**3D PSHE Coverage Matrix**

**KS1**

**Core 1: Health and Wellbeing**

|  |  |  |  |
| --- | --- | --- | --- |
| **Unit 1: Healthy Lifestyles** | Lesson 1 | Healthy Eating 1 | * To learn about where vegetables and fruit grow
* To learn to make simple choices that improve their health and well-being e.g. healthy eating
 |
|  | Lesson 2 | Healthy Eating 2 | * To understand the need for protein as part of a balanced diet
* To recognise which types of food are healthy
 |
|  | Lesson 3 | Healthy Eating 3  | * To apply their knowledge of healthy eating to plan a menu for a themed party
* To make positive real-life choices
 |
|  | Lesson 4 | Physical Activity 1 | * To understand the need for physical activity to keep healthy
* To recognise the benefits of regular exercise and understand the particular benefits of different physical activities for promoting health
 |
|  | Lesson 5 | Physical Activity 2 | * To understand how muscles work
* To make positive real-life choices
 |
|  | Lesson 6 | Exercise | * To understand the importance of physical activity and rest as part of a balanced, healthy lifestyle
* To make positive real-life choices
 |
| **Unit 2: Hygiene**  | Lesson 1 | Dental Hygiene 1 | * To learn about the importance of effective teeth cleaning and good dental hygiene
 |
|  | Lesson 2 | Dental Hygiene 2 | * To learn how to take care of teeth, in addition to brushing
* To manage basic personal hygiene
 |
|  | Lesson 3 | Dental Hygiene 3 | * To find out which foods are good for us
* To understand the importance of a healthy lifestyle, including dental hygiene
* To make simple choices that improve their health and well-being e.g. healthy eating
 |
|  | Lesson 4 | Washing Hands | * To learn to eradicate germs and the spread of diseases by washing hands
* To understand how germs spread infections and diseases
 |
|  | Lesson 5 | Keeping Clean | * To learn about the importance of and reasons for bathing and showering
* To manage basic personal hygiene
 |

**3D PSHE Coverage Matrix**

**KS1**

**Core 1: Health and Wellbeing**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Lesson 6 | Skin  | * To learn about the importance of and reasons for bathing and showering
* To understand the importance of maintaining personal hygiene
 |
| **Unit 3: Changing and Growing**  | Lesson 1 | Similarities and Differences | * To identify and respect similarities and differences between boys and girls
* To learn about the process of growing from young to old
 |
|  | Lesson 2 | The Human Body | * To learn the names for different parts of the body
* To recognise similarities and differences based on gender
* To recognise and respect similarities and differences between people
 |
|  | Lesson 3 | Growing Up | * To learn about the physical changes in their bodies as we grow
* To understand emotional changes as they grow up
 |
|  | Lesson 4 | Changing Needs  | * To learn about how our needs change and grow as we develop
* To recognise the simple physical changes to their bodies experienced since birth
 |
|  | Lesson 5 | Responsibility  | * To learn to take responsibility for their own actions
* To recognise how their behaviour and that of others may influence people both positively and negatively
* To listen to, reflect on and respect other people’s views and feelings
 |
|  | Lesson 6 | Emotions  | * To learn about a range of different feelings and emotions
* To recognise, name and manage their feelings in a positive way
 |
| **Unit 4: Emotions**  | Lesson 1 | Happiness  | * To learn about making positive choices and how they can lead to happiness
* To recognise, name and manage their feelings in a positive way
 |
|  | Lesson 2 | Anger  | * To recognise how their behaviour affects other people
* To recognise how their behaviour and that of others may influence people both positively and negatively
 |
|  | Lesson 3 | Love  | * To learn about the importance of love
* To recognise, name and deal with their feelings in a positive way
 |

