

3D PSHE Coverage Matrix

Key Stage 1

Core 1: Health and Wellbeing

Unit 1 Healthy Lifestyles	Lesson 1	Healthy Eating 1	<ul style="list-style-type: none"> To learn about where vegetables and fruit grow To understand the social aspect of eating food together To know that making good choices about food will improve their health and well-being choice, improve, health, well-being, healthy, eating
	Lesson 2	Healthy Eating 2	<ul style="list-style-type: none"> To know what constitutes a healthy diet (including understanding calories and other nutritional content) To understand the need for protein as part of a balanced diet To recognise which types of food are healthy To know how to make simple choices that improve their health and wellbeing protein, balanced diet, healthy
	Lesson 3	Healthy Eating 3	<ul style="list-style-type: none"> To know the principles of planning and preparing a range of healthy meals. To apply their knowledge of healthy eating to plan a menu for a themed party healthy eating, choices, positive, menu
	Lesson 4	Physical Activity 1	<ul style="list-style-type: none"> To know the characteristics and mental and physical benefits of an active lifestyle To understand the need for physical activity to keep healthy To learn to work as a team to solve a simple challenge physical activity, healthy, regular, benefit, health
	Lesson 5	Physical Activity 2	<ul style="list-style-type: none"> To understand how muscles work To learn to make simple choices that improve their health and well-being muscles, positive, choices
	Lesson 6	Exercise	<ul style="list-style-type: none"> Know simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests Know the importance of building regular exercise into daily and weekly routines and how to achieve this Understand the importance of physical activity and rest as part of a balanced, healthy lifestyle physical activity, rest, balanced, healthy, lifestyle, choices, positive
Unit 2 Hygiene	Lesson 1	Dental Hygiene 1	<ul style="list-style-type: none"> To know about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. To learn about the importance of effective teeth cleaning and good dental hygiene To know about the importance of a healthy lifestyle dental, hygiene, effective, cleaning

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Unit 2 cont. Hygiene	Lesson 2	Dental Hygiene 2	<ul style="list-style-type: none"> To know about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist To learn how to take care of teeth, in addition to brushing To understand the importance of dental hygiene care, brushing, manage, personal hygiene
	Lesson 3	Dental Hygiene 3	<ul style="list-style-type: none"> To know the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health) To find out which foods are good for us To understand the importance of a healthy lifestyle, including dental hygiene healthy, lifestyle, dental, hygiene, health, well-being, healthy eating, choices, improve
	Lesson 4	Washing Hands	<ul style="list-style-type: none"> To know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing To learn to eradicate germs and the spread of diseases by washing hands To understand the importance of maintaining personal hygiene To understand how germs spread infections and diseases eradicate, germs, spread, disease, infection
	Lesson 5	Keeping Clean	<ul style="list-style-type: none"> To learn about the importance of and reasons for bathing and showering To understand the importance of maintaining personal hygiene importance, bathing, showering, basic, personal, hygiene
	Lesson 6	Skin	<ul style="list-style-type: none"> To learn about the importance of and reasons for bathing and showering To understand the importance of maintaining personal hygiene maintain, personal, hygiene
Unit 3 Changing and Growing	Lesson 1	Similarities and Differences	<ul style="list-style-type: none"> To identify and respect similarities and differences between boys and girls To learn about the process of growing from young to old respect, similarities, differences, process, growing, young, old
	Lesson 2	The Human Body	<ul style="list-style-type: none"> To learn the names for different parts of the body To recognise similarities and differences based on gender recognise, respect, gender, similarities, differences, people, different

