

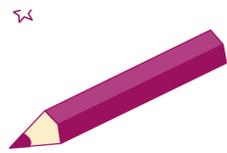
# 3D PSHE Coverage Matrix

LKS2

## Core 1: Health and Wellbeing

<b>Unit 1: Physical, Emotional and Mental</b>	Lesson 1	Physical, Emotional and Mental 1	<ul style="list-style-type: none"> <li>To know and understand the difference between the terms physical, emotional and mental</li> </ul>
	Lesson 2	Physical, Emotional and Mental 2	<ul style="list-style-type: none"> <li>To become more self-aware</li> </ul>
	Lesson 3	Physical, Emotional and Mental 3	<ul style="list-style-type: none"> <li>To understand why setting goals is important</li> </ul>
<b>Unit 2: Healthy Lifestyles</b>	Lesson 1	A Balanced Approach	<ul style="list-style-type: none"> <li>To understand the meaning of the word 'healthy'</li> </ul>
	Lesson 2	Physical Exercise	<ul style="list-style-type: none"> <li>To know the recommended guidelines for physical activity and understand the reasons for these</li> </ul>
	Lesson 3	Lifestyle Choices	<ul style="list-style-type: none"> <li>To recognise the need to take responsibility for actions</li> <li>To explore the relationship and balance between physical activity and nutrition in achieving a physically and mentally healthy lifestyle</li> </ul>
<b>Unit 3: Nutrition and Food</b>	Lesson 1	A Balanced Diet 1	<ul style="list-style-type: none"> <li>To know where different foods come from</li> </ul>
	Lesson 2	A Balanced Diet 2	<ul style="list-style-type: none"> <li>To know about and understand the function of different food groups for a balanced diet</li> </ul>
	Lesson 3	Working With Food 1	<ul style="list-style-type: none"> <li>To identify the range of jobs carried out by the people they know</li> <li>To reflect on the range of skills needed in different jobs</li> </ul>
	Lesson 4	Working With Food 2	<ul style="list-style-type: none"> <li>To learn to prepare and cook a variety of dishes</li> <li>To work co-operatively, showing fairness and consideration to others</li> </ul>
<b>Unit 4: Aspirations</b>	Lesson 1	Identified Strengths 1	<ul style="list-style-type: none"> <li>To understand that everyone has different strengths and weaknesses</li> </ul>



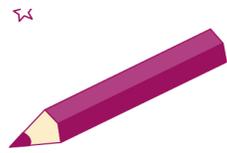


# 3D PSHE Coverage Matrix

LKS2

## Core 1: Health and Wellbeing

	Lesson 2	Identified Strengths 2	<ul style="list-style-type: none"> <li>To know how to set realistic targets</li> <li>To self-assess, understanding how this will help their future actions</li> </ul>
	Lesson 3	Setting Goals 1	<ul style="list-style-type: none"> <li>To understand how to break down the steps needed to achieve a goal</li> </ul>
	Lesson 4	Setting Goals 2	<ul style="list-style-type: none"> <li>To identify and talk about their own and others' strengths and weaknesses and how to improve</li> <li>To reflect on the range of skills needed in different jobs</li> </ul>
<b>Unit 5: Emotions</b>	Lesson 1	Loss / Separation 1	<ul style="list-style-type: none"> <li>To listen to and show consideration for other people's views</li> <li>To empathise with another viewpoint</li> </ul>
	Lesson 2	Loss / Separation 2	<ul style="list-style-type: none"> <li>To listen to, reflect on and respect other people's views and feelings</li> </ul>
	Lesson 3	Loss / Separation 3	<ul style="list-style-type: none"> <li>To develop strategies for managing and controlling strong feelings and emotions</li> </ul>
	Lesson 4	Family Changes	<ul style="list-style-type: none"> <li>To understand that family units can be different and can sometimes change</li> </ul>
<b>Unit 6: Safety</b>	Lesson 1	E-Safety	<ul style="list-style-type: none"> <li>To use strategies to stay safe when using ICT and the internet</li> </ul>
	Lesson 2	Online Privacy 1	<ul style="list-style-type: none"> <li>To begin to make responsible choices and consider consequences</li> </ul>
	Lesson 3	Online Privacy 2	<ul style="list-style-type: none"> <li>To use ICT safely including keeping electronic data secure</li> </ul>
	Lesson 4	Online Privacy 3	<ul style="list-style-type: none"> <li>To use ICT safely including using software features and settings</li> </ul>
<b>Unit 7: Growing and Changing</b>	Lesson 1	Before Puberty	<ul style="list-style-type: none"> <li>To understand that the rate at which we grow differs from person to person</li> <li>To show awareness of changes that take place as they grow</li> </ul>