**3D PSHE Coverage Matrix**

**KS1**

**Core 1: Health and Wellbeing**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Lesson 4 | Sadness  | * To understand and be aware of the different ways to show sadness
* To understand about coping with change and loss
 |
|  | Lesson 5 | Consequences | * To understand that all actions have consequences
* To learn to take responsibility for our actions
* To recognise how their behaviour affects other people
* To recognise how their behaviour and that of others may influence people both positively and negatively
 |
|  | Lesson 6 | Aspirations | * To think about themselves, learn from experiences and recognise what they are good at
* To recognise choices that they can make and value their achievements
* To learn how to set simple goals and targets for themselves
 |
| **Unit 5: Keeping Safe**  | Lesson 1 | Sun Safety | * To understand the importance of sun safety
* To know how to keep safe in the sun
* To recognise and manage risk in everyday activities
 |
|  | Lesson 2 | Road Safety  | * To learn rules for, and ways of, keeping safe, including basic road safety and about people who can help them to stay safe
* To develop an awareness of the Green Cross Code
* To demonstrate basic road safety skills
 |
|  | Lesson 3 | Drug Safety  | * To learn about the importance of medicine safety
* To recognise that some substances can help or harm the body
 |
|  | Lesson 4 | Personal Safety | * To learn about the difference between secrets and surprises
* To understand when not to keep adults’ secrets
* To seek help from an appropriate adult when necessary
 |

**3D PSHE Coverage Matrix**

**KS1**

**Core 1: Health and Wellbeing**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Lesson 5 | Emotional Safety | * To learn about who to go to for help and advice
* To recognise that there are people who care for and look after them
* To know how to keep safe and how and where to get help
* To recognise and respond to issues of safety relating to themselves and others and how to get help
 |
|  | Lesson 6 | Internet Safety | * To learn about the importance of using the internet
* To know how to keep safe and how and where to get help
* To use strategies to stay safe when using ICT and the internet
 |

Total 30 lessons

**3D PSHE Coverage Matrix**

**KS1**

**Core 2: Relationships**

|  |  |  |  |
| --- | --- | --- | --- |
| **Unit 1: Communication** | Lesson 1 | Feelings  | * To recognise and communicate feelings to others
 |
|  | Lesson 2 | Responses  | * To recognise and communicate feelings to others
* To listen to, reflect on and respect other people’s views and feelings
 |
|  | Lesson 3 | Opinions  | * To understand that it is important to share their opinions and to be able to explain their views
* To learn to listen to other people and play and work co-operatively
 |
|  | Lesson 4 | Co-operation 1 | * To recognise the importance of listening to other people
* To understand the importance of being able to work cooperatively
* To understand the concept of negotiation
 |
|  | Lesson 5 | Co-operation 2 | * To understand the importance of being able to play and work cooperatively
* To work independently and in groups, taking on different roles and collaborating towards common goals
 |
|  | Lesson 6 | Co-operation 3 | * To take part in a simple debate about topical issues
* To share opinions and explain their views
* To reflect on the similarities and differences between people
 |
| **Unit 2: Bullying** | Lesson 1 | Definition | * To learn about bullies and bullying behaviour
* To understand the difference between impulsive and considered behaviour
 |
|  | Lesson 2 | Unkindness | * To understand that name-calling is hurtful and avoidable
* To recognise how their behaviour affects other people
 |
|  | Lesson 3 | Behaviour 1 | * To understand what is and what is not bullying behaviour
* To understand the difference between impulsive and considered behaviour
* To recognise the difference between good and bad choices
 |

**3D PSHE Coverage Matrix**

**KS1**

**Core 2: Relationships**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Lesson 4 | Behaviour 2 | * To recognise how their behaviour affects other people
* To recognise how their behaviour affects other people
* To recognise how attitude and behaviour, including bullying, may affect others
* To recognise how their behaviour and that of others may influence people both positively and negatively
 |
|  | Lesson 5 | Behaviour 3 | * To understand who can help if someone is affected by bullying
* To recognise that there are people who care for and look after them
* To consider different types of teasing and bullying, understand that bullying is wrong and know how to get help to deal with bullying
* To seek help from an appropriate adult when necessary
 |
| **Unit 3: Fairness**  | Lesson 1 | Fair and Unfair | * To recognise what is fair and unfair
* To learn to take part in discussions with the whole class
 |
|  | Lesson 2 | Comparisons | * To learn about others
* To reflect on the similarities and differences between people
* To recognise and respect similarities and differences between people
 |
|  | Lesson 3 | Behaviour | * To understand that family and friends should care for each other
* To recognise how their behaviour affects other people
* To recognise how their behaviour and that of others may influence people both positively and negatively
 |
|  | Lesson 4 | Right and Wrong | * To understand the difference between right and wrong
* To recognise right and wrong, what is fair and unfair and explain why
 |
|  | Lesson 5 | Teasing | * To learn strategies to cope with unfair teasing
* To understand that there are different types of teasing and bullying
* To consider different types of teasing and bullying, understand that bullying is wrong and know how to get help to deal with bullying
 |

