

3D PSHE Coverage Matrix

Lower Key Stage 2

Core 1: Health and Wellbeing

Unit 1 Physical, Emotional and Mental	Lesson 1 Physical, Emotional and Mental 1 I Am Who I Am	Additional	<ul style="list-style-type: none"> To know that mental wellbeing is a normal part of daily life, in the same way as physical health To know and understand the difference between the terms physical, emotional and mental physical, emotional, mental
	Lesson 2 Physical, Emotional and Mental 2 Hearts and Minds	Additional	<ul style="list-style-type: none"> To become more self-aware self-aware, feelings, emotions, tension, physical, emotional, mental
	Lesson 3 Physical, Emotional and Mental 3 Three In One	Additional	<ul style="list-style-type: none"> To understand why setting goals is important goals, physical, emotional, mental
Unit 2 Healthy Lifestyles	Lesson 1 A Balanced Approach Define Healthy	Additional	<ul style="list-style-type: none"> To understand the meaning of the word 'healthy' healthy, lifestyle
	Lesson 2 Physical Exercise Active Kids	Additional	<ul style="list-style-type: none"> To know the risks associated with an inactive lifestyle (including obesity) To know the recommended guidelines for physical activity and understand the reasons for these recommended, guidelines, physical
	Lesson 3 Lifestyle Choices It's Your Choice	Additional	<ul style="list-style-type: none"> To know the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness responsibility, actions, balance, physical, nutrition, achieve, mental, healthy lifestyle
	Lesson 4 Sleep Sweet Dreams	Additional	<ul style="list-style-type: none"> Know the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn sufficient, health, affect, mood, ability

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Unit 3 Nutrition and Food	Lesson 1 A Balanced Diet 1 Plant or Animal	Come Fly With Me! Africa	<ul style="list-style-type: none"> To know what constitutes a healthy diet (including understanding calories and other nutritional content) To know where different foods come from balanced diet, ingredients, protein, carbohydrate, dairy, fats
	Lesson 2 A Balanced Diet 2 Balancing Act	Come Fly With Me! Africa	<ul style="list-style-type: none"> To know what constitutes a healthy diet (including understanding calories and other nutritional content) To know about and understand the function of different food groups for a balanced diet function, balanced diet, nutrition, vitamins
	Lesson 3 Working With Food 1 Master Chef	Additional	<ul style="list-style-type: none"> To know the principles of planning and preparing a range of healthy meals skills, reflect, jobs
	Lesson 4 Working With Food 2 Our Food Hall	Additional	<ul style="list-style-type: none"> To learn to prepare and cook a variety of dishes prepare, cook, dishes, co-operatively, fairness, consideration
Unit 4 Aspirations	Lesson 1 Identified Strengths 1 I'm Good at That	That's All Folks/ Hot Off the Press!	<ul style="list-style-type: none"> To understand that everyone has different strengths and weaknesses strengths and weaknesses
	Lesson 2 Identified Strengths 2 Future Me	That's All Folks/ Hot Off the Press!	<ul style="list-style-type: none"> To know how to set realistic targets realistic, targets, self-assess, future
	Lesson 3 Setting Goals 1 That's My Goal	That's All Folks/ Hot Off the Press!	<ul style="list-style-type: none"> To understand how to break down the steps needed to achieve a goal achieve, goal

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Unit 4 cont. Aspirations	Lesson 4 Setting Goals 2 The Impossible Dream	That's All Folks/Hot Off the Press!	<ul style="list-style-type: none"> 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 identify, strengths, weakness, improve, skills, reflect
Unit 5 Emotions	Lesson 1 Loss / Separation 1 Lost!	Under the Canopy	<ul style="list-style-type: none"> To know how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings reflect, empathise, viewpoint
	Lesson 2 Loss / Separation 2 Found!	Under the Canopy	<ul style="list-style-type: none"> To know how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings To listen to, reflect on and respect other people's views and feelings reflect, respond, views, felings
	Lesson 3 Loss / Separation 3 Left Behind	Additional	<ul style="list-style-type: none"> To know that isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support strategies, mananging, controlling, feelings, emotions
	Lesson 4 Family Changes Two Homes	Under the Canopy	<ul style="list-style-type: none"> To know that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care To understand that family units can be different and can sometimes change family units, change
	Lesson 5 Feelings Overreacting	Additional	<ul style="list-style-type: none"> To know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate judge, feeling, behaving, appropriate, proportionate
	Lesson 6 Self-Respect Let's R.O.C.K	Additional	<ul style="list-style-type: none"> To learn about the importance of self-respect and how this links to their own happiness self-respect, happiness