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Unit 3 cont. Changing and Growing	Lesson 3	Growing Up	<ul style="list-style-type: none"> To learn about the physical changes in our bodies as we grow To understand emotional changes as we grow up To know that they have rights over their own bodies physical, change, grow, emotional, bodies
	Lesson 4	Changing Needs	<ul style="list-style-type: none"> To learn about how our needs change and grow as we develop change, need, grow, develop, physical, experience
	Lesson 5	Responsibility	<ul style="list-style-type: none"> To learn to take responsibility for our actions To learn to be responsible for another living thing responsibility, action, behaviour, influence, positive, negative, recognise, reflect, respect, view
	Lesson 6	Emotions	<ul style="list-style-type: none"> To know there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations To learn about a range of different feelings and emotions To understand that it is acceptable to feel a range of emotions feelings, emotions, manage, positive, recognise
Unit 4 Emotions	Lesson 1	Happiness	<ul style="list-style-type: none"> To know there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations To learn about making positive choices and how they can lead to happiness positive, choices, happiness, manage, feelings, recognise
	Lesson 2	Anger	<ul style="list-style-type: none"> To know there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations To recognise, name, manage and express feelings in a positive way behaviour, affect, influence, positive, negative
	Lesson 3	Love	<ul style="list-style-type: none"> To know there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations To learn about the importance of love To recognise, name and deal with their feelings in a positive way importance, love, recognise, deal, feelings, positive

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Unit 4 cont. Emotions	Lesson 4	Sadness	<ul style="list-style-type: none"> To know there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations To understand and be aware of the different ways to show sadness To understand about coping with change and loss aware, sadness, coping, change, loss
	Lesson 5	Consequences	<ul style="list-style-type: none"> To understand that all actions have consequences To take responsibility for our actions To learn from experiences To recognise what is right and wrong and how behaviour affects other people actions, consequence, responsibility, behaviour, affects, influence, positive, negative
	Lesson 6	Aspirations	<ul style="list-style-type: none"> 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 experiences, recognise, choices, value, achievements, goal, target
Unit 5 Keeping Safe	Lesson 1	Sun Safety	<ul style="list-style-type: none"> To know about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. To understand the importance of sun safety To know how to keep safe in the sun importance, safety, risk, manage
	Lesson 2	Road Safety	<ul style="list-style-type: none"> 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 rules, road safety, awareness, Green Cross Code, skills
	Lesson 3	Drug Safety	<ul style="list-style-type: none"> To learn about the importance of medicine safety To know that all household products, including medicines, can be harmful if not used properly medicine, safety, substance, harm, help
	Lesson 4	Personal Safety	<ul style="list-style-type: none"> To learn about the difference between secrets and surprises To understand when not to keep adults' secrets To understand that it is acceptable to say 'no' difference, secret, surprise, appropriate, necessary

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Unit 5 cont. Keeping Safe	Lesson 5	Emotional Safety	<ul style="list-style-type: none"> To know where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). To learn about who to go to for help and advice difference, secret, surprise, appropriate, necessary
	Lesson 6	Internet Safety	<ul style="list-style-type: none"> 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 To know people sometimes behave differently online, including by pretending to be someone they are not To learn about the importance of using the internet safely To know the importance of self-respect and how this links to their own happiness internet, safe, help, strategies, self-respect, happiness
	Lesson 7	Staying Safe	<ul style="list-style-type: none"> To know how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know respond, safe, appropriate, encounter, online, context

Total 31 Lessons

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Core 2: Relationships

Unit 1 Communication	Lesson 1	Feelings	<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 recognise and communicate feelings to others To learn how to share their views To recognise, name and deal with their feelings in a positive way recognise, communicate
	Lesson 2	Responses	<ul style="list-style-type: none"> To know there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations To recognise and communicate feelings to others To recognise, name and deal with their feelings in a positive way To learn to take part in discussions with one other person and the whole class recognise, communicate, reflect, respect, view, feeling, listen
	Lesson 3	Opinions	<ul style="list-style-type: none"> 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 share, opinion, explain, view, listen, co-operatively
	Lesson 4	Co-operation 1	<ul style="list-style-type: none"> 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 recognise, importance, co-operatively, negotiation
	Lesson 5	Co-operation 2	<ul style="list-style-type: none"> To recognise the importance of listening to other people To understand the importance of being able to play and work cooperatively importance, co-operatively, independently, role, group, collaborate, common goal
	Lesson 6	Co-operation 3	<ul style="list-style-type: none"> To take part in a simple debate about topical issues To communicate their feelings to others To share opinions and explain their views To listen to other people and work co-operatively debate, topical issues, opinion, explain, view, reflect, similarities, differences
	Lesson 7	Good Manners	<ul style="list-style-type: none"> To know the conventions of courtesy and manners conventions, courtesy, manners

