3D PSHE Knowledge Matrix
Adventurers

Core 1: Health and Wellbeing

Unit 1 Physical, Emotional and Mental	**Lesson 1**	**Physical, Emotional and Mental 1**	• To know and understand the difference between the terms physical, emotional and mental
	Lesson 2	**Physical, Emotional and Mental 2**	• To become more self-aware
	Lesson 3	**Physical, Emotional and Mental 3**	• To understand why setting goals is important
Unit 2 Healthy Lifestyles	**Lesson 1**	**A Balanced Approach**	• To understand the meaning of the word 'healthy'
	Lesson 2	**Physical Exercise**	• To know the recommended guidelines for physical activity and understand the reasons for these
	Lesson 3	**Lifestyle Choices**	• To recognise the need to take responsibility for actions • To explore the relationship and balance between physical activity and nutrition in achieving a physically and mentally healthy lifestyle
	Lesson 4	**Sleep**	• 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

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3D PSHE Knowledge Matrix
Adventurers
Core 1: Health and Wellbeing

Unit 3 Nutrition and Food	**Lesson 1**	**A Balanced Diet 1**	• To know where different foods come from
	Lesson 2	**A Balanced Diet 2**	• To know about and understand the function of different food groups for a balanced diet
	Lesson 3	**Working With Food 1**	• To identify the range of jobs carried out by the people they know • To reflect on the range of skills needed in different jobs
	Lesson 4	**Working With Food 2**	• To learn to prepare and cook a variety of dishes • To work co-operatively, showing fairness and consideration to others
Unit 4 Aspirations	**Lesson 1**	**Identified Strengths 1**	• To understand that everyone has different strengths and weaknesses
	Lesson 2	**Identified Strengths 2**	• To know how to set realistic targets • To self-assess, understanding how this will help their future actions
	Lesson 3	**Setting Goals 1**	• To understand how to break down the steps needed to achieve a goal

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3D PSHE Knowledge Matrix
Adventurers
Core 1: Health and Wellbeing

Unit 4 cont. Aspirations	Lesson 4	Setting Goals 2	• To identify and talk about their own and others' strengths and weaknesses and how to improve • To reflect on the range of skills needed in different jobs
Unit 5 Emotions	Lesson 1	Loss / Separation 1	• To listen to and show consideration for other people's views • To empathise with another viewpoint
	Lesson 2	Loss / Separation 2	• To listen to, reflect on and respect other people's views and feelings
	Lesson 3	Loss / Separation 3	• To develop strategies for managing and controlling strong feelings and emotions
	Lesson 4	Family Changes	• To understand that family units can be different and can sometimes change
	Lesson 5	Feelings	• To know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate
	Lesson 6	Self-Respect	• To learn about the importance of self-respect and how this links to their own happiness

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3D PSHE Knowledge Matrix
Adventurers
Core 1: Health and Wellbeing

Unit 6 Safety	Lesson 1	E-Safety	• To know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them
	Lesson 2	Online Privacy 1	• To begin to make responsible choices and consider consequences
	Lesson 3	Online Privacy 2	• To use ICT safely including keeping electronic data secure
	Lesson 4	Online Privacy 3	• To use ICT safely including using software features and settings • To know how information and data is shared and used online
	Lesson 5	Internet Use 1	• To know that for most people the internet is an integral part of life and has many benefits • 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
	Lesson 6	Internet Use 2	• To know why social media, some computer games and online gaming, for example, are age restricted • To know where and how to report concerns and get support with issues online
Unit 7 Growing and Changing	Lesson 1	Before Puberty	• To understand that the rate at which we grow differs from person to person • To show awareness of changes that take place as they grow

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3D PSHE Knowledge Matrix
Adventurers

Core 1: Health and Wellbeing

Unit 7 cont. Growing and	Lesson 2	Visible Changes	• To know and understand how to look after our teeth • To understand what happens when we lose teeth as we grow up and why this happens
Unit 8 First Aid	Lesson 1	How to Help	• To take responsibility for their own safety and the safety of others and be able to seek help in an emergency
	Lesson 2	Emergency Calls 1	• To know when and how to make an emergency call
	Lesson 3	Emergency Calls 2	• To recognise the importance of local organisations in providing for the needs of the local community • To behave safely and responsibly in different situations

