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

Unit 1: Health	**Lesson 1**	**Physical, Emotional and Mental 1**	• To know about the basic synergy between physical, emotional and mental health
	Lesson 2	**Physical, Emotional and Mental 2**	• To know about, recognise and understand changes that occur during puberty
	Lesson 3	**Healthy Lifestyles**	• To understand the importance of making change in adopting a more healthy lifestyle
	Lesson 4	**Physical Illness**	• To know how to recognise early signs of illness, such as weight loss, or unexplained changes to the body
	Lesson 5	**Healthy Minds**	• 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
	Lesson 6	**Immunisation**	• To know the facts and science relating to allergies, immunisation and vaccination
Unit 2 Nutrition and Food	**Lesson 1**	**Food Choices 1**	• 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

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

Unit 2 cont. Nutrition and Food	**Lesson 2**	**Food Choices 2**	• 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
	Lesson 3	**Cooking**	• 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
Unit 3 Aspirations	**Lesson 1**	**Identified Strengths 1**	• 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
	Lesson 2	**Identified Strengths 2**	• To be able to reflect on past achievements • To recognise achievements of others as being worthwhile and important
	Lesson 3	**Setting Goals 1**	• To begin to set personal goals
	Lesson 4	**Setting Goals 2**	• 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
Unit 4 Emotions	**Lesson 1**	**Death and Grief 1**	• To develop strategies for understanding, managing and controlling strong feelings and emotions and dealing with negative pressures • To manage changing emotions and recognise how they can impact on relationships

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3D PSHE Knowledge Matrix
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Core 1: Health and Wellbeing

Unit 4 cont. Emotions	**Lesson 2**	**Death and Grief 2**	• To know about and understand the cyclic nature of life and how death is an inevitable part of this cycle
	Lesson 3	**Managing Conflict**	• To understand the need for empathy when peers are experiencing conflict at home
Unit 5 Safety	**Lesson 1**	**Drugs**	• To take action based on responsible choices • 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 • To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs
	Lesson 2	**Alcohol**	• To take action based on responsible choices • 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 • To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs
	Lesson 3	**Tobacco**	• To take action based on responsible choices • 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 • To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs
	Lesson 4	**Substance Abuse**	• To take action based on responsible choices • 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 • To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs

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Core 1: Health and Wellbeing

Unit 5 cont. Safety	**Lesson 5**	**Basic First-Aid**	• To know concepts of basic first-aid, for example dealing with common injuries, including head injuries
	Lesson 6	**Internet Safety**	• 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

Total 22 Lessons

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3D PSHE Knowledge Matrix
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Core 2: Relationships

Unit 1 Communication	**Lesson 1**	**Confidentiality**	• To recognise that there are many different ways to communicate • To understand the need for confidentiality in certain situations
	Lesson 2	**Listening**	• To know and understand the importance of listening to others • To understand the role of the listener in any relationship
	Lesson 3	**Responding**	• To recognise that there are many ways to communicate • To understand the need to both listen and speak when communicating with others
Unit 2 Collaboration	**Lesson 1**	**Teamwork**	• Understand that there are many situations in which collaboration is necessary • To understand the need to develop team work skills
	Lesson 2	**Shared Goals**	• To recognise that there are many roles within a community • To understand the need to collaborate in a group situation
	Lesson 3	**Community Spirit**	• To recognise that there are many roles within a community • To understand the need to collaborate in a group situation
Unit 3 Similarities and Differences	**Lesson 1**	**Race and Ethnicity**	• To learn about racial discrimination and its impact on societies, past and present

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3D PSHE Knowledge Matrix
Navigators
Core 2: Relationships

Unit 3 cont. Similarities and Differences	**Lesson 2**	**Gender Stereotypes**	• To learn about gender discrimination and its impact • To challenge stereotyping and discrimination
	Lesson 3	**Culture**	• To learn about the importance of family in different cultures • To recognise and respect similarities and differences between people
Unit 4 Healthy Relationships	**Lesson 1**	**Physical Contact**	• To know about and understand the importance of touch in a range of contexts • To know the difference between appropriate and inappropriate touches
	Lesson 2	**Support and Care**	• To know that relationships can change as a result of growing up
	Lesson 3	**Marriage**	• 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
	Lesson 4	**Mental Wellbeing**	• To know that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing
	Lesson 5	**Online Relationships**	• 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

Total 14 Lessons

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3D PSHE Knowledge Matrix
Navigators

Core 3: Living in the Wider World

Unit 1 Rules and Responsibilities	**Lesson 1**	**Structure**	• To understand why structure is needed in different situations • To understand the term 'anarchy' and understand the implications of living in an anarchic society
	Lesson 2	**Law and Order**	• To know and understand the meaning of the following:- democracy, sovereignty, dictatorship, government, monarchy
	Lesson 3	**U.N. Rights**	• To learn about organisations such as the United Nations • To understand the importance and significance of equal rights
Unit 2 Diversity	**Lesson 1**	**Community Event**	• To understand the benefits of living in a diverse community and learn to celebrate diversity • To talk with a wide range of adults
Unit 3 Economic Awareness	**Lesson 1**	**Budgeting**	• To learn about budgeting and what it means to budget • To understand why financial management and planning is important from a young age
	Lesson 2	**Consumer Sense 1**	• To know and understand financial terms such as loan, interest, tax and discount • To make connections between their learning, the world of work and their future economic wellbeing
	Lesson 3	**Consumer Sense 2**	• To show initiative and take responsibility for activities that develop enterprise capability

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3D PSHE Knowledge Matrix
Navigators

Core 3: Living in the Wider World

Unit 4 Enterprise	**Lesson 1**	**Generating Income**	• To know and understand the principles of enterprise • To understand profit and loss
	Lesson 2	**Raising Money**	• To know and understand the principles of charity work

Total 9 Lessons

(45 lessons in total for UKS2 PSHE)

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