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Core 2: Relationships

<p>Unit 2 Bullying</p>	<p>Lesson 1</p>	<p>Definition</p>	<ul style="list-style-type: none"> • To know about different types of bullying, the impact of bullying, responsibilities of bystanders and how to get help • To learn about bullies and bullying behaviour • To understand that bullying is wrong • bullies, bullying, behaviour, impulsive, considered
	<p>Lesson 2</p>	<p>Unkindness</p>	<ul style="list-style-type: none"> • To know about different types of bullying, the impact of bullying, responsibilities of bystanders and how to get help • To understand that name-calling is hurtful and avoidable • To learn to take part in discussions with the whole class • To recognise how their behaviour affects other people • name-calling, hurtful, avoidable, behaviour, affect
	<p>Lesson 3</p>	<p>Behaviour 1</p>	<ul style="list-style-type: none"> • To know about different types of bullying, the impact of bullying, responsibilities of bystanders and how to get help • To understand what is and what is not bullying behaviour • To recognise how their behaviour affects other people • Understand that bullying is wrong • bullying, behaviour, impulsive, considered, good, bad, choices
	<p>Lesson 4</p>	<p>Behaviour 2</p>	<ul style="list-style-type: none"> • To know about different types of bullying, the impact of bullying, responsibilities of bystanders and how to get help • To understand what is and what is not bullying behaviour • To recognise how their behaviour affects other people • Understand that bullying is wrong • behaviour, affect, attitude, bullying, influence, positive, negative
	<p>Lesson 5</p>	<p>Behaviour 3</p>	<ul style="list-style-type: none"> • To know how to ask for advice or help for themselves or others, and to keep trying until they are heard • To know about different types of bullying, the impact of bullying, responsibilities of bystanders and how to get help • To understand who can help if someone is affected by bullying • To understand that there are different types of bullying, that bullying is wrong and how to get help to deal with bullying • affected, bullying, care, teasing, wrong, deal, help, appropriate, adult, necessary

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Core 2: Relationships

Unit 3 Fairness	Lesson 1	Fair and Unfair	<ul style="list-style-type: none"> To recognise what is fair and unfair To learn to take part in discussions with the whole class fair, unfair, discussion, recognise
	Lesson 2	Comparisons	<ul style="list-style-type: none"> To know the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs reflect, similarities, differences, recognise, respect
	Lesson 3	Behaviour	<ul style="list-style-type: none"> To understand that family and friends should care for each other family, friends, care, behaviour, affect, recognise, influence, positively, negatively
	Lesson 4	Right and Wrong	<ul style="list-style-type: none"> To understand the difference between right and wrong right, wrong, fair, unfair
	Lesson 5	Teasing	<ul style="list-style-type: none"> To learn strategies to cope with unfair teasing To understand that there are different types of teasing and bullying strategies, teasing, bullying, wrong
	Lesson 6	Kindness	<ul style="list-style-type: none"> To recognise what is kind and unkind behaviour To understand that family and friends should care for each other kind, unkind, behaviour, family, friends, influence, positive, negative
Unit 4 Family and Friends	Lesson 1	Friendship 1	<ul style="list-style-type: none"> To know the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. To learn how to develop positive relationships with peers To recognise that family and friends should care for each other develop, positive, relationships, peers