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LKS2

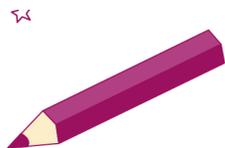
## Core 1: Health and Wellbeing

	Lesson 2	Visible Changes	<ul style="list-style-type: none"> <li>To know and understand how to look after our teeth</li> <li>To understand what happens when we lose teeth as we grow up and why this happens</li> </ul>
Unit 8: First Aid	Lesson 1	How to Help	<ul style="list-style-type: none"> <li>To take responsibility for their own safety and the safety of others and be able to seek help in an emergency</li> </ul>
	Lesson 2	Emergency Calls 1	<ul style="list-style-type: none"> <li>To know when and how to make an emergency call</li> </ul>
	Lesson 3	Emergency Calls 2	<ul style="list-style-type: none"> <li>To recognise the importance of local organisations in providing for the needs of the local community</li> <li>To behave safely and responsibly in different situations</li> </ul>

Total 27 lessons

Lower Key Stage Two





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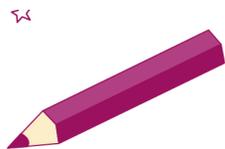
LKS2

## Core 2: Relationships

<b>Unit 1: Communication</b>	Lesson 1	Clear Messages	<ul style="list-style-type: none"> <li>To recognise that there are many ways to communicate</li> <li>To understand the need to communicate clearly</li> </ul>
	Lesson 2	How to Listen	<ul style="list-style-type: none"> <li>To understand why it is important to listen to others</li> </ul>
	Lesson 3	Responding to Others	<ul style="list-style-type: none"> <li>To talk about their views on issues that affect themselves and their class</li> </ul>
	Lesson 4	Expressing Opinions	<ul style="list-style-type: none"> <li>To know how to communicate their opinions in a group</li> <li>To listen to and show consideration for other people's views</li> </ul>
<b>Unit 2: Collaboration</b>	Lesson 1	Working Together 1	<ul style="list-style-type: none"> <li>To work co-operatively, showing fairness and consideration to others</li> </ul>
	Lesson 2	Working Together 2	<ul style="list-style-type: none"> <li>To understand why it is important to work collaboratively</li> <li>To take the lead, prioritise actions and work independently and collaboratively towards goals</li> </ul>
	Lesson 3	Shared Goals	<ul style="list-style-type: none"> <li>To know how to identify ways to improve the environment</li> <li>To know how to spot problems and find ways of dealing with them</li> </ul>
<b>Unit 3: Bullying</b>	Lesson 1	Reactions	<ul style="list-style-type: none"> <li>To know how to recognise the difference between isolated hostile incidents and bullying</li> <li>To recognise how attitude, behaviour and peer pressure can influence choice and behaviour, including dealing with bullying</li> </ul>
	Lesson 2	Self-Worth	<ul style="list-style-type: none"> <li>To understand what self-esteem is and why it is important</li> </ul>
	Lesson 3	Persistence and Resilience	<ul style="list-style-type: none"> <li>To understand the terms 'resilience' and 'persistence' and why these character traits are important</li> <li>To face new challenges positively and know when to seek help</li> </ul>
	Lesson 4	Negative Persistence	<ul style="list-style-type: none"> <li>To know how to recognise bullying behaviour</li> <li>To recognise right and wrong, what is fair and unfair and explain why</li> <li>To understand the nature and consequences of negative behaviours such as bullying, aggressiveness</li> </ul>

