

# 3D PSHE Knowledge Matrix Navigators

## Core 1: Health and Wellbeing

Unit 1: Health	Lesson 1	Physical, Emotional and Mental 1	<ul style="list-style-type: none"> <li>To know about the basic synergy between physical, emotional and mental health</li> </ul>
	Lesson 2	Physical, Emotional and Mental 2	<ul style="list-style-type: none"> <li>To know about, recognise and understand changes that occur during puberty</li> </ul>
	Lesson 3	Healthy Lifestyles	<ul style="list-style-type: none"> <li>To understand the importance of making change in adopting a more healthy lifestyle</li> </ul>
	Lesson 4	Physical Illness	<ul style="list-style-type: none"> <li>To know how to recognise early signs of illness, such as weight loss, or unexplained changes to the body</li> </ul>
	Lesson 5	Healthy Minds	<ul style="list-style-type: none"> <li>To know how and when to seek support including which adults to speak to in school if they are worried about their health</li> <li>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</li> </ul>
	Lesson 6	Immunisation	<ul style="list-style-type: none"> <li>To know the facts and science relating to allergies, immunisation and vaccination</li> </ul>
Unit 2 Nutrition and Food	Lesson 1	Food Choices 1	<ul style="list-style-type: none"> <li>To know about the different food groups and their related importance as part of a balanced diet</li> <li>To develop an awareness of their own dietary needs</li> </ul>

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Unit 2 cont. Nutrition and Food	Lesson 2	Food Choices 2	<ul style="list-style-type: none"> <li>To work independently and in groups, taking on different roles and collaborating towards common goals</li> <li>To take responsibility for their physical activity and nutrition in achieving a physically and mentally healthy lifestyle</li> </ul>
	Lesson 3	Cooking	<ul style="list-style-type: none"> <li>To know how to cook and apply the principles of nutrition and healthy eating</li> <li>To prepare and cook with a variety of ingredients, using a range of cooking techniques</li> </ul>
Unit 3 Aspirations	Lesson 1	Identified Strengths 1	<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 self-assess, understanding how this will help their future actions</li> </ul>
	Lesson 2	Identified Strengths 2	<ul style="list-style-type: none"> <li>To be able to reflect on past achievements</li> <li>To recognise achievements of others as being worthwhile and important</li> </ul>
	Lesson 3	Setting Goals 1	<ul style="list-style-type: none"> <li>To begin to set personal goals</li> </ul>
	Lesson 4	Setting Goals 2	<ul style="list-style-type: none"> <li>To identify the skills they need to develop to make their contribution in the working world in the future</li> <li>To make connections between their learning, the world of work and their future economic wellbeing</li> </ul>
Unit 4 Emotions	Lesson 1	Death and Grief 1	<ul style="list-style-type: none"> <li>To develop strategies for understanding, managing and controlling strong feelings and emotions and dealing with negative pressures</li> <li>To manage changing emotions and recognise how they can impact on relationships</li> </ul>

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Unit 4 cont. Emotions	Lesson 2	Death and Grief 2	<ul style="list-style-type: none"> <li>To know about and understand the cyclic nature of life and how death is an inevitable part of this cycle</li> </ul>
	Lesson 3	Managing Conflict	<ul style="list-style-type: none"> <li>To understand the need for empathy when peers are experiencing conflict at home</li> </ul>
Unit 5 Safety	Lesson 1	Drugs	<ul style="list-style-type: none"> <li>To take action based on responsible choices</li> <li>To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends</li> <li>To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs</li> </ul>
	Lesson 2	Alcohol	<ul style="list-style-type: none"> <li>To take action based on responsible choices</li> <li>To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends</li> <li>To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs</li> </ul>
	Lesson 3	Tobacco	<ul style="list-style-type: none"> <li>To take action based on responsible choices</li> <li>To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends</li> <li>To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs</li> </ul>
	Lesson 4	Substance Abuse	<ul style="list-style-type: none"> <li>To take action based on responsible choices</li> <li>To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends</li> <li>To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs</li> </ul>

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Unit 5 cont. Safety	Lesson 5	Basic First-Aid	<ul style="list-style-type: none"><li>To know concepts of basic first-aid, for example dealing with common injuries, including head injuries</li></ul>
	Lesson 6	Internet Safety	<ul style="list-style-type: none"><li>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</li></ul>

