	Investigate jobs and careers know about a range of jobs carried out by people I know and explore how much people earn in different jobs appreciate the contributions made by people in different jobs	Steps to success work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these set success criteria so that I will know whether I have reached my goal
Week 3	A new challenge enjoy facing new learning challenges and working out the best ways for me to achieve them break down a goal into a number of steps and know how others could help me to achieve it	Overcoming disappointment know that reflecting on positive and happy experiences can help me to counteract disappointment know how to cope with disappointment and help others cope with theirs	My dream job: why I want it and the steps to get there identify a job I would like to do when I grow up and understand what motivates me and what I need to do to achieve it appreciate the opportunities that learning and education are giving me and understand how this will help me to build my future	My dream for the world identify problems in the world that concern me and talk to other people about them recognise the emotions I experience when I consider people in the world who are suffering or living in difficult situations

Week 4	Our new challenge be motivated and enthusiastic about achieving our new challenge know that I am responsible for my own learning and that I can use my strengths as a learner to achieve the challenge	Creating new dreams know how to make a new plan and set new goals even if I have been disappointed know what it means to be resilient and to have a positive attitude	Dreams and goals of young people in other cultures describe the dreams and goals of young people in a culture different to mine reflect on how these relate to my own	Helping to make a difference work with other people to help make the world a better place empathise with people who are suffering or who are living in difficult situations
Week 5	Our new challenge: overcoming obstacles recognise obstacles which might hinder my achievement and take steps to overcome them manage the feelings of frustration that may arise when obstacles occur	Achieving goals know how to work out the steps to take to achieve a goal, and do this successfully as part of a group enjoy being part of a group challenge	How can we support each other? understand that communicating with someone in a different culture means we can learn from each other and identify a range of ways that we could support each other appreciate the similarities and differences in aspirations between myself and young people in a different culture	Helping to make a difference describe some ways in which I can work with other people to help make the world a better place identify why I am motivated to do this
Week 6	Celebrating my learning evaluate my own learning process and identify how it can be better next time be confident in sharing my success with others and store my feelings in my internal treasure chest	We did it! Celebrating others' achievements identify the contributions made by myself and others to the group's achievement know how to share in the success of a group and how to store this success experience in my internal treasure chest	Rallying support encourage my peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this, e.g. through sponsorship understand why I am motivated to make a positive contribution to supporting others	Recognising our achievements know what some people in my class like or admire about me and to accept their praise give praise and compliments to other people when I recognise their contributions and achievements