

3D PSHE Long-term Matrix

Year 2

Autumn 1

Core Theme	Unit	Objectives	Lesson
2: Relationships	Unit 4	<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 	Lesson 3: Friendship-Hola! Bonjour!
2: Relationships	Unit 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 4: Friendship-Share Alike
2: Relationships	Unit 3	<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 1-Fair and Unfair-It's Not Fair!
3: Living in the Wider World	Unit 2	<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 	Lesson 1- Our School-Common Goals
3: Living in the Wider World	Unit 2	<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 2-Belonging-I Belong...
3: Living in the Wider World	Unit 2	<ul style="list-style-type: none"> To develop a sense of belonging in the wider community 	Lesson 3- Belonging-Join Our Club!
1: Health and Wellbeing	Unit 5	<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 	Lesson 7- Staying Safe-I Don't Know You

Autumn 2

Core Theme	Unit	Objectives	Lesson
2: Relationships	Unit 3	<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 4- Right and Wrong-In the Right
1: Health and Wellbeing	Unit 4	<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 5: Consequences-Good v Bad
1: Health and Wellbeing	Unit 4	<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 	Lesson 6: Aspirations-It's A Goal!
2: Relationships	Unit 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 4- Co-operation-Negotiation
2: Relationships	Unit 1	<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 5: Co-operation-Want to Play?
2: Relationships	Unit 1	<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 6: Co-operation-Let's Debate!

Spring 1

Core Theme	Unit	Objectives	Lesson
1: Health and wellbeing	Unit 2	<ul style="list-style-type: none"> To learn about the importance of and reasons for bathing and showering To manage basic personal hygiene 	Lesson 5: Keeping Clean-Bath-time
1: Health and wellbeing	Unit 2	<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 	Lesson 6: Skin-Skinny Tips
1: Health and wellbeing	Unit 2	<ul style="list-style-type: none"> To learn about the importance of effective teeth cleaning and good dental hygiene 	Lesson 1: Dental Hygiene-Brushing Up!
1: Health and wellbeing	Unit 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 2: Dental Hygiene-Bright White
1: Health and wellbeing	Unit 2	<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 3: Dental Hygiene-Top Teeth
1: Health and wellbeing	Unit 5	<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 3: Drug Safety-Magic Medicine

Spring 2

Core Theme	Unit	Objectives	Lesson
1: Health and Wellbeing	Unit 3	<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 1: Similarities and Differences-Boys v Girls
1: Health and Wellbeing	Unit 3	<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 	Lesson 2: The Human Body-Body Bits
1: Health and Wellbeing	Unit 3	<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 3: Growing Up-All Grown Up
1: Health and Wellbeing	Unit 3	<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 4: Changing Needs-I Need
1: Health and Wellbeing	Unit 1	<ul style="list-style-type: none"> To understand how muscles work To make positive real-life choices 	Lesson 5: Physical Activity-Mighty Muscles
1: Health and Wellbeing	Unit 1	<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 	Lesson 6: Exercise- Workout!
3. Living in the Wider World	Extremism and Radicalisation	<ul style="list-style-type: none"> Understand the meaning and differences between 'fact' and 'opinion' Learn that beliefs are kinds of opinions that should be accepted, but not necessarily adopted Recognise and know how to deal with situations involving peer pressure Recognise and respect similarities and differences between people 	Lesson 1: Fact and Opinion-I can run faster

Summer 1

Core Theme	Unit	Objectives	Lesson
2: Relationships	Unit 2	<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 	Lesson 5: Behaviour-Help Me!
2: Relationships	Unit 3	<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 3: Behaviour- In My Shoes
2: Relationships	Unit 3	<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 5: Teasing- Cry Baby!
3: Living in the Wider World	Unit 2	<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 4: Local Citizenship-Our Local Area
3: Living in the Wider World	Unit 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 	Lesson 5: Local Citizenship-Community Care
1: Health and Wellbeing	Unit 3	<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 5: Responsibility – Who's at Fault?
3. Living in the Wider World	Extremism and radicalisation	<ul style="list-style-type: none"> Recognise the difference between 'fact' and 'opinion' 	Lesson 2: Redfern Right

		<ul style="list-style-type: none">• Recognise and know how to deal with situations involving confrontation• Recognise and respect similarities and differences between people	
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Summer 2

Core Theme	Unit	Objectives	Lesson
1.Health and Wellbeing	Unit 3	<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 	Lesson 6: Emotions-Mood Swings
1.Health and Wellbeing	Unit 4	<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 	Lesson 3: Love-Three Little Words
1.Health and Wellbeing	Unit 4	<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 4-Sadness-How to Cope
3: Living in the Wider World	Unit 3	<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 4: Money-Shopping List
3: Living in the Wider World	Unit 3	<ul style="list-style-type: none"> To understand the importance of choices and spending money wisely 	Lesson 5: Choices-This or That?
3: Living in the Wider World	Unit 3	<ul style="list-style-type: none"> To gain a basic understanding of enterprise To contribute to enterprise activities 	Lesson 6: Enterprise-Dragon's Den
3: Living in the Wider World	Extremism and Radicalisation	<ul style="list-style-type: none"> Understand the meanings of 'same' and 'different' Recognise ways in which they are connected to each other Understand that difference is a positive feature Identify and respect similarities and differences between people 	Lesson 3- Valuing Differences-The Boring Story