**3D PSHE Coverage Matrix**

**LKS2**

**Core 1: Health and Wellbeing**

|  |  |  |  |
| --- | --- | --- | --- |
| **Unit 1: Physical, Emotional and Mental** | Lesson 1 | Physical, Emotional and Mental 1 | * To know and understand the difference between the terms physical, emotional and mental |
|  | Lesson 2 | Physical, Emotional and Mental 2 | * To become more self-aware |
|  | Lesson 3 | Physical, Emotional and Mental 3 | * To understand why setting goals is important |
| **Unit 2: Healthy Lifestyles** | Lesson 1 | A Balanced Approach | * To understand the meaning of the word ‘healthy’ |
|  | Lesson 2 | Physical Exercise | * To know the recommended guidelines for physical activity and understand the reasons for these |
|  | Lesson 3 | Lifestyle Choices | * To recognise the need to take responsibility for actions * To explore the relationship and balance between physical activity and nutrition in achieving a physically and mentally healthy lifestyle |
| **Unit 3: Nutrition and Food** | Lesson 1 | A Balanced Diet 1 | * To know where different foods come from |
|  | Lesson 2 | A Balanced Diet 2 | * To know about and understand the function of different food groups for a balanced diet |
|  | Lesson 3 | Working With Food 1 | * To identify the range of jobs carried out by the people they know * To reflect on the range of skills needed in different jobs |
|  | Lesson 4 | Working With Food 2 | * To learn to prepare and cook a variety of dishes * To work co-operatively, showing fairness and consideration to others |
| **Unit 4: Aspirations** | Lesson 1 | Identified Strengths 1 | * To understand that everyone has different strengths and weaknesses |

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**LKS2**

**Core 1: Health and Wellbeing**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Lesson 2 | Identified Strengths 2 | * To know how to set realistic targets * To self-assess, understanding how this will help their future actions |
|  | Lesson 3 | Setting Goals 1 | * To understand how to break down the steps needed to achieve a goal |
|  | Lesson 4 | Setting Goals 2 | * To identify and talk about their own and others’ strengths and weaknesses and how to improve * To reflect on the range of skills needed in different jobs |
| **Unit 5: Emotions** | Lesson 1 | Loss / Separation 1 | * To listen to and show consideration for other people’s views * To empathise with another viewpoint |
|  | Lesson 2 | Loss / Separation 2 | * To listen to, reflect on and respect other people’s views and feelings |
|  | Lesson 3 | Loss / Separation 3 | * To develop strategies for managing and controlling strong feelings and emotions |
|  | Lesson 4 | Family Changes | * To understand that family units can be different and can sometimes change |
| **Unit 6: Safety** | Lesson 1 | E-Safety | * To use strategies to stay safe when using ICT and the internet |
|  | Lesson 2 | Online Privacy 1 | * To begin to make responsible choices and consider consequences |
|  | Lesson 3 | Online Privacy 2 | * To use ICT safely including keeping electronic data secure |
|  | Lesson 4 | Online Privacy 3 | * To use ICT safely including using software features and settings |
| **Unit 7: Growing and Changing** | Lesson 1 | Before Puberty | * To understand that the rate at which we grow differs from person to person * To show awareness of changes that take place as they grow |

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**LKS2**

**Core 1: Health and Wellbeing**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Lesson 2 | Visible Changes | * To know and understand how to look after our teeth * To understand what happens when we lose teeth as we grow up and why this happens |
| **Unit 8: First Aid** | Lesson 1 | How to Help | * To take responsibility for their own safety and the safety of others and be able to seek help in an emergency |
|  | Lesson 2 | Emergency Calls 1 | * To know when and how to make an emergency call |
|  | Lesson 3 | Emergency Calls 2 | * To recognise the importance of local organisations in providing for the needs of the local community * To behave safely and responsibly in different situations |

