**3D PSHE Coverage Matrix**

**UKS2**

**Core 1: Health and Wellbeing**

|  |  |  |  |
| --- | --- | --- | --- |
| **Unit 1: Health** | Lesson 1 | Physical, Emotional and Mental 1 | * To know about the basic synergy between physical, emotional and mental health
 |
|  | Lesson 2 | Physical, Emotional and Mental 2 | * To know about, recognise and understand changes that occur during puberty
 |
|  | Lesson 3 | Healthy Lifestyles | * To understand the importance of making change in adopting a more healthy lifestyle
 |
| **Unit 2: Nutrition and Food**  | Lesson 1 | Food Choices 1 | * To know about the different food groups and their related importance as part of a balanced diet
* To develop an awareness of their own dietary needs
 |
|  | Lesson 2 | Food Choices 2 | * To work independently and in groups, taking on different roles and collaborating towards common goals
* To take responsibility for their physical activity and nutrition in achieving a physically and mentally healthy lifestyle
 |
|  | Lesson 3 | Cooking | * To know how to cook and apply the principles of nutrition and healthy eating
* To prepare and cook with a variety of ingredients, using a range of cooking techniques
 |
| **Unit 3: Aspirations** | Lesson 1 | Identified Strengths 1 | * To identify and talk about their own and others’ strengths and weaknesses and how to improve
* To self-assess, understanding how this will help their future actions
 |
|  | Lesson 2 | Identified Strengths 2 | * To be able to reflect on past achievements
* To recognise achievements of others as being worthwhile and important
 |
|  | Lesson 3 | Setting Goals 1 | * To begin to set personal goals
 |
|  | Lesson 4 | Setting Goals 2 | * To identify the skills they need to develop to make their contribution in the working world in the future
* To make connections between their learning, the world of work and their future economic wellbeing
 |

**3D PSHE Coverage Matrix**

**UKS2**

**Core 1: Health and Wellbeing**

|  |  |  |  |
| --- | --- | --- | --- |
| **Unit 4: Emotions**  | Lesson 1 | Death and Grief 1 | * To develop strategies for understanding, managing and controlling strong feelings and emotions and dealing with negative pressures
* To manage changing emotions and recognise how they can impact on relationships
 |
|  | Lesson 2 | Death and Grief 2 | * To know about and understand the cyclic nature of life and how death is an inevitable part of this cycle
 |
|  | Lesson 3 | Managing Conflict | * To understand the need for empathy when peers are experiencing conflict at home
 |
| **Unit 5: Safety** | Lesson 1 | Drugs | * To take action based on responsible choices
* To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends
* To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs
 |
|  | Lesson 2 | Alcohol | * To take action based on responsible choices
* To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends
* To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs
 |
|  | Lesson 3 | Tobacco | * To take action based on responsible choices
* To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends
* To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs
 |

**3D PSHE Coverage Matrix**

**UKS2**

**Core 1: Health and Wellbeing**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Lesson 4 | Substance Abuse | * To take action based on responsible choices
* To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends
* To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs
 |

Total lessons: 17

**3D PSHE Coverage Matrix**

**UKS2**

**Core 2: Relationships**

|  |  |  |  |
| --- | --- | --- | --- |
| **Unit 1: Communication** | Lesson 1 | Confidentiality | * Tp recognise that there are many different ways to communicate
* To understand the need for confidentiality in certain situations
 |
|  | Lesson 2 | Listening | * To know and understand the importance of listening to others
* To understand the role of the listener in any relationship
 |
|  | Lesson 3 | Responding | * To recognise that there are many ways to communicate
* To understand the need to both listen and speak when communicating with others
 |
| **Unit 2: Collaboration** | Lesson 1 | Teamwork | * Understand that there are many situations in which collaboration is necessary
* To understand the need to develop team work skills
 |
|  | Lesson 2 | Shared Goals | * To recognise that there are many roles within a community
* To understand the need to collaborate in a group situation
 |
|  | Lesson 3 | Community Spirit | * To recognise that there are many roles within a community
* To understand the need to collaborate in a group situation
 |
| **Unit 3: Similarities and Differences** | Lesson 1 | Race and Ethnicity | * To learn about racial discrimination and its impact on societies, past and present
 |
|  | Lesson 2 | Gender Stereotypes | * To learn about gender discrimination and its impact
* To challenge stereotyping and discrimination
 |
|  | Lesson 3 | Culture | * To learn about the importance of family in different cultures
* To recognise and respect similarities and differences between people
 |

**3D PSHE Coverage Matrix**

**UKS2**

**Core 2: Relationships**

|  |  |  |  |
| --- | --- | --- | --- |
| **Unit 4: Healthy Relationships** | Lesson 1 | Physical Contact | * To know about and understand the importance of touch in a range of contexts
* To know the difference between appropriate and inappropriate touches
 |
|  | Lesson 2 | Support and Care | * To know that relationships can change as a result of growing up
 |

Total 11 lessons

**3D PSHE Coverage Matrix**

**UKS2**

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

|  |  |  |  |
| --- | --- | --- | --- |
| **Unit 1: Rights and Responsibilities**  | Lesson 1 | Structure  | * To understand why structure is needed in different situations
* To understand the term ‘anarchy’ and understand the implications of living in an anarchic society
 |
|  | Lesson 2 | Law and Order | * To know and understand the meaning of the following:- democracy, sovereignty, dictatorship, government, monarchy
 |
|  | Lesson 3 | U.N. Rights | * To learn about organisations such as the United Nations
* To understand the importance and significance of equal rights
 |
| **Unit 2: Diversity** | Lesson 1 | Community Event | * To understand the benefits of living in a diverse community and learn to celebrate diversity
* To talk with a wide range of adults
 |
| **Unit 3: Economic Awareness** | Lesson 1 | Budgeting | * To learn about budgeting and what it means to budget
* To understand why financial management and planning is important from a young age
 |
|  | Lesson 2 | Consumer Sense 1  | * To know and understand financial terms such as loan, interest, tax and discount
* To make connections between their learning, the world of work and their future economic wellbeing
 |
|  | Lesson 3 | Consumer Sense 2 | * To show initiative and take responsibility for activities that develop enterprise capability
 |
| **Unit 4: Enterprise**  | Lesson 1 | Generating Income  | * To know and understand the principles of enterprise
* To understand profit and loss
 |
|  | Lesson 2 | Raising Money | * To know and understand the principles of charity work
 |

Total 9 lessons