

3D PSHE Coverage Matrix

Upper Key Stage 2

Core 1: Health and Wellbeing

Unit 1: Health	Lesson 1	Physical, Emotional and Mental 1	<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	<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	<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	<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	<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	<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	<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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Unit 2 cont. Nutrition and Food	Lesson 2	Food Choices 2	<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 • independently, groups, roles, collaborating, common, goals, responsibility, nutrition, lifestyle, achieve
	Lesson 3	Cooking	<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 • apply, principles, nutrition, healthy eating, prepare, ingredients, cooking, techniques
Unit 3 Aspirations	Lesson 1	Identified Strengths 1	<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 • strengths, weaknesses, improve, self-assess, future, actions
	Lesson 2	Identified Strengths 2	<ul style="list-style-type: none"> • To be able to reflect on past achievements • To recognise achievements of others as being worthwhile and important • reflect, achievements, worthwhile
	Lesson 3	Setting Goals 1	<ul style="list-style-type: none"> • To begin to set personal goals • personal, goals
	Lesson 4	Setting Goals 2	<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 • skills, develop, contribution, future, connections, economic wellbeing
Unit 4 Emotions	Lesson 1	Death and Grief 1	<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 • strategies, understandig, managing, controlling, feelings, emotions, pressures, impact, manage

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Unit 4 cont. Emotions	Lesson 2	Death and Grief 2	<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	<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	<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	<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	<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	<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	<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	<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	<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 communicate, confidentiality, situation
	Lesson 2	Listening	<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 role, listener, importance
	Lesson 3	Responding	<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 communicate
Unit 2 Collaboration	Lesson 1	Teamwork	<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 collaboration, necessary, develop, team, skills
	Lesson 2	Shared Goals	<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 community, collaborate, group, situation
	Lesson 3	Community Spirit	<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 community, roles, collaborate
Unit 3 Similarities and Differences	Lesson 1	Race and Ethnicity	<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 racial, discrimination, impact, societies, past, present

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Core 2: Relationships

Unit 3 cont. Similarities and Differences	Lesson 2	Gender Stereotypes	<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	<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	<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, range, context, appropriate, inappropriate
	Lesson 2	Support and Care	<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	<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	<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	<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	<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	<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	<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	<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	<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	<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	<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	<ul style="list-style-type: none"> To know and understand the principles of enterprise To understand profit and loss principles, enterprise, profit, loss
	Lesson 2	Raising Money	<ul style="list-style-type: none"> To know and understand the principles of charity work principles, charity

Total 9 Lessons

(45 lessons in total for UKS2 PSHE)