Total 27 lessons

**3D PSHE Coverage Matrix**

**LKS2**

**Core 2: Relationships**

|  |  |  |  |
| --- | --- | --- | --- |
| **Unit 1: Communication** | Lesson 1 | Clear Messages | * To recognise that there are many ways to communicate * To understand the need to communicate clearly |
|  | Lesson 2 | How to Listen | * To understand why it is important to listen to others |
|  | Lesson 3 | Responding to Others | * To talk about their views on issues that affect themselves and their class |
|  | Lesson 4 | Expressing Opinions | * To know how to communicate their opinions in a group * To listen to and show consideration for other people’s views |
| **Unit 2: Collaboration** | Lesson 1 | Working Together 1 | * To work co-operatively, showing fairness and consideration to others |
|  | Lesson 2 | Working Together 2 | * To understand why it is important to work collaboratively * To take the lead, prioritise actions and work independently and collaboratively towards goals |
|  | Lesson 3 | Shared Goals | * To know how to identify ways to improve the environment * To know how to spot problems and find ways of dealing with them |
| **Unit 3: Bullying** | Lesson 1 | Reactions | * To know how to recognise the difference between isolated hostile incidents and bullying * To recognise how attitude, behaviour and peer pressure can influence choice and behaviour, including dealing with bullying |
|  | Lesson 2 | Self-Worth | * To understand what self-esteem is and why it is important |
|  | Lesson 3 | Persistence and Resilience | * To understand the terms ‘resilience’ and ‘persistence’ and why these character traits are important * To face new challenges positively and know when to seek help |
|  | Lesson 4 | Negative Persistence | * To know how to recognise bullying behaviour * To recognise right and wrong, what is fair and unfair and explain why * To understand the nature and consequences of negative behaviours such as bullying, aggressiveness |

**3D PSHE Coverage Matrix**

**LKS2**

**Core 2: Relationships**

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| --- | --- | --- | --- |
| **Unit 4: Similarities and Differences** | Lesson 1 | Connections | * To understand how we are all connected by our similarities * To recognise and respect similarities and differences between people |
|  | Lesson 2 | Family Links | * To know and understand how the make-up of family units can differ * To empathise with another viewpoint |
|  | Lesson 3 | Religious Views 1 | * To understand and appreciate the range of different cultures and religions represented within school * To learn about the need for tolerance for those of different faiths and beliefs |
|  | Lesson 4 | Religious Views 2 | * To understand the term ’diversity’ and appreciate diversity within school * To recognise and challenge stereotyping and discrimination |
| **Unit 5: Similarities and Differences** | Lesson 1 | Friendship 1 | * To know and understand the features of a good friend * To understand why it is important to be positive in relationships with others |
|  | Lesson 2 | Friendship 2 | * To know how to communicate their opinions in a group setting * To work co-operatively, showing fairness and consideration to others |
|  | Lesson 3 | Friendship 3 | * To understand why it is important to be positive in relationships with others |

Total 18 lessons

**3D PSHE Coverage Matrix**

**LKS2**

**Core 3: Living in the Wider World**

|  |  |  |  |
| --- | --- | --- | --- |
| **Unit 1: Rules and Responsibilities** | Lesson 1 | Rules | * To understand why rules are needed in different situations * To recognise that rules may need to be changed |
|  | Lesson 2 | Thinking Ahead | * To understand why it is important to plan ahead and think of potential consequences as a result of their actions |
|  | Lesson 3 | Taking the Lead | * To understand why it is important to behave responsibly * To recognise that actions have consequences |
|  | Lesson 4 | Expressing Opinions | * To know how to communicate their opinions in a group * To listen to and show consideration for other people’s views |
| **Unit 2: Collaboration** | Lesson 1 | Working Together 1 | * To work co-operatively, showing fairness and consideration to others |
|  | Lesson 2 | Working Together 2 | * To understand why it is important to work collaboratively * To take the lead, prioritise actions and work independently and collaboratively towards goals |
|  | Lesson 3 | Shared Goals | * To know how to identify ways to improve the environment * To know how to spot problems and find ways of dealing with them |
| **Unit 3: Discrimination** | Lesson 1 | Gender Stereotypes | * To know and understand the terms ‘discrimination’ and ‘stereotype’ * Challenge stereotypes relating to gender and work |
| **Unit 4: Economic Awareness** | Lesson 1 | Money Choices | * To learn about and reflect on their own spending habits / choices * To understand why financial management and planning is important from a young age |
|  | Lesson 2 | Managing Money | * To learn about and reflect on their own spending habits / choices * To understand why financial management and planning is important from a young age |

Total 10 lessons (55 in total for LKS2)