

Grosvenor School

PSHE and Citizenship

Scheme of work-Year 1.

Theme Title PSHE/Citizenship links	Intended learning outcomes
<p>Theme 4 – Going for goals.</p> <p>1c-to recognise, name and deal with feelings in a positive way.</p> <p>1d-to think about themselves, learn from their experiences and recognise what they are good at.</p> <p>1e- To know how to set a simple goal.</p> <p>4a-to recognise how their behaviour affects other people.</p>	<p>Knowing myself.</p> <ul style="list-style-type: none"> • I know we learn things in different ways. • I can tell you some of my strengths as a learner. <p>Setting a realistic goal.</p> <ul style="list-style-type: none"> • I can say what I want to happen when there is a problem (set a goal). • I can predict and understand the consequences of reaching my goal. • I can choose a realistic goal. <p>Planning to reach a goal.</p> <ul style="list-style-type: none"> • I can break a goal down into small steps. • I can choose a realistic goal. <p>Persistence.</p> <ul style="list-style-type: none"> • I can resist distractions. • I can work towards a reward or for the satisfaction of finishing a task. • I can recognise when I am becoming bored or frustrated. • I know some ways to overcome boredom and frustration. <p>Making choices.</p> <ul style="list-style-type: none"> • I can think of lots of different ideas and solutions to problems. • I can predict and understand the consequences of my solutions or ideas. • I can choose between my ideas and give reasons. <p>Evaluation and review.</p> <ul style="list-style-type: none"> • I can learn from my successes. • I can tell you what I have learned. • I can tell you what I might do differently to learn more effectively. • I can tell you why things have been successful. • I can tell you what has gone wrong with a plan and why. • I can talk about the bits that went well and the bits that I need to change if I used my plan again.