

	LKS2 Aiming High		
	PSHE Association Objectives	Health Objectives	Relationships Objectives
<b>Lesson 1: Achievements</b>	<p><b>H27.</b> to recognise their individuality and personal qualities</p> <p><b>H28.</b> to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth</p> <p><b>L25.</b> to recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes</p>	<p><b>Mental Wellbeing:</b> simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests</p>	<p><b>Respectful Relationships:</b> the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs</p> <p><b>Respectful Relationships:</b> the importance of self-respect and how this links to their own happiness</p>
<b>Lesson 2: Goals</b>	<p><b>H28.</b> to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth</p> <p><b>L25.</b> to recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes</p>	<p><b>Mental Wellbeing:</b> simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests</p>	<p><b>Respectful Relationships:</b> the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs</p> <p><b>Respectful Relationships:</b> the importance of self-respect and how this links to their own happiness</p>
<b>Lesson 3: Always Learning</b>	<p><b>H28.</b> to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth</p> <p><b>H29.</b> about how to manage setbacks/ perceived failures, including how to re-frame unhelpful thinking</p> <p><b>L25.</b> to recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes</p>	<p><b>Mental Wellbeing:</b> simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests</p>	<p><b>Respectful Relationships:</b> the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs</p> <p><b>Respectful Relationships:</b> the importance of self-respect and how this links to their own happiness</p>
<b>Lesson 4: Jobs and Skills</b>	<p><b>L26.</b> that there is a broad range of different jobs/careers that people can have; that people often have more than one career/ type of job during their life</p> <p><b>L28.</b> about what might influence people's decisions about a job or career (e.g. personal interests and values, family connections to certain trades or businesses, strengths and qualities, ways in which stereotypical assumptions can deter people from aspiring to certain jobs)</p>	<p><b>Mental Wellbeing:</b> simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests</p>	<p><b>Respectful Relationships:</b> the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs</p> <p><b>Respectful Relationships:</b> the importance of self-respect and how this links to their own happiness</p> <p><b>Respectful Relationships:</b> what a stereotype is, and how stereotypes can be unfair, negative or destructive</p>

	<p><b>L29.</b> that some jobs are paid more than others and money is one factor which may influence a person's job or career choice; that people may choose to do voluntary work which is unpaid</p> <p><b>L30.</b> about some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation</p>		
Resource	PSHE Association Objectives	Health Objectives	Relationships Objectives
<p><b>Lesson 5: No Limit!</b></p>	<p><b>L9.</b> about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes</p> <p><b>L26.</b> that there is a broad range of different jobs/careers that people can have; that people often have more than one career/ type of job during their life</p> <p><b>L27.</b> about stereotypes in the workplace and that a person's career aspirations should not be limited by them</p> <p><b>L28.</b> about what might influence people's decisions about a job or career (e.g. personal interests and values, family connections to certain trades or businesses, strengths and qualities, ways in which stereotypical assumptions can deter people from aspiring to certain jobs)</p>	<p><b>Mental Wellbeing:</b> simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests</p>	<p><b>Respectful Relationships:</b> the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs</p> <p><b>Respectful Relationships:</b> the importance of self-respect and how this links to their own happiness</p> <p><b>Respectful Relationships:</b> what a stereotype is, and how stereotypes can be unfair, negative or destructive</p>
<p><b>Lesson 6: When I Grow Up</b></p>	<p><b>H28.</b> to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth</p> <p><b>L26.</b> that there is a broad range of different jobs/careers that people can have; that people often have more than one career/ type of job during their life</p> <p><b>L32.</b> to recognise a variety of routes into careers (e.g. college, apprenticeship, university)</p>	<p><b>Mental Wellbeing:</b> simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests</p>	<p><b>Respectful Relationships:</b> the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs</p> <p><b>Respectful Relationships:</b> the importance of self-respect and how this links to their own happiness</p> <p><b>Respectful Relationships:</b> what a stereotype is, and how stereotypes can be unfair, negative or destructive</p>