

9

ASPIRATIONS - SETTING GOALS - Achieving the dream



YEAR GROUP:
3/4 KS2



DURATION:
1 hour



LEARNING OBJECTIVES – students will learn...

- HW14 Identify and talk about their own and other's strengths and weaknesses and how to improve
- PW24 Recognise why people work
- PW27 Reflect on the range of skills needed in different jobs
- PW30 Begin to reflect on their worth as individuals by identifying positive things about themselves and their achievements
- PW33 Begin to make responsible choices and consider consequences



KEY VOCABULARY/LANGUAGE

- POSSIBLE STEM SENTENCE - *I am going to do x because it will help me to Y*
- Growth
- Risk and reward
- Accomplishment



WHAT YOU WILL NEED

- Lesson plan 3 resources doc
- Hula hoop or something to make a circle on the floor with
- Flipchart paper and pens
- A4 paper and pens or Slide 7 printable stem sentence for lower KS writing ability
- Blank postcards or print slide 6 and cut out 1 for each pupil ideally on thin card

Blindfold trust game

- In pairs - 1 person closes their eyes and the other leads them around the room
- Swap over
- How did it feel?
 - Was it comfortable?
 - Did it feel risky?
 - Are you glad you have tried it?

ACTIVITY 1 / EXPLORE**10 MINS****What takes you out of your comfort zone (Minstead example, swimming etc)**

Do with paper and pens to mind map ideas

- in small groups discuss the questions on slide 3



Can you think of a time when you have been out of your comfort zone?

- How did it make you feel
- What did you learn
- How did you feel afterwards

Discussion points on slide 4 and 5

[THE MAGIC]

Why is it good to try something new

- To learn things
- To develop and stretch yourself
- To strengthen your weaknesses
- Grow new strengths
- To feel excited
- To feel sense of accomplishment

Into the magic zone

What can you do today to take a leap out of your comfort zone?

- ➔ Look at your star, your tree and your rhythm stepping stones
- ➔ Think of one thing you could do or try today to help you jump into the **THE MAGIC ZONE** and why it will help you
- ➔ Use this sentence structure I am going to try X because it will help me to Y. Slide 6 or slide 7 printable
- ➔ Get into a circle; this is the comfort zone. Inside the circle is the magic zone
- ➔ In turn each person say aloud your sentence and do an expressive jump out of the comfort zone into the magic zone
- ➔ ASK what effect do you think this choice and action will bring?

ACTIVITY 1 / EXPLORE
15 MINS
Why do people work?

Class discussion - why do people work? - use an example on a flipchart or board e.g. Musician or the example below

- ➔ For self fulfilment
- ➔ For money so you can do what you want in life
- ➔ Then split into 5 groups - In groups brainstorm ideas around why people do these jobs. Allocate one per group (slide 9)

Why does an accountant count?

Why does a chef cook?

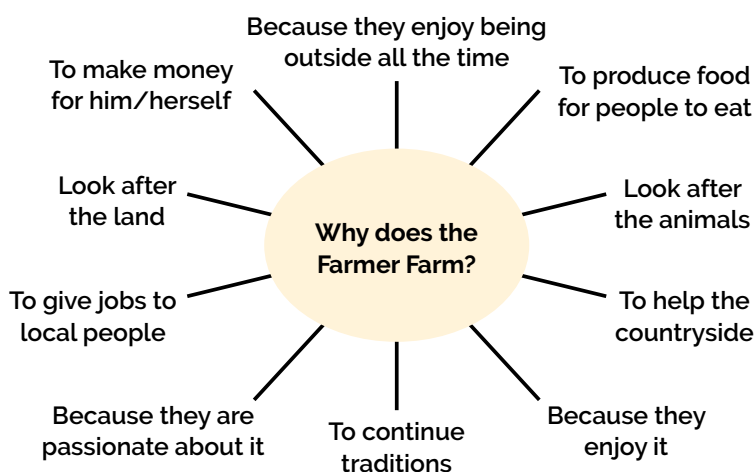
Why does a builder build?

Why does a teacher teach?

Why does a nurse nurse?

- ➔ Flipchart paper with question written in the middle - brainstorm and then feedback to the group

Example of completed flipchart (slide 8)


Toolbox Extensions

Talk to a person you know with a job and find out how they got there?

OR

Research a famous person with an interesting job ... Bear Grills, Tom Daley, Michelle Obama etc. And create a tree for their journey to their job

Postcard to your future self

- Write on one side a note to yourself - some advice on how to grow and take steps to your goal
- Show example in resources doc (slide 10)
- On the other side draw a picture of your goal or aspiration for the future
- Teacher to keep these and hand them back out to the class a few weeks later... have you acted on the advice?