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Core 2: Relationships

Unit 4 cont. Family and Friends	Lesson 2	Friendship 2	<ul style="list-style-type: none"> To know that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority To understand the importance of making friends To identify and respect the differences and similarities between people friends, respect, similarities, differences, positive, relationship, develop
	Lesson 3	Friendship 3	<ul style="list-style-type: none"> To know the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs To learn about some similarities and differences between people from different countries and the importance of cross-cultural friendships similarities, differences, countries, cross-cultural, friendships
	Lesson 4	Friendship 4	<ul style="list-style-type: none"> To learn about the importance of sharing as part of friendship and kindness sharing, friendship, kindness, right, wrong, fair, unfair
	Lesson 5	Family 1	<ul style="list-style-type: none"> To know that families are important for children growing up because they can give love, security and stability To recognise that family and friends should care for each other family, friends, care, recognise
	Lesson 6	Family 2	<ul style="list-style-type: none"> To identify their special people and what makes them special identify, special, relationship

Total 24 Lessons

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Core 3: Living in the Wider World

Unit 1 Rules and Responsibilities	Lesson 1	Rules / Expectations 1	<ul style="list-style-type: none"> 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 To recognise why rules and expectations are important rules, reason, expectations, agree
	Lesson 2	Rules / Expectations 2	<ul style="list-style-type: none"> To understand the reason why we have rules / expectations To learn about how they can contribute to the life of the class rules, expectations, contribute, improve, common
	Lesson 3	Taking Turns	<ul style="list-style-type: none"> To be able to take turns To be able to agree and follow rules for a collaborative game take turns, rules, collaborative, share, appropriate
	Lesson 4	Lending/Borrowing	<ul style="list-style-type: none"> To understand the concept of 'borrowing' To show responsibility to others borrowing, responsibility
	Lesson 5	Sharing	<ul style="list-style-type: none"> To understanding the importance of sharing To know that everyone has a responsibility to consider the needs of others sharing, responsibility, consider, needs
	Lesson 6	Caring	<ul style="list-style-type: none"> To understand that people and other living things have needs and that they have responsibilities to meet them To learn about responsibility to others living things, needs, responsibilities, community, local environment
Unit 2 Communities	Lesson 1	Our School	<ul style="list-style-type: none"> To understand their role in the class community To know how to contribute to the life of the classroom role, community, contribute

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Core 3: Living in the Wider World

Unit 2 cont. Communities	Lesson 2	Belonging 1	<ul style="list-style-type: none"> To understand that they belong to various groups and communities belong, communities, independently, groups, roles, collaborate, common goal
	Lesson 3	Belonging 2	<ul style="list-style-type: none"> To develop a sense of belonging in the wider community belonging, wider community
	Lesson 4	Local Citizenship 1	<ul style="list-style-type: none"> To understand the role of the local community local, community, role, local environment, rules, improve, common goal
	Lesson 5	Local Citizenship 2	<ul style="list-style-type: none"> To develop a strong relationship with the local community To understand the importance of shared responsibility within all communities relationships, local community, shared responsibility, communities
Unit 3 Money and Finance	Lesson 1	Money 1	<ul style="list-style-type: none"> To understand where money comes from To recognise notes and coins money, notes, coins
	Lesson 2	Money 2	<ul style="list-style-type: none"> To understand the role of money in our society role, money, society, work, choices, spend, want, need
	Lesson 3	Money 3	<ul style="list-style-type: none"> To understand why it is important to keep money safe money, safe

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Core 3: Living in the Wider World

Unit 3 cont. Money and Finance	Lesson 4	Money 4	<ul style="list-style-type: none"> To understand the importance of managing money carefully managing, carefully, afford, items, want, buy
	Lesson 5	Choices	<ul style="list-style-type: none"> To understand the importance of choices and spending money wisely choices, spending, wisely
	Lesson 6	Enterprise	<ul style="list-style-type: none"> To gain a basic understanding of enterprise enterprise, contribute

Total 17 Lessons

(72 lessons in total for KS1 PSHE)