

# PSHE

Year 6

Dreams and Goals

WALT: I can work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these.

I can set success criteria so that I will know whether I have reached my goal.

# Animal strengths

- ▶ ‘If I were an animal, I would be ... because ...’ What strengths might your animals have? Do you have any of these strengths already? Can you use or learn from these strengths. Repeat for a few more animals

# Look at the song below and read it through

- ▶ What was the song trying to teach us about aspirations?

## For Me (Dreams and Goals)

**VERSE 1:**  
I,  
I will be,  
I will be,  
Be the best that I can be.  
Yes you'll see,  
I will be,  
Be the best that I can be.  
Take your turn, you can do it too.

**BRIDGE:**  
Driving forward,  
Taste the passion.  
I can see it,  
I'm in pole position.

**CHORUS:**  
I know to reach the top that  
I must climb,  
I must climb way up high,  
I'm gunna' reach the sky.

I will, I can,  
I'm moving on with hope.  
Don't look back,

Don't look back,  
Don't look back, see,  
I'm doing this for me.

**VERSE 2:**  
I,  
I can be,  
I can be,  
Be the best that I can be.  
Yes you'll see,  
I can be,  
Be the best that I can be.  
Take your turn, you can do it too.

**BRIDGE 2:**  
Take that first step,  
Make it happen.  
Seize this moment,  
That's what dreams and goals  
are made of.

**CHORUS**  
**BRIDGE 1+2**

That's what dreams are

### CHORUS

Future doctors,  
Future actors,  
Future teachers,  
Let's all sing it together.  
Future pilots,  
And the writers,  
Future chefs,  
And future fire fighters.  
We're the laughers,  
We're the smilers.  
The future's bright,  
Now let's all sing this together.

### CHORUS

These are totem poles and you can see on the right a totem pole goalsetting template. We are going to use this template as a planning tool to look at how we might reach our goals. This is how to complete the template:

- Goal/How will I know I reached my goal? In this box, write your goal and how they will know they've achieved it. For example: Goal: To improve my handwriting. How will I know I've reached my goal? Gain a certificate for improved handwriting.
- Then each of the steps make up the journey you might take to reach your goal if you broke it into steps. Example: Step 1: Buy a pen I like writing with. Step 2: Practise handwriting. Step 3: Offer to be the scribe in a group activity. Step 4: Gain a certificate for improved handwriting.
- The wings of the totem pole can then be used to write the strengths/ skills you will need to motivate yourself, e.g. perseverance, keep going, try again (linked to the Jigsaw Song 'For Me') but also the strengths of the animals they chose from the starter. These animals could then also form the decoration of the totem pole depicting the animal of your choice and the qualities that that animal offers that you can learn from.



NOT RECOMMENDED BEYOND NUMBER 10  
Totem Pole Goal-Setting Template - Ages 10-11 - Piece 2

GOAL  
How I know I have  
achieved my goal...

3

Strengths to help me ...

2

1

How will you feel once you achieve your goal?