



# 3D PSHE Knowledge Matrix

## Key Stage 1

### Core 1: Health and Wellbeing

Unit 2 cont. Hygiene	Lesson 2	Dental Hygiene 2	<ul style="list-style-type: none"> <li>To learn how to take care of teeth, in addition to brushing</li> <li>To manage basic personal hygiene</li> </ul>
	Lesson 3	Dental Hygiene 3	<ul style="list-style-type: none"> <li>To find out which foods are good for us</li> <li>To understand the importance of a healthy lifestyle, including dental hygiene</li> <li>To make simple choices that improve their health and well-being e.g. healthy eating</li> </ul>
	Lesson 4	Washing Hands	<ul style="list-style-type: none"> <li>To learn to eradicate germs and the spread of diseases by washing hands</li> <li>To understand how germs spread infections and diseases</li> </ul>
	Lesson 5	Keeping Clean	<ul style="list-style-type: none"> <li>To learn about the importance of and reasons for bathing and showering</li> <li>To manage basic personal hygiene</li> </ul>
	Lesson 6	Skin	<ul style="list-style-type: none"> <li>To learn about the importance of and reasons for bathing and showering</li> <li>To understand the importance of maintaining personal hygiene</li> </ul>
Unit 3 Changing and Growing	Lesson 1	Similarities and Differences	<ul style="list-style-type: none"> <li>To identify and respect similarities and differences between boys and girls</li> <li>To learn about the process of growing from young to old</li> </ul>
	Lesson 2	The Human Body	<ul style="list-style-type: none"> <li>To learn the names for different parts of the body</li> <li>To recognise similarities and differences based on gender</li> <li>To recognise and respect similarities and differences between people</li> </ul>

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## Key Stage 1

### Core 1: Health and Wellbeing

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

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## Key Stage 1

### Core 1: Health and Wellbeing

Unit 4 cont. Emotions	Lesson 4	Sadness	<ul style="list-style-type: none"> <li>To understand and be aware of the different ways to show sadness</li> <li>To understand about coping with change and loss</li> </ul>
	Lesson 5	Consequences	<ul style="list-style-type: none"> <li>To understand that all actions have consequences</li> <li>To learn to take responsibility for our actions</li> <li>To recognise how their behaviour affects other people</li> <li>To recognise how their behaviour and that of others may influence people both positively and negatively</li> </ul>
	Lesson 6	Aspirations	<ul style="list-style-type: none"> <li>To think about themselves, learn from experiences and recognise what they are good at</li> <li>To recognise choices that they can make and value their achievements</li> <li>To learn how to set simple goals and targets for themselves</li> </ul>
Unit 5 Keeping Safe	Lesson 1	Sun Safety	<ul style="list-style-type: none"> <li>To understand the importance of sun safety</li> <li>To know how to keep safe in the sun</li> <li>To recognise and manage risk in everyday activities</li> </ul>
	Lesson 2	Road Safety	<ul style="list-style-type: none"> <li>To learn rules for, and ways of, keeping safe, including basic road safety and about people who can help them to stay safe</li> <li>To develop an awareness of the Green Cross Code</li> <li>To demonstrate basic road safety skills</li> </ul>
	Lesson 3	Drug Safety	<ul style="list-style-type: none"> <li>To learn about the importance of medicine safety</li> <li>To recognise that some substances can help or harm the body</li> </ul>
	Lesson 4	Personal Safety	<ul style="list-style-type: none"> <li>To learn about the difference between secrets and surprises</li> <li>To understand when not to keep adults' secrets</li> <li>To seek help from an appropriate adult when necessary</li> </ul>

# 3D PSHE Knowledge Matrix

## Key Stage 1

### Core 1: Health and Wellbeing

<b>Unit 5 cont. Keeping Safe</b>	<b>Lesson 5</b>	<b>Emotional Safety</b>	<ul style="list-style-type: none"> <li>• To learn about who to go to for help and advice</li> <li>• To recognise that there are people who care for and look after them</li> <li>• To know how to keep safe and how and where to get help</li> <li>• To recognise and respond to issues of safety relating to themselves and others and how to get help</li> </ul>
	<b>Lesson 6</b>	<b>Internet Safety</b>	<ul style="list-style-type: none"> <li>• To learn about the importance of using the internet</li> <li>• To know how to keep safe and how and where to get help</li> <li>• To use strategies to stay safe when using ICT and the internet</li> <li>• To know the importance of self-respect and how this links to their own happiness</li> </ul>
	<b>Lesson 7</b>	<b>Staying Safe</b>	<ul style="list-style-type: none"> <li>• To know how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know</li> </ul>

