

3D PSHE Coverage Matrix

Upper Key Stage 2

Core 1: Health and Wellbeing

Unit 1: Health	Lesson 1 Physical, Emotional and Mental 1 3 - Dimensional	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 about the basic synergy between physical, emotional and mental health synergy, physical, emotional, mental
	Lesson 2 Physical, Emotional and Mental 2 What's Puberty	Additional	<ul style="list-style-type: none"> To know key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes changes, occur, puberty
	Lesson 3 Healthy Lifestyles You Choose	Additional	<ul style="list-style-type: none"> To know the characteristics and mental and physical benefits of an active lifestyle To understand the importance of making change in adopting a more healthy lifestyle change, adopting, healthy lifestyle
	Lesson 4 Physical Illness Blough	Additional	<ul style="list-style-type: none"> To know how to recognise early signs of illness, such as weight loss, or unexplained changes to the body signs, illness, unexplained, changes
	Lesson 5 Healthy Minds Young Minds	Additional	<ul style="list-style-type: none"> To know how and when to seek support including which adults to speak to in school if they are worried about their health To know that it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough support, worried, mental health, accessed, problems
	Lesson 6 Immunisation One Sharp Scratch	Additional	<ul style="list-style-type: none"> To know the facts and science relating to allergies, immunisation and vaccination facts, allergies, immunisation, vaccination, relating
Unit 2 Nutrition and Food	Lesson 1 Food Choices 1 Secret Eaters	Additional	<ul style="list-style-type: none"> To know what constitutes a healthy diet (including understanding calories and other nutritional content) 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 food groups, related, balanced diet, dietary needs, awareness

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Core 1: Health and Wellbeing

Unit 2 cont. Nutrition and Food	Lesson 2 Food Choices 2 Invention Team	A World of Bright Ideas	<ul style="list-style-type: none"> • Know the principles of planning and preparing a range of healthy meals • 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 <p>independently, groups, roles, collaborating, common, goals, responsibility, nutrition, lifestyle, achieve</p>
	Lesson 3 Cooking Michelin Stars	A World of Bright Ideas	<ul style="list-style-type: none"> • To know what constitutes a healthy diet (including understanding calories and other nutritional content) • 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 <p>apply, principles, nutrition, healthy eating, prepare, ingredients, cooking, techniques</p>
Unit 3 Aspirations	Lesson 1 Identified Strengths 1 Big Dreams	Additional	<ul style="list-style-type: none"> • 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 <p>strengths, weaknesses, improve, self-assess, future, actions</p>
	Lesson 2 Identified Strengths 2 Big Achievers	Additional	<ul style="list-style-type: none"> • To be able to reflect on past achievements • To recognise achievements of others as being worthwhile and important <p>reflect, achievements, worthwhile</p>
	Lesson 3 Setting Goals 1 Super Futures	Additional	<ul style="list-style-type: none"> • To begin to set personal goals <p>personal, goals</p>
	Lesson 4 Setting Goals 2 I Can Do That	Additional	<ul style="list-style-type: none"> • 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 <p>skills, develop, contribution, future, connections, economic wellbeing</p>
Unit 4 Emotions	Lesson 1 Death and Grief 1 It's Natural	Additional	<ul style="list-style-type: none"> • 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 <p>strategies, understanding, managing, controlling, feelings, emotions, pressures, impact, manage</p>

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Unit 4 cont. Emotions	Lesson 2 Death and Grief 2 Poppies	Additional	<ul style="list-style-type: none"> To know about and understand the cyclic nature of life and how death is an inevitable part of this cycle cyclic, nature, inevitable
	Lesson 3 Managing Conflict Families at War	Additional	<ul style="list-style-type: none"> To know how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed To understand the need for empathy when peers are experiencing conflict at home empathy, peers, conflict
Unit 5 Safety	Lesson 1 Drugs Just Say No!	Additional	<ul style="list-style-type: none"> To know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking choices, risks, misuse, substances, informed, decisions, medicines, alcohol, tobacco, drugs
	Lesson 2 Alcohol Drink Aware	Additional	<ul style="list-style-type: none"> To know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking responsible, choices, risks, associated, misuse, use, substances, impact, informed, decisions, medicines, alcohol, tobacco, drugs
	Lesson 3 Tobacco Up In Smoke	Additional	<ul style="list-style-type: none"> To know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking responsible, choices, risks, associated, misuse, use, substances, impact, informed, decisions, medicines, alcohol, tobacco, drugs
	Lesson 4 Substance Abuse Let's Be Frank	Additional	<ul style="list-style-type: none"> To know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking responsible, choices, risks, associated, misuse, use, substances, impact, informed, decisions, medicines, alcohol, tobacco, drugs

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Core 1: Health and Wellbeing

Unit 5 cont. Safety	Lesson 5 Basic First-Aid First-Aid Tips	Additional	<ul style="list-style-type: none"> To know concepts of basic first-aid, for example dealing with common injuries, including head injuries concepts, basic, first-aid, common, injuries
	Lesson 6 Internet Safety Fake News	Additional	<ul style="list-style-type: none"> To know how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted discerning, customer, online, search engine, selected, targeted