Total 32 Lessons

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Adventurers
Core 2: Relationships

Unit 1 Communication	**Lesson 1**	**Clear Messages**	• To recognise that there are many ways to communicate • To understand the need to communicate clearly
	Lesson 2	**How to Listen**	• To understand why it is important to listen to others
	Lesson 3	**Responding to Others**	• To talk about their views on issues that affect themselves and their class
	Lesson 4	**Expressing Opinions**	• To know how to communicate their opinions in a group • To listen to and show consideration for other people's views
Unit 2 Collaboration	**Lesson 1**	**Working Together 1**	• To work co-operatively, showing fairness and consideration to others
	Lesson 2	**Working Together 2**	• To understand why it is important to work collaboratively • To take the lead, prioritise actions and work independently and collaboratively towards goals
	Lesson 3	**Shared Goals**	• To know how to identify ways to improve the environment • To know how to spot problems and find ways of dealing with them

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3D PSHE Knowledge Matrix
Adventurers
Core 2: Relationships

Unit 3 Bullying	**Lesson 1**	**Reactions**	• To know how to recognise the difference between isolated hostile incidents and bullying • To recognise how attitude, behaviour and peer pressure can influence choice and behaviour, including dealing with bullying
	Lesson 2	**Self-Worth**	• To understand what self-esteem is and why it is important
	Lesson 3	**Persistence and Resilience**	• To understand the terms 'resilience' and 'persistence' and why these character traits are important • To face new challenges positively and know when to seek help
	Lesson 4	**Negative Persistence**	• To know how to recognise bullying behaviour • To recognise right and wrong, what is fair and unfair and explain why • To understand the nature and consequences of negative behaviours such as bullying, aggressiveness
Unit 4 Similarities and Differences	**Lesson 1**	**Connections**	• To understand how we are all connected by our similarities • To recognise and respect similarities and differences between people
	Lesson 2	**Family Links**	• To know and understand how the make-up of family units can differ • To empathise with another viewpoint
	Lesson 3	**Religious Views 1**	• To understand and appreciate the range of different cultures and religions represented within school • To learn about the need for tolerance for those of different faiths and beliefs

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Adventurers
Core 2: Relationships

Unit 4 cont. Similarities and Differences	**Lesson 4**	**Religious Views 2**	• To understand the term 'diversity' and appreciate diversity within school • To recognise and challenge stereotyping and discrimination
Unit 5 Healthy Relationships	**Lesson 1**	**Friendship 1**	• To know and understand the features of a good friend • To understand why it is important to be positive in relationships with others
	Lesson 2	**Friendship 2**	• To know how to communicate their opinions in a group setting • To work co-operatively, showing fairness and consideration to others
	Lesson 3	**Friendship 3**	• 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 • To know what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)
	Lesson 4	**Friendship 4**	• 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 • To understand why it is important to be positive in relationships with others

Total 19 Lessons

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Adventurers

Core 3: Living in the Wider World

Unit 1 Rules and Responsibilities	**Lesson 1**	**Rules**	• To understand why rules are needed in different situations • To recognise that rules may need to be changed
	Lesson 2	**Thinking Ahead**	• To understand why it is important to plan ahead and think of potential consequences as a result of their actions
	Lesson 3	**Taking the Lead**	• To understand why it is important to behave responsibly • To recognise that actions have consequences
Unit 2 Collaboration	**Lesson 1**	**Different Communities**	• To understand why it is important to be part of a community
	Lesson 2	**School Communities**	• To understand why it is important to be part of a community
Unit 3 Discrimination	**Lesson 1**	**Gender Stereotypes**	• To know and understand the terms 'discrimination' and 'stereotype' • Challenge stereotypes relating to gender and work

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3D PSHE Knowledge Matrix
Adventurers

Core 3: Living in the Wider World

Unit 4 Economic Awareness	**Lesson 1**	**Money Choices**	• To learn about and reflect on their own spending habits / choices • To understand why financial management and planning is important from a young age
	Lesson 2	**Managing Money**	• To learn about and reflect on their own spending habits / choices • To understand why financial management and planning is important from a young age

Total 8 Lessons

(59 lessons in total for LKS2 PSHE)

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