

3D PSHE Long-term Matrix Year 3

Autumn 1

Core Theme	Unit	Objectives	Lesson Guidance
1. Health & Well-being	Unit 6 Safety	<ul style="list-style-type: none"> Know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them 	Lesson 1 E-safety: Online Chat
1. Health & Well-being	Unit 6 Safety	<ul style="list-style-type: none"> Know about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe Know how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private 	Lesson 2 Online Privacy: The Secrets Jar
1. Health & Well-being	Unit 6 Safety		Lesson 3 Online Privacy: E Protection
3. Living in the Wider World	Unit 1 Rules & Responsibilities	<ul style="list-style-type: none"> Understand why rules are needed in different situations Recognise that rules may need to be changed 	Lesson 1 Rules: I'm in Charge!
3. Living in the Wider World	Unit 1 Rules & Responsibilities	<ul style="list-style-type: none"> Understand why it is important to plan ahead and think of potential consequences as a result of their actions 	Lesson 2 Thinking Ahead: Lesson Panning
3. Living in the Wider World	Unit 1 Rules & Responsibilities	<ul style="list-style-type: none"> Understand why it is important to behave responsibly Recognise that actions have consequences 	Lesson 3 Taking the Lead: Learning Time

Autumn 2

Core Theme	Unit	Objectives	Lesson Guidance
2. Relationships	Unit 5 Healthy Relationships	<ul style="list-style-type: none"> To know and understand the features of a good friend To understand why it is important to be positive in relationships with others 	Lesson 1 Friendship: Best Features
2. Relationships	Unit 5 Healthy Relationships	<ul style="list-style-type: none"> To know how to communicate their opinions in a group setting To work co-operatively, showing fairness and consideration to others 	Lesson 2 Friendship: Circle Time
2. Relationships	Unit 5 Healthy Relationships	<ul style="list-style-type: none"> 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 3 Friendship: Falling Out
2. Relationships	Unit 5 Healthy Relationships	<ul style="list-style-type: none"> 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 	Lesson 4 Friendship: The BAFAs
1. Health and Wellbeing	Unit 5 Emotions	<ul style="list-style-type: none"> To listen to and show consideration for other people's views To empathise with another viewpoint 	Lesson 1 Loss/separation: Lost!
1. Health and Wellbeing	Unit 5 Emotions	<ul style="list-style-type: none"> To listen to, reflect on and respect other people's views and feelings 	Lesson 2 Loss/Seperation: Found!

Spring 1

Core Theme	Unit	Objectives	Lesson Guidance
1. Health and Wellbeing	Unit 1 Physical, Emotional and Mental Health	<ul style="list-style-type: none"> To know and understand the difference between the terms physical, emotional and mental 	Lesson 1 Physical, Emotional and Mental Health: I am who I am!
1. Health and Wellbeing	Unit 1 Physical, Emotional and Mental Health	<ul style="list-style-type: none"> To become more self-aware 	Lesson 2 Physical, Emotional and Mental Health: Hearts and minds Lesson 2 How to listen-Listen up
1. Health and Wellbeing	Unit 1 Physical, Emotional and Mental Health	<ul style="list-style-type: none"> To understand why setting goals is important 	Lesson 3 Physical, Emotional and Mental Health: Three in One
1. Health and Wellbeing	Unit 2	<ul style="list-style-type: none"> 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 	Lesson 4 Sleep: Sweet Dreams

Spring 2

Core Theme	Unit	Objectives	Lesson Guidance
2. Relationships	Unit 1 Communication	<ul style="list-style-type: none">• Recognise that there are many ways to communicate• Understand the need to communicate clearly	Lesson 1 Clear messages- Dot, Dot, Dash
2. Relationships	Unit 1 Communication	<ul style="list-style-type: none">• • Understand why it is important to listen to others	Lesson 2 How to listen-Listen up
3. Living in the Wider World	Unit 2 Collaboration	<ul style="list-style-type: none">• To understand why it is important to be part of a community	Lesson 1 Different Communities: My Community
3. Living in the Wider World	Unit 2 Collaboration	<ul style="list-style-type: none">• To understand why it is important to be part of a community	Lesson 2 School Communities: School Swap

Summer 1

Core Theme	Unit	Objectives	Lesson Guidance
1. Health and Wellbeing	Unit 7 Growing and Changing	<ul style="list-style-type: none"> 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 	Lesson 1 Before Puberty: You've Grown!
1. Health and Wellbeing	Unit 7 Growing and Changing	<ul style="list-style-type: none"> 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 	Lesson 2 Visible Changes: Mind the Gap
1. Health and Wellbeing	Unit 8 First Aid	<ul style="list-style-type: none"> To take responsibility for their own safety and the safety of others and be able to seek help in an emergency 	Lesson 1 How to Help: Who to Call
1. Health and Wellbeing	Unit 8 First Aid	<ul style="list-style-type: none"> To know when and how to make an emergency calls 	Lesson 2 Emergency Calls 1: Calling 999
1. Health and Wellbeing	Unit 8 First Aid	<ul style="list-style-type: none"> To recognise the importance of local organisations in providing for the needs of the local community To behave safely and responsibly in different situations 	Lesson 3 Emergency Calls 2: Ambulance Now!

Summer 2

Core Theme	Unit	Objectives	Lesson Guidance
1. Health and Wellbeing	Unit 2 Healthy Lifestyles	<ul style="list-style-type: none"> To understand the meaning of the word 'healthy' 	Lesson 1 A balanced Approach: Define: Healthy
1. Health and Wellbeing	Unit 2 Healthy Lifestyles	<ul style="list-style-type: none"> To know the recommended guidelines for physical activity and understand the reasons for these 	Lesson 2 Physical Exercise: Active Kids?
1. Health and Wellbeing	Unit 2 Healthy Lifestyles	<ul style="list-style-type: none"> 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 3 Lifestyle Choices: It's Your Choice
2. Relationships	Unit 2 Collaboration	<ul style="list-style-type: none"> To work co-operatively, showing fairness and consideration to others 	Lesson 1 Working Together: Name Game
2. Relationships	Unit 2 Collaboration	<ul style="list-style-type: none"> To understand why it is important to work collaboratively To take the lead, prioritise actions and work independently and collaboratively towards goal 	Lesson 2 Working Together: Build It Up
2. Relationships	Unit 2 Collaboration	<ul style="list-style-type: none"> To know how to identify ways to improve the environment To know how to spot problems and find ways of dealing with them 	Lesson 3 Shared Goals: Better Places