**Total 31 Lessons**

# 3D PSHE Knowledge Matrix

## Key Stage 1

### Core 2: Relationships

<b>Unit 1 Communication</b>	<b>Lesson 1</b>	<b>Feelings</b>	<ul style="list-style-type: none"> <li>To recognise and communicate feelings to others</li> </ul>
	<b>Lesson 2</b>	<b>Responses</b>	<ul style="list-style-type: none"> <li>To recognise and communicate feelings to others</li> <li>To listen to, reflect on and respect other people's views and feelings</li> </ul>
	<b>Lesson 3</b>	<b>Opinions</b>	<ul style="list-style-type: none"> <li>To understand that it is important to share their opinions and to be able to explain their views</li> <li>To learn to listen to other people and play and work co-operatively</li> </ul>
	<b>Lesson 4</b>	<b>Co-operation 1</b>	<ul style="list-style-type: none"> <li>To recognise the importance of listening to other people</li> <li>To understand the importance of being able to work cooperatively</li> <li>To understand the concept of negotiation</li> </ul>
	<b>Lesson 5</b>	<b>Co-operation 2</b>	<ul style="list-style-type: none"> <li>To understand the importance of being able to play and work cooperatively</li> <li>To work independently and in groups, taking on different roles and collaborating towards common goals</li> </ul>
	<b>Lesson 6</b>	<b>Co-operation 3</b>	<ul style="list-style-type: none"> <li>To take part in a simple debate about topical issues</li> <li>To share opinions and explain their views</li> <li>To reflect on the similarities and differences between people</li> </ul>
	<b>Lesson 7</b>	<b>Good Manners</b>	<ul style="list-style-type: none"> <li>To know the conventions of courtesy and manners</li> </ul>

# 3D PSHE Knowledge Matrix

## Key Stage 1

### Core 2: Relationships

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

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## Key Stage 1

### Core 2: Relationships

<b>Unit 3 cont. Fairness</b>	<b>Lesson 3</b>	<b>Behaviour</b>	<ul style="list-style-type: none"> <li>To understand that family and friends should care for each other</li> <li>To recognise how their behaviour affects other people</li> <li>To recognise how their behaviour and that of others may influence people both positively and negatively</li> </ul>
	<b>Lesson 4</b>	<b>Right and Wrong</b>	<ul style="list-style-type: none"> <li>To understand the difference between right and wrong</li> <li>To recognise right and wrong, what is fair and unfair and explain why</li> </ul>
	<b>Lesson 5</b>	<b>Teasing</b>	<ul style="list-style-type: none"> <li>To learn strategies to cope with unfair teasing</li> <li>To understand that there are different types of teasing and bullying</li> <li>To consider different types of teasing and bullying, understand that bullying is wrong and know how to get help to deal with bullying</li> </ul>
	<b>Lesson 6</b>	<b>Kindness</b>	<ul style="list-style-type: none"> <li>To recognise what is kind and unkind behaviour</li> <li>To understand that family and friends should care for each other</li> <li>To recognise how their behaviour and that of others may influence people both positively and negatively</li> </ul>
<b>Unit 4 Family and Friends</b>	<b>Lesson 1</b>	<b>Friendship 1</b>	<ul style="list-style-type: none"> <li>To learn how to develop positive relationships with peers</li> <li>To identify different relationships that they have and why these are important</li> </ul>
	<b>Lesson 2</b>	<b>Friendship 2</b>	<ul style="list-style-type: none"> <li>To understand the importance of making friends</li> <li>To identify and respect the differences and similarities between people</li> <li>To develop positive relationships through work and play</li> </ul>
	<b>Lesson 3</b>	<b>Friendship 3</b>	<ul style="list-style-type: none"> <li>To learn about some similarities and differences between people from different countries and the importance of cross-cultural friendships</li> </ul>

