

3D PSHE Knowledge Matrix Pathfinders

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 learn to make simple choices that improve their health and well-being e.g. healthy eating
	Lesson 2	Healthy Eating 2	<ul style="list-style-type: none"> To understand the need for protein as part of a balanced diet To recognise which types of food are healthy
	Lesson 3	Healthy Eating 3	<ul style="list-style-type: none"> To apply their knowledge of healthy eating to plan a menu for a themed party To make positive real-life choices
	Lesson 4	Physical Activity 1	<ul style="list-style-type: none"> To understand the need for physical activity to keep healthy To recognise the benefits of regular exercise and understand the particular benefits of different physical activities for promoting health
	Lesson 5	Physical Activity 2	<ul style="list-style-type: none"> To understand how muscles work To make positive real-life choices
	Lesson 6	Exercise	<ul style="list-style-type: none"> To understand the importance of physical activity and rest as part of a balanced, healthy lifestyle To make positive real-life choices
Unit 2 Hygiene	Lesson 1	Dental Hygiene 1	<ul style="list-style-type: none"> To learn about the importance of effective teeth cleaning and good dental hygiene

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Unit 2 cont. Hygiene	Lesson 2	Dental Hygiene 2	<ul style="list-style-type: none"> To learn how to take care of teeth, in addition to brushing To manage basic personal hygiene
	Lesson 3	Dental Hygiene 3	<ul style="list-style-type: none"> To find out which foods are good for us To understand the importance of a healthy lifestyle, including dental hygiene To make simple choices that improve their health and well-being e.g. healthy eating
	Lesson 4	Washing Hands	<ul style="list-style-type: none"> To learn to eradicate germs and the spread of diseases by washing hands To understand how germs spread infections and diseases
	Lesson 5	Keeping Clean	<ul style="list-style-type: none"> To learn about the importance of and reasons for bathing and showering To manage 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
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
	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 To recognise and respect similarities and differences between people

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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 their bodies as we grow To understand emotional changes as they grow up
	Lesson 4	Changing Needs	<ul style="list-style-type: none"> To learn about how our needs change and grow as we develop To recognise the simple physical changes to their bodies experienced since birth
	Lesson 5	Responsibility	<ul style="list-style-type: none"> To learn to take responsibility for their own actions To recognise how their behaviour and that of others may influence people both positively and negatively To listen to, reflect on and respect other people's views and feelings
	Lesson 6	Emotions	<ul style="list-style-type: none"> To learn about a range of different feelings and emotions To recognise, name and manage their feelings in a positive way
Unit 4 Emotions	Lesson 1	Happiness	<ul style="list-style-type: none"> To learn about making positive choices and how they can lead to happiness To recognise, name and manage their feelings in a positive way
	Lesson 2	Anger	<ul style="list-style-type: none"> To recognise how their behaviour affects other people To recognise how their behaviour and that of others may influence people both positively and negatively
	Lesson 3	Love	<ul style="list-style-type: none"> To learn about the importance of love To recognise, name and deal with their feelings in a positive way

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Unit 4 cont. Emotions	Lesson 4	Sadness	<ul style="list-style-type: none"> To understand and be aware of the different ways to show sadness To understand about coping with change and loss
	Lesson 5	Consequences	<ul style="list-style-type: none"> To understand that all actions have consequences To learn to take responsibility for our actions To recognise how their behaviour affects other people To recognise how their behaviour and that of others may influence people both positively and negatively
	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
Unit 5 Keeping Safe	Lesson 1	Sun Safety	<ul style="list-style-type: none"> To understand the importance of sun safety To know how to keep safe in the sun To recognise and manage risk in everyday activities
	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 To demonstrate basic road safety skills
	Lesson 3	Drug Safety	<ul style="list-style-type: none"> To learn about the importance of medicine safety To recognise that some substances can help or harm the body
	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 seek help from an appropriate adult when necessary

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<p>Unit 5 cont. Keeping Safe</p>	<p>Lesson 5</p>	<p>Emotional Safety</p>	<ul style="list-style-type: none"> • To learn about who to go to for help and advice • To recognise that there are people who care for and look after them • To know how to keep safe and how and where to get help • To recognise and respond to issues of safety relating to themselves and others and how to get help
	<p>Lesson 6</p>	<p>Internet Safety</p>	<ul style="list-style-type: none"> • To learn about the importance of using the internet • To know how to keep safe and how and where to get help • To use strategies to stay safe when using ICT and the internet • To know the importance of self-respect and how this links to their own happiness
	<p>Lesson 7</p>	<p>Staying Safe</p>	<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

Total 31 Lessons

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Core 2: Relationships

Unit 1 Communication	Lesson 1	Feelings	<ul style="list-style-type: none"> To recognise and communicate feelings to others
	Lesson 2	Responses	<ul style="list-style-type: none"> To recognise and communicate feelings to others To listen to, reflect on and respect other people's views and feelings
	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
	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
	Lesson 5	Co-operation 2	<ul style="list-style-type: none"> To understand the importance of being able to play and work cooperatively To work independently and in groups, taking on different roles and collaborating towards common goals
	Lesson 6	Co-operation 3	<ul style="list-style-type: none"> To take part in a simple debate about topical issues To share opinions and explain their views To reflect on the similarities and differences between people
	Lesson 7	Good Manners	<ul style="list-style-type: none"> To know the conventions of courtesy and manners

