**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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**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**

|  |  |  |  |
| --- | --- | --- | --- |
| **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)