Lower Key Stage Two





# 3D PSHE Coverage Matrix

LKS2

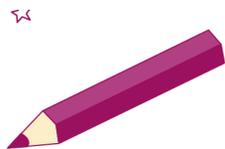
## Core 2: Relationships

<b>Unit 4: Similarities and Differences</b>	Lesson 1	Connections	<ul style="list-style-type: none"> <li>To understand how we are all connected by our similarities</li> <li>To recognise and respect similarities and differences between people</li> </ul>
	Lesson 2	Family Links	<ul style="list-style-type: none"> <li>To know and understand how the make-up of family units can differ</li> <li>To empathise with another viewpoint</li> </ul>
	Lesson 3	Religious Views 1	<ul style="list-style-type: none"> <li>To understand and appreciate the range of different cultures and religions represented within school</li> <li>To learn about the need for tolerance for those of different faiths and beliefs</li> </ul>
	Lesson 4	Religious Views 2	<ul style="list-style-type: none"> <li>To understand the term 'diversity' and appreciate diversity within school</li> <li>To recognise and challenge stereotyping and discrimination</li> </ul>
<b>Unit 5: Similarities and Differences</b>	Lesson 1	Friendship 1	<ul style="list-style-type: none"> <li>To know and understand the features of a good friend</li> <li>To understand why it is important to be positive in relationships with others</li> </ul>
	Lesson 2	Friendship 2	<ul style="list-style-type: none"> <li>To know how to communicate their opinions in a group setting</li> <li>To work co-operatively, showing fairness and consideration to others</li> </ul>
	Lesson 3	Friendship 3	<ul style="list-style-type: none"> <li>To understand why it is important to be positive in relationships with others</li> </ul>

Total 18 lessons

Lower Key Stage Two





# 3D PSHE Coverage Matrix

LKS2

## Core 3: Living in the Wider World

<b>Unit 1: Rules and Responsibilities</b>	Lesson 1	Rules	<ul style="list-style-type: none"> <li>To understand why rules are needed in different situations</li> <li>To recognise that rules may need to be changed</li> </ul>
	Lesson 2	Thinking Ahead	<ul style="list-style-type: none"> <li>To understand why it is important to plan ahead and think of potential consequences as a result of their actions</li> </ul>
	Lesson 3	Taking the Lead	<ul style="list-style-type: none"> <li>To understand why it is important to behave responsibly</li> <li>To recognise that actions have consequences</li> </ul>
	Lesson 4	Expressing Opinions	<ul style="list-style-type: none"> <li>To know how to communicate their opinions in a group</li> <li>To listen to and show consideration for other people's views</li> </ul>
<b>Unit 2: Collaboration</b>	Lesson 1	Working Together 1	<ul style="list-style-type: none"> <li>To work co-operatively, showing fairness and consideration to others</li> </ul>
	Lesson 2	Working Together 2	<ul style="list-style-type: none"> <li>To understand why it is important to work collaboratively</li> <li>To take the lead, prioritise actions and work independently and collaboratively towards goals</li> </ul>
	Lesson 3	Shared Goals	<ul style="list-style-type: none"> <li>To know how to identify ways to improve the environment</li> <li>To know how to spot problems and find ways of dealing with them</li> </ul>
<b>Unit 3: Discrimination</b>	Lesson 1	Gender Stereotypes	<ul style="list-style-type: none"> <li>To know and understand the terms 'discrimination' and 'stereotype'</li> <li>Challenge stereotypes relating to gender and work</li> </ul>
<b>Unit 4: Economic Awareness</b>	Lesson 1	Money Choices	<ul style="list-style-type: none"> <li>To learn about and reflect on their own spending habits / choices</li> <li>To understand why financial management and planning is important from a young age</li> </ul>
	Lesson 2	Managing Money	<ul style="list-style-type: none"> <li>To learn about and reflect on their own spending habits / choices</li> <li>To understand why financial management and planning is important from a young age</li> </ul>

Total 10 lessons (55 in total for LKS2)

Lower Key Stage Two

