

# 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	<ul style="list-style-type: none"> <li>To know that mental wellbeing is a normal part of daily life, in the same way as physical health</li> <li>To know and understand the difference between the terms physical, emotional and mental</li> <li><b>physical, emotional, mental</b></li> </ul>
	Lesson 2	Physical, Emotional and Mental 2	<ul style="list-style-type: none"> <li>To become more self-aware</li> <li><b>self-aware, feelings, emotions, tension, physical, emotional, mental</b></li> </ul>
	Lesson 3	Physical, Emotional and Mental 3	<ul style="list-style-type: none"> <li>To understand why setting goals is important</li> <li><b>goals, physical, emotional, mental</b></li> </ul>
Unit 2 Healthy Lifestyles	Lesson 1	A Balanced Approach	<ul style="list-style-type: none"> <li>To understand the meaning of the word 'healthy'</li> <li><b>healthy, lifestyle</b></li> </ul>
	Lesson 2	Physical Exercise	<ul style="list-style-type: none"> <li>To know the risks associated with an inactive lifestyle (including obesity)</li> <li>To know the recommended guidelines for physical activity and understand the reasons for these</li> <li><b>recommended, guidelines, physical</b></li> </ul>
	Lesson 3	Lifestyle Choices	<ul style="list-style-type: none"> <li>To know the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness</li> <li><b>responsibility, actions, balance, physical, nutrition, achieve, mental, healthy lifestyle</b></li> </ul>
	Lesson 4	Sleep	<ul style="list-style-type: none"> <li>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</li> <li><b>sufficient, health, affect, mood, ability</b></li> </ul>

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Unit 3 Nutrition and Food	Lesson 1	A Balanced Diet 1	<ul style="list-style-type: none"> <li>To know what constitutes a healthy diet (including understanding calories and other nutritional content)</li> <li>To know where different foods come from</li> <li><b>balanced diet, ingredients, protein, carbohydrate, dairy, fats</b></li> </ul>
	Lesson 2	A Balanced Diet 2	<ul style="list-style-type: none"> <li>To know what constitutes a healthy diet (including understanding calories and other nutritional content)</li> <li>To know about and understand the function of different food groups for a balanced diet</li> <li><b>function, balanced diet, nutrition, vitamins</b></li> </ul>
	Lesson 3	Working With Food 1	<ul style="list-style-type: none"> <li>To know the principles of planning and preparing a range of healthy meals</li> <li><b>skills, reflect, jobs</b></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><b>prepare, cook, dishes, co-operatively, fairness, consideration</b></li> </ul>
Unit 4 Aspirations	Lesson 1	Identified Strengths 1	<ul style="list-style-type: none"> <li>To understand that everyone has different strengths and weaknesses</li> <li><b>strengths and weaknesses</b></li> </ul>
	Lesson 2	Identified Strengths 2	<ul style="list-style-type: none"> <li>To know how to set realistic targets</li> <li><b>realistic, targets, self-assess, future</b></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> <li><b>achieve, goal</b></li> </ul>

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## Lower Key Stage 2

### Core 1: Health and Wellbeing

Unit 4 cont. Aspirations	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> <li><b>identify, strengths, weakness, improve, skills, reflect</b></li> </ul>
Unit 5 Emotions	Lesson 1	Loss / Separation 1	<ul style="list-style-type: none"> <li>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</li> <li><b>reflect, empathise, viewpoint</b></li> </ul>
	Lesson 2	Loss / Separation 2	<ul style="list-style-type: none"> <li>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</li> <li>To listen to, reflect on and respect other people's views and feelings</li> <li><b>reflect, respond, views, felings</b></li> </ul>
	Lesson 3	Loss / Separation 3	<ul style="list-style-type: none"> <li>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</li> <li><b>strategies, mananging, controlling, feelings, emotions</b></li> </ul>
	Lesson 4	Family Changes	<ul style="list-style-type: none"> <li>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</li> <li>To understand that family units can be different and can sometimes change</li> <li><b>family units, change</b></li> </ul>
	Lesson 5	Feelings	<ul style="list-style-type: none"> <li>To know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate</li> <li><b>judge, feeling, behaving, appropriate, proportionate</b></li> </ul>
	Lesson 6	Self-Respect	<ul style="list-style-type: none"> <li>To learn about the importance of self-respect and how this links to their own happiness</li> <li><b>self-respect, happiness</b></li> </ul>