# 3D PSHE Knowledge Matrix

## Key Stage 1

### Core 2: Relationships

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

**Total 24 Lessons**

# 3D PSHE Knowledge Matrix

## Key Stage 1

### Core 3: Living in the Wider World

<b>Unit 1 Rules and Responsibilities</b>	<b>Lesson 1</b>	<b>Rules / Expectations 1</b>	<ul style="list-style-type: none"> <li>To understand the reason why we have rules</li> <li>To learn about rules as expectations</li> <li>To understand to agree and follow rules for their group and classroom</li> </ul>
	<b>Lesson 2</b>	<b>Rules / Expectations 2</b>	<ul style="list-style-type: none"> <li>To understand the why we have rules / expectations</li> <li>To learn about how they can contribute to the life of the class</li> <li>To suggest rules that would improve things for the common good</li> </ul>
	<b>Lesson 3</b>	<b>Taking Turns</b>	<ul style="list-style-type: none"> <li>To understand why it is important to be able to take turns</li> <li>To agree and follow rules for a collaborative game</li> <li>To take turns and share as appropriate</li> </ul>
	<b>Lesson 4</b>	<b>Lending/Borrowing</b>	<ul style="list-style-type: none"> <li>To understand the concept of 'borrowing</li> <li>To show responsibility to others</li> </ul>
	<b>Lesson 5</b>	<b>Sharing</b>	<ul style="list-style-type: none"> <li>To understanding the importance of sharing</li> <li>To know that everyone has a responsibility to consider the needs of others</li> </ul>
	<b>Lesson 6</b>	<b>Caring</b>	<ul style="list-style-type: none"> <li>To understand that people and other living things have needs and that they have responsibilities to meet them</li> <li>To learn about responsibility to others</li> <li>To consider ways of looking after the school or community and how to care for the local environment</li> </ul>
<b>Unit 2 Communities</b>	<b>Lesson 1</b>	<b>Our School</b>	<ul style="list-style-type: none"> <li>To understand their role in the class community</li> <li>To know how to contribute to the life of the classroom</li> </ul>

# 3D PSHE Knowledge Matrix

## Key Stage 1

### Core 3: Living in the Wider World

<b>Unit 2 cont. Communities</b>	<b>Lesson 2</b>	<b>Belonging 1</b>	<ul style="list-style-type: none"> <li>• To understand that they belong to various groups and communities</li> <li>• To work independently and in groups, taking on different roles and collaborating towards common goals</li> </ul>
	<b>Lesson 3</b>	<b>Belonging 2</b>	<ul style="list-style-type: none"> <li>• To develop a sense of belonging in the wider community</li> </ul>
	<b>Lesson 4</b>	<b>Local Citizenship 1</b>	<ul style="list-style-type: none"> <li>• To understand the role of the local community</li> <li>• To consider ways of looking after the school or community and how to care for the local environment</li> <li>• To suggest rules that would improve things for the common good</li> </ul>
	<b>Lesson 5</b>	<b>Local Citizenship 2</b>	<ul style="list-style-type: none"> <li>• To develop a strong relationship with the local community</li> <li>• To understand the importance of shared responsibility within all communities</li> </ul>
<b>Unit 3 Money and Finance</b>	<b>Lesson 1</b>	<b>Money 1</b>	<ul style="list-style-type: none"> <li>• To understand where money comes from</li> <li>• To recognise notes and coins</li> </ul>
	<b>Lesson 2</b>	<b>Money 2</b>	<ul style="list-style-type: none"> <li>• To understand the role of money in our society</li> <li>• To identify the different types of work people do and learn about different places of work</li> <li>• To recognise where money comes from and the choices people make to spend money on things they want and need</li> </ul>
	<b>Lesson 3</b>	<b>Money 3</b>	<ul style="list-style-type: none"> <li>• To understand why it is important to keep money safe</li> </ul>

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## Key Stage 1

### Core 3: Living in the Wider World

<b>Unit 3 cont.</b> <b>Money and Finance</b>	<b>Lesson 4</b>	<b>Money 4</b>	<ul style="list-style-type: none"> <li>• To understand the importance of managing money carefully</li> <li>• To understand that we cannot always afford the items we want to buy</li> </ul>
	<b>Lesson 5</b>	<b>Choices</b>	<ul style="list-style-type: none"> <li>• To understand the importance of choices and spending money wisely</li> </ul>
	<b>Lesson 6</b>	<b>Enterprise</b>	<ul style="list-style-type: none"> <li>• To gain a basic understanding of enterprise</li> <li>• To contribute to enterprise activities</li> </ul>

**Total 17 Lessons**

**(72 lessons in total for KS1 PSHE)**