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Unit 6 Safety	Lesson 1 E-Safety Online Chat	Lightning Speed	<ul style="list-style-type: none"> To know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them rules, principles
	Lesson 2 Online Privacy 1 The Secrets Jar	Lightning Speed	<ul style="list-style-type: none"> To know about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe To know how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private responsible, choices, consider, consequences
	Lesson 3 Online Privacy 2 E-Protection	Lightning Speed	<ul style="list-style-type: none"> To use ICT safely including keeping electronic data secure safely, electronic, data, secure
	Lesson 4 Online Privacy 3 It's Personal	Lightning Speed	<ul style="list-style-type: none"> To use ICT safely including using software features and settings To know how information and data is shared and used online safely, ICT, software, features, settings, information, date, shared, online
	Lesson 5 Internet Use 1 Online Usage	Additional	<ul style="list-style-type: none"> To know that for most people the internet is an integral part of life and has many benefits To know about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing internet, integral, benefits, rationing, online, risks, excessive, device, impact, content, positive, negative, mental, physical, well-being
	Lesson 6 Internet Use 2 Age Limits	Additional	<ul style="list-style-type: none"> To know why social media, some computer games and online gaming, for example, are age restricted To know where and how to report concerns and get support with issues online social media, computer, online, gaming, age-restriction, report, concern, support, issues, online
Unit 7 Growing and Changing	Lesson 1 Before Puberty You've Grown	Additional	<ul style="list-style-type: none"> To understand that the rate at which we grow differs from person to person rate, grow, differ, awareness, changes

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Core 1: Health and Wellbeing

Unit 7 cont. Growing and Changing	Lesson 2 Visible Changes Mind the Gap	Additional	<ul style="list-style-type: none"> 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 understand, lose
Unit 8 First Aid	Lesson 1 How to Help Who To Call	Additional	<ul style="list-style-type: none"> To take responsibility for their own safety and the safety of others and be able to seek help in an emergency responsibility, safety, emergency
	Lesson 2 Emergency Calls 1 Calling 999	Additional	<ul style="list-style-type: none"> To know how to make a clear and efficient call to emergency services if necessary emergency call
	Lesson 3 Emergency Calls 2 Ambulance, Now!	Additional	<ul style="list-style-type: none"> To recognise the importance of local organisations in providing for the needs of the local community To behave safely and responsibly in different situations local, organisations, needs, community, behave, responsibility, situations

Total 32 Lessons

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Core 2: Relationships

Unit 1 Communication	Lesson 1 Clear Messages Dot, Dot, Dash	Additional	<ul style="list-style-type: none"> To recognise that there are many ways to communicate To understand the need to communicate clearly communicate, clearly
	Lesson 2 How to Listen Listen Up!	Additional	<ul style="list-style-type: none"> To understand why it is important to listen to others listen, recall
	Lesson 3 Responding to Others Agony Aunts	Additional	<ul style="list-style-type: none"> To understand why it is important to listen to others To talk about their views on issues that affect themselves and their class view, issues, affect
	Lesson 4 Expressing Opinions It's Debatable	Additional	<ul style="list-style-type: none"> To know how to communicate their opinions in a group setting To understand why it is important to listen to others communicate, opinions, consideration, views
Unit 2 Collaboration	Lesson 1 Working Together 1 Name Game	Athens vs Sparta	<ul style="list-style-type: none"> To understand why it is important to listen to others To work co-operatively, showing fairness and consideration to others co-operatively, fairness, consideration
	Lesson 2 Working Together 2 Build It Up!	Athens vs Sparta	<ul style="list-style-type: none"> To understand why it is important to work collaboratively collaboratively, prioritise, independent, collaboratively, goals
	Lesson 3 Shared Goals Better Places	Additional	<ul style="list-style-type: none"> To know how to identify ways to improve the environment To know how to spot problems and find ways of dealing with them identify, improve, environment, problem, dealing