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## Lower Key Stage 2

### Core 1: Health and Wellbeing

Unit 6 Safety	Lesson 1	E-Safety	<ul style="list-style-type: none"> <li>To know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them</li> <li><b>rules, principles</b></li> </ul>
	Lesson 2	Online Privacy 1	<ul style="list-style-type: none"> <li>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</li> <li>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</li> <li><b>responsible, choices, consider, consequences</b></li> </ul>
	Lesson 3	Online Privacy 2	<ul style="list-style-type: none"> <li>To use ICT safely including keeping electronic data secure</li> <li><b>safely, electronic, data, secure</b></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> <li>To know how information and data is shared and used online</li> <li><b>safely, ICT, software, features, settings, information, data, shared, online</b></li> </ul>
	Lesson 5	Internet Use 1	<ul style="list-style-type: none"> <li>To know that for most people the internet is an integral part of life and has many benefits</li> <li>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</li> <li><b>internet, integral, benefits, rationing, online, risks, excessive, device, impact, content, positive, negative, mental, physical, well-being</b></li> </ul>
	Lesson 6	Internet Use 2	<ul style="list-style-type: none"> <li>To know why social media, some computer games and online gaming, for example, are age restricted</li> <li>To know where and how to report concerns and get support with issues online</li> <li><b>social media, computer, online, gaming, age-restriction, report, concern, support, issues, online</b></li> </ul>
Unit 7 Growing and Changing	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><b>rate, grow, differ, awareness, changes</b></li> </ul>

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## Lower Key Stage 2

### Core 1: Health and Wellbeing

Unit 7 cont. Growing and Changing	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> <li><b>understand, lose</b></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> <li><b>responsibility, safety, emergency</b></li> </ul>
	Lesson 2	Emergency Calls 1	<ul style="list-style-type: none"> <li>To know how to make a clear and efficient call to emergency services if necessary</li> <li><b>emergency call</b></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> <li><b>local, organisations, needs, community, behave, responsibility, situations</b></li> </ul>

**Total 32 Lessons**

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## Lower Key Stage 2

### Core 2: Relationships

Unit 1 Communication	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> <li><b>communicate, clearly</b></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> <li><b>listen, recall</b></li> </ul>
	Lesson 3	Responding to Others	<ul style="list-style-type: none"> <li>To understand why it is important to listen to others</li> <li>To talk about their views on issues that affect themselves and their class</li> <li><b>view, issues, affect</b></li> </ul>
	Lesson 4	Expressing Opinions	<ul style="list-style-type: none"> <li>To know how to communicate their opinions in a group setting</li> <li>To understand why it is important to listen to others</li> <li><b>communicate, opinions, consideration, views</b></li> </ul>
Unit 2 Collaboration	Lesson 1	Working Together 1	<ul style="list-style-type: none"> <li>To understand why it is important to listen to others</li> <li>To work co-operatively, showing fairness and consideration to others</li> <li><b>co-operatively, fairness, consideration</b></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><b>collaboratively, prioritise, independent, collaboratively, goals</b></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> <li><b>identify, improve, environment, problem, dealing</b></li> </ul>

