

ASPIRATIONS

LEARNING OBJECTIVES/WALT

- Understand how to breakdown the steps needed to achieve a goal
- Recognise their strengths and how they can contribute to different groups
- Reflect on the range of skills needed in different jobs
- Begin to reflect on their worth as individuals by identifying positive things about themselves and their achievements

KEY VOCABULARY/LANGUAGE

- Strengths
- Disciplines
- Teamwork
- Collaboration
- Skills
- Targets

WHAT YOU WILL NEED

- Lesson 3 Resources doc ([link](#))
- Tree print out per child (slide 3) black and white version (slide 5)
- 4 stepping stones drawn on paper (or print slide 6)
- Pens
- A range of instruments

LESSON 3 - ASPIRATIONS - SETTING GOALS - That's my goal

Lesson Content

EXPLORE - Achieving a goal together

The goal is to count to 10 as a group without talking over each other. If you talk at the same time you go back to the beginning

- Close your eyes
- Call out the next number in the sequence

Can we reach our goal? What strengths do we need to make this work? Takes practice and time to achieve

EXPLORE DESIGN - Goal tree

- *Getting to your goal is like climbing a tree...* full analogy slide 3
- Teacher model a tree example (slide 4) on the board first taking a job like a doctor and fill in the tree with the class (or use ballerina example slide 6)
- Pupils decide on something to be their goal slide (7 prompts)

Write in your goal in the canopy of the tree

Write in the 7 things you need to do or work on in order to achieve the goal

Along the roots write in the things or people needed to support you on this journey to your goal

Colour in (examples slide 8)

IDEATE MUSIC - Musical stepping stones to your goal

- Warm up exercise Slide 9 - keeping a regular beat and clapping syllables of names in the rhythm frame
- Whole class example done with the teacher - use rhythm frame to think of 3 stepping stones on the path to a goal. Slide 10, 11 and 12 to build up words and rhythms
- Split class into groups and do 1 rhythm frame per group. Slide 14 step guide
- Practise
- Add instruments
- Practise

EVALUATE - Perform

- Perform with each group playing individually, then all groups together, to finish.
 - Try removing the speaking of the words, so only the rhythms are heard.
- Summary Discussion:
- How can you achieve your goal? - recognise every goal is achieved through a series of stepping stones and disciplines.
 - Did you just achieve a goal together in your group did you use any of your strengths to work as a team?
 - With a partner look again at your tree and recognise what your stepping stones would be to get there.

Time guide

Outcomes

5 mins

Fun way to practice working as a team and the strengths required for success
Learning a class game that can be returned to often

20 mins

Embedding the concept of growth and journey to a goal
Reinforcing that there can be many ways to get there and bumps along the way
Setting smaller aims on the way to achieving a goal

25 mins

Reinforced idea of stepping stones to a goal
Teamwork and achieving a goal as a group

10 mins

Secure understanding of ideas around goals
Recap and reinforce all ideas
Self reflection and helping others