Total 22 Lessons

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Core 2: Relationships

Unit 1 Communication	Lesson 1 Confidentiality Secret Info	Additional	<ul style="list-style-type: none"> To know the importance of permission-seeking and giving in relationships with friends, peers and adults To recognise that there are many different ways to communicate To understand the need for confidentiality in certain situations <p>communicate, confidentiality, situation</p>
	Lesson 2 Listening I'm All Ears	Come Fly With Me! America/ Cosmopolitan	<ul style="list-style-type: none"> To know and understand the importance of listening to others To understand the role of the listener in any relationship Know how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed <p>role, listener, importance</p>
	Lesson 3 Responding Scenarios	Come Fly With Me! America/ Cosmopolitan	<ul style="list-style-type: none"> To recognise that there are many ways to communicate To understand the need to both listen and speak when communicating with others <p>communicate</p>
Unit 2 Collaboration	Lesson 1 Teamwork Scrabble	I Have A Dream	<ul style="list-style-type: none"> Understand that there are many situations in which collaboration is necessary To understand the need to develop team work skills <p>collaboration, necessary, develop, team, skills</p>
	Lesson 2 Shared Goals It's All Go!	I Have A Dream	<ul style="list-style-type: none"> To recognise that there are many roles within a community To understand the need to collaborate in a group situation <p>community, collaborate, group, situation</p>
	Lesson 3 Community Spirit All Join In	I Have A Dream	<ul style="list-style-type: none"> To recognise that there are many roles within a community To understand the need to collaborate in a group situation <p>community, roles, collaborate</p>
Unit 3 Similarities and Differences	Lesson 1 Race and Ethnicity United States?	Additional	<ul style="list-style-type: none"> To know the importance of self-respect and how this links to their own happiness To learn about racial discrimination and its impact on societies, past and present <p>racial, discrimination, impact, societies, past, present</p>

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Core 2: Relationships

Unit 3 cont. Similarities and Differences	Lesson 2 Gender Stereotypes Jobs 4 All	I Have A Dream	<ul style="list-style-type: none"> To know what a stereotype is, and how stereotypes can be unfair, negative or destructive To learn about gender discrimination and its impact gender, discrimination, impact, challenge, stereotyping
	Lesson 3 Culture Cultural Feast	I Have A Dream	<ul style="list-style-type: none"> To know the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives To learn about the importance of family within different cultures family, cultures, respect, similarities, differences
Unit 4 Healthy Relationships	Lesson 1 Physical Contact Touch Sensitive	Additional	<ul style="list-style-type: none"> To know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact To know about and understand the importance of touch in a range of contexts To know the difference between appropriate and inappropriate touches To know how to recognise and report feelings of being unsafe or feeling bad about any adult touch touch, range, context, appropriate, inappropriate
	Lesson 2 Support and Care Connections	Additional	<ul style="list-style-type: none"> To know that relationships can change as a result of growing up relationships, change, result, growing
	Lesson 3 Marriage I Promise	Additional	<ul style="list-style-type: none"> To know that marriage (and civil partnership) represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong marriage, civil, formal, legal, commitment, intended, lifelong
	Lesson 4 Mental Wellbeing Mind Business	Additional	<ul style="list-style-type: none"> Know that mental wellbeing is a normal part of daily life, in the same way as physical health To know that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing bullying, cyberbullying, negative, impact, mental wellbeing
	Lesson 5 Online Relationships A Risky Business	Additional	<ul style="list-style-type: none"> To know that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous To know how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met To know that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health principles, apply, online, relationship, respect, anonymous, awareness, risks, associated, abuse, trolling, bullying, harassment, impact, mental health

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Upper Key Stage 2

Core 3: Living in the Wider World

Unit 1 Rules and Responsibilities	Lesson 1 Structure Just Imagine...	Additional	<ul style="list-style-type: none"> To understand why structure is needed in different situations To understand the term 'anarchy' and understand the implications of living in an anarchic society structure, situations, anarchy, implications, society
	Lesson 2 Law and Order In Charge	Additional	<ul style="list-style-type: none"> To know and understand the meaning of the following:- democracy, sovereignty, dictatorship, government, monarchy democracy, sovereignty, dictatorship, government, monarchy
	Lesson 3 U.N. Rights Our Rights	Additional	<ul style="list-style-type: none"> To learn about organisations such as the United Nations To understand the importance and significance of equal rights organisations, United Nation, equal rights
Unit 2 Diversity	Lesson 1 Community Event We're Cultured	Come Fly With Me! America/ Cosmopolitan	<ul style="list-style-type: none"> To understand the benefits of living in a diverse community and learn to celebrate diversity benefits, diverse, community, celebrate
Unit 3 Economic Awareness	Lesson 1 Budgeting Money Supermarket	Full of Beans / Too Hot to Handle	<ul style="list-style-type: none"> To learn about budgeting and what it means to budget To understand why financial management and planning is important from a young age budgeting, financial management, planning
	Lesson 2 Consumer Sense 1 Payment Terms	Full of Beans / Too Hot to Handle	<ul style="list-style-type: none"> To know and understand financial terms such as loan, interest, tax and discount To understand why aspirations are important in helping to plan for the future financial, loan, interest, tax, discount, connections, economic wellbeing
	Lesson 3 Consumer Sense 2 Class Catalogue	Full of Beans / Too Hot to Handle	<ul style="list-style-type: none"> To know and understand financial terms such as loan, interest, tax and discount initiative, responsibility, enterprise, capability

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Upper Key Stage 2

Core 3: Living in the Wider World

Unit 4 Enterprise	Lesson 1 Generating Income Making Money	Additional	<ul style="list-style-type: none"> To know and understand the principles of enterprise To understand profit and loss <p>principles, enterprise, profit, loss</p>
	Lesson 2 Raising Money Raising Money	Additional	<ul style="list-style-type: none"> To know and understand the principles of charity work <p>principles, charity</p>

Total 9 Lessons

(45 lessons in total for UKS2 PSHE)