**3D PSHE Coverage Matrix**

**KS1**

**Core 2: Relationships**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Lesson 6 | Kindness | * To recognise what is kind and unkind behaviour
* To understand that family and friends should care for each other
* To recognise how their behaviour and that of others may influence people both positively and negatively
 |
| **Unit 4: Family and Friends**  | Lesson 1 | Friendship 1 | * To learn how to develop positive relationships with peers
* To identify different relationships that they have and why these are important
 |
|  | Lesson 2 | Friendship 2 | * To understand the importance of making friends
* To identify and respect the differences and similarities between people
* To develop positive relationships through work and play
 |
|  | Lesson 3 | Friendship 3 | * To learn about some similarities and differences between people from different countries and the importance of cross-cultural friendships
 |
|  | Lesson 4 | Friendship 4 | * To learn about the importance of sharing as part of friendship and kindness
* To recognise the difference between right and wrong and what is fair and unfair
 |
|  | Lesson 5 | Family 1 | * To learn about the importance of family
* To recognise that family and friends should care for each other
* To recognise that there are people who care for and look after them
 |
|  | Lesson 6 | Family 2 | * To identify their special people and what makes them special
* To identify different relationships that they have and why these are important
 |

Total 23 lessons

**3D PSHE Coverage Matrix**

**KS1**

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

|  |  |  |  |
| --- | --- | --- | --- |
| **Unit 1: Rules and Responsibilities** | Lesson 1 | Rules / Expectations 1 | * To understand the reason why we have rules
* To learn about rules as expectations
* To understand to agree and follow rules for their group and classroom
 |
|  | Lesson 2 | Rules / Expectations 2 | * To understand the why we have rules / expectations
* To learn about how they can contribute to the life of the class
* To suggest rules that would improve things for the common good
 |
|  | Lesson 3 | Taking Turns | * To understand why it is important to be able to take turns
* To agree and follow rules for a collaborative game
* To rake turns and share as appropriate
 |
|  | Lesson 4 | Lending/Borrowing | * To understand the concept of ‘borrowing
* To show responsibility to others
 |
|  | Lesson 5 | Sharing   | * To understanding the importance of sharing
* To know that everyone has a responsibility to consider the needs of others
 |
|  | Lesson 6 | Caring | * To understand that people and other living things have needs and that they have responsibilities to meet them
* To learn about responsibility to others
* To consider ways of looking after the school or community and how to care for the local environment
 |
| **Unit 2: Communities**  | Lesson 1 | Our School | * To understand their role in the class community
* To know how to contribute to the life of the classroom
 |
|  | Lesson 2 | Belonging 1 | * To understand that they belong to various groups and communities
* To work independently and in groups, taking on different roles and collaborating towards common goals
 |
|  | Lesson 3 | Belonging 2 | * To develop a sense of belonging in the wider community
 |

**3D PSHE Coverage Matrix**

**KS1**

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

|  |  |  |  |
| --- | --- | --- | --- |
|  | Lesson 4 | Local Citizenship 1 | * To understand the role of the local community
* To consider ways of looking after the school or community and how to care for the local environment
* To suggest rules that would improve things for the common good
 |
|  | Lesson 5 | Local Citizenship 2 | * To develop a strong relationship with the local community
* To understand the importance of shared responsibility within all communities
 |
| **Unit 3: Money and Finance**  | Lesson 1 | Money 1 | * To understand where money comes from
* To recognise notes and coins
 |
|  | Lesson 2 | Money 2 | * To understand the role of money in our society
* To identify the different types of work people do and learn about different places of work
* To recognise where money comes from and the choices people make to spend money on things they want and need
 |
|  | Lesson 3 | Money 3 | * To understand why it is important to keep money safe
 |
|  | Lesson 4 | Money 4 | * To understand the importance of managing money carefully
* To understand that we cannot always afford the items we want to buy
 |
|  | Lesson 5 | Choices | * To understand the importance of choices and spending money wisely
 |
|  | Lesson 6 | Enterprise | * To gain a basic understanding of enterprise
* To contribute to enterprise activities
 |

17 Total lessons

(70 lessons in total for KS1 PSHE)