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## Lower Key Stage 2

### Core 2: Relationships

<b>Unit 3 Bullying</b>	<b>Lesson 1</b>	<b>Reactions</b>	<ul style="list-style-type: none"> <li>To know how to recognise the difference between isolated hostile incidents and bullying</li> <li><b>isolated, hostile, incidents, bullying, attitude, behaviour, peer pressure, choice, bullying</b></li> </ul>
	<b>Lesson 2</b>	<b>Self-Worth</b>	<ul style="list-style-type: none"> <li>To understand what self-esteem is and why it is important</li> <li>Know how to communicate their opinions in a group setting</li> <li><b>self-esteem, peer-pressure, opinion</b></li> </ul>
	<b>Lesson 3</b>	<b>Persistence and Resilience</b>	<ul style="list-style-type: none"> <li>To understand the terms 'resilience' and 'persistence' and why these character traits are important</li> <li><b>resilience, persistence, character, traits</b></li> </ul>
	<b>Lesson 4</b>	<b>Negative Persistence</b>	<ul style="list-style-type: none"> <li>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</li> <li>To know how to recognise bullying behaviour</li> <li><b>recognise, bullying, behaviour, right, wrong, fair, unfair, challenges, seek, consequences, aggressiveness</b></li> </ul>
<b>Unit 4 Similarities and Differences</b>	<b>Lesson 1</b>	<b>Connections</b>	<ul style="list-style-type: none"> <li>To understand how we are all connected by our similarities</li> <li><b>connected, similarities, recognise, respect, similarities</b></li> </ul>
	<b>Lesson 2</b>	<b>Family Links</b>	<ul style="list-style-type: none"> <li>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</li> <li>To know and understand how the make-up of family units can differ</li> <li><b>family unit, differ, empathise, viewpoint</b></li> </ul>
	<b>Lesson 3</b>	<b>Religious Views 1</b>	<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> <li><b>appreciate, cultures, religions, tolerance, faiths, beliefs</b></li> </ul>

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## Lower Key Stage 2

### Core 2: Relationships

<b>Unit 4 cont. Similarities and Differences</b>	<b>Lesson 4</b>	<b>Religious Views 2</b>	<ul style="list-style-type: none"> <li>• To know what a stereotype is, and how stereotypes can be unfair, negative or destructive</li> <li>• To understand the term 'diversity' and appreciate diversity within school</li> <li>• To learn about the need for tolerance for those who are different from us</li> <li>• <b>diversity, appreciate, challenge, stereotyping, discrimination</b></li> </ul>
<b>Unit 5 Healthy Relationships</b>	<b>Lesson 1</b>	<b>Friendship 1</b>	<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> <li>• <b>features, positive, relationships</b></li> </ul>
	<b>Lesson 2</b>	<b>Friendship 2</b>	<ul style="list-style-type: none"> <li>• To know how important friendships are in making us feel happy and secure, and how people choose and make friends</li> <li>• To know that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded</li> <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> <li>• <b>communicate, opinions, co-operatively, fairness, consideration</b></li> </ul>
	<b>Lesson 3</b>	<b>Friendship 3</b>	<ul style="list-style-type: none"> <li>• 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</li> <li>• To know what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)</li> <li>• <b>friendships, repaired, strengthened, resorting, violence, boundaries, appropriate, peers, digital</b></li> </ul>
	<b>Lesson 4</b>	<b>Friendship 4</b>	<ul style="list-style-type: none"> <li>• 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</li> <li>• To understand why it is important to be positive in relationships with others</li> <li>• <b>characteristics, mutual, respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing, interests, experiences, support, difficulties, relationships</b></li> </ul>

**Total 19 Lessons**



# 3D PSHE Coverage Matrix

## Lower Key Stage 2

### Core 3: Living in the Wider World

Unit 1 Rules and Responsibilities	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> <li><b>rules, situations, change</b></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> <li><b>consequences, actions, result</b></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> <li><b>behave, responsibly, consequences, actions</b></li> </ul>
Unit 2 Collaboration	Lesson 1	Different Communities	<ul style="list-style-type: none"> <li>To understand why it is important to be part of a community</li> <li><b>community, contribute</b></li> </ul>
	Lesson 2	School Communities	<ul style="list-style-type: none"> <li>To understand why it is important to be part of a community</li> <li><b>community, cultures, awareness</b></li> </ul>
Unit 3 Discrimination	Lesson 1	Gender Stereotypes	<ul style="list-style-type: none"> <li>To know what a stereotype is, and how stereotypes can be unfair, negative or destructive</li> <li>To know and understand the terms 'discrimination' and 'stereotype'</li> <li>To learn to challenge stereotypes relating to gender and work</li> <li><b>discrimination, stereotype, gender, challenge</b></li> </ul>

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## Core 3: Living in the Wider World

<b>Unit 4 Economic Awareness</b>	<b>Lesson 1</b>	<b>Money Choices</b>	<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><li>• <b>reflect, spending, habits, choices, finances, financial, management</b></li></ul>
	<b>Lesson 2</b>	<b>Managing Money</b>	<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><li>• <b>reflect, spending, habits, choices, finances, financial, management</b></li></ul>

**Total 8 Lessons**

**(59 lessons in total for LKS2 PSHE)**