

# 3D PSHE Long-term Matrix

## Year 1

### Autumn 1

Core Theme	Unit	Objectives	Lesson
3: Living in the Wider World	Unit 1	<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>	Lesson 1: Rules/Expectations- We Expect...
3: Living in the Wider World	Unit 1	<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>	Lesson 2: Rules/Expectations- Class Charter
1: Health and Wellbeing	Unit 5	<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>	Lesson 6: Internet Safety-E Safety
2: Relationships	Unit 4	<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>	Lesson 1: Friendship- Forever Friends
2: Relationships	Unit 4	<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>	Lesson 2: Friendship-Make Friends
3: Living in the Wider World	Unit 1	<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>	Lesson 3: Taking Turns-It's Your Turn!

## Autumn 2

Core Theme	Unit	Objectives	Lesson
2. Relationships	Unit 1	<ul style="list-style-type: none"> <li>To know the conventions of courtesy and manners</li> </ul>	Lesson 7: Good Manners-How Rude!
1: Health and Wellbeing	Unit 4	<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 1- Happiness-Smile!
1: Health and Wellbeing	Unit 4	<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 2- Anger-Grrrr!
2. Relationships	Unit 1	<ul style="list-style-type: none"> <li>To recognise and communicate feelings to others</li> </ul>	Lesson 1: Feelings-How I Feel
2. Relationships	Unit 1	<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>	Lesson 2: Responses-You and Me
2. Relationships	Unit 1	<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>	Lesson 3-Opinions-I Think....

## Spring 1

Core Theme	Unit	Objectives	Lesson
1: Health and Wellbeing	Unit 2	<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 4: Washing Hands-Meet Grub!
1: Health and Wellbeing	Unit 1	<ul style="list-style-type: none"> <li>To learn about where vegetables and fruit grow</li> <li>To learn to make simple choices that improve their health and well-being e.g. healthy eating</li> </ul>	Lesson 1: Healthy Eating- Vote Green!
1: Health and Wellbeing	Unit 1	<ul style="list-style-type: none"> <li>To understand the need for protein as part of a balanced diet</li> <li>To recognise which types of food are healthy</li> </ul>	Lesson 2: Healthy Eating-Meat Eaters
1: Health and Wellbeing	Unit 1	<ul style="list-style-type: none"> <li>To apply their knowledge of healthy eating to plan a menu for a themed party</li> <li>To make positive real-life choices</li> </ul>	Lesson 3: Healthy Eating-Party Time!
1: Health and Wellbeing	Unit 1	<ul style="list-style-type: none"> <li>To understand the need for physical activity to keep healthy</li> <li>To recognise the benefits of regular exercise and understand the particular benefits of different physical activities for promoting health</li> </ul>	Lesson 4: Physical Activity-Get Physical!
2: Relationships	Unit 3	<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>	Lesson 2: Comparisons -All the Same

## Spring 2

Core Theme	Unit	Objectives	Lesson
2: Relationships	Unit 2	<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>	Lesson 1: Definition-A Bully Is...
2: Relationships	Unit 2	<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>	Lesson 2: Unkindness-Blame Game
2: Relationships	Unit 2	<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>	Lesson 3: Behaviour- Bullying Is...
2: Relationships	Unit 2	<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>	Lesson 4: Behaviour -+ and -
1: Health and Wellbeing	Unit 5	<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>	Lesson 4- Personal Safety-Secret Surprise
1: Health and Wellbeing	Unit 5	<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>	Lesson 5: Emotional Safety-Getting Help

## Summer 1

Core Theme	Unit	Objectives	Lesson
2: Relationships	Unit 3	<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>	Lesson 6: Kindness-Give a Little
2: Relationships	Unit 4	<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>	Lesson 5: Family-My Family
2: Relationships	Unit 4	<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>	Lesson 6: Family-Special People
3: Living in the Wider World	Unit 1	<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>	Lesson 6: Caring-Talking to Plants
3: Living in the Wider World	Unit 1	<ul style="list-style-type: none"> <li>To understand the concept of 'borrowing</li> <li>To show responsibility to others</li> </ul>	Lesson 4: Lending/Borrowing- The Borrowers
3: Living in the Wider World	Unit 1	<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>	Lesson 5: Sharing-Share the Booty

## Summer 2

Core Theme	Unit	Objectives	Lesson
1.Health and Wellbeing	Unit 5	<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 1: Sun Safety-It's a coverup!
1.Health and Wellbeing	Unit 5	<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 2: Road Safety- Green X Code
3: Living in the Wider World	Unit 3	<ul style="list-style-type: none"> <li>To understand where money comes from</li> <li>To recognise notes and coins</li> </ul>	Lesson 1-Money-Grows on Trees?
3: Living in the Wider World	Unit 3	<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>	Lesson 2: Money-Coining it in!
3: Living in the Wider World	Unit 3	<ul style="list-style-type: none"> <li>To understand why it is important to keep money safe</li> </ul>	Lesson 3: Money-Keep Money Safe