



KS1 Autumn 1: We are Ambitious

We are learning....

- What makes us special and unique. By focusing on these things we hope to improve our self esteem—by realising our own star qualities will help us to celebrate ourselves.
- That we all learn differently and at different paces. We will focus on how to maintain a positive learning attitude so that learning challenges are seen as exciting rather than scary.
- We will look at our goals and aspirations for the future. We will look at what personal qualities and pathways we need in order to achieve our goals.
- We will look at stereotypes and how everyone can have equal opportunities to do what they want in life.



- That we all have different feelings around changes—we want to help everyone understand their feelings so that they can overcome and challenges that they may be facing.



Quiz questions:

- How does practice help us to achieve our goals?
- In what ways can we keep ourselves going if we fail at a task to start with?
- What are some realistic goals that we can set? Why should we always aim high even if that seems out of reach?
- What is a stereotype? Should they exist?
- What do you want to do when you grow up? How can you get there?



Key Vocabulary

aspire	To hope to achieve something.
achieve	To do something successfully.
ambitions	Things we would like to do or achieve .
value	To feel that something is important.
responsibilities	Tasks that we do to contribute or things we are in charge of.
strength	Something we are good at.
skill	A talent we work at.
stereotype	Assuming a group of people will behave in the same way because of a shared characteristic.
qualities	Special things about ourselves and others.
self-esteem	The way we feel about ourselves.
confidence	Feeling good about ourselves or something we are doing.
challenge	Something that may be difficult or needs to be worked on.
resilience	Trying again when we have found something difficult.
goal	Something we can work towards.
qualification	Learning we have completed, that enables us to try something new.

Children will be given opportunities to ask any questions they may have and adults in the class will set aside time to explore any questions or issues that are raised in the course of the lesson.

If you have any questions or concerns regarding your child's PSHE and Citizenship lessons, or anything else, please don't hesitate to let us know.