**Total 22 Lessons**

# 3D PSHE Knowledge Matrix Navigators

## Core 2: Relationships

<b>Unit 1 Communication</b>	<b>Lesson 1</b>	<b>Confidentiality</b>	<ul style="list-style-type: none"> <li>To recognise that there are many different ways to communicate</li> <li>To understand the need for confidentiality in certain situations</li> </ul>
	<b>Lesson 2</b>	<b>Listening</b>	<ul style="list-style-type: none"> <li>To know and understand the importance of listening to others</li> <li>To understand the role of the listener in any relationship</li> </ul>
	<b>Lesson 3</b>	<b>Responding</b>	<ul style="list-style-type: none"> <li>To recognise that there are many ways to communicate</li> <li>To understand the need to both listen and speak when communicating with others</li> </ul>
<b>Unit 2 Collaboration</b>	<b>Lesson 1</b>	<b>Teamwork</b>	<ul style="list-style-type: none"> <li>Understand that there are many situations in which collaboration is necessary</li> <li>To understand the need to develop team work skills</li> </ul>
	<b>Lesson 2</b>	<b>Shared Goals</b>	<ul style="list-style-type: none"> <li>To recognise that there are many roles within a community</li> <li>To understand the need to collaborate in a group situation</li> </ul>
	<b>Lesson 3</b>	<b>Community Spirit</b>	<ul style="list-style-type: none"> <li>To recognise that there are many roles within a community</li> <li>To understand the need to collaborate in a group situation</li> </ul>
<b>Unit 3 Similarities and Differences</b>	<b>Lesson 1</b>	<b>Race and Ethnicity</b>	<ul style="list-style-type: none"> <li>To learn about racial discrimination and its impact on societies, past and present</li> </ul>

# 3D PSHE Knowledge Matrix Navigators

## Core 2: Relationships

<b>Unit 3 cont. Similarities and Differences</b>	<b>Lesson 2</b>	<b>Gender Stereotypes</b>	<ul style="list-style-type: none"> <li>• To learn about gender discrimination and its impact</li> <li>• To challenge stereotyping and discrimination</li> </ul>
	<b>Lesson 3</b>	<b>Culture</b>	<ul style="list-style-type: none"> <li>• To learn about the importance of family in different cultures</li> <li>• To recognise and respect similarities and differences between people</li> </ul>
<b>Unit 4 Healthy Relationships</b>	<b>Lesson 1</b>	<b>Physical Contact</b>	<ul style="list-style-type: none"> <li>• To know about and understand the importance of touch in a range of contexts</li> <li>• To know the difference between appropriate and inappropriate touches</li> </ul>
	<b>Lesson 2</b>	<b>Support and Care</b>	<ul style="list-style-type: none"> <li>• To know that relationships can change as a result of growing up</li> </ul>
	<b>Lesson 3</b>	<b>Marriage</b>	<ul style="list-style-type: none"> <li>• 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</li> </ul>
	<b>Lesson 4</b>	<b>Mental Wellbeing</b>	<ul style="list-style-type: none"> <li>• To know that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing</li> </ul>
	<b>Lesson 5</b>	<b>Online Relationships</b>	<ul style="list-style-type: none"> <li>• 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</li> <li>• 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</li> <li>• 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</li> </ul>

**Total 14 Lessons**

# 3D PSHE Knowledge Matrix Navigators

## Core 3: Living in the Wider World

<b>Unit 1 Rules and Responsibilities</b>	<b>Lesson 1</b>	<b>Structure</b>	<ul style="list-style-type: none"> <li>To understand why structure is needed in different situations</li> <li>To understand the term 'anarchy' and understand the implications of living in an anarchic society</li> </ul>
	<b>Lesson 2</b>	<b>Law and Order</b>	<ul style="list-style-type: none"> <li>To know and understand the meaning of the following:- democracy, sovereignty, dictatorship, government, monarchy</li> </ul>
	<b>Lesson 3</b>	<b>U.N. Rights</b>	<ul style="list-style-type: none"> <li>To learn about organisations such as the United Nations</li> <li>To understand the importance and significance of equal rights</li> </ul>
<b>Unit 2 Diversity</b>	<b>Lesson 1</b>	<b>Community Event</b>	<ul style="list-style-type: none"> <li>To understand the benefits of living in a diverse community and learn to celebrate diversity</li> <li>To talk with a wide range of adults</li> </ul>
<b>Unit 3 Economic Awareness</b>	<b>Lesson 1</b>	<b>Budgeting</b>	<ul style="list-style-type: none"> <li>To learn about budgeting and what it means to budget</li> <li>To understand why financial management and planning is important from a young age</li> </ul>
	<b>Lesson 2</b>	<b>Consumer Sense 1</b>	<ul style="list-style-type: none"> <li>To know and understand financial terms such as loan, interest, tax and discount</li> <li>To make connections between their learning, the world of work and their future economic wellbeing</li> </ul>
	<b>Lesson 3</b>	<b>Consumer Sense 2</b>	<ul style="list-style-type: none"> <li>To show initiative and take responsibility for activities that develop enterprise capability</li> </ul>

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## Core 3: Living in the Wider World

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

**Total 9 Lessons**

**(45 lessons in total for UKS2 PSHE)**