

	LKS2 Aiming High		
	PSHE Association Objectives	Health Objectives	Relationships Objectives
Lesson 1: Achievements	H27. to recognise their individuality and personal qualities H28. to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth L25. to recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes	Mental Wellbeing: simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests	Respectful Relationships: 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 Respectful Relationships: the importance of self-respect and how this links to their own happiness
Lesson 2: Goals	H28. to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth L25. to recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes	Mental Wellbeing: simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests	Respectful Relationships: 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 Respectful Relationships: the importance of self-respect and how this links to their own happiness
Lesson 3: Always Learning	H28. to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth H29. about how to manage setbacks/ perceived failures, including how to re-frame unhelpful thinking L25. to recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes	Mental Wellbeing: simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests	Respectful Relationships: 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 Respectful Relationships: the importance of self-respect and how this links to their own happiness
Lesson 4: Jobs and Skills	L26. 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 L28. 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)	Mental Wellbeing: simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests	Respectful Relationships: 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 Respectful Relationships: the importance of self-respect and how this links to their own happiness Respectful Relationships: what a stereotype is, and how stereotypes can be unfair, negative or destructive

	L29. 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 L30. about some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation		
Resource	PSHE Association Objectives	Health Objectives	Relationships Objectives
Lesson 5: No Limit!	L9. about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes L26. 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 L27. about stereotypes in the workplace and that a person's career aspirations should not be limited by them L28. 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)	Mental Wellbeing: simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests	Respectful Relationships: 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 Respectful Relationships: the importance of self-respect and how this links to their own happiness Respectful Relationships: what a stereotype is, and how stereotypes can be unfair, negative or destructive
Lesson 6: When I Grow Up	H28. to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth L26. 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 L32. to recognise a variety of routes into careers (e.g. college, apprenticeship, university)	Mental Wellbeing: simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests	Respectful Relationships: 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 Respectful Relationships: the importance of self-respect and how this links to their own happiness Respectful Relationships: what a stereotype is, and how stereotypes can be unfair, negative or destructive