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Core 2: Relationships

Unit 2 Bullying	Lesson 1	Definition	<ul style="list-style-type: none"> To learn about bullies and bullying behaviour To understand the difference between impulsive and considered behaviour
	Lesson 2	Unkindness	<ul style="list-style-type: none"> To understand that name-calling is hurtful and avoidable To recognise how their behaviour affects other people
	Lesson 3	Behaviour 1	<ul style="list-style-type: none"> To understand what is and what is not bullying behaviour To understand the difference between impulsive and considered behaviour To recognise the difference between good and bad choices
	Lesson 4	Behaviour 2	<ul style="list-style-type: none"> To recognise how their behaviour affects other people To recognise how their behaviour affects other people To recognise how attitude and behaviour, including bullying, may affect others To recognise how their behaviour and that of others may influence people both positively and negatively
	Lesson 5	Behaviour 3	<ul style="list-style-type: none"> To understand who can help if someone is affected by bullying To recognise that there are people who care for and look after them To consider different types of teasing and bullying, understand that bullying is wrong and know how to get help to deal with bullying To seek help from an appropriate adult when necessary
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
	Lesson 2	Comparisons	<ul style="list-style-type: none"> To learn about others To reflect on the similarities and differences between people To recognise and respect similarities and differences between people

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Unit 3 cont. Fairness	Lesson 3	Behaviour	<ul style="list-style-type: none"> To understand that family and friends should care for each other To recognise how their behaviour affects other people To recognise how their behaviour and that of others may influence people both positively and negatively
	Lesson 4	Right and Wrong	<ul style="list-style-type: none"> To understand the difference between right and wrong To recognise right and wrong, what is fair and unfair and explain why
	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 To consider different types of teasing and bullying, understand that bullying is wrong and know how to get help to deal with bullying
	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 To recognise how their behaviour and that of others may influence people both positively and negatively
Unit 4 Family and Friends	Lesson 1	Friendship 1	<ul style="list-style-type: none"> To learn how to develop positive relationships with peers To identify different relationships that they have and why these are important
	Lesson 2	Friendship 2	<ul style="list-style-type: none"> To understand the importance of making friends To identify and respect the differences and similarities between people To develop positive relationships through work and play
	Lesson 3	Friendship 3	<ul style="list-style-type: none"> To learn about some similarities and differences between people from different countries and the importance of cross-cultural friendships

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Core 2: Relationships

Unit 4 cont. Family and Friends	Lesson 4	Friendship 4	<ul style="list-style-type: none"> • To learn about the importance of sharing as part of friendship and kindness • To recognise the difference between right and wrong and what is fair and unfair
	Lesson 5	Family 1	<ul style="list-style-type: none"> • To learn about the importance of family • To recognise that family and friends should care for each other • To recognise that there are people who care for and look after them
	Lesson 6	Family 2	<ul style="list-style-type: none"> • To identify their special people and what makes them special • To identify different relationships that they have and why these are important

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
	Lesson 2	Rules / Expectations 2	<ul style="list-style-type: none"> To understand the why we have rules / expectations To learn about how they can contribute to the life of the class To suggest rules that would improve things for the common good
	Lesson 3	Taking Turns	<ul style="list-style-type: none"> To understand why it is important to be able to take turns To agree and follow rules for a collaborative game To take turns and share as appropriate
	Lesson 4	Lending/Borrowing	<ul style="list-style-type: none"> To understand the concept of 'borrowing To show responsibility to others
	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
	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 To consider ways of looking after the school or community and how to care for the 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

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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 To work independently and in groups, taking on different roles and collaborating towards common goals
	Lesson 3	Belonging 2	<ul style="list-style-type: none"> To develop a sense of belonging in the wider community
	Lesson 4	Local Citizenship 1	<ul style="list-style-type: none"> To understand the role of the local community To consider ways of looking after the school or community and how to care for the local environment To suggest rules that would improve things for the common good
	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
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
	Lesson 2	Money 2	<ul style="list-style-type: none"> To understand the role of money in our society To identify the different types of work people do and learn about different places of work To recognise where money comes from and the choices people make to spend money on things they want and need
	Lesson 3	Money 3	<ul style="list-style-type: none"> To understand why it is important to keep 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 • To understand that we cannot always afford the items we want to buy
	Lesson 5	Choices	<ul style="list-style-type: none"> • To understand the importance of choices and spending money wisely
	Lesson 6	Enterprise	<ul style="list-style-type: none"> • To gain a basic understanding of enterprise • To contribute to enterprise activities

Total 17 Lessons

(72 lessons in total for KS1 PSHE)