**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)