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Core 2: Relationships

Unit 3 Bullying	Lesson 1 Reactions Frustration!	Athens vs Sparta	<ul style="list-style-type: none"> To know how to recognise the difference between isolated hostile incidents and bullying isolated, hostile, incidents, bullying, attitude, behaviour, peer pressure, choice, bullying
	Lesson 2 Self-Worth I'm A Marvel	Additional	<ul style="list-style-type: none"> To understand what self-esteem is and why it is important Know how to communicate their opinions in a group setting self-esteem, peer-pressure, opinion
	Lesson 3 Persistence and Resilience Don't Give Up	Athens vs Sparta	<ul style="list-style-type: none"> To understand the terms 'resilience' and 'persistence' and why these character traits are important resilience, persistence, character, traits
	Lesson 4 Negative Persistence Over and Over	Athens vs Sparta	<ul style="list-style-type: none"> To know about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help To know how to recognise bullying behaviour recognise, bullying, behaviour, right, wrong, fair, unfair, challenges, seek, consequences, aggressiveness
Unit 4 Similarities and Differences	Lesson 1 Connections Paper Chains	Additional	<ul style="list-style-type: none"> To understand how we are all connected by our similarities connected, similarities, recognise, respect, similarities
	Lesson 2 Family Links Family Tree	Under the Canopy	<ul style="list-style-type: none"> To know that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up To know and understand how the make-up of family units can differ family unit, differ, empathise, viewpoint
	Lesson 3 Religious Views 1 Faith Findings	A World of Difference	<ul style="list-style-type: none"> 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 appreciate, cultures, religions, tolerance, faiths, beliefs

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Core 2: Relationships

Unit 4 cont. Similarities and Differences	Lesson 4 Religious Views 2 Inside Outside	A World of Difference / Cry Freedom	<ul style="list-style-type: none"> To know what a stereotype is, and how stereotypes can be unfair, negative or destructive To understand the term 'diversity' and appreciate diversity within school To learn about the need for tolerance for those who are different from us diversity, appreciate, challenge, stereotyping, discrimination
Unit 5 Healthy Relationships	Lesson 1 Friendship 1 Best Features	Additional	<ul style="list-style-type: none"> To know and understand the features of a good friend To understand why it is important to be positive in relationships with others features, positive, relationships
	Lesson 2 Friendship 2 Circles Time	Additional	<ul style="list-style-type: none"> To know how important friendships are in making us feel happy and secure, and how people choose and make friends To know that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded To know and understand the features of a good friend To understand why it is important to be positive in relationships with others communicate, opinions, co-operatively, fairness, consideration
	Lesson 3 Friendship 3 Falling Out	Additional	<ul style="list-style-type: none"> To know that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right To know what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) friendships, repaired, strengthened, resorting, violence, boundaries, appropriate, peers, digital
	Lesson 4 Friendship 4 The BAFAs	Additional	<ul style="list-style-type: none"> To know and understand the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties To understand why it is important to be positive in relationships with others characteristics, mutual, respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing, interests, experiences, support, difficulties, relationships

Total 19 Lessons

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Lower Key Stage 2

Core 3: Living in the Wider World

Unit 1 Rules and Responsibilities	Lesson 1 Rules I'm in Charge!	Law and Order / Operation Pied Piper	<ul style="list-style-type: none"> To understand why rules are needed in different situations To recognise that rules may need to be changed rules, situations, change
	Lesson 2 Thinking Ahead Lesson Planning	Law and Order / Operation Pied Piper	<ul style="list-style-type: none"> To understand why it is important to plan ahead and think of potential consequences as a result of their actions consequences, actions, result
	Lesson 3 Taking the Lead Learning Time	Law and Order / Operation Pied Piper	<ul style="list-style-type: none"> To understand why it is important to behave responsibly To recognise that actions have consequences behave, responsibly, consequences, actions
Unit 2 Collaboration	Lesson 1 Different Communities My Community	Additional	<ul style="list-style-type: none"> To understand why it is important to be part of a community community, contribute
	Lesson 2 School Communities School Swap	Come Fly With Me! Africa	<ul style="list-style-type: none"> To understand why it is important to be part of a community community, cultures, awareness
Unit 3 Discrimination	Lesson 1 Gender Stereotypes His and Hers	Additional	<ul style="list-style-type: none"> To know what a stereotype is, and how stereotypes can be unfair, negative or destructive To know and understand the terms 'discrimination' and 'stereotype' To learn to challenge stereotypes relating to gender and work discrimination, stereotype, gender, challenge

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Core 3: Living in the Wider World

<p>Unit 4 Economic Awareness</p>	<p>Lesson 1 Money Choices A Million Dollars</p>	<p>Picture Our Planet</p>	<ul style="list-style-type: none"> • To learn about and reflect on their own spending habits / choices • To understand why financial management and planning is important from a young age reflect, spending, habits, choices, finances, financial, management
	<p>Lesson 2 Managing Money Design Choices</p>	<p>Picture Our Planet</p>	<ul style="list-style-type: none"> • To learn about and reflect on their own spending habits / choices • To understand why financial management and planning is important from a young age reflect, spending, habits, choices, finances, financial, management

Total 8 Lessons

(59 lessons in total